

NEWS



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For Immediate Release

June 16, 2011

06-16-11 THIS WEEK IN ORANGE COUNTY BY EDWARD A. DIANA

Each year, on the third Sunday in June, we celebrate Father's Day. As a father, and a grandfather, it's a day that I always look forward to as I have the pleasure of spending precious time with my daughters and grandchildren.

While the history of Father's Day in the United States dates back to its first observance in West Virginia in 1908, it wasn't until 1966 when Lyndon B. Johnson issued the first presidential proclamation honoring fathers on the third Sunday in June. Six years later, President Richard Nixon made it a permanent national holiday when he signed it into law in 1972.

It's my pleasure to wish a very happy Father's Day to all the dads out there. I hope that you enjoy a day in the company of those important to you spending time doing the things you love. I'd also like to take this opportunity to remind fathers that looking out for your personal health and well-being is a key responsibility for you as a dad. You want to be there for your children, and your grandchildren, don't you?

In honor of Father's Day, I'd like to share with you some tips from Orange County Health Commissioner Dr. Jean Hudson to help men live long and healthy lives.

- Don't be an ostrich; see your physician for regular preventive check-ups and screenings; such as the PSA test for prostate cancer and cholesterol screenings.
- Be physically active; incorporate at least 30 minutes of activity into each day – get double the benefit by getting your kids involved, if possible. Physical activity can also help keep stress levels down.
- Know the symptoms of heart attack and stroke. If you think you're experiencing any of them, get help fast.
- Don't smoke and drink alcohol in moderation.
- Eat a balanced diet rich in fruits, vegetables, and whole grains. Lead by example and teach your kids the benefits of healthy eating. This, along with the exercise, will help you maintain a healthy weight.
- Balance your work, home, and play and try to get enough sleep.

Most importantly, take time to enjoy your children; the time goes by so quickly. Best wishes for a very happy Father's Day!

Until next week, wishing you good health and happiness,

Edward A. Diana
County Executive