



BLACK FACULTY AND STAFF ASSOCIATION

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-You must act as if it is impossible to fail."

Ashanti Proverb

BFSA— The Voice

VOLUME 2 ISSUE 10

APRIL 2013



Family, Spring has arrived and as we begin the final quarter of this fiscal year, let us take a moment to stop, take a deep breath, blow out the tension and anxiety, and know that the journey will soon be over, (for some), since schedules change dramatically during the summer months. Folks begin to plan what and how they are going to spend the summer months... As was presented last month, it's also the time of year where we all start searching for ways to end the year strongly. Before we go, however, there are some house keeping details that need to be taken care of. Most notably, we need to think about next year and what we, as an organization want to accomplish. It is time for elections and you will be receiving information soliciting your nominations for all four of the executive positions.

That is, **President, Vice President, Secretary and Treasurer**.

During the nomination period, please make sure you check with any potential candidates before submitting their name. Nominations will remain open for two weeks, beginning next week, April 15th at 8am, and will close Friday, April 26th at midnight. Voting will take place in May and the new officers will begin their two year service July 1, 2013.

In other news let me remind folk about a couple of events taking place. The first is taking place the weekend, April 20, 2013 and is the Annual Black Family Welcome. It is an opportunity for the new cohort of African American students to experience the campus in a different way. It happens to coincide with CELEBRATE UCI's and the annual **Wayzgoose** Festival, where your BFSA in collaboration with the BLAC will be selling more of it's **Award Winning Bar-B-Que!!!** A great time for family interaction.

Also on the horizon, let me remind you that the BLAC's **Annual Night of the Stars Scholarship & Awards Banquet** (affectionately known as BLAC Gala) is happening **Wednesday, May 22, 2013, in the UCI Student Center at 6:30pm**.

This night of fellowship, affirmation, food, music, and recognition is now in its 11th year and receives broad support across campus. Since 2001 the BLAC has successfully raised nearly \$60,000 in scholarships and recognized over 40 faculty and staff members, and hosted hundreds of students of color at our annual Gala.

If you cannot attend, there are other ways you can support the event. Please consider contributing an ad in our souvenir booklet, a table for other students to enjoy the event at no or low cost, or perhaps even sponsoring or co-sponsoring one of our scholarships. And though you may already contribute to the UCI campus and perhaps even to the black community in other ways, please see the BLAC Gala as yet another way for you to reach out to the community to ensure its endures, thrives and is recognized by all of UC Irvine. All donations, however large or small, are essential to the success of this event and are much appreciated.

Additionally, we need the entire community to offer nominations for the BLAC awards. Consider your UCI colleagues and alumni who are committed to empowering students and making a difference in the lives of others. Award nomination forms are coming soon. For more details about the event, donations and award nominations, you may contact Ikeoluwa Adesina, at adesinaikeoluwa@gmail.com.

Spotlight:



Brittany Gray



Brittany Gray is originally from the Bay Area but she has lived all over Northern and Southern California. As a young child she lived with her great-grandmother for several years and she credits much of her success to the influence of this strong, spiritual woman. Brittany was the first person in her family to graduate from college when she crossed the stage to receive her degrees in Psychology & Social Behavior and Criminology, Law, & Society from the UC Irvine in 2007. As a psychology student, she gained insight into the way people think and process information, the way people interact with one another, and the reciprocal relationship between society and the individual. As a criminology student, she learned that there are many injustices that occur within the “criminal justice system” and that crime is directly associated with a lack of opportunity. During her time as an undergraduate, she also learned how to be a leader by holding leadership positions at both the Cross Cultural Center and the Career Center.

After college, Brittany worked for several years in the banking and insurance industries. In 2010, she realized that she wanted to work in a field that would allow her to interact with young people and help them in a meaningful way. Her passion for education led her to apply for a position as a program coordinator for the IGERT LifeChips program at the Integrated Nanosystems Research Facility (INRF) at UC Irvine. Brittany has been working as a program and purchasing coordinator at the INRF since 2011. She is happy to be back on campus as she enjoys working with faculty to implement programs and events to support student success.

Brittany is also pursuing a Master’s Degree in Counseling with an emphasis in Student Development in Higher Education at California State University, Long Beach. Her program focuses on developing reflective, scholar practitioners for social justice and change. In her free time, Brittany likes working out, going to the beach, singing, and watching comedy. Brittany looks forward to a long career in higher education where she can continue to motivate and inspire students.

Be sure to say hello and introduce yourself when you see her around the campus. It is always a pleasure to know we are here!

April 2013

Sun

Mon

Tue

Wed

Thu

Fri

Sat

	1	2	3	4	5	6
7	8	9	10	11	12	13 COR presents: Show Men The Money
14	15	16	17 BFSA General Membership Meeting 12pm	18	19	20 Black Family Welcome 8am WAYZGOOSE- 11am BB Jazz Presents Jon B.
21	22	23	24	25	26 BNOC 4th Fridays	27
28	29	30				

Special Events:

For additional events or specific event information please click the link of the event or visit the calendar page on our website at <http://sites.uci.edu/bfsa/calendar/>. You can also find out more about what's happening around the OC community by clicking on the link below.

<http://www.meetup.com/Black-In-Orange-County/events/73879372/>

Where are they now?



HELP! This section is a place where we can highlight, brag about, share the successes of some outstanding alumni that have graced these halls and grounds. Business folks, Dr.'s, Lawyers, Teacher's, Administrators, Entertainer's, Homemakers, and the list goes on. The challenge is, I can only account for so many. So, if you know someone who graduated from here, check with them first, but we'd like to share what's going on with them in this space. If you graduated from UCI and now work here, this qualifies you to submit information sharing with us where you are now :), (other than the obvious). For alumni that do not work here, we are proud of them and would ask *you* in your contact with them to have them send all information to gparham@uci.edu.

THANKS

Health and Wellness

About Cholesterol

It may surprise you to know that cholesterol itself isn't bad. In fact, cholesterol is just one of the many substances created and used by our bodies to keep us healthy. Some of the cholesterol we need is produced naturally (and can be affected by your family health history), while some of it comes from the food we eat.

There are two types of cholesterol: "good" and "bad." It's important to understand the difference, and to know the levels of ["good" and "bad" cholesterol](#) in your blood. Too much of one type — or not enough of another — can put you at risk for coronary heart disease, [heart attack](#) or [stroke](#).

Cholesterol comes from two sources: **your body** and **food**. Your liver and other cells in your body make about 75 percent of blood cholesterol. The other 25 percent comes from the foods you eat. Cholesterol is only found in animal products.

A [cholesterol screening](#) measures your level of HDL and LDL. HDL is the "good" cholesterol which helps keep the LDL (bad) cholesterol from getting lodged into your artery walls. A healthy level of HDL may also protect against heart attack and stroke, while low levels of HDL (less than 40 mg/dL for men and less than 50 mg/dL for women) have been shown to increase the risk of heart disease.

If you need to increase your HDL to reach your goals, studies show that regular physical activity can help your body produce more HDLs. Reducing [trans fats](#) and eating a balanced, nutritious diet is another way to increase HDL. If these measures are not enough to increase your HDL to goal, your healthcare practitioner may prescribe a medication specifically to increase your HDLs.

LDL cholesterol is the "bad" cholesterol. When too much of it circulates in the blood, it can [clog arteries](#), increasing your risk of heart attack and stroke.

LDL cholesterol is produced naturally by the body, but many people inherit genes from their mother, father or even grandparents that cause them to make too much. Eating saturated fat, trans fats and dietary cholesterol also increases how much you have. If high blood cholesterol runs in your family, [lifestyle modifications](#) may not be enough to help lower your LDL blood cholesterol. Everyone is different, so work with your doctor to find a treatment plan that's best for you.

FOR MORE INFORMATION GO TO: <http://blackhealthmatters.com/all-about-cholesterol/>

Campus and Community Resources

Campus

Black Faculty and Staff Association: <http://sites.uci.edu/bfsa>

http://www.facebook.com/uci.bfsa?ref=tn_tnmn

Cross Cultural Center; <http://www.ccc.uci.edu/>

Employee Assistance: <http://www.cascadecenters.com>

Ombudsman: <http://www.ombuds.uci.edu/>

Teaching, Learning, Technology Center: <http://www.tltc.uci.edu/>

Office of Equal Opportunity and Diversity: <http://www.oeod.uci.edu/>

Community

NAACP: <http://naacp.org>

OC Black Chamber: <http://ocblackchamber.com>

100 Black Men of Orange County: <http://www.100bmoc.com>

THE Greenlining Institute www.greenlining.org/academy

National Coalition of 100 Black Women of Orange County

<http://www.nc100bwoc.org>

Christ Our Redeemer <http://www.corchurch.org/>

Black In OC http://www.blackinoc.com/Home_Page.php

The Black Market <http://www.theblackmarket.com/index.htm>

