

**BLACK FACULTY AND  
STAFF ASSOCIATION**

# BFSA— The Voice

VOLUME 4 \_ I  
**WHAT'S GOING ON**

JULY 2014

...and so it begins. The start of another fiscal year by academic standards. To say this past year was an active one, would be stating it mildly, (in my humble opinion). Let's take just a moment to recall what actually happened. Hmm...let's see. Fall Harvest saw more new faculty and staff in attendance as we held the event in a new venue, and had it catered compliments of the Office of the Vice Chancellor of Student Affairs. Enrollment numbers saw a 21.9% , (approximately), increase in the number of African American admits for 2014. Leadership in the BSU worked in a collaborative effort to engage faculty and staff in the events they promoted and hosted. Several African American faculty and staff assumed positions with greater responsibility. One that comes to mind is Jason Valdry who now heads up Staff Assembly, (more on that later). The Vice Chancellor's office started a new program called "New Narratives" which saw folks like the Dalai Lama and rapper/ hip hop artist "Common" come to campus and share their wisdom and insights. The audience was also treated to a "free style" sample from Common as he closed out his talk. It was outstanding. We also saw approximately 10 new faces join our ranks, some of whom you may have read about in the spotlight section of the newsletter. There are more out there and we will continue work with the Office of Equal Opportunity and Diversity to identify who you are and let you know we are here for you. If you know someone new, please share our information. <http://www.bfsa.com>.

We supported a number of events including the annual "BLAC Gala" "Night of the Stars" with our own Keith Curry, Ph.D., providing the keynote. Another social "family BBQ" was held in late spring, just to take a break, and help students, (and BFSA), chill before finals. Our graduation was a success certainly with President Obama delivering the keynote to a graduating class that included, (I've been told), more people of color than in previous years.

I'm sure there is more that I simply may have missed, but with all that said, let me ask, how do we keep the momentum moving forward? How do/can we increase our visibility and viability on this campus? You have all heard me repetitively say we need to have our voices at the table and suggest ways we can do that. I'd like to point out that we are off to a good start with the recent announcement that Douglas Haynes is appointed as "Vice Provost for Academic Equity, Diversity, and Inclusion, effective immediately". We want to congratulate Doug on this new position and offer our support in helping make it a success.

Family, we have voices at the table...we simply need to talk with them! So, how do you plan to spend the summer? I hope you all take some time to relax, and rejuvenate. In that space and time think about what this next year is going to be like for you. How much are you willing to invest of you into making sure what you want to have happen...happens? I hope you all share my feeling that we are a presence on this campus and the upcoming year promises to be, if nothing more, different. Let's embrace what's coming, understand our part in the continued shaping of this institution, and be prepared to have a great year...starting now!

Hotep, (peace)

G. Parham

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*"Then give to the world  
the best you have, and  
the best will come back  
to you."  
Madeline Bridges*

# Health and Wellness

## What Is Asthma?

Asthma (AZ-ma) is a chronic (long-term) lung disease that inflames and narrows the airways. Asthma causes recurring periods of wheezing (a whistling sound when you breathe), chest tightness, shortness of breath, and [coughing](#). The coughing often occurs at night or early in the morning.

Asthma affects people of all ages, but it most often starts during childhood. In the United States, more than 25 million people are known to have asthma. About 7 million of these people are children.

Overview:

To understand asthma, it helps to know how the [airways](#) work. The airways are tubes that carry air into and out of your lungs. People who have asthma have inflamed airways. This makes them swollen and very sensitive. They tend to react strongly to certain inhaled substances.

When the airways react, the muscles around them tighten. This narrows the airways, causing less air to flow into the lungs. The swelling also can worsen, making the airways even narrower. Cells in the airways might make more mucus than usual. Mucus is a sticky, thick liquid that can further narrow the airways.

This chain reaction can result in asthma symptoms. Symptoms can happen each time the airways are inflamed.

## Asthma

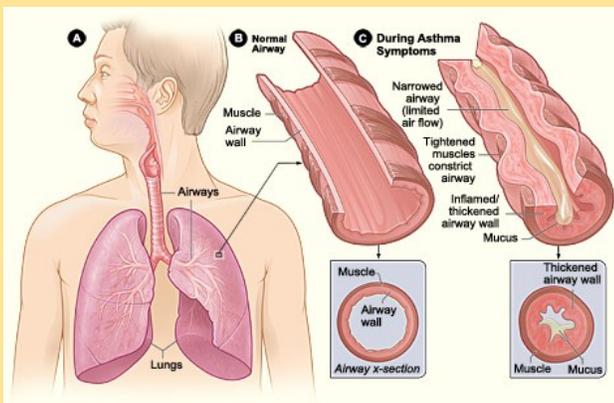


Figure A shows the location of the lungs and airways in the body. Figure B shows a cross-section of a normal airway. Figure C shows a cross-section of an airway during asthma symptoms.

Sometimes asthma symptoms are mild and go away on their own or after minimal treatment with asthma medicine. Other times, symptoms continue to get worse.

When symptoms get more intense and/or more symptoms occur, you're having an asthma attack. Asthma attacks also are called flareups or exacerbations (eg-zas-er-BA-shuns).

Treating symptoms when you first notice them is important. This will help prevent the symptoms from worsening and causing a severe asthma attack. Severe asthma attacks may require emergency care, and they can be fatal.

Outlook:

Asthma has no cure. Even when you feel fine, you still have the disease and it can flare up at any time.

However, with today's knowledge and treatments, most people who have asthma are able to manage the disease. They have few, if any, symptoms. They can live normal, active lives and sleep through the night without interruption from asthma.

If you have asthma, you can take an active role in managing the disease. For successful, thorough, and ongoing treatment, build strong partnerships with your doctor and other health care providers.



## SPOTLIGHT : *Gerald Parham*



I started out here as an undergraduate student many, many years ago! We'll just leave it at that. After spending some time in Florida pursuing my graduate education at the University of Florida, and working to pay for it, I knew I missed my family and it was time to come back to the West coast. When the opportunity for me to come back to So. California became available, I applied for and was the successful candidate for the Director of Palo Verde Housing position. So...I returned home to So. Cal and started my career here at UC Irvine in June 1998. My job seemed like a perfect fit for me as I was able to utilize my counseling background in working with students from diverse backgrounds while simultaneously using my property management experience to oversee a residential community, Palo Verde, here on the campus. My current position is working with the Intercollegiate Athletic Department as the Director of Camp Program Development. In this capacity, I am developing a program, the C.L.E.A.R. Academy that will focus on developing character, and leadership skills along with a stronger sense of responsibility through sports.

I have always been an active member of the community and had a heart for giving back. I credit my mother for her giving spirit and faith in God for shaping this mindset at an early age. I am currently involved with several non-profit community organizations that benefit children and young adults. The 100 Black Men of Orange County, a local chapter of a national organization; The Advocates USA, a group originating here in So. California, but raises funds for community agencies supporting youth; and BB Jazz, a 501c3 organization producing music concerts where proceeds benefit children's charities and other community agencies.

I am the current President of the Black Faculty and Staff Association, (BFSA), here at UC Irvine, and advisor to the Black Graduate Student Network, (BGSN). In addition to my interest and involvement with community service, I am an avid sportsman, actively participating in golf, tennis and the occasional gym work out. I also enjoy cooking and the arts including live music, plays and theater.

If you happen to see me walking around or through campus, be sure to say hello, or if you are interested in becoming more involved with the Black Faculty and Staff Association, you can contact me at (949) 824-4255 or [gparham@uci.edu](mailto:gparham@uci.edu).

Hotep, (peace)

# July 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
6	7	8	9	10	11 <a href="#">So. Cal AfAm Cinema Grp.</a>	12
13	14	15	16 BFSA General membership Meeting	17	18 <a href="#">So. Cal AfAm Cinema Grp.</a>	19
20	21	22	23	24	25	26
27	28	29	30	31		

**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 links below or visit our Community resources page.

<http://www.100bmoc.org/events/>

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

# Campus and Community Resources

## Campus

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

[http://www.facebook.com/uci.bfsa?ref=tn\\_tnmn](http://www.facebook.com/uci.bfsa?ref=tn_tnmn)

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

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

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

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

Teaching, Learning, Technology Center: <http://www.tltc.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](http://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](http://www.blackinoc.com/Home_Page.php)

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

Educational Opportunities - <http://www.MastersDegreeOnline.org/Scholarships/>

