



# BFSA— The Voice

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It is almost that time of the school year again - you know, that time of the year where we all start searching for ways to end the year strongly. My name is Ikeoluwa Adesina, a UCI student, and I am a member of the Black Leadership Advancement Coalition (BLAC). For the Black community, it is that time of the year where we start planning for the BLAC's Annual *Night of the Stars* Scholarship & Awards Banquet (affectionately known as BLAC Gala). This year the BLAC Gala will take place on **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 11<sup>th</sup> 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.

As a student who won a yearlong book scholarship from the Center for Educational Partnerships (CFEP) at the BLAC gala last year, I believe that the event is a motivation for not just the award winners, but an encouragement for others to make an individual impact in their lives, and in the Black community. It makes me believe that hard work pays off, so I plan to get involved in any way I can.

Will you join me? Come show your support for this current generation of UC Irvine students. We invite you to celebrate with us on May 22, 2013, and consider purchasing a general admission ticket or two for this grand night.

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 it 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 me at [adesinaikeoluwa@gmail.com](mailto:adesinaikeoluwa@gmail.com).

I sincerely thank you for your consideration and hope to see you on Wednesday, May 22<sup>nd</sup>.

## BLACK FACULTY AND STAFF ASSOCIATION

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*When you can do common things in life in an uncommon way, you will command the attention of the world.*

*George Washington Carver*

# Spotlight:



# Adrienne Grayson



Adrienne Grayson has been on the UC Irvine campus for nearly 15 years, starting in 1998 as a naïve freshman majoring in English with a minor in Education. She began working for a UC college preparation program called the Early Academic Outreach Program (EAOP) under the Center for Educational Partnerships (CFEP). There she found her passion, mentoring and providing college preparation assistance to young, first-generation and low-income students at underserved schools in Anaheim and Compton.

While at UCI Adrienne also participated in the Humanities Honors Program, the Undergraduate Research Opportunities Program (UROP), and studied abroad in the Netherlands. Through her undergraduate research and study abroad experiences Adrienne was able to learn so much about the world, her values, and the importance of living by “**Sankofa**” – a West African term that she interprets as ***moving us all forward together by utilizing the wisdom of our elders and ancestors.***

Through her travels Adrienne was able to see the dichotomies between the haves and the have-nots, which inspired her to plant her feet more firmly in the struggle for educational justice at home. Her work with EAOP at UCI inspired and motivated her, so when she graduated in 2002 and was offered a full time position she jumped at the opportunity.

Working for EAOP and CFEP has enabled Adrienne to give back to her community. Actually, her alma mater, Loara High School in Anaheim, is one of EAOP’s partner high schools. Since her first day on the job, Adrienne has enjoyed working with students one-on-one and in small groups advising them on their college plans and helping them to set high goals for themselves. Counseling students is at the heart of what she does, leading Adrienne to receive her M.A. in school counseling in 2008 from Azusa Pacific University. Over the 15 years Adrienne moved up in the EAOP ranks from student worker, to program coordinator, to assistant director, and now director of the program for the past two years. On campus Adrienne is also vice president of the Black Faculty and Staff Association (BFSA) and fundraising chair for the Black Leadership Coalition (BLAC).

The titles that Adrienne is proudest to hold are that of loving wife of 13 years (yes, she got married in her sophomore year at UCI) and doting mother. She has two small children, a five-year old son and a 18-month old daughter. Both are smart, independent and strong-willed, keeping Adrienne on her toes. She takes pleasure in spending time with her family and continuing to mentor students and young professionals.

# March 2013

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2 <i>100 BMOC 17th Annual Gala</i>
3	4	5	6	7	8 <i>Claire Trevor and John Wayne 6:30pm.</i>	9 <a href="#">BNOC Black is Bluetiful-</a>
10	11	12	13	14	15	16
17 <i>St. Pat- rick's Day</i>	18	19	20 <i>BFSA Membership Mntg</i>	21	22 <a href="#">BNOC Catalina Bar and Grill</a>	23 <a href="#">BB Jazz</a>
24	25	26	27	28	29	30 <a href="#">BNOC Movie Night</a>
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 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](mailto:gparham@uci.edu).

**THANKS**

## Health and Wellness



Credit: Polka Dot Images

### Preventive Powers in Just a Spoon Full of Cinnamon

[Amy Jamieson-Petonic, MEd, RD, CSSD, LD](#)

Did you know that cinnamon can have preventive benefits at the cellular level? Adding just one teaspoon of cinnamon to your beverages or food may prevent cell damage. Cinnamon, the dried inner bark of various evergreen trees, acts as a rich source of flavonoids (protective chemicals) for your body. Why are flavonoids so beneficial? They destroy harmful chemicals in the body and help reduce inflammation. Flavonoids in

cinnamon also act as safeguards against plaque build up in your arteries, reducing your risk for high cholesterol and heart disease. Eating foods rich in flavonoids may also help decrease your risk for cancer, diabetes and other chronic illnesses. A recent study by the International Journal of Preventive Medicine suggests that taking 3 grams, about one teaspoon, of cinnamon every day may prevent or even treat diabetes.

Cinnamon is extremely versatile and improves the taste of many dishes! Try spicing up a bowl of oatmeal or whole grain cereal with a dash of cinnamon, or add it to baked apples or pears for a sweet dessert. Cinnamon also makes a welcome addition to savory, whole grain dishes such as couscous, quinoa, or barley salad. Other spices high in flavonoids include: cloves, oregano, ginger and turmeric.



# 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>

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](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>

