



BFSA— The Voice

VOLUME 3_11

MAY 2014

BLACK FACULTY AND
STAFF ASSOCIATION



WHAT'S GOING ON?

I'll say it again, as we move closer to the end of another year there always seems to be an increase in the activity level around the southland and OC area. I'm not sure if you are aware of the resources we have at our disposal and the kinds of people, places and things we have and should be appreciative of. For starters, we live in a coastal environment, (relatively), where access to the beach and the ocean is just minutes away. We also live in a community that in spite of the OC perception does offer a variety of events and cultural activities for our enjoyment and benefit. To find out more, I invite you to take a look at the calendar of the website, <http://sites.uci.edu/bfsa/>

calendar versus just the one in this newsletter. While on the website also check out the Campus and Community Resources page. Black In OC, (BNOOC) has a very active calendar.

As dates go, 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, 2014, in the UCI Student Center at 6:30pm.**

This night of fellowship, affirmation, food, music, and recognition is now in its 12th year and receives broad support across campus. 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.

With all that we have to be thankful for, we have another date fast approaching where we take time to celebrate and honor our mothers. This Sunday, May 11th, is **Mother's Day**. While I would offer that we should celebrate our mother's on more than just this day, this day is simply a national, collective recognition of Mother's. Many of you have heard it before, but personally there isn't a day that goes by that I don't think of and thank my mother for who she was and what she did that has so influenced my growth as a person and my development as a man. She had an incredible impact on my life. I am still guided by the principles and values she instilled in me and all of her children, (extend family included).

If you are lucky to still have your mother among us, then take just a moment to recognize and thank her. If she is in the company of the angels, then take the same moment to remember the influence she was and hopefully still is, in your life. As you do, please keep in mind that what our mothers, do/have done for us they don't just do one day out of the year. They are unconditional in their love for us, in their sacrifices and desire to see us, their children be happy. So, on this day, take an extra moment to really stop and think about what your mothers have meant, and for those who qualify, what you mean as a mother to your own.

MOTHER'S, THANK YOU FOR ALL YOU DO

G. Parham



INSIDE THIS ISSUE:

What's Going On? 1

Health and Wellness 2
African American

SPOTLIGHT: 3
Fred Lipscomb

May Calendar 4

Campus/Community 5
Resources

"The aim of life is self-development. To realize one's nature perfectly that is what each of us is here for."

Oscar Wilde

African Americans are affected by and die of many diseases, oftentimes more than other American groups. It is empowering to know that it does not have to be an African American's destiny. It is possible to take your health into your own hands. Following are some of the issues that top the list.

1. Diabetes

Diabetes is a metabolic disorder and affects the way our bodies digest food for energy. Basically, it is a disease that allows blood sugar levels to get too high and cause problems in many areas of the body, including skin, mouth, kidneys, heart, nerves, eyes and feet. It can even cause death. An estimated one in four African American women over the age of 55 has diabetes. It is easily controlled by maintaining a healthy weight and proper diet, regular physical activity, and limiting alcohol intake.

2. Asthma

This is a chronic disease of the lung and airways that makes breathing difficult. Severe cases can be fatal. It also gives its victims a higher risk for osteoporosis. More than [2.3 Million African Americans](#) are reported to have asthma and are three times more likely to die from it than other Americans. Controlling it can be as simple as limiting exposure to second-hand smoke, dust mites, mold and cockroaches.

3. High Blood Pressure

Also known as hypertension, high blood pressure increases the risk for heart disease and stroke. Smoking, too much alcohol, salt, diabetes and obesity can aggravate this condition. The best way to prevent it is to avoid or quit smoking, limit salt and alcohol intake, and maintain a healthy weight.

4. HIV/AIDS

HIV is the leading cause of death for African American women in several age groups. They are 15 times more likely to become infected than Caucasian American women. Still, one in four new cases in the U.S. are women. Poverty, promiscuity and sexually transmitted diseases are all risk factors. Latex condoms are one way to prevent this disease.

5. Obesity

The obesity rate is high in the African American community. African American women have the highest rate compared to other groups in the U.S. Although they cherish their uniquely curvy shapes, trying to find a balance between "thick" and fat is not that difficult. Losing weight lowers the risks of sleep apnea, arthritis and gallbladder disease, among others.

6. Sickle Cell

This is a hereditary blood disorder that causes red blood cells to form in sickle shapes and break apart, which in turn causes anemia. The blood cells have a shorter life span and eventually clump up to the walls of blood vessels and block blood flow. Sickle cell anemia causes pain and sometimes permanent damage to the brain, heart, lungs, kidneys, liver, bones, and spleen. Acute pain is triggered by infection or dehydration. Ongoing treatment is possible, although there currently is no cure.

7. Uterine Fibroids

Uterine Fibroids are non-cancerous tumors that grow in the womb. They can be as small as an apple seed or as big as a grapefruit, and grow one at a time or in clusters. Many fibroids are not accompanied by symptoms, although some can cause heavy bleeding, bloating in the lower stomach area, frequent urination, and lower back pain. African American women seem to get fibroids at younger ages than other groups.

8. Cancer

Cancer is a disease of abnormal cell growth. There are more than 100 types, such as prostate cancer, lung cancer, colon cancer and breast cancer. African Americans can lower their risk of cancer by not smoking, becoming more physically active, and eating healthy foods.

Sources:

Womenshealth.gov

WebMD



SPOTLIGHT : *Fred Lipscomb*



My name is Fred Lipscomb and I am the Special Assistant to the Vice Chancellor of Student Affairs for Cultural Affairs and Organizational Relationships.

For many of you my name may sound familiar as I served in many different capacities over a 22 year period at UCI. When I left UCI in 2010 my last role was as Executive Director of Undergraduate Student Housing which meant I had oversight for the 4 undergraduate housing communities. I started my career at UCI in 1989 in Middle Earth Housing and I have held many positions during my tenure. In addition to my formal role, I served as President of the Black Faculty and Staff Association for over 6 years. I was the creator of several of the programs in the African American community that still continue today: **Fall Harvest, Kin Group, Black Leadership Advancement Coalition to name a few.** Working with a dedicated group of African American staff, students and faculty we were able to make a difference. In addition I was actively involved in several campus programs that continue to have longevity on the campus: **Co-Chair Martin Luther King Jr. Symposium -2 years, Rainbow Festival co-chair, and the 25th Anniversary of the Cross Cultural Center Committee.** I am excited to be back on campus and I am looking forward to re-contributing to the success of our African American students, staff and faculty at UCI. I am committed to the diversity of the campus and I am fortunate to have the opportunity to return in this new and exciting role.

As the Special Assistant, I will work closely with students and various departments to assist and supplement their efforts related to diversity. One of my responsibilities is coordinating New Narratives: Conversations on Identities and Culture. The New Narratives program aims to bring the forefront issues of identity and culture through interactive forums and yearlong events that include major speakers, films, panel workshops and other training opportunities to promote healthy intergroup communications and collaboration. Most recently I had the opportunity to chair the committee that brought **Common** to the campus

For those that have reached out to me upon my return, I just wanted to say thank you. Your kind words and warm welcome mean a lot. On a personal note, I enjoy a competitive game of tennis and enjoy teaching my 9 year old son how to play. I am a big movie junkie but with a 9 year old, I have become subject to rate G only.

My office is 644 Aldrich Hall, email falipsco@uci.edu, extension X47962. Please feel free to stop by, drop an email or pick up the phone (old school style).

May 2014

Sun Mon Tue Wed Thu Fri Sat

				1	2	3
4	5	6	7 <i>Global Equity Games</i>	8	9	10
11	12	13 <i>BFSA Exec. Meeting</i>	14	15	16	17 <u>100 BMOCCOP program.</u>
18	19	20	21 <i>BFSA General Membership Mntg.</i>	22 <i>BLAC Night of The Stars</i>	23 <u>BNOC 4th Friday's</u>	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

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

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>

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

