



## BLACK FACULTY AND STAFF ASSOCIATION

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***"The sole advantage of  
power is that you can  
do more good"***

***Baltasar Gracian y Morales***

# BFSA— The Voice

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## WHAT'S GOING ON?

Family,

As we get ready for the upcoming holiday season, I am reminded of a few things that are going on. First, I hope everyone is or has adjusted to the "falling back", from the recent time change. Not to worry, we haven't lost anything by "falling back", we still have the same 24 hours in a day, we just manage it a bit differently! Next let me say and share with you that I believe we all should be thankful for where we are and what we have. November is known for that wonderful Thanksgiving holiday where we get to enjoy a three day weekend, fill our bodies with all manner of culinary delights, and enjoy the time with family and friends. That being said, I would encourage each of us to take a moment to thank our veterans whose sacrifices have made it possible for us to live the lives we live. I encourage all of us to stop for a minute and think about how fortunate we are to be where we are and have what we have.

As I think about my life, the challenges that I have faced and continue to face, I am reminded that I am never alone. As we really begin to feel the holiday season rapidly descend upon us, I know that I sometimes feel like things are moving way to fast. It is in those moments that I am fortunate to catch myself and remind myself to slow down, and take a moment to appreciate what I am a part of. I have been blessed with a loving family, good friends, a wonderful place to live and work, and a chance to share my blessings with others.

Not everyone is as fortunate. I recognize there are several members of our campus community who are far from family, and home. There are those who are new to the area and are not familiar with the surrounding community or options and resources available to them. I am asking each of us to be mindful of those community members, not just during this holiday season, but as a general practice, and extend a small gesture of kindness and care. It can be as simple as a "hello" to someone you don't know. It can be a smile and nod of the head as a simple acknowledgment. You can invite them to join you for a meal or other activity. It doesn't have to be Thanksgiving dinner, (although that would be incredibly nice).

The overall point is, lets all take just a moment to slow down and think about who we are, what we have and be thankful. My wish is for everyone to appreciate and enjoy the spirit of this month of thankfulness and let it be a catalyst for how we shape the rest of the year and our lives.

Hotep, (Peace)



**Gerald**

# November Conversation

## **New Narratives: A conversation on Race and Culture;**

**Dr. Thomas Parham**

### **WHY A NEW NARRATIVE?**

While conversations about culture, race and social connections are not new, the silences about the current cultural impasses and intergroup tensions demonstrated on most college campuses today reflect shifting and new dynamics. Our campus reflects a diverse population and still registers problematic incidences from communications and intergroup differences.

Based on the incidences that occurred, [Vice Chancellor, Student Affairs Thomas A. Parham](#) convened a meeting with academic leaders to consider embracing his concept of developing new narratives, and was delighted by their ability to collaborate on this worthy endeavor.

Therefore, the **New Narratives: Conversations on Race & Culture** series aims to recognize the multiple current and historical connections that co-exist to shape, intersect and influence identities and group membership in the UC Irvine community.

The New Narratives series also aims to move talk into action through an interactive launch forum and yearlong events that include films, panel workshops and other student training opportunities to promote healthy intergroup communications and collaboration skills. Coordinators and presenters from the departments across Student Affairs and academic programs that include African American Studies, Asian American Studies and Chicano/Latino Studies will use interdisciplinary approaches to co-construct a practical new narrative with students to guide student intercultural knowledge and collaborations for empowered individuals and a thriving campus.

Undergraduate participation in the launch forum or in subsequent events from the New Narratives calendar toward general workshop credits for the [Passport to Leadership Certificate Program](#) ([Office of Student Life & Leadership](#)).

This New Narratives program is not just for students. While we certainly encourage you to actively recommend participation by your students let me also encourage you to attend these meaningful dialogues as well. The conversations are valuable tools with information on what's really going on around here and the importance of inclusive dialogue to gain understanding of the issues from a myriad of perspectives. It serves us all well to be actively engaged in the shaping of the environment we work in and that our students must learn to navigate to survive.

# Spotlight: MILO DODSON, M.S.



Greetings! It is an honor and privilege to serve the UC Irvine student body as a Psychology Intern at the Counseling Center. I am currently finishing my Ph.D. in Counseling Psychology from the University of Illinois at Urbana-Champaign. My dissertation explored how different ideologies, identities, and cultural group norms can influence attitudes, language, and communication of the n-word.

I describe my clinical work with clients as theoretically integrative and technically eclectic. My approach to psychotherapy is grounded in multiculturalism and integrates interpersonal, person-centered, and CBT theoretical perspectives. Like a trained musician, I use myself as the primary instrument for change by cultivating a strong therapeutic relationship with clients. I adopt a strengths based approach to empower clients to arrive at their own “answers” by collaboratively helping them create short-term and long-term goals.

I am committed to working with students through outreach and mentorship. With the help of Dr. Joseph L. White (affectionately known as the Godfather of Black Psychology), I co-created a UIUC Black undergraduate men’s psychoeducational mentoring group. I was also an active member and president of the Black Graduate Student Association. I am currently a student affiliate for APA Division 17 (Counseling Psychology) and Division 46 (Media Psychology and Technology) and Student Circle member of the Association of Black Psychologists.

I genuinely look forward to forward to the possibility of working with you! Peace and Blessings.

## **Publications and Professional Presentations**

Dodson, M. L. (Writer/Director/Producer). (2012). Counseling psychology: Beyond “the couch” [Video]. Created for Division 17 of APA; presented at the 2012 APA Convention Division 17 Business Meeting, Orlando, FL.

Neville, H. A., Flores, M., & Dodson, M. L. (2012). Being an ally: Learning from and respecting the contributions of ethnic minority psychological associations, *The Counseling Psychologist*, 40, 738-745.

Turner, B. L., Henderson, R., & Dodson, M. L. (2012). *At the top of the game: Providing relevant support for African American male athletes*. Presentation at the annual Black Male Summit, Akron, OH.

# Health and Wellness

## **MOVEMBER, (November), is Men's Health Awareness Month...**

Where mustaches are grown to bring/raise awareness to prostate cancer and other male cancers.

### **Defining Prostate Cancer**

Prostate cancer is the leading cancer diagnosed in men in the United States. Several types of cells are found in the prostate, but almost all prostate cancers develop from the gland cells. Gland cells make the prostate fluid that is added to the semen.

### **Key Statistics**

For reasons that are unclear, incidence rates are significantly higher in African-American men than in white men. In fact, African-American men may have the highest rate of prostate cancer incidence in the world. In addition, their prostate cancer mortality rate is more than twice as high as the rate for white Americans. From 2005 to 2009, mortality rates were 21.7 cases per 100,000 white men compared to 53.1 cases per 100,000 African-American men.

Five-year relative survival rates also are lower for African-American men (96.2 percent during 2002 to 2008) than for white men (99.6 percent during 2002 to 2008).

The causes of higher rates of prostate cancer among African-American males are largely unknown. Some studies have found that even when income and education are controlled for, African-Americans have much higher rates than whites.

Age, ethnicity and family history are the main risk factors for prostate cancer. With regards to ethnicity, African American men and Jamaican men of African descent have the highest prostate cancer incidence in the world.

### **Symptoms**

Early prostate cancer usually has no symptoms. Some advanced prostate cancers can slow or weaken your urinary stream or make you need to urinate more often, especially at night. But non-cancerous diseases of the prostate, such as benign prostatic hyperplasia (BPH) also can cause these symptoms. If the prostate cancer is advanced, you might have blood in your urine or trouble getting an erection. Advanced prostate cancer commonly spreads to the bones, which can cause pain in the hips, back, chest, or other areas. Cancer that has spread to the spine can also press on the spinal nerves, causing weakness or numbness in the legs or feet, or even loss of bladder or bowel control.

### **How Is Prostate Cancer Diagnosed?**

Most prostate cancers are first found during screening with a prostate-specific antigen (PSA) blood test and or a digital rectal exam (DRE).

### **Treatment**

Depending on the situation, the treatment options for men with prostate cancer may include:

- Watching and waiting
- Surgery
- Radiation therapy
- Cryosurgery (cryotherapy)
- Hormone therapy

Chemotherapy

Vaccine treatment

(Info taken from [blackhealthmatters.com](http://blackhealthmatters.com))

# November 2013

Sun

Mon

Tue

Wed

Thu

Fri

Sat

					1	2
3	4	5	6 <i>COR Bible lunch</i>	7	8	9 <i>In Concert: Frankie Beverly and Maze</i>
10	11 <i>Veterans Day</i>	12	13 <i>COR Bible lunch</i>	14	15	16
17	18	19	20 <i>BFSA Membership Mntg. 12pm</i>	21	22 <i>BNOC 4th Friday's</i>	23
24	25	26	27 <i>COR Bible lunch</i>	28 <i>Thanksgiving</i>	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 or visit our Community resources page.

<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>

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>

