



BLACK FACULTY AND STAFF ASSOCIATION

WHAT'S GOING ON?

Family,
HAPPY NOVEMBER As always, I hope this finds you all well and enjoying the blessings of the day. As we continue with this new, (academic), year and get closer to the end of another (calendar), year it somehow tends to be a time of reflection, (at least for me). With the recent “fall back” aspect of how we manage our days and time, I started thinking of what it is I do, and whether or not I’m happy with it all. Admittedly, life has it’s challenges and there are moments when I am frustrated and impatient when things don’t go according to plan. However, those moments have become more fleeting over these past years, simply because I am thankful for who I am, what I am able to do, and what I have. Sometimes in my reflections, I don’t come up with anything new or earth-shattering, but a simple affirmation of what I believe and hold close. What’s written next is something I wrote 3 years ago, but still holds true for me. May be it will for you too. Enjoy!

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 acknowledgement. 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, and what we have and be thankful. My wish is for everyone to appreciate and enjoy the spirit of this month of thankfulness.

A special shout out and thank you to our veterans. Know that we celebrate you and are thankful for your service on more than just the one day that is nationally recognized.

Hotep, (Peace)

G. Parham



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“When you make a mistake, don’t look back at it long. Take the reason of the thing into your mind and then look forward. Mistakes a lessons of wisdom. The past cannot be changed. The future is in your hands.”
Hugh White



SPOTLIGHT : *Angie Ned*

Director of Operations Women's Basketball

Angie Ned returned to her alma mater in 2014 to assume the role of Director of Women's Basketball Operations.

Ned came to UCI after serving as a women's basketball assistant coach at Cal Baptist last season where the Lancers ended the year in the PacWest Tournament Championship game. She was assistant varsity girls' basketball coach at her alma mater, Perris High School, for three years before joining the collegiate ranks. While coaching at Perris, the Panthers were second in the Sunbelt League and qualified for the CIF playoffs all three years. Three of her players went on to receive basketball scholarships.



Ned holds the UCI record for career field goals attempted (1,329) and is ranked tied for fifth in career scoring (1,333), third in three-pointers attempted (389) and sixth in field goals made (485), free throw percentage (.755) and three pointers made (113) all-time. She set a new UCI season record with 479 field goals attempted in 2006-07.

She was a three-time All-Big West Conference selection, earning first-team All-Big West distinction as a junior. She was the first player to be honored as the Big West Defensive Player of the Year twice. She scored a career-high 37 points in a win over Loyola Marymount in 2007, the most points by a Big West player that year. She was named Big West Player of the Week twice over her four year career.

Ned graduated with a degree in sociology in 2007.

She played professionally CBV Binnenland (Holland) of the Dutch Premier League. She averaged 14.4 points, 4.2 rebounds, 2.8 steals and 2.0 assists per game in an injury-shortened season before continuing her pro career in Portugal. With GD ESSA, Ned was the team's second-leading scorer (19.2 points a game) and also averaged 7.8 rebounds, 2.1 steals and 1.8 assists.

If you see her around, be sure to say hi and welcome her back home. One great way to do that is to support the women's basketball team! They have great talent and are fun to watch. This link will take you to their schedule for this season. <http://ucirvinesports.com/sports/w-baskbl/index>

Health and Wellness

Why 7 Deadly Diseases Strike Blacks Most

Several deadly diseases strike black Americans harder and more often than they do white Americans.

Fighting back means genetic research. It means changing the system for testing new drugs. It means improving health education. It means overcoming disparities in health care. It means investments targeted to the health of black Americans. And the evidence so far indicates that these investments will pay health dividends not just for racial minorities, but for everyone.

Yet we're closer to the beginning of the fight than to the end. Some numbers:

- Diabetes is 60% more common in black Americans than in white Americans. Blacks are up to 2.5 times more likely to suffer a limb amputation and up to 5.6 times more likely to suffer kidney disease than other people with diabetes.
- African-Americans are three times more likely to die of asthma than white Americans.
- Deaths from lung scarring -- [sarcoidosis](#) -- are 16 times more common among blacks than among whites. The disease recently killed former NFL star Reggie White at age 43.
- Despite lower tobacco exposure, black men are 50% more likely than white men to get [lung cancer](#).
- Strokes kill 4 times more 35- to 54-year-old black Americans than white Americans. Blacks have nearly twice the first-time stroke risk of whites.
- Blacks develop [high blood pressure](#) earlier in life -- and with much higher blood pressure levels -- than whites. Nearly 42% of black men and more than 45% of black women aged 20 and older have high blood pressure.
- Cancer treatment is equally successful for all races. Yet black men have a 40% higher cancer death rate than white men. African-American women have a 20% higher cancer death rate than white women.

WHY?

Genes definitely play a role. So does the environment in which people live, socioeconomic status -- and, yes, racism, says Clyde W. Yancy, MD, associate dean of clinical affairs and medical director for [heart failure](#)/transplantation at the University of Texas Southwestern Medical Center.

Yancy says that all humans have the same physiology, are vulnerable to the same illnesses, and respond to the same medicines. Naturally, diseases and responses to treatment do vary from person to person. But, he says, there are unique issues that affect black Americans."

(Continued on next page)



Wellness continued...

We must recognize there are some arbitrary issues that are present in the way we practice medicine and dole out health care," Yancy tells WebMD. "It forces us to think very carefully about the very volatile issue of race and what race means. At the end of the day, all of us acknowledge that race is a very poor physiological construct. Race is a placeholder for something else. That something is less likely to be genetic. It is more likely to have to do with socioeconomic and political issues of bias as well as physiologic and genetic issues that go into that same bucket. Some racial differences are more nuances. But there are issues of disparity and there are issues relative to racism that operate in a very broad context."

Like Yancy, LeRoy M. Graham Jr., MD, says the time is ripe for Americans to come to grips with these issues. Graham, a pediatric lung expert, serves on the American Lung Association's board of directors, is associate clinical professor of pediatrics at Morehouse School of Medicine in Atlanta, and serves as staff physician for Children's Healthcare of Atlanta.

"I just think we as physicians need to get more impassioned," Graham tells WebMD. "There are health disparities. There are things that may have more sinister origins in institutionalized racism. But we as doctors need to spend more time recognizing these disparities and addressing them -- together with our patients -- on a very individual level."

For more information or to continue reading this article, go to : <http://www.webmd.com/hypertension-high-blood-pressure/features/why-7-deadly-diseases-strike-blacks-most>.



November 2014

Sun	Mon	Tue	Wed	Thu	Fri	Sat
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2	3	4 Election Day- GO VOTE!	5	6 Potluck SST 408 4pm-6pm	7	8 UCI Women's and Men's Basketball. 4pm and 7pm
9	10	11 Veteran's Day	12	13 New Narratives: Policing and Race Matters..	14	15
16	17 New Narratives: Conflicts in the Middle East	18	19 BFSA General Membership Meeting	20	21	22
23	24	25	26	27 Thanksgiving Holiday	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 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/>

