



**BLACK FACULTY AND
STAFF ASSOCIATION**

BFSA— The Voice

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WHAT'S GOING ON?

Family, as always, I hope this finds you well and enjoying the blessings of the day. Over the past few weeks there has been a lot going on regarding our community. In particular actions taken by a group of student representatives, the Demand Team, that attempt to address concerns regarding the treatment and overall climate of inclusion and acceptance toward African American/Black students on this campus. Their actions have included sending a “Demand” letter to the Chancellor expressing concerns over the treatment of Black students here and demanding immediate action to eliminate the perception, by some, of UCI being an institution that allows for and/or supports racism and discrimination. There have been a myriad of discussions surrounding all of the activity, and as far as I know, issues are still being addressed. While part of the discussion has suggested that the “Demand Team” does not adequately or accurately reflect or speak for the larger AfAm/Black community on the campus, there is a part of me that believes whether it does or doesn't isn't as paramount to me as two other areas. First, if any students, faculty or staff are feeling the weight of racism, and/or discrimination then it is something we must pay attention to. That suggests to me that we collectively come together to discuss what's going on here. We need to be thorough with our information and the formation of any plan(s), that we may elect to move on. We collectively as an AFAM/Black community need to come up with a platform that can be presented with the knowledge that it is representative of a larger community that has concerns that we would like addressed.

As I've read and heard some of what has gone on, I ask myself about the efficacy of the information. I know some of the demands call for changes and involve establishing practices and protocols that help to ensure inclusion. I think we should have reasonable expectations, but at the same time, I think it critically important to look at all the information that is available and make subsequent recommendations based on being informed consumers. Some of the demands were already being addressed by the campus administration and other resources. It may not be enough, but a start is something to build on. Having family members representing us on the various committees that have been established would be another way to stay, as you've heard me say, “actively engaged” in the “goings on” around this educational environment.

It is my hope that at some point in the immediate future, we can come together as a collective, discuss the quality of life for AfAm/Black folk on this campus and move forward with an agenda that really reflects the sentiment of a community. It proposes not just demands from the administration, but also holds us accountable for making this community a place we want to be, and take pride in being here because of the difference we make in each other's lives, (students, faculty and staff). Noted scholar Franz Fanon tell us that “each generation must discover it's mission, fulfill it or betray it...” . We have also been taught, and many of us lived, in a cultural paradigm that “it takes a village to raise a child”. I'm asking family, that we stand by the our students, they are certainly an instrumental part of the family, but in standing by them, teach them so that when they “pay it forward” it is with a depth of understanding that compels positive and progressive action and results in a partnership committed to everyone's success and happiness.

Hotep, (Peace)

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*“You must structure
your world so that you
are constantly reminded
of who you are”*

Na'im Akbar



SPOTLIGHT : *Sharnnia Artis*



Is the inaugural ***Director of Access and Inclusion*** for both the Samueli School of Engineering and the Bren School of Information and Computer Science. Sharnnia is a visionary leader and bridge builder with over 15 years of strategic planning and hands on expertise in diversity research and outreach and directing engineering programs. She is the author of more than 35 publications in conferences, journals, book chapters and edited volumes on subjects related to recruitment, retention, and outreach, in addition to her area of academic research.

Sharnnia most recently served as the *Education and Outreach Director for the Center for Energy Efficient Electronics Science at UC Berkeley* where she managed more than \$1 million in externally funded projects and grants and was the Co-PI and project manager for two NSF funded awards focused on students underrepresented in engineering. She also created a community college program involving 33 California community colleges. Of the students emanating from this program, 62% are first generation college students, 34% are underrepresented minority students, 30% are women, and 12% are veterans. To date, 88% of the students from this effort have transferred to a 4-year institution and 67% of these transfer students are currently enrolled at the University of California, Berkeley.

In Sharnnia, we have a national leader who will build on the efforts of Robin Jeffers and Karla Gonzales in the Engineering School and Kristine Bolcer and in ICS. She will be working on programs to enhance recruitment and retention of underrepresented student groups in ICS and Engineering. Her charge is quite simple: create the university's best diversity and access operation and raise our profile regionally and nationally in this regard. Sharnnia assumed this role on December 1 and her office is located in 314 Rockwell Engineering Center.

In her spare time, she loves to write and empower young adults. If you want to learn more about her and her work, you can visit her website at:

<http://beingextra.com/theauthor.html>

If you see her around campus, please be sure to say hello. Often the simple exchange of an acknowledgement is enough to make a difference.



Health and Wellness

Allergies

If you can literally write your name in pollen on the windshield of your car, you know it's [allergy season](#) again.

#When your body comes into contact with whatever triggers your allergy—pollen, ragweed, pet dander, or dust mites, for example—it produces chemicals called histamines. Histamines cause the tissue in your nose to swell (making it feel stuffy), your nose and eyes to run, and your eyes to itch. Some people develop itchy skin rashes known as hives.

#Medications containing antihistamines, drugs which counteract the effect of histamines, can help relieve many different types of allergies, including hay fever and food allergies.

#But some antihistamines can make you feel drowsy, unfocused and slow to react. If not taken responsibly and according to directions, they can pose a danger to your health and safety. Information about whether an antihistamine medication can make you drowsy can be found in the product's label. Consumers should read the Drug Facts label of the medication and understand the warnings before they use it.

#“Any of these reactions can negatively interfere with driving or operating heavy machinery,” says Jane Filie, M.D., a medical officer at the Food and Drug Administration's (FDA) Division of Nonprescription Regulation Development. Filie says you may experience slower reaction time, haziness, or mild confusion even if you don't feel drowsy after taking a medication containing antihistamines.

#Precautions to Take

#FDA wants to promote awareness of the potential health risks and the precautions that you should take when using antihistamines.

#Different antihistamines may be dosed differently, says FDA pharmacist Ayana Rowley. “Don't assume that when you run out of one antihistamine and happen to buy another, it's the same dose,” she explains. If one specific antihistamine worked for you before, take note of the dosage and make sure you get the same medication the next time.

#It's also important to avoid taking alcohol, sedatives (sleep medications), or tranquilizers while taking some antihistamines. This information can also be found in the Drug Facts label, Dr. Filie says. Alcohol and sedatives can seriously increase the sedative effects that already may occur when taking antihistamines.

#Rowley also cautions against self-medicating. “If the correct dosage isn't providing you the relief you expect, don't simply keep taking more and more of that product,” she says, “but instead, consult your health-care professional.”

#Tips to Keep in Mind

- Always follow directions for use and read warnings on the packages of the drug products you purchase.
- Some antihistamines may cause drowsiness, and you need to exercise caution when driving a motor vehicle or operating machinery. Avoid using alcohol, sedatives and tranquilizers while taking the product because they may increase drowsiness.
- Know that some antihistamines take longer to work than others. Recognize that you might feel the sedating effects of these medications for some time after you've taken them and possibly even the next day.

Www.BlackHealthMatters.com



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March 2015

Sun Mon Tue Wed Thu Fri Sat

1	2	3	4	5	6	7 <i>100 BMOG Annual Gala</i>
8	9	10	11	12	13 <i>Ferguson Lecture</i>	14
15	16	17	18	19	20	21
22	23 <i>Spring Break</i>	24 <i>Spring Break</i>	25 <i>Spring Break</i>	26 <i>Spring Break</i>	27 <i>Spring Break</i> <i>Cesar Chavez Day</i>	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.100bmg.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/>

