WHAT’S GOING ON?

Family,
Welcome back! I hope everyone had a wonderful holiday season and were able to enjoy the time with family and friends.

Now that we’re back and it’s Winter Quarter, it is also African Consciousness Quarter and here are a host of activities that will be taking place over the next few weeks. Notably, the annual MLK Jr. Symposium will host Michael Eric Dyson as the keynote for the Dr. Joseph L. White lecture series. If you are not familiar with brother Dyson, let me encourage you to attend the lecture and as many of the events taking place throughout the quarter. For more specific details on the events, you can visit the calendar page of the website at http://sites.uci.edu/bfsa/calendar/ or click on the following link http://www.ccc.uci.edu/mlk/events/

I sincerely hope you will make an effort to support as many events around the campus and in the community. Many, if not all are family friendly or could be an excellent to spend time with friends.

Please stay tuned for other activities that are in the planning stages. One of those in particular is a reception/social to welcome and embrace the new faculty and staff who have joined the University family, but may not have found us yet.

That being said. I wish a prosperous year for all, and remember that we are here and we do make a difference in ways larger than you think. We need to keep the momentum moving forward into this 2014 year and beyond. Get involved, be engaged in helping us help you. We are your organization, and want to hear from you. Until next time, be well and take care of yourselves.

G

“The mint makes it first, it is up to you to make it last”

Evan Esar
For **heart health**, it’s OK to go fat. Fish oil fat, that is. Though all of us could include more fish in our diets, people at risk for or with coronary artery disease should eat about one gram of fish oil each day. That’s about three ounces of wild salmon. If you’re healthy, shoot for 500 milligrams of fish oil a day. The American Heart Association recommends two servings of fatty fish at least twice a week.

**Why Fish Oil Is So Good for You**

Studies show the omega-3 fatty acids in fish (and fish oil) can lessen the risk of developing heart disease. In fact, just one fish meal a week has been associated with a 52 percent lower risk for sudden cardiac death. The omega-3s prevent heart arrhythmias, slow the buildup of plaque in arteries, lower triglycerides and blood pressure.

**What Kind of Fish Oil Is Best?**

Fish that is baked or broiled is, of course, healthier. Fried or butter-battered fish doesn’t have the same healthy benefits. Pregnant women should eat two fatty fish meals each week, but they should avoid king mackerel, shark, swordfish and tilefish, all of which could contain mercury.

Allergic to fish or don’t like it? Talk to your doctor about supplements.

### January 2014

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### 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/](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.100bmoc.org/events/)
- [http://www.meetup.com/Black-In-Orange-County/events/73879372/](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://sites.uci.edu/bfsa)
Cross Cultural Center; [http://www.ccc.uci.edu/](http://www.ccc.uci.edu/)
Employee Assistance: [http://www.cascadecenters.com](http://www.cascadecenters.com)
Teaching, Learning, Technology Center: [http://www.tltc.uci.edu/](http://www.tltc.uci.edu/)

**Community**
NAACP: [http://naacp.org](http://naacp.org)
OC Black Chamber: [http://ocblackchamber.com](http://ocblackchamber.com)
100 Black Men of Orange County: [http://www.100bmoc.com](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](http://www.nc100bwoc.org)
Educational Opportunities [http://www.MastersDegreeOnline.org/Scholarships/](http://www.MastersDegreeOnline.org/Scholarships/)