What’s Going On?

Family,

It’s December already, and you know what that means! That’s right…let the partying begin :)

Just chiding…(sort of). As always, I hope this finds you all well and enjoying the blessings of the day. So how are you doing? We’ve been at it for a minute or two this year and, I’m reasonably sure, are counting the days before we take advantage of the Winter break. The campus shuts down and we get to do all of the last minute shopping most of us promise, each year, to not do.

It is also, however, a time to celebrate. We have come to know this as the Christmas season, where we celebrate the birth of Christ and in the spirit of giving, exchange gifts with those we love and care about. It is not, however, just about Christmas. There are other celebrations taking place during this time of year celebrating culture and family. There is Hanukkah, beginning December 16th—24th, and Kwanzaa, beginning December 26th-January 1st, (just to name a couple). If we stop and think, for just a moment, about the wonders of the world, and how blessed we are to be in it, and share it with others like us and unlike us, I think we would hard pressed to think of anything more valuable than the life we have. How we choose to live it, is another discussion. I know it’s not a perfect world, and there are allot of things that are going on that get and keep folk riled up, and with good reason. I would offer this, that for all of the “bad news” we get from our media friends, let’s spend some time this season, looking at the “good news”, that life has for us. It starts with each one of us making a personal commitment to be the best person we can be, everyday!

It’s easy to be miserable and point the finger at someone or something else as the reason we didn’t do/get what we wanted; do what we needed to do, or even should do. It’s also easy not to take responsibility for what happens, or doesn’t happen to us in our lives, but family, I’m telling you, that is what helps keep us miserable. Now, I’m not saying we’re all miserable, or irresponsible, but I am saying that we have an opportunity this season of giving to make a difference in someone’s life and who knows, perhaps have someone make a difference in ours.

I invite each of us this holiday season, to look past the material gift giving and if you open your heart, accept and acknowledge the gift you are and understand what giving of yourself would really mean. Can you remember a time when someone did something for or with you, that you unquestionably knew was from the heart? I know I can, and I like that feeling. I also know that when someone receives such a gift, it is much more valuable and not easily forgotten over time as are the presents we receive. They wear out, break, get lost, or we just lose interest. Ahhhh… but that personal touch, the giving of self, is long remembered, and remains forever a part of us. Won’t you join me this season in being a gift to someone. It’s a simple thing really, just be you!

Hotep, (Peace)
Julian N. Branch, M.A., Manager of Custom Designed Programs (interim). This position is focused on recruiting international students to UCI Extension for short-term programs on Leadership, Human Resources, Law, Medicine, and Higher Education. Julian has over five years of experience in higher education and educational institutions in Japan, Korea, and here in the US. He holds a Masters of Education Development from Hiroshima University and a BA in Business Management from Northwood University.

He has also been part of an educational web based start-up in the Philippines, as well as creating marketing campaigns for the University of Peace in Costa Rica. Last, he has a conversational grasp of both the Japanese and Korean languages.

When he is not on campus you can find him actively engaged in the community taking cooking classes, running three miles in the morning, and building websites for non-profit organizations. If you see him out and about, please stop and say hello. He’d love to meet you.
Introduction

You don’t have to give up all of your favorite foods or start training for a big race to improve your health. Over time, small changes to your eating, drinking, and physical activity habits may help you control your weight, feel better, and improve your health.

This fact sheet will give you ideas on how to make better food and beverage choices and add physical activity to your life. When you make these changes, you may also become a health champion to help your family, friends, and others in your community do the same.

Am I overweight?

More than three in four African American adults are overweight or obese.

The body mass index (BMI) is the tool used most often to find a person’s weight status. (See the box below.) This tool may help you find out if your weight could raise your chances of developing health problems described later in this fact sheet.

TOOLS YOU CAN USE:

What is BMI?

The BMI is a tool that measures your weight in relation to your height. It can help you find out if your weight is in a healthy range (“normal weight”). Here are the main BMI cutoff values for adults:

• 18.5 to 24.9: normal weight

25 to 29.9: overweight

• 30 or greater: obese

For a BMI chart, see the Weight-control Information Network (WIN) brochure Better Health and You, listed in the Resources section of this fact sheet. An online tool for measuring your BMI is also listed under Resources.

Another way to find out if you carry too much weight is to measure your waist. You may be more likely to have weight-related health problems if your waist is above a certain size. For women, the size is above 35 inches. For men, the size is above 40 inches.

- See more at: http://www.aawellnessproject.org/top-news/real-good-health-tips-african-americans/#sthash.YXT0Gvw0.dpuf
## December 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/)

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