WHAT’S GOING ON?

HAPPY NEW YEAR !!!

Family,

I hope this finds you all well and rested having enjoyed the Winter recess. I also hope you are ready for an exciting 2015 year as there is a lot going on around UC Irvine. To begin with, the campus is celebrating it’s 50th Anniversary with festivities beginning on homecoming weekend (January 31st). That same weekend, on Friday, January 30th, there is also a 40th Anniversary Celebration of the Cross Cultural Center. There is a program taking place that evening with a reception/dinner being held at the University Club. Space is still available, and I would encourage all to attend. The Cross has been an integral part of the campus culture since 1974, and has served as a haven of sorts, to people of color, including Black, (African American), students. Supporting the work they do through their programming, internships and support services is just another way of extending our reach to make a difference in the lives of our youth and in our campus community. For more information and tickets, please contact Kevin Huie at extension 4-2001 or go to http://www.ccc.uci.edu/40th/event.php.

In other news, our students, (BSU) are hosting this year’s Afrikan Black Coalition Conference from January 16th –19th. For those who may not know what this is or who they are. A number of years ago, Black or African American students, state-wide decided to host a conference where they could network, learn, nurture and dialogue about what it was/is like to be a student of color. Over the past few years, we have supported students going to the conference, one year in Berkeley, this past year in San Diego. This year our students are hosting the conference here at UCI. I applaud their initiative in agreeing to host this years festivities and look forward to an outstanding event. They have asked for and we have again provided support in a number of ways. Thank you to all who stepped up to be panelists, conduct workshops and presentations. I would also extend a heartfelt thank you to those departments who have provided financial support. Our students have worked tirelessly to make sure that this years conference is both rewarding and memorable. If you get a moment, stop by and support their efforts. The expected attendance is somewhere around 700-800 students. If you have not, but are willing to volunteer in some capacity, I’m sure they can use the support. Please contact Faye Hayes: 510-681-6571 | fhayes@uci.edu or Ezra Dinwabor: 925-727-1344 | ezratorru@gmail.com for more information.

I’m excited at all that is happening here at UC Irvine, and am glad we are an integral part of shaping it’s future. We have much to do and need to be at the table when decisions are made regarding policies, procedures and the direction the campus is taking as we move into the next 50 years. Let’s stay up and positive and as you’ve heard me say, let’s be actively engaged. We’re worth it!

Hotep, (Peace)

G. Parham
SPOTLIGHT : Nicole Mitchell

Is a creative flutist, composer and educator. Founder of critically acclaimed Black Earth Ensemble, Black Earth Strings, Sonic Projections and Ice Crystal, she composes for contemporary ensembles of varied instrumentation and size (from solo to orchestra and big band) while incorporating improvisation and a wide aesthetic expression. Mitchell’s compositions bridge sound worlds between the familiar and the unknown by integrating new music with sounds from the legacy of jazz, gospel, pop and African percussion. As a flutist, Mitchell develops new improvisational languages through the coupling of her voice with the instrument.

A member of the Association for the Advancement of Creative Musicians (AACM Chicago) since 1995, Mitchell has worked with contemporary musicians including George Lewis, Steve Coleman, James Newton, Archie Shepp, Anthony Davis, Bill Dixon, Roscoe Mitchell, Muhal Richard Abrams, Anthony Braxton, Ed Wilkerson, David Boykin, Rob Mazurek, and Hamid Drake. She has been a featured flute soloist with Chicago Jazz Philharmonic, Chicago Sinfonietta Orchestra, AACM Great Black Music Ensemble, ICI Creative Orchestra (Germany), Vancouver NOW Orchestra (Canada), the Ramsey Lewis Freedom Ensemble and the New Black Repertory Ensemble (Chicago).

A recipient of the Herb Alpert Award in the Arts 2011, Mitchell has been named “the most important jazz flutist of her generation,” (AllAboutJazz) and was awarded Top Flutist by Downbeat Magazine and the Jazz Journalist Association (2010, 2011). Her work has been featured on National Public Radio and in magazines including Ebony, Downbeat, JazzIz, Jazz Times, Jazz Wise, and American Legacy.

Selected Recordings and Compositions: click here
Stress has us stressed out. A recent poll from NPR, the Robert Wood Johnson Foundation and the Harvard School of Public Health found that nearly half the American public said they had a stressful experience in the last year. Another 43 percent reported that their most stressful events were health related. Those with chronic health conditions were more than twice as likely as the general public to report a “great deal” of stress in the last 30 days.

“Stress touches everyone. Unfortunately, many of those feeling the most stress get trapped in cycles that can be very unhealthy,” says Risa Lavizzo-Mourey, M.D., president and CEO of the Robert Wood Johnson Foundation.

Stress wreaks major havoc, with 1 in 5 Americans saying they experience stress so extreme it causes heart palpitations and depression. Stress is so unhealthy, in fact, that it can have a significant impact on emotional well-being, sleep patterns, decision making and critical thinking, and it is the source of about 75 percent of doctor’s visits.

“If we are going to build a culture of health in America, one big step we can take is recognizing the causes and effects not just of our own stress and the stress of those closest to us, but of others we encounter in our day-to-day lives,” Lavizzo-Mourey says. “That recognition can go a long way in helping us create healthier environments in our homes, workplaces and communities.”

Part of a healthier, stress-free environment includes ways to manage stress. The experts recommend regular exercise and a full night’s sleep to reduce stress. Poll participants who experienced the highest stress levels over the past month had the most success managing that stress by:

- Spending time outdoors
- Practicing a hobby
- Hanging with family and friends
- Praying or meditating
- Eating healthy foods

Source taken from BlackHealthMatters.com
# January 2015

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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.meetup.com/Black-In-Orange-County/events/73879372/
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/