WHAT’S GOING ON?

Hey family...we’re back!!! So glad to be able to produce this newsletter as a way to help keep us connected. I realize it has been a minute of two since this was last published, but we are focused and excited about things that are happening in an about the UCI community and wanted to share as much as we know with you. So, lets get started.

I don’t know how many of you have received or read the email from the Vice Chancellor of Student Affairs office which highlighted some important actions and developments related to African American community specifically and the campus community at large. Here is a snapshot of the things that have happened, progress that has been made over the past two years.

We have:

- Developed and funded the new Center for Black Cultures, Resources and Research.
- Elevated the African American Studies program to Department status.
- Strengthened the multicultural breadth requirement in the academic curriculum.
- Recruited and hired more African American faculty in schools and departments where there were few if any.
- Restored the HA position at the Rosa Parks House.
- Hired mental health professionals with specific knowledge and skills for working with people of African descent in therapy.
- Continued supporting programs addressing the broader cadre of African American students.
- Initiated a new Academic Excellence Black Scholars House.
- Continue to address issues intended to improve campus climate in ways that offer authentic alternatives for all students to develop personal and intercultural competence.
- Engaged African American Alumni who now support recruitment yield efforts.
- Continued recruitment efforts and retained larger numbers of African American students enrolled.
- Enhanced funding and support for the Black Student community for various programmatic initiatives that occur throughout the year.

While this is just a snapshot of things going on, let me invite all of us to continue this journey together, to make this space, (UCI), a welcoming, and nurturing place for all who come. We are a village but we are also it’s children. We need one another in order continue our growth, visibility and viability as a community. Becoming or staying actively engaged is paramount to our success as a community of scholars, and activists. Whether you are a student, faculty, or staff, we all have a part and can contribute to the global growth and development of the African American diaspora that exists here and now at UCI. As history tells us there were many before us who paved the way for us to be in this space. So to it is our obligation to pay it forward for those who are looking to follow. I’m not asking you to do everything, but each of us can do something. BTW, you are all invited to the Black Graduation Celebration, taking place this Friday, June 16th at 7pm (doors open at 6:30pm) in the Pacific Ballroom of the Student Center.

Hotep, (peace)

G. Parham
Health and Wellness
Nutrition is an important factor in keeping ourselves healthy. Eat responsibly!

You know summer has arrived: backyard barbecues, chasing the ice cream truck sand hot dogs at the ball game. Don’t let lighter-sounding fare trip you up, though. Below, some frightening calorie traps and healthier choices for when you’re lounging at the beach:

# Mayo on the side. A half-cup portion of cookout staple potato salad will net you 180 calories and 12 grams of fat; the same amount of coleslaw is about 150 calories and 8 grams of fat. Cut calories by making your salads with light mayonnaise or mixing mayo with low-fat yogurt or light sour cream.

#High-fat meats on the grill. Barbecue can lay waist to your waistline. A 20 ounce T-bone steak can set you back 1,540 calories and 124 g fat. An smaller cheeseburger still packs 750 calories and 45 grams of fat. A bucket of fried chicken can feed a crowd in a heartbeat (while wreaking havoc on your bloodstream). And pork or beef ribs? They come from the fattiest part of the animal. But you don’t have to go meatless this summer. Go lean with skinless chicken breast, pork tenderloin and lean ground beef. Spice things up with marinades and rubs.

#Salad stoppers. What’s healthier than bowls of veggies and lean protein? That’s why salads can be the perfect summer meal. But high-calorie toppings—cheese, bacon, croutons, fried chicken strips and creamy dressings—can push a salad from lean to fattening in a flash. Throw grilled chicken, strips of lean meat or eggs on your greens instead, and then pile on the veggies and drizzle with a light dressing.

#Teetotalers need not apply. Sweet, fruity alcoholic concoctions may seem refreshing, but the calories can burn you. A daiquiri can range from 300 to 800 calories, a piña colada from 245 to 490 calories and a Long Island iced tea about 520 calories—much of it from sugar. Sip wine, a wine spritzer, or a mixed drink with seltzer and a splash of 100 percent fruit juice instead.

#Gimme a cold one. Staying hydrated is crucial during the dog days, but some cold drinks can bust your calorie budget. If you’re drinking 12-ounce bottles of sweet tea, sweetened soda, energy drinks, juice drinks or beer, you’re sucking down about 150 calories a pop. Smoothies, milkshakes and frozen coffee drinks can contain much higher calorie counts. Try light versions of your favorite thirst quenchers or water.

#Have fun at the fair. You don’t need us to tell you this: County fairs, amusement parks and beach boardwalks serve up delicious, but deep-fried disasters. From funnel cakes to fried macaroni and cheese to jumbo turkey legs, most eat-while-you-walk foods are a calorie catastrophe. Healthier options include cotton candy, caramel apples or a simple grilled meat. When all else fails, split your treat with a friend.

#We all scream for ice cream. Does your heart still race when you hear the ice cream truck song? Know this: A cup of soft-serve ice cream can have 380 calories and 22 grams of fat. Add mix-ins and push the calorie count even higher. Of course, there’s nothing that says summer quite like ice cream, so we’re not saying give up frozen treats. Just pass on super-sized portions and high-fat toppings. Choose instead frozen desserts like sherbet or fruit bars.

Family, we are so spread out that we often do not know who’s where, how long they, (or you), have been here, what you do, and any other piece(s) of information you car to share.

This space, as it has in the past is designed to share information about each of us, particularly those newer/newest members of the family.

Please share your story with us. We want to meet you and welcome you to this place.

Thank you
# June 2017

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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 and Community Resources

Campus
Black Faculty and Staff Association: http://sites.uci.edu/bfsa
http://www.facebook.com/uci.bfsa?ref=tn_tnmn
Center for Black Cultures, Resources, and Research; http://blackcultures.uci.edu/
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
100 Black Men of Orange County: http://www.100bmoc.org
Black In OC http://www.blackinoc.com/Home_Page.php
Christ Our Redeemer http://www.corchurch.org/
Creations Salon and Barbershop http://creationssalonandbarbershop.com/
NAACP: http://naacp.org
National Coalition of 100 Black Women of Orange County
http://www.nc100bwoc.org
OC Black Chamber: http://ocblackchamber.com
The Black Market http://www.theblackmarket.com/index.htm
THE Greenlining Institute www.greenlining.org/academy
Educational Opportunities http://www.MastersDegreeOnline.org/Scholarships/