



Neighborly News



Family Housing Council

Vol. 34 Iss. 2 • January 11, 2008



Weekly Reminders

Saturday, January 12

Sewing Room 10am at LRC
Movie & a Snack 1pm at FRC

Monday, January 14

Spring Semester Classes Begin

Tuesday, January 15

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
Bingo 6:30pm at CC
Book Club 6:30pm at CC

Wednesday, January 16

Meijer Trip 5:45 pm at FGH

Thursday, January 17

Krannert Uncorked 4:45pm at FGH

Saturday, January 19

Sewing Room 10am at LRC
Swan Lake 6:30pm at FGH
REGISTRATION REQUIRED

Pest Control:

On Monday, January 14, apartments 2201: 101-104; 2203: 101-104, 201-204, and 301-304. On Friday, January 18, apartments 2205: 101-104, 201-204, and 301-304; and 2102: 301-304 will be treated. To request treatment, visit the website below.

Submit Maintenance Requests to:

<http://iservice.housing.uiuc.edu>

FHC Monthly Public Meeting

The next FHC meeting will be held on Friday, January 25 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

Employment Opportunity with the Family Housing Council

The Family Housing Council is seeking to hire two Neighborly News (NN) distributors. The NN distributor's main responsibilities are to pick up NN copies from the NN assembler and to deliver NN to the door of Orchard Downs residents every week. This position also requires attendance to the FHC meetings the last Friday of each month. The starting date is February 1 and the compensation is \$45 per month.

Interested persons can find an application at the Family and Graduate Housing Office or on the Family Housing Council's website at <http://www.odfhc.org>. Applications are due no later than Thursday, January 24 at 5pm. There will be an interview with the applicants on Friday, January 25 following the council's monthly public meeting.

Mid-Winter Water Fun: Date and Location Correction

You wouldn't think that the middle of winter would be a good time to go swimming... but grab your towels and join Alyssa at CRCE for some indoor heated swimming. There is something for everyone with an entry ramp and plenty of bubbles! We will leave from the Family & Graduate Housing Office on **Friday, January 18 at 6pm**. Transportation may be provided for a limited number of residents. Residents who notify Alyssa may also meet there. Please email Alyssa at alysanevin@hotmail.com for further details.

Krannert Center Tours

Krannert Center for the Performing Arts offers free tours of its facilities while the University is in session, including summer sessions. Spring semester tours will be offered from **January 14 through May 3**, with no tours during spring break (March 15-23). Tours typically include information on Foellinger Great Hall and its world-renowned acoustical properties, a behind-the-scenes look at the costume and prop shops, and a visit to the rehearsal spaces and theatres. The Krannert Center is located at 500 South Goodwin Avenue in Urbana. For more information, visit www.kcpa.uiuc.edu/about/backstage/tours.asp.



Community Programs

Please note that we often take photographs during community events, and these photographs may be used in a gallery online. If you do not wish to have your photograph taken, please inform the staff member at the event or contact the Family & Graduate Housing Office at famhous@uiuc.edu or 333-5656.

Parent/Child Playgroup

Parent/Child Playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Children should be 5 years old or younger. Playgroup is held on **Tuesdays** from **10-11:30am**. Please contact Amanda with any questions at amandaj@uiuc.edu or 333-5665.

Cooking Club

Do you like to try new recipes and eat good food? Then Cooking Club is for you! Cooking Club is held on **Tuesdays** at the **Community Center** from **2-3pm**. Children are always welcome; however, no child care assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Amanda at 333-5656 or amandaj@uiuc.edu.

Movie and a Snack: Japan

This month, we will be exploring Japanese culture at Movie and a Snack. Join us at the **Family Resource Center** at **1pm** on **Saturday, January 12** as we watch the Japanese film Ohayo and have a traditional snack and discussion. If you have questions about this event, please contact Carie at cbiresc2@uiuc.edu or Amanda at amandaj@uiuc.edu.

Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy. It is for this reason that we would like to welcome your newborn into the Orchard Downs community with a complimentary gift package. This is our way of saying, "Welcome to the World!" If you have recently welcomed a new baby into your family, please contact Amanda Johnson by phone at 333-5665 or by email at amandaj@uiuc.edu.

Baby Einstein Video Series

Are you looking for new and fun ways to entertain your infant and toddler? Then we have the answer for you—the Baby Einstein Video Series. Each video explores a new and exciting topic, such as music, nature, and colors, which will hold your child's attention. Each topic is presented using music, puppets, and other visual images. You can borrow a Baby Einstein video from the **Family & Graduate Housing Office**.

Wal-Mart Shopping Trip

The Community Aides are organizing a shopping trip to Wal-Mart for our residents on **Saturday, January 19** from 10am to noon. Residents will board the van at **FGH Office** at **10am**. To reserve a space please email sdissan2@uiuc.edu. Spaces will be allocated on a first come first serve basis. For questions contact Sahana at sdissan2@uiuc.edu.

Krannert Uncorked

On **Thursday, January 17** we will be travelling to the Krannert Center for the Performing Arts for a free wine-tasting and music event. The performer for the evening will be Kevin Elliot on acoustic folk guitar. Free wine samples will be available for tasting as you enjoy the music. We will depart from the **FGH Office** at **4:45pm** and will return by 7pm on the MTD bus. This event is free of charge and registration is required. If you would like more information or would like to register for this event, please email Carie at cbiresc2@uiuc.edu.

Book Club

The next meeting of Book Club will be on **Tuesday, January 15** at **6:30pm**. We will meet at the **FGH Office in the Conference Room**. Please email Carie at cbiresc2@uiuc.edu if you have any questions about this event.

Local Fun for Kids: Orpheum Children's Science Museum

Located at 346 North Neil Street in Champaign, the Orpheum Children's Science Museum offers a variety of indoor and outdoor exhibits for children of all ages. The exhibits are a fun way for children to learn about science— they can view slides under a microscope, look for fossils in a simulated paleontological dig, learn about groundwater pollution in an interactive exhibit, and look at the museum's collection of critters. The museum is open on **Tuesdays from 9am-6pm**, and **Wednesday through Sunday from 1-6pm**. The museum is closed on Mondays. Admission is \$2 for children ages 2-18 years old and \$3 for adult non-members. Visit www.m-crossroads.org/orpheum or call 352-5895 for more information.



Spurlock Museum Exhibit

“Ancient Egypt: The Origins”

Some of the most fundamental and fascinating aspects of the ancient Egyptian civilization can be understood only by looking deep into its past. All the hallmarks of Egyptian culture, from pyramids and hieroglyphic writing to the belief in the afterlife and fervent nationalism, can be traced in an unbroken line back to its earliest periods. This exhibition explores the prehistoric Nile Valley and illustrates the origins of ancient Egypt through its material culture. Ancient Egypt: The Origins features artifacts on loan by the Brooklyn Museum. The Spurlock Museum is located at 600 S. Gregory in Urbana. For museum hours and other information, please visit www.spurlock.uiuc.edu.

Family Funfare at the Urbana Free Library

On **Thursdays** during the month of **January (January 17, 24, and 31)**, the Urbana Free Library will hold a “Family Funfare” for children of all ages with an adult. In this multimedia story time, books, stories, songs, and more are all part of the fun! Registration is not required. This activity goes from **10:30–11am** on the days listed above. The library is located at 210 West Green Street in Urbana.

Protect Your Car this Winter

1. Get a basic tune-up. Hoses, belts, spark plugs, and wires should be checked and changed if necessary.
2. Protect against freeze ups. Antifreeze/coolant is extremely important in colder temperatures. If there is too much water and not enough antifreeze/coolant in the system, it can freeze up, expand, and crack key engine components. Motorists should check fluid levels and top them off with a ready-to-use formula before temperatures plummet.
3. Check tire tread. Bald tires are not only unsafe, but can potentially lead to a disaster on slick, wet roadways. Tires connect the car to the road, so traction is utterly imperative during winter. In areas with high snow accumulation, four winter tires are a solid investment. They offer more traction when accelerating, braking, and turning.
4. Replace worn brake pads and shoes. Having maximum stopping power is essential.
5. Use a winter-formulated washer fluid. Regular blue washer fluids can freeze in the washer reservoir or on the windshield while driving. Special de-icer formulas will stay liquid in the washer reservoir at temperatures as low as -34°F.
6. Check windshield wipers. If they streak or cause problems, motorists should buy blades especially made for winter conditions. Visibility is crucial this time of year.
7. Prevent gas line freeze. Using a winter fuel system cleaner helps prevent gas line freeze in extremely cold weather conditions.
8. Be prepared for an emergency. While routine maintenance can afford drivers a certain level of comfort, having a well-stocked kit provides peace of mind. Items to keep in a vehicle include a cellular phone, extra de-icer washer fluid, a good ice scraper and snowbrush, spray de-icer, blankets, snacks, bottled water, and warm clothing.
9. Remove snow and ice from the entire car. Not taking the time to clear off all surfaces before venturing onto roadways can create dangerous situations for all motorists. Blowing snow and ice causes reduced visibility and treacherous obstructions.
10. Pay attention. Take a moment to listen to weather and traffic reports. When the conditions are too hazardous, motorists should stay off the roads. If people must travel when roads are bad, it is important they know their vehicle and use extreme caution.

Keeping an 8–10 second distance between cars, reducing speeds on hills, storing sandbags in the trunk of rear-wheel drive cars, and wearing seat belts will all help prevent accidents from occurring. It is also a good idea for motorists to always keep at least a half tank of gas in vehicles during winter months—it will be their only source of heat if stranded.

Source: www.roadandtravel.com/carcare/wintercarpreps.htm



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WWW.ODFHC.ORG

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What is the FHC?

The Orchard Downs FHC is an organization created to safeguard the interest of the residents of Orchard Downs Family & Graduate Housing.

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MultiCultural Health Center

2040-A Orchard Street

The MCHC works to deliver culturally sensitive illness prevention and health promotion services to the families of the Family & Graduate Housing community. The Center provides health information, education, insurance information, and referrals to residents.

Planned Parenthood

This service provides sexual and reproductive health care **every second Wednesday of the month** from 6-8pm.

Mobile Clinic by CUPHD

Mobile programs and services are a wide variety of affordable programs offered by Champaign-Urbana Public Health District (CUPHD) to meet residents' health care needs. This mobile program will be offered **once every month on a Thursday** from 2-4 pm on the **South Laundry parking lot closest to the MCHC**. Please refer to Orchard Downs calendar for the clinic service schedule. Some of the services that will be offered include Illinois Diabetes Control Program, Illinois Breast and Cervical Cancer Programs, HIV and STD screening, smoking cessation information, disease management education, blood pressure checks, referrals into other programs, and Immunizations. For details, contact Lin Yang at linyang3@uiuc.edu.

Women, Infants and Children (WIC)

This program will be offered **every other Friday afternoon** from 1 to 4pm at the **MultiCultural Health Center**. These services are provided for women, infants and children, and are offered by the Champaign Urbana Public Health District. Some of the services provided to WIC participants include supplemental nutritious foods, nutrition education and counseling, screening and referrals for other health services, welfare, and social services. For more information, contact Lin Yang at linyang3@uiuc.edu.

Thursday Clinic Services

The Champaign County Christian Health Center (CCCHC) offers clinic services on the **second and fourth Thursday evenings of the month** from 6 to 9pm. The clinic will be staffed with a physician and/or a nurse practitioner. For more information, please contact Lin Yang at linyang3@uiuc.edu.

NEIGHBORLY NEWS

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