



Neighborly News



Family Housing Council

Vol. 34 Iss. 8 • February 22, 2008



Weekly Reminders

Saturday, February 23

Sewing Room 10am at LRC

Monday, February 25

Meijer Trip 5:45pm at FGH

Tuesday, February 26

Parent/Child Playgroup 10am at FRC

Cooking Club 2pm at CC

Babies Lap time 9:15am at FGH

Wednesday, February 27

Mindfulness for Stress Reduction 10am at FRC
REGISTRATION REQUIRED

Friday, February 29

Yoga 11:30am at FGH

REGISTRATION REQUIRED

Pest Control:

On Monday, February 25, apartments 2120: 201-104 and 310-304; 1801: A-D; and 1802: A-D will be treated. On Friday, February 29, apartments 1803: A-D; 1804: A-D; 1805: A-D; and 1806: A-D 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, February 29 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

Aldi/Wal-Mart Trip

The Community Aides are organizing a shopping trip to Aldi /Wal-Mart for our residents on **Friday, February 29** from **7pm to 9pm**. Residents will board the van at the **FGH Office** at **7pm** on a first come, first served basis. If you have any questions, please contact Christine at kcng2@uiuc.edu.

Play Volleyball at CRCE

Community Aides invite all residents to join in for a friendly volleyball match. The game will take place on **Saturday, February 23** from **4 to 6pm** at the **Campus Recreation Center East (CRCE)** located at 1102 W. Gregory Dr. Urbana, IL. You are requested to arrive directly at CRCE by 4pm. All are welcome to come and play. For more information on CRCE, please visit www.campusrec.uiuc.edu/facilities/crce.html.

If you have any questions, please contact Community Aide Abdu at azouhir@gmail.com.

Sam's Club Shopping Trip

Join the Community Aides for a trip to Sam's Club on **Sunday, March 2**. We will be leaving from the **Family & Graduate Housing Office** at **10am**, and will be back by noon. Sam's Club is a wholesale store affiliated with Wal-Mart. We will provide a membership card to get you in to do the shopping. Contact Elahe at ejavadi2@uiuc.edu with any questions. For more information about the store, visit their website at www.samsclub.com/shopping/index.jsp.

Cosmopolitan Club Coffee Hours

Are you interested in meeting people from different cultures? The Cosmopolitan Club holds international coffee hours throughout the fall and spring semester. At these events, coffee, tea, and homemade ethnic desserts are served. International and American students, both club members and non-members, are all welcome. Coffee hours are good opportunities to meet people from around the world and to learn about other cultures.

The club is located at 307 East John Street in Champaign. You can learn more about Cosmopolitan Club and the spring coffee hour schedule at www.prairienet.org/cosmo. The next events will be Greek coffee hours on **Thursday, February 28**, and Polish coffee hours on **Thursday, March 6**. Both events will be held from **7:30 to 9:30pm**.



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 questions, please contact Amanda at amandaj@uiuc.edu or 333-5656.

Babies' Lap Time

Join us on Tuesday, February 26 for rhymes, music, and games for children ages birth to 24 months with an adult. We will meet at the **FGH Office** at **9:15am** and drive to the Urbana Free Library. If you have any questions, email Samantha at kunze@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.

Little Touch Leap Pad

Do you have a child 6–36 months old? Are you looking for new ways to entertain and educate your child? Then Little Touch Leap Pad is for you. Little Touch Leap Pad introduces your child to the ABCs, letter sounds, numbers, shapes, and colors. Family & Graduate Housing has purchased one Little Touch Leap Pad for residents to rent. You may check out the leap pad for one week. Contact the **Family & Graduate Housing Office** if you are interested in learning more.

Hot Topics

Tornado Danger Signs and Safety Tips

Tornado Danger Signs:

An approaching cloud of debris can mark the location of a tornado even if a funnel is not visible. Before a tornado hits, the wind may die down and the air may become very still. Tornadoes generally occur near the trailing edge of a thunderstorm. It is not uncommon to see clear, sunlit skies behind a tornado.

Safety Tips During a Tornado:

- If at home: Go at once to a windowless, interior room; storm cellar; basement; or lowest level of the building. If there is no basement, go to an inner hallway or a smaller inner room without windows, such as a bathroom or closet. Get away from the windows. Go to the center of the room. Stay away from corners because they tend to attract debris. Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold onto it. Use arms to protect head and neck.
- If at work or school: Go to the basement or to an inside hallway at the lowest level. Avoid places with wide-span roofs such as auditoriums, cafeterias, large hallways, or shopping malls. Get under a piece of sturdy furniture such as a workbench or heavy table or desk and hold onto it. Use arms to protect head and neck.
- If outdoors: If possible, get inside a building. If shelter is not available or there is no time to get indoors, lie in a ditch or low-lying area or crouch near a strong building. Be aware of the potential for flooding. Use arms to protect head and neck.
- If in a car: Never try to out drive a tornado in a car or truck. Tornadoes can change direction quickly and can lift up a car or truck and toss it through the air. Get out of the car immediately and take shelter in a nearby building. If there is no time to get indoors, get out of the car and lie in a ditch or low-lying area away from the vehicle. Be aware of the potential for flooding.

Source: www.fema.gov/hazards/tornadoes/tornadof.shtm



English Language Expressions: Food Idioms

Apple of one's eye: Someone or something that one likes a lot. "The little girl is the apple of her grandfather's eye."

Cry over spilled milk: Cry or complain about something that has already happened. "Don't cry over spilled milk. You can't do anything to change the past."

Have one's cake and eat it too: To reap the benefits of two contrasting decisions. "My brother wants a serious girlfriend but also wants to date around. He'd like to have his cake and eat it too."

Out to lunch: Crazy, clueless. "The old man was out to lunch; he could not remember his own name."

In a nutshell: Briefly, in a few words. "At our meeting, they discussed the future plans of the company, in a nutshell."

Cup of tea: Something one enjoys or does well. "Going to a museum is not my cup of tea so I think I'll stay home tonight."

Butter up: Flatter someone to try to get their favor or friendship. "He is trying to butter up the boss so he won't have to work this Saturday."

Piece of cake: Something done very easily. "I thought the test was going to be difficult, but it turned out to be a piece of cake."

Spill the beans: To reveal a secret. "My friend's birthday party was supposed to be a surprise, but someone spilled the beans and told her our plans."

* Source: Wikipedia, "List of idioms in the English language"

Eight Ways to Celebrate a Book with Your Child

Parents who are interested and involved in their children's' education can help them perform better at school. By reading to your child, you can assist your child in learning. Sit down, just you and your child, for even a few minutes and listen to your child tell you about his or her book.

- Provide materials such as paper, crayons, finger paint, glue, scissors, scraps of material, yarn, colored paper, and clay so that your child can celebrate by drawing, painting, or making something to illustrate a special part of the book. Display the work for all to see, perhaps on the refrigerator door.
- Read the book yourself and talk with your child about it. Did you like it? Read your favorite part or section you found exciting and ask your child to do the same.
- Talk with your child about how this book compares with others he/she has read recently.
- Help your child with writing a short summary of the book as a book jacket, book blurb, or advertisement. Write it for him or her if necessary. A few sentences are all that are required. The summary can be illustrated too, with drawings by both of you or with pictures that you cut out together from a magazine or newspaper to go along with the story.
- Talk with your child about how the book made him/her feel. A word-association game can be played while you are busy in the kitchen, yard, or garage. Vary the list for the age level of your child. For example: You can say something like "I'm going to say a word and then you tell me if any part of the book you read made you feel that way."
- Reward your child with a special treat after completing a book.



OFFICERS & STAFF 2007-2008

FAMILY HOUSING COUNCIL
WWW.ODFHC.ORG

President

Elham H. Fini
ehajjal2@uiuc.edu

Vice President

Alexandra Seceleanu
asecele2@uiuc.edu

Treasurer

Qinping Feng
qfeng4@uiuc.edu

Executive Secretary

Ying Deng
ddy33_deng@hotmail.com

Recording Secretary

Larisa Puslenghea
epuslen2@uiuc.edu

NN Assembler

Lucy Zhang
xjin1@uiuc.edu

NN Distributors

Nishi Kumar, Jina Yi, Syeda Um-e-Laila
Zaidi, Felicia Barus, Weining Gu

Sewing Room Monitor

Fiefei Zhan
sewinguiuc@gmail.com

Garden Manager

Kashif Muhammad
kmuhamm2@uiuc.edu

Webmaster

Sahan Dissanayake
sdissan2@uiuc.edu

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.

Space Managers

Alyssa Nevin
alyssanevin@hotmail.com

Kashif Muhammad
kashif12pk@gmail.com

Leonard Muaka
muaka@uiuc.edu

Saijun Zhang
szhang11@uiuc.edu

NN Layout

Justin Parker, jparker@uiuc.edu

NN Editor

Erin Lukehart Ciciora, elukehar@uiuc.edu

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 to 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 2-4pm 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, please email mchc@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, email mchc@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 email mchc@uiuc.edu.

NEIGHBORLY NEWS

University of Illinois at Urbana-Champaign
Family & Graduate Housing
Family Housing Council
1841 S. Orchard Place
Urbana, IL 61801

Paid for in part by S.O.R.F. 845 COPIES