



Neighborly News



Family Housing Council

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Weekly Reminders

Saturday, May 3

Sewing Room 10am at LRC
Ice Cream Social 1pm at CC

Tuesday, May 6

Parent/Child Playgroup 10am at FRC
Cooking Club 1:30pm at CC

Wednesday, May 7

Swap Meet 10am at FRC

Saturday, May 10

Final Fling 3pm at CC

Pest Control:

On Monday, May 5, apartments 2002: A-D; 2004: A-D; 2006: A-D; and 2010: A-D will be treated. On Friday, May 9, apartments 2012: A-D; 2014: A-D; 2016: A-D; and 2020: 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, May 30 at 5:45pm in the CC. Join us for snacks and drinks. All residents are welcome.

Mark Your Calendars for Final Fling

One week from today on **May 10**, the Final Fling picnic will be held at the **Community Center**. You are invited to come and enjoy this annual outdoor celebration with music, carnival games, a bounce house, relays, free picnic lunch, cotton candy and more! The fun begins at **noon** and continues until 3pm. It is sure to be an enjoyable experience for everyone. We hope to see you there! In case of bad weather, the rain date is Monday, May 12. Email Samantha at kunze@uiuc.edu for more information.

Extended Deadline for Council Elections

In an attempt to get more interested residents involved with the Family and Housing Council this year, the deadline for applications for Council Officers has been now extended to **May 29**. Please pick up an application at the **Family & Graduate Housing Office**. The candidates will introduce themselves to the residents in the Council's public meeting on Friday, May 30. We will keep you up to date with details on the voting process as the ballot time gets near.

Be Alert and Drive Safely

As the weather turns warmer, you will see more children playing outside. To keep everyone safe, please remember to obey all traffic signs and signals. Make sure to come to full and complete stops at stop signs and stay at or below the speed limit. Slow down and be extra careful if you see children!

Also, please remember the rules for when you see a school bus. Drivers going both ways on a street must stop when they see the flashing red lights. Drivers must wait until the red lights stop flashing and the bus moves forward. By following these reminders, you can help keep our community a safe place for everyone.

Leaving for Vacation

Now that the school year is almost finished, many people will be planning trips and vacations. Before you leave, make sure you check the items listed below:

- Have a neighbor check your apartment daily while you are gone. If there is any damage, please have them report it to the Family & Graduate Housing Office as soon as possible.
- Notify the paper carrier to stop delivery of your newspaper while you are away.
- Contact the Post Office to have the delivery of your mail stopped until you return.
- Turn down your telephone ringer volume so that it cannot be heard outside.
- Lock your doors and close and lock all your windows. Close your blinds or drapes.

Knowing that your apartment is secure may help you enjoy your vacation while you are away. Have a safe trip!



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.

Ice Cream Sundae Social

Come and create ice cream sundaes with your friends and neighbors! We will be having an ice cream social on **Saturday, May 3 at 1pm** in the **Community Center**. We will be providing ice cream and many different toppings for your creations. If you have any questions, email Samantha at kunze@uiuc.edu. See you there!

Special Cooking Club Potluck/Recipe Exchange

On **Tuesday, May 6**, from **1:30-3pm** at the **Community Center**, we will be having a special end-of-academic-year Cooking Club potluck and recipe exchange. Please make any dish you like and bring the recipe to share. Note: Even if you do not wish to cook, please come anyway to eat and socialize! Children are always welcome but parents are responsible for the safety and supervision of their children. If you have any questions, please contact Amanda at amandaj@uiuc.edu or 333-5665.

Parent/Child Playgroup Notice

Tuesday, May 6 at 10am will be the last Playgroup with Amanda. She will miss talking with the parents and has really enjoyed seeing the kids grow! Beginning Tuesday, May 13, Carie Bires-Cook will be the new Playgroup facilitator. She has lots of fun ideas to share! Please join her at the Family Resource Center (apt. 1834-A) on Tuesday mornings this summer. If you have any questions, please contact Carie at cbiresc@uiuc.edu or 333-5665.

Cooking Club Notice

Tuesday, May 6 at 2pm will be the last Cooking Club hosted by Amanda. She would like to thank everyone who has participated in Cooking Club this year! It has been fun getting to know everyone and sharing our many different cultures.

After the Final Fling, Carie Bires-Cook will be the new Cooking Club hostess. Also at that time, Cooking Club no longer will be held on Tuesdays. Beginning **Friday, May 16**, Cooking Club will be held on **Fridays from 2 to 3pm** at the **Community Center**. If you have any questions, please contact Carie at cbiresc@uiuc.edu or 333-5665.

Spring Swap Meet: Clothes & Toy Exchange

Have your kids outgrown their clothes? Would you like to give away some toys your children no longer play with? The Spring Swap Meet is a great chance for you to offer your gently used items to other people in the community and to bring home something you like! Stop by the **Family Resource Center (apt. 1834-A) 10am to noon** on **Wednesday, May 7** to exchange your items. Bring as many items as you like; however, please be sure that all items are clean and in good condition, as they will be used by other children. If you have any questions, please contact Amanda at amandaj@uiuc.edu or 333-5665.

Community Updates

Krannert Center Tours

Krannert Center for the Performing Arts offers tours of its facilities while the university is in session. This summer, free tours will be offered daily at 3pm while summer courses are in session (but there will be no tour on July 4.) 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.

University Arboretum

The University Arboretum is a great way to enjoy the beauty of the outdoors without having to travel far from home. Whether your interest is in scenery, natural sciences, horticulture, or just quiet contemplation, the Arboretum has something for you. Located at 1800 South Lincoln Avenue in Urbana, the Arboretum is open daily from sunrise until sunset. Admission is free. Call (217) 333-7579 for information or to schedule tours.



Stretching Safely

Stretching is a key part of your exercise program. Stretching before your workout – especially if you have tight or injured muscles – can prepare your body to exercise. Stretching after your workout promotes better range of motion of your joints. Stretching also improves your flexibility, balance, and coordination.

When you're stretching, keep it gentle. Breathe freely as you hold each stretch. Try not to hold your breath. Don't bounce or hold a painful stretch. Expect to feel tension while you're stretching. If you feel pain, you've gone too far.

CALF STRETCH

Your calf muscle runs along the back of your lower leg.

To stretch your calf muscle, stand at arm's length from a wall or a piece of sturdy exercise equipment. Place your right foot behind your left foot. Keep your right knee straight and your right heel on the floor as you slowly bend your left leg forward. Your back should be straight and your hips forward. Don't rotate your feet inward or outward. Hold the stretch for 30 to 60 seconds. To deepen the stretch, slightly bend your right knee as you bend your left leg forward. Switch legs and repeat.

HAMSTRING STRETCH

Your hamstring muscle runs along the back of your upper leg.

To isolate your hamstring muscle without placing stress on your back and neck, lie on the floor near the outer corner of a wall or a door frame. Rest your left heel against the wall, with your left knee slightly bent. Gently straighten your left leg until you feel a stretch along the back of your left thigh. As your flexibility increases, gradually scoot yourself closer to the wall or door frame to maximize the stretch. Hold the stretch for 30 to 60 seconds. Switch legs and repeat.

QUADRICEPS STRETCH

Standing near a wall or a piece of sturdy exercise equipment for support, grasp your ankle and gently pull your heel up and back until you feel a stretch in the front of your thigh. This will stretch your quadriceps muscle, which runs along the front of your thigh. Tighten your stomach muscles to prevent your stomach from sagging outward, and keep your knees close together. Hold the stretch for 30 to 60 seconds. Switch legs and repeat.

KNEE-TO-CHEST STRETCH

The knee-to-chest stretch emphasizes the muscles of your lower back.

Lie on your back on a firm surface with your knees and hips bent and the backs of your heels flat on the floor. Gently pull one knee up to your chest until you feel a stretch in your lower back. Keep the opposite leg relaxed in a comfortable position, with your knee bent or with your leg extended as shown. Bring the knee as close to your chest as comfortably possible. Hold the stretch for 30 to 60 seconds. Repeat with the opposite leg. Avoid the knee-to-chest stretch if you have osteoporosis. You may increase the risk of compression fractures in your vertebrae.

SHOULDER STRETCH

If the back of your shoulder is tight, you may be more likely to develop rotator cuff problems – especially if you golf or participate in overhead racket or throwing sports, such as tennis or baseball. To keep your shoulder flexible, bring your left arm across your body and hold it with your right arm, either above or below the elbow. Hold the stretch for 30 to 60 seconds. Switch arms and repeat.



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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.

Thursday Clinic Services

The Champaign County Christian Health Center (CCCHC) offers clinic services **every Thursday of the month** from **6 to 9pm** for walk-in appointments at the MCHC. The clinic will be staffed with a physician and/or a nurse practitioner. Services will include, but not be limited to, the following: general health concerns, physical exams, nutrition education, referrals to community services, skin problems, exercise and weight management, colds or other respiratory infections, medical screenings, and more. For more information, please contact CCCHC at 398-2914, visit www.ccchc2003.org, or contact the MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women, Infants and Children (WIC)

This program is 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. Established clients have access to case managers and coupons. Coupon distribution and arrangement must be made in advance with Cathy Ito, R.N., M.S. You can reach Cathy by email at cito@cuphd.org or over the phone at 531-4311.

Services for WIC participants include: supplemental nutritious foods, nutrition education and counseling at WIC clinics, and screenings and referrals for other health services, welfare, and social services. Additional medical screenings can be made at CUPHD (www.cuphd.org). For more information, contact Cathy Ito or MCHC graduate assistant Paul Morgan at pamorgan1@gmail.com.

Women's Health Clinic/Planned Parenthood

This program is offered on the **second Wednesday evening of every month** from **6 to 8pm**. Services are provided by Planned Parenthood of east central Illinois with fees based on income level for the following services (including but not limited to): annual gynecological exams, fertility and contraceptive counseling, sexually transmitted infection treatment and many other services related to women's health. For more information, contact Planned Parenthood at 359-8022 or visit their website at www.ppeci.org.

NEIGHBORLY NEWS

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