



Neighborly News

Family Housing Council

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Weekly Reminders

Saturday, July 5

Saturday Fitness 10am at CC

Monday, July 7

Make It & Take It Art 10am at CC
Men's Fitness 6:30pm at CC

Tuesday, July 8

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC
A Night of Music at Krannert 7pm at GGO

Wednesday, July 9

Movie Night 7:15pm at FGH
REGISTRATION REQUIRED

Thursday, July 10

Storytime 10am at CC

Saturday, July 12

Saturday Fitness 10am at CC

Pest Control:

During the month of July, Orchard Downs Buildings 1801 through 1838 will be treated. Twenty-four hour advance notice will be provided prior to treatment. Please move large items away from the walls and remove items on or around windows. 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, July 25 at 5:45pm in the CC. Join us for snacks and drinks. All residents are welcome.

FHC Voids Current Voting Results

Due to many complaints received by the Family Housing Council (FHC) and many votes found to be invalid, the FHC voids the current results and will hold another ballot vote on Friday, July 25, from 6 to 8 p.m. for all residents. The vote tickets will be counted right after the ballot and the result will be released to the public immediately after the meeting. There will be a raffle among participants at the end. The grand prize will be a \$100 gift certificate. Come cast your vote and be one of the lucky winners. Even more, you can enjoy pizzas and refreshments. Please read about the presidential candidates below. Feel free to contact them and talk to them to learn more about their plans for their presidential tenure. See you all on Friday, July 25 at 6 p.m. at the Community Center.

Presidential Candidates:

Name: Alexandra Seceleanu; Email address: asecele2@uiuc.edu

I am a fourth-year Ph.D. student in the Mathematics Department at UIUC. I have been living in Orchard Downs for three years and I have been the vice president of the Orchard Downs Family Housing Council (FHC) for the past year. I have enjoyed the enthusiastic atmosphere of this year's Council and I am thrilled about continuing this work, if elected, as the FHC president. In the coming year I would like to see completed some of the projects that the current Council has been thinking about, such as: organizing trips for our Orchard Downs residents, putting together a cooperative play group for pre-school aged children to attend after school hours and during vacations, and organizing more social activities for all residents. Another most important project that I have been a part of is the Orchard Downs Input Team (ODIT). In this capacity, I intend to continue working with University officials to protect the interests of Orchard Downs residents in view of the approaching redevelopment projects. I believe that through everybody's efforts the new Orchard Downs will turn out to be a better environment for students, faculty, and their families.

Name: Bhupinder Singh Farmaha; Email address: jbmoore@illinois.edu

My name is Bhupinder Singh Farmaha and I am completing a Ph.D. in Crop Sciences. I joined UIUC in fall 2007. I have a bachelor's degree in Agricultural Engineering and a master's degree in Soil and Water Engineering from Punjab Agricultural University, Ludhiana, India. I won the best student award of the Punjab Agricultural University, India for social work and communal harmony. In India, I have attended the NSS National Integration camp sponsored by Ministry of Youth Affairs and Sports, Govt. of India. I also organized many blood donations drives, drug awareness camps, and other social activities. I have also served as canteen manager during my stay in the hostel. Now at UIUC, I am serving as social chair of the Crop Science Graduate Organization. I think I have good experience and management skills to lead a team. My goal as president will be to organize more social activities so that we can bring the diverse community of Orchard Downs together and everyone enjoys a safe stay and healthier environment. I feel that we need to work on some issues like cleaning the lake at Hekbry Hills, create a fitness center, and provide some rooms for indoor games. I also wish to have more camping opportunities regularly scheduled at low or no cost. My long-term goal as a president is to make Orchard Downs a more lovely, friendly, enjoyable, and interesting living space.



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 **10–11:30 a.m.** at the **Family Resource Center (apt. 1834-A)**. If you have any questions, please contact Carie at cbiresc@uiuc.edu or 333-5665.

Cooking Club

If you like to try new recipes and eat good food, then join us on **Tuesday afternoons** at **2 p.m.** at the **Community Center** for Cooking Club. Children are always welcome; however, no childcare assistance is available. Parents are responsible for the safety of their children. If you have any questions, please contact Carie at cbiresc2@uiuc.edu. Our next meeting will be on Tuesday, June 24—hope to see you there!

Movie Night

Join us on **Wednesday, July 9** as we go to the Illini Tower for a screening of the movie *Citizen Vaclav Havel*, presented by the Russian, East European, and Eurasian Center. This documentary recreates a trip around Czechoslovakia that its future president, Vaclav Havel, took in 1985 when he was still the country's most prominent dissident. The film is 77 minutes long and will be presented in Czech with English subtitles. We will leave from the **FGH office** at **7:15 p.m.** sharp and transportation is provided. Registration is required for this event. If you have any questions or would like to register, please contact Carie at cbiresc2@uiuc.edu.

Urbana Free Library Trip

On **Thursday, July 10** we will be visiting the Urbana Free Library. The library is a great place to borrow books, CDs, and DVDs, all for free! If you don't have a library card, remember to bring your ID card and proof of residency in Urbana, such as a utility bill with your name on it, and we can assist you with signing up. We will leave from the **FGH office** at **6:30 p.m.** and will return by 8:30 p.m. Transportation is provided. For questions about this event, please contact Carie at cbiresc2@uiuc.edu.

Krannert Art Museum Trip

Join us on **Sunday, July 13** as we travel to the Krannert Art Museum. The museum features artwork from all over the world from ancient to contemporary times. We will leave from the **FGH office** at **2 p.m.** and will return by 4 p.m. For questions about this event, please contact Carie at cbiresc2@uiuc.edu. For more information about the museum, visit www.kam.uiuc.edu.

Spurlock Museum Trip

We will be travelling to the Spurlock Museum on **Saturday, July 12**. The museum is home to artifacts from around the world and features activities for children and families at the museum's Education Center. We will leave from the **FGH office** at **1 p.m.** and will return around 3 p.m. For questions, please contact Carie at cbiresc2@uiuc.edu. For more information about the museum, please go to www.spurlock.uiuc.edu. Hope you can join us!

Community Updates

Coming Soon: Upgraded Cable Television!

The Family & Graduate Housing office is pleased to inform Orchard Downs residents that Comcast will be upgrading cable service in the apartments—at no cost to you! Television access will be expanded to both the living room and one bedroom, and will give residents access to over 90 channels which will include popular international channels!

The cable company is scheduled to begin rewiring the first of July and plans to be finished around August 15. In order to provide the expanded service, Comcast will need access to each apartment. The work will take between a half-hour to two hours. Residents will be notified at least 24 hours in advance of the work in their apartment, and a Housing Facilities staff member will accompany Comcast during this work.

We are happy to share the news of this added service for our residents. If you have any questions, please contact Family & Graduate Housing at 333-5656 or famhous@uiuc.edu.



Urbana School Health Care Services

Urbana School Health Care Services (USHS) offers numerous services for all students of the Urbana School District. Services are available during the child's school day, **Monday–Friday, 8 a.m. to 4 p.m.** Please call to make appointments and request information on what to bring with you to the appointment. Services will be offered at the Urbana High School (1002 S. Race Street). USHS can be contacted at (217) 239-4220, or visit www.cuphd.org.

Medical services include, but are not limited to, physical exams, immunizations, acute and chronic conditions, reproductive health, dietary management, and nutrition referrals. Dental services include, but are not limited to, screenings, cleanings, extractions and fillings, and fluoride treatments. Counseling services include, but are not limited to, crisis intervention, anger management, individual and family counseling, addiction counseling, and substance abuse counseling.

Individuals without insurance will have access to a sliding fee based on income. Parents do not need to be present for medical visits, but must complete the parental consent form regardless. Walk-ins are available for acute care issues. If you have any questions, please contact Paul Morgan at pamorgan1@gmail.com.

Curbing your Late Night Cravings

It seems no matter how much we have eaten or how full we are, there's always room for dessert. The bad news is that many desserts like ice cream and cookies are loaded with calories and fat. If you indulge in these desserts too often you'll pack on the pounds. Here are the top 5 suggestions for curbing those late night cravings:

- 1) Brush your teeth: After finishing your meal, use a minty mouthwash or brush with a minty toothpaste. If that's not feasible, pop some sugar-free mints or gum into your mouth. Studies show that minty flavors will curb your craving for something sweet. For example, have you ever had orange juice right after brushing your teeth in the morning? Yuck! Mints and sweets just don't mix.
- 2) Keep low-calorie, sugar-free dessert options available: Sugar-free popsicles, fudgesicles, pudding, and gelatin are low-calorie ways to satisfy your sweet tooth.
- 3) Try fruit: Fruit is not only sweet, but is packed with vitamins and minerals and has only 60 calories per serving, 0 grams of fat, and it's a good way to incorporate fiber into your diet.
- 4) Portion control treats: If you **MUST** have something sweet and none of the above suggestions work, try individually wrapped portion-controlled candies. Hershey's Kisses, mini York Peppermint Patties or "fun-size" candy bars are pre-portioned, which can help to prevent you from devouring more calories than you realize.
- 5) Eat less sugar and refined carbohydrates throughout the day: The less sugar you eat, the less insulin your body releases. The less insulin your body releases, the less sugar you crave.

Like any other habit, the craving for something sweet may come as a result of being trained to expect it after a meal. Try breaking the habit for one week and you'll drastically diminish your after-meal sweet craving.

West Niles Virus Precautions

West Nile Virus is transmitted by mosquitoes. If you become infected with West Nile virus, you may not experience any signs or symptoms or you may only experience minor ones such as a skin rash and headache. However, some people who become infected with West Nile virus develop a life-threatening illness that includes inflammation of the brain. West Nile virus is common in areas such as Africa, West Asia, and the Middle East. It first appeared in the United States in the summer of 1999 and since then has been found in all 48 contiguous states. You can do your best to prevent coming in contact with West Nile virus. Here's what to do:

- Wear insect repellent. Repellents that include one of these ingredients are best: DEET, lemon eucalyptus, or picaridin. Children should ask a parent to help apply the repellent.
- Playing outside at midday will help avoid bites because mosquitoes are most likely to be out during early morning or early evening.
- When possible, wear socks, long sleeves, and long pants when playing outside.
- Never play near standing water like creeks or wading pools (mosquitoes love to hang out there!).



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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.

Summer Office Hours

MultiCultural Health Center summer office hours will be held on Wednesdays from 9:30am to 12:30pm.

Free School Physicals & Immunizations

Physical exams are required for all students entering pre-kindergarten, kindergarten, 6th and 9th grades, and students new to the district from out of state. Free school physicals and immunizations will be available on **July 24, August 7 and 21, September 4 and 18, and October 2** from **6 to 8:30 p.m.** at the Champaign-Urbana Public Health District (CUPHD), 201 West Kenyon Road, Champaign. Parents must accompany children and bring immunizations records. Appointments are required, and can be scheduled by calling (217) 531-4253. Limited appointments are available. Also, free dental exams are available for Unit 4 Students. For more information, see www.cuphd.org.

NEIGHBORLY NEWS

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Family & Graduate Housing
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