



# Neighborly News



Family Housing Council— <http://www.odfhc.org>

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## Weekly Reminders

### FHC Monthly Public Meeting

The next FHC meeting will be Friday, November 28, at 5:45pm in the CC. Join us for pizza and refreshments. All residents are welcome.

### Saturday, November 1

Saturday Fitness 10am at CC  
Sewing Room 10am at LRC

### Monday, November 3

Parent/Child Playgroup 10am at FRC  
Nutrition 6pm at LRC

### Tuesday, November 4

International Friendship Group 1pm at LRC

### Wednesday, November 5

Book Club 6:30pm at FGH

### Thursday, November 6

Bowling 6:30pm at FGH

### Friday, November 5

Cooking Club 2pm at CC  
Men's Fitness 6:30pm at CC

### Pest Control:

During the month of November, Orchard Downs buildings 2101 through 2112 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>

## Registration for Trip to Krannert Art Museum

Would you like to learn about Illinois' state history? On **Saturday, November 15**, Learning Initiatives and Special Events will be taking a trip to the Krannert Art Museum. We are going to see the Archaeological Heritage of Illinois Exhibit. We will meet at the **FGH Office at 12:30 p.m.** and will return at 3 p.m. We will be taking a van, so there will be only 12 spots available for the trip. This trip is free for participants. Registration will be **Wednesday, November 5, at 5 p.m.** at the **FGH office**. An individual is allowed to reserve up to four seats. Any questions can be sent to Bryan, at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## Kids' Night Out

Parents, would you like an evening to yourselves? Is there something you have really wanted to do and just cannot find the time? This is your chance. Learning Initiatives and Special Events will be hosting a Kids' Night Out at the **Orchard Downs Community Center** on **Sunday, November 9**, from **6 to 8 p.m.** Activities for the youth will include games, art projects, and a movie. We ask that the youth participating be between the ages of 3 and 13. **Registration is required!** Please send an email with your child's name, child's age, and an emergency contact number to [kelly31@illinois.edu](mailto:kelly31@illinois.edu). **All registrations must be received by Wednesday, November 5.** Children cannot participate without prior registration. Any questions can be sent to Bryan, at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## Harvest Time in Our Garden Plots

Harvest everything from your garden by **Saturday, November 1**. We will mow everything down at that time. Please make sure to clear your garden space of fences, twine, cages, supports, gloves, shovels, garden hoses, sticks, plastic, or other material that could damage the mower or plow. Your cooperation is greatly appreciated. Your garden manager is Hang Lei, who can be reached at [hanglei2@illinois.edu](mailto:hanglei2@illinois.edu).

## Standard Time Begins November 2

Daylight Saving Time will end on **Sunday, November 2**, at **2 a.m.** Remember to turn your clocks backward one hour at that time, or when you go to bed that Saturday night.



# Community Programs

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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](mailto:famhous@uiuc.edu) or 333-5656.

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## Bowling at Illini Union

On **Thursday, November 6**, we will be taking a trip to the Illini Union for an evening of bowling! To register, email Becca at [rthinn2@illinois.edu](mailto:rthinn2@illinois.edu); please include your name and the number of people attending. The cost will be \$2 per person and will cover the cost of bowling and shoes. We will be leaving the **FGH office at 6:30 p.m.**

## Meijer Shopping Trip

The next trip to Meijer on Prospect Avenue is **Thursday, November 13**. All FGH residents are welcome to attend this trip on a first-come, first-served basis. The bus will begin boarding at **5:45 p.m.** and depart at **6 p.m.** from FGH. Please allow time to complete your purchases, check out, and be back on the bus by **7:25 p.m.**

## Nutrition Program

Are you interested in eating better? Do you want to learn about different foods and what they can do for you? The Learning Initiatives Nutrition Program will cover various topics about food and healthy living. Join us **Monday, November 3**, at **6 p.m.** in the **Learning Resource Center**. Questions and requests are encouraged. Any questions can be sent to Bryan Kelly, at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## Book Club

The Book Club will meet **Wednesday, November 5**, at **6:30 p.m.** at the **FGH office**. We are reading *The Audacity of Hope* by Barack Obama. During our meetings, we will discuss and reflect on the previously assigned chapter. We meet every other week, and a snack will be provided. For more information, please contact Learning Initiatives Graduate Assistant Bryan Kelly at [kelly31@illinois.edu](mailto:kelly31@illinois.edu).

## Men's Friday Fitness

A fitness program for men (at least 16 years of age) will be held at the **Orchard Downs Community Center** each **Friday** from **6:30 to 8:30 p.m.** The program focuses on strength and aerobic training. When properly performed, strength training can provide significant benefits and improvement in health and well-being. No registration is required. All levels of endurance and activity are welcomed; we will develop together as a team. If you are interested or have any questions, email Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## Saturday Fitness for Men and Women

Saturday Fitness Training combines strength exercises with endurance and aerobic exercises, to achieve the benefits of a cardiovascular and strength training workout. The range of stations offered include resistance equipment (e.g., hydraulic equipment or free weights) as well as spaces designated for squat thrusts, push-ups, jumping jacks, sit-ups, and other exercises. Participants work at their own comfort/intensity levels. Join us **every Saturday throughout the fall semester** at the **Orchard Downs Community Center** from **10 a.m. to 12 noon**. For more information, email Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## Sewing Room Hours

The Sewing Room is open **every Saturday** from **10 a.m. to noon**, in the **Learning Resource Center**. Sewing machines and other equipment, including scissors, pins, measuring tapes, and thread, are available for the use of all residents. No appointment necessary—just drop on by! Contact Sewing Room Monitor Feifei Zhan ([sewinguiuc@gmail.com](mailto:sewinguiuc@gmail.com)) if you have any questions.

## Welcome to the World

At Family & Graduate Housing, we consider babies to be a joy! For this reason, we would like to welcome your newborn into the Orchard Downs community with a small 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 Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).

## Cooking Club

Come join in the fun! At Cooking Club, you can meet new friends, taste new food, and learn new recipes! Please join us weekly this fall semester every **Friday** from **2 to 3 p.m.** in the **Orchard Downs Community Center**. Children are welcome but no childcare assistance is available. Parents are responsible for the supervision and safety of their children. If you have any questions, please contact Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).

## Parent/Child Playgroup

This weekly playgroup meets **every Monday this fall semester** from **10 to 11:30 a.m.** at the **Family Resource Center (1834-A Orchard St.)**. These playgroups provide an opportunity to learn new activities to do with your children that enhance their growth and development. Playgroups also are a great way to meet other parents, share activities and conversations, and make new friends (for yourself and your children)! Children should be 5 years old or younger. If you have any questions, please contact our Family Relations Graduate Assistant Lauren Karr at 333-5656 or [LKarr1@illinois.edu](mailto:LKarr1@illinois.edu).



## Children's Story Time at Urbana & Champaign Public Libraries

In an effort to provide children and their parents with activities that will introduce them to Middle Eastern cultures and traditions, the Center for South Asian and Middle Eastern Studies (CSAMES) at the University of Illinois is sponsoring a series of children's programs at the Urbana and Champaign public libraries this fall. One Saturday a month, a traditional story will be read or told about a certain theme, after which there will be a hands-on activity in which children will participate. Upcoming events for *Stories from the Middle East* series (all at 2 p.m.) are as follows:

**November 15, Urbana Free Library:** *The Stars in My Geddoh's Sky*—A story about a young boy named Alex, whose grandfather comes from Egypt to visit him in the U.S. Alex has fun going to the beach with his *geddoh* (grandfather), flying kites and teaching him how to play baseball. The children will learn about *geddoh's* homeland and make a paper kite.

**December 13, Champaign Public Library:** *Ahlan wa Sahlan!* —Introduces Arabic language through stories and song.

**December 20, Urbana Free Library:** *Celebrating Hanukkah*—Children will learn about Hanukkah and how to play a traditional game with a dreidel (spinning top). Urbana Free Library

For more information, contact Matt VanderZalm at 244-1724 or [mvanderz@illinois.edu](mailto:mvanderz@illinois.edu).

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## Free Exams for Women

Have you had your mammogram this year? Did you know that 40,970 women died last year from breast cancer and that 1 in 8 women will be diagnosed with breast cancer sometime in their lives? The Illinois Breast and Cervical Cancer Program offers free mammograms, pap tests, and breast and pelvic exams for uninsured women. These are available at the Champaign-Urbana Public Health District ([www.cuphd.org](http://www.cuphd.org)), 201 W. Kenyon Road, Champaign. For more information and scheduling, please call 373-9281.

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## International Students Support Group

The International Students Group meets on **Thursdays from 3:30 to 4:50 p.m.** (please note the change in meeting time) at ISSS throughout the semester. This is an opportunity for international students who are dealing with a variety of concerns, including cultural adjustment, academic stress, homesickness, relationship issues, lack of confidence, family issues, etc. It is also a place to meet other international students who can relate to your concerns and to learn about cultures from around the world. Group members will receive support and feedback and learn how to cope and respond to situations. The group will be facilitated by Kenneth Wang and Kusha Gujrati. If you're interested, contact Kenneth ([ktwang@uiuc.edu](mailto:ktwang@uiuc.edu)) or Kusha ([kgujrati@illinois.edu](mailto:kgujrati@illinois.edu)) at 333-3704.

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## CUPHD Breastfeeding Connection

CUPHD is offering a professional class that provides free breastfeeding support, education, and information. There will also be a free baby weight check! This program is open to all expecting and breastfeeding women. No registration is required. Just bring your baby and a blanket. The class will be held on the **second and fourth Thursday of every month, from 11:30 a.m. to 1 p.m.** at the **Champaign-Urbana Public Health Department Office, 201 W. Kenyon Rd., Champaign.** For more information, call 531-4311.

Are you a new or returning student to the U of I? Do you need an inexpensive car to get around Champaign-Urbana? Well, Worden Martin Nissan has the car for you! We offer new and used, imports and domestic cars. We have the car that fits your needs! All U of I students receive special Worden Martin employee discounts and rebates. Contact Jonathan Patterson at 217-352-8910 or at [jpatterson@wordenmartin.com](mailto:jpatterson@wordenmartin.com) for more information and to receive the special pricing. (This is a paid advertisement)



## OFFICERS & STAFF 2008-2009

FAMILY HOUSING COUNCIL  
WWW.ODFHC.ORG

### President

Bhupinder Singh Farmaha  
farmaha2@uiuc.edu

### Vice President

Alexandra Seceleanu  
asecele2@uiuc.edu

### Treasurer

Achenyo Omale  
omale1@illinois.edu

### Executive Secretary

Jun Wan  
junwan1@illinois.edu

### Recording Secretary

Adaikkalam Thamilmani  
thamil\_006@yahoo.com

### NN Assembler

Syeda Um-e-Laila Zaidi  
sumelailazaidi@yahoo.com

### NN Distributors

Margaret Njeru, Xiaowen Wu, Dandan  
Zhang, Xiao Chen, Genet Fisseha

### Sewing Room Monitor

Feifei Zhan  
sewinguiuc@gmail.com

### Garden Plot Manager

Hang Lei  
hanglei2@illinois.edu

### Webmaster

Craig Merrett  
merrett2@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

Abdu Zouhir  
azouhir@gmail.com  
Kashif Muhammad  
kashif12pk@gmail.com  
Esther Lisanza  
emukewa2@illinois.edu  
Saijun Zhang  
szhang11@uiuc.edu

### NN Layout

Justin Parker, jparker@uiuc.edu

### NN Editor

Peggy Currid, currid@illinois.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. MultiCultural Health Center fall office hours will be held on **Wednesdays** from **9:30 a.m. to 12:30 p.m.**

## CCCHC Thursday Clinic/HeRMES Thursday Clinic

The Champaign County Christian Health Center (CCCHC) offers clinic services the **2nd and 4th Thursday of the month from 6 to 8 p.m.** 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: 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.

The HeRMES Thursday Evening Clinic (**1st and 3rd Thursdays 6 to 8 p.m. at the MCHC**) provides primary physician care starting **October 23**. Treatment is offered for many health concerns, including, but not limited to, general health issues, nutrition education, preventive health care, seasonal colds and the flu, other respiratory infections, aches and pains, and much more.

Please take advantage of these free services. For more information, please contact CCCHC at 398-2914, visit [www.ccchc2003.org](http://www.ccchc2003.org), or contact MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## Women, Infants and Children (WIC) Services

This program is offered **every other Friday from 1 to 4 p.m.** 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 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](http://www.cuphd.org)). For more information, contact Cathy Ito ([cito@cuphd.org](mailto:cito@cuphd.org), 531-4311) or MCHC graduate assistant Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

The MCHC also offers a weigh-in program for infants. Bring your baby to the MultiCultural Health Center **every other Friday from 1 to 4 p.m.** to have your baby's weight checked. We will also be distributing cards that will enable you to keep track of your baby's weight. If you have any questions about this program, please email Paul Morgan at [pamorgan1@gmail.com](mailto:pamorgan1@gmail.com).

## NEIGHBORLY NEWS

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

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