



Neighborly News

Family Housing Council

Vol. 33 Iss. 44 • November 2, 2007



Weekly Reminders

Saturday, November 3

Sewing Room 10am at LRC
Movie & A Snack 1pm at Family Resource Center (Apartment 1834-A)

Monday, November 5

International Friendship Group 1:30pm at LRC
Winter Survival Workshop 6:30pm at CC

Tuesday, November 6

Parent/Child Playgroup 10am at FRC
Cooking Club 2pm at CC

Thursday, November 8

Spanish-English Coffee Club 2pm at LRC
Winter Food Festival 6:30pm at CC

Pest Control:

There is no scheduled pest control for this week. To request treatment, please visit the website below.

Submit Maintenance Requests to:

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

FHC Monthly Public Meeting

Our next meeting will be Friday, November 30 at 5:45pm at the CC. Join us for snacks and drinks. All residents are welcome.

Guidelines for Use of Orchard Downs Computer Lab (Apt # 2030-A)

The Orchard Downs Computer Lab staff seeks to create and manage an environment that supports learning and research, and fosters a sense of community at Orchard Downs, much like the University libraries. In pursuit of these goals, there are some expectations for computer lab users:

- Lab users and staff treat each other with respect and consideration.
- Lab users and staff feel safe as they work and study.
- Lab users comply with requests made by staff.
- Lab users bring their UIUC ID and key with them.

The priority users are residents of the Orchard Downs Community. Lab users are expected to refrain from behaviors that threaten personal safety, personal property, or institute property. Lab users should refrain from behaviors that disrupt the activities of other computer lab users or staff, including:

- Excessive noise from socializing, cell phone activity, music, or other inappropriate activities
- Hostile, rude, and other inappropriate forms of public behavior (including consumption of food and drink).
- Excessive or inappropriate use of resources such as printers, seating space, etc.
- Inappropriate use of computing resources includes tampering with equipment and excessive recreational use (e.g., games).

With regard to access limits computer lab staff may, at their discretion, limit or refuse access by individuals or groups whose behavior fails to comply with these guidelines.

Free Tae Bo Lessons

Tae Bo basic exercise lessons will be offered free of charge beginning **Saturday, November 3 from 10 to 11:30am** at the **Community Center (510 George Huff Drive)** this semester. You can look forward to this class every Saturday in November and the first three Saturdays in December. Depending on resident interest, the program can be continued the following semester as well. Tae Bo is an aerobic exercise routine developed by Tae Kwon Do practitioner Billy Blanks and was one of the first “cardio-boxing” programs to enjoy commercial success. It combines the best of a variety of different exercise disciplines to provide an overall workout. Tae Bo includes aerobic exercises intended to strengthen all muscles of the body with basic choreography.

The program will be offered by Lin Yang, who works at the MultiCultural Health Center at Orchard Downs. Lin is a master’s student in the field of Kinesiology and has taught Tae Bo for several semesters. Lin plans to pursue her Ph.D. in Community Health Promotion. Feel free to contact Lin Yang at linyang3@uiuc.edu if you are interested.

No previous exercise experience is needed to participate in this program. All you have to do is just be a good sport and give your body the chance to be a winner. Comfortable clothes and sport shoes are recommended. There will be no child care assistance available for this program. Join the community and look to a healthier, happier future!



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

Are you wondering what winter is like in Illinois? If so, please bring your young children to Parent/Child Playgroup on **Tuesday, November 6**, from 10–11:30am at the **Family Resource Center (apt. 1834-A)**. Special guest Carie Bires-Cook will be giving some tips on fun activities to do during the winter and keeping your kids warm, and we will have a winter snack! 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. If you have any questions, contact Amanda at 333-5656 or amandaj@uiuc.edu.

International Friendship Group

Are you interested in getting to know others in the community? Do you like to do arts and crafts? Join us for our weekly International Friendship Group held on **Mondays every week this fall semester** from 1:30–2:30pm in the **Learning Resource Center (apartment 2044-A)**. Children are welcome but no child care assistance is available. Parents are responsible for the supervision and safety of their children. If you have questions, contact Amanda at 333-5656 or amandaj@uiuc.edu.

Cooking Club

Do you like to try new recipes and eat good food? Then Cooking Club is for you! Feel free to participate in the cooking or just watch, and then we'll all eat! Cooking Club will meet on **Tuesdays** from 2–3pm every week this fall semester at the **Community Center**. 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 333-5656 or amandaj@uiuc.edu.

Spanish-English Coffee Club

¿Quieres conversar en español? Come and share your knowledge and have fun conversations with others who want to learn English or Spanish. This is not a formal instructional class but rather a relaxed way to practice your English and/or Spanish with native speakers (and drink good coffee!). Join us **Thursdays this fall semester** from 2–3pm in the **Learning Resource Center (apartment 2044-A)**. 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 333-5656 or amandaj@uiuc.edu.

Book Club

The next meeting of Book Club will be on **Monday, November 19** at 6:30pm at the **Community Center**. We will be reading *There Are No Children Here* by Alex Kotlowitz, which chronicles the true life story of two young boys growing up on the rough and tumble west side of Chicago. Please email Carie at cbiresc2@uiuc.edu by Thursday, November 8 if you'd like to participate in Book Club. We will be ordering books on Friday, November 9, so be sure to reserve your copy as soon as possible!

Movie and a Snack: Mexico

Join us at the **Family Resource Center (Apartment 1834-A)** on **Saturday, November 3** at 1pm for a movie and a snack from Mexico. In honor of Day of the Dead, we will be making Pan de los Muerto, with the movie to be announced. If you have any questions, please contact Amanda at amandaj@uiuc.edu or Carie at cbiresc2@uiuc.edu. Hope to see you there!

Winter Survival Workshop

Do you know how to survive a Midwest Winter? Join us as we welcome the Health Education Unit of McKinley Health Center as they provide a Winter Survival Workshop, where we will learn practical information like choosing the right winter coat, winterizing your home to reduce energy costs, and much more. The workshop will take place on **Monday, November 5** at 6:30pm at the **Community Center**. Printed workshop materials will be available at all Winter Survival Week events if you are unable to attend. There is no cost for this event. If you would like additional information, please contact Carie at cbiresc2@uiuc.edu.

Winter Food Festival

While winter can bring nasty weather and rising energy costs, it also brings the return of our favorite cold-weather comfort foods! Join us on **Thursday, November 8** at 6:30 pm at the **Community Center** as we celebrate the season by serving hot chocolate, savory soups, and other traditional winter weather food. There is no cost for this event and everyone is welcome to attend. If you have any questions about his event, please contact Carie at cbiresc2@uiuc.edu. Hope to see you there!

Thanksgiving Dinner

Just a reminder for those who have registered for the Thanksgiving Dinner, the event will take place on **Saturday, November 10** from 6:30–8pm at the **Wesley Foundation in Champaign**. If you have any questions about the dinner or transportation, contact Carie at cbiresc2@uiuc.edu.



Winter Clothing Drive

Dressing appropriately for the winter months can be very difficult if you have never experienced the harsh, Midwestern winter before. In order to make things a little easier, Orchard Downs will host a Winter Clothing Drive on **Sunday, November 11** from **1-3pm** at the **Community Center**. All clothing is free of charge to residents. If you are interested in donating gently used winter clothing for either adults or children, please bring your generous donation to the FGH office. Please contact Carie at cbiresc2@uiuc.edu if you have any questions about this event.

Hot Topics

Goodwill: Inexpensive Clothing and Household Items

Goodwill Industries sells quality donated used clothing for adults and children at a reasonable price. Household items are also available to purchase here. Located at 1102 North Prospect in Champaign, Goodwill is open **Monday through Saturday** from **9am-7pm**, and on **Sundays** from **noon-6pm**. For more information, call the store at 356-4021.

Crisis Nursery

Crisis Nursery is a local agency for child abuse prevention and family support, and it is available 24 hours a day, 365 days a year. It supports children (newborn through 5 years old) and their families, when no other resources are available to help.

Programs include the following:

- Immediate crisis childcare to keep young children out of harm's way during critical times of parental stress, illness, or emergencies
- Parent support and parent education groups to enhance self-esteem, parent-child interaction, child management and discipline
- Crisis counseling regarding the immediate situation, and referrals and follow-up services addressing the client's crisis situation

The Crisis Nursery help line is 337-2730, and the nursery is located at 1309 West Hill Street in Urbana. More information can be found at www.crisisnursery.net.

Around the World Wednesdays at Spurlock Museum

Around the World Wednesdays are back at the Spurlock Museum! Sessions for this fall include the following **Wednesdays: November 7, 14, and 28, and December 5, all between 9:30am and noon**. Children and their parents are invited to drop in for a wide variety of culture-based crafts and activities. The Spurlock Museum is located at 600 South Gregory in Urbana. For more information, visit www.spurlock.uiuc.edu.

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.



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

Nama Raj Budhathoki
nbudhat2@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

Xiangxiu Lin
xlin8@uiuc.edu

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

Zhitian Zhang
ztzhang@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 6-8pm.

Mobile Programs & Services

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**. This mobile program will be offered on the following **Thursdays** from 2-4pm: **November 29 and December 20**. Some of the services that will be offered include Illinois Diabetes Control Program, Illinois Breast and Cervical Cancer Programs, HIV/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 1-4pm 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 6-9pm. The clinic will be staffed with a physician and/or a nurse practitioner. The HeRMES group provides services on the **first and third Thursday evenings of the month** from 6-9pm. Nurses, nutritionists, and other health care professionals are also available during this time. For more information, contact Lin Yang at linyang3@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