INTERNATIONAL FOOD FESTIVAL
October 12, 2019
Mark your calendar! Share your culture through food! Please volunteer to share a dish from your country with fellow residents in Family & Graduate Housing (FGH). FGH pays for most ingredients. If interested in volunteering as a cook, please fill out this form: FORMS.ILLINOIS.EDU/SEC/438662.

ORCHARD DOWNS PRESCHOOL REGISTRATION 2019-2020
Orchard Downs Preschool is accepting registrations for the 2019-2020 school year. The Preschool accepts registrations for children ages 3 to 5 who are toilet trained. Openings are still available for the half day class from 9 a.m. to noon and the full day class from 8:30 a.m. to 3 p.m. The extended care program, Jr. Club, is available for the full day students until 5:30 p.m. For information, questions, or to schedule a tour, please contact Debbie Collins at dcollns@illinois.edu or 217-333-5659, Sara Jenkins at jenkins@illinois.edu, or the FGH office at 217-333-5656.

KIDS’ CLUB AFTER SCHOOL PROGRAM 2019-2020
The Orchard Downs Kids’ Club After School Program has openings for the 2019-2020 school year. The after-school program accepts children ages 5 and in kindergarten through middle school. Kids’ Club meets Monday through Friday from 3 p.m. to 5:30 p.m. at the Orchard Downs Community Center. New families are encouraged to participate! For information, questions, or to schedule a tour, please contact Max Klaw at maxwk2@illinois.edu.

INTERNATIONAL FOOD FESTIVAL
October 12, 2019
Mark your calendar! Do you sing, dance, or perform in other ways? Volunteer to perform at this year’s international food festival, and share some of your culture with your fellow residents in FGH. If you are interested, please email Max Klaw at maxwk2@illinois.edu.

IMPORTANT CONTACTS

FAMILY & GRADUATE HOUSING OFFICE
Email: apartments@illinois.edu Phone: (217) 333-5656 Hours: Monday-Friday 8 a.m.–5 p.m. (closed on University Holidays)

AFTER-HOURS ON-CALL STAFF
(217) 649-7705
Submit Maintenance Requests at GO.ILLINOIS.EDU/MAINTENANCE

UNIVERSITY APARTMENTS COMPLEX COORDINATOR
Whitney Welsh Email: wwelsh2@illinois.edu Phone: (217) 300-7157

PEST CONTROL
Pest Management will be performing inspections and monitoring for ORCHARD PLACE APARTMENTS 2001-2039 & 1920-2064 BETWEEN SEPTEMBER 2-30. Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, visit GO.ILLINOIS.EDU/MAINTENANCE.
SEPTEMBER PROGRAMS

All programs are in the Orchard Downs Community Center, 510 George Huff Court unless noted.

Playgroup

Mondays & Fridays, 10–11:30 a.m.
Family Resource Center (1834-A Orchard Place)

Playgroup is for children 0-5 and their caregiver(s). A parent/guardian must stay with their child. Each Playgroup will include snacks, story time, and a craft. Children will have the opportunity to play, learn, and make friends! Our first Playgroup will be on Friday, September 6. Please contact Lauren at leberle2@illinois.edu with any questions.

Playgroup: Mother Goose on the Loose

This playgroup is a special story time for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Every child will receive a book! Special story time where children will gain a love for learning, social and emotional skills, fine and gross motor skills, language skills, and knowledge about the world. We will send out schedule information as it becomes available.

Cooking Club

Thursdays, 2–3 p.m.
Family Resource Center (1834-A Orchard Place)

Each week, cooking club members will work together to make a meal, dessert, or snack. The goal is to connect with others in the community while cooperating to prepare food. All ages and levels of experience are welcome. Our first date will be Thursday, September 12. Please contact Lauren at leberle2@illinois.edu with any questions.

September 12: Cornbread

September 19: Creamy Orzo Pasta

September 26: Apple Dumplings

Orchard Downs Zumba Community

Sundays, 9–10 a.m.

This is a weekly Zumba class for the FGH community, and anyone aged 18 to 50 is welcome to join. Before you attend the class, you need to register here: tinyurl.com/odzumbacommunity. This is also the way the instructor communicates if the schedule changes, so it’s important that you register. If you have any questions, please contact Fikriyah Winata at fwinata2@illinois.edu.

Free Nutrition and Cooking Class with the U of I Extension Office

Wednesdays, 3–4:30 p.m.
Family Resource Center (1834-A Orchard Place)

Interested in learning new cooking techniques? Wonder how to eat healthy on a budget? This is the program for you! We get together and make a recipe each week (see list for weekly recipes). You can also win prizes that help you cook at home and even bigger prizes if you attend each week and graduate from the program! For questions, email Khadiga at kmohamed@illinois.edu.

SEPTEMBER RECIPES

September 4: Cowboy Caviar with Chips

September 11: Quinoa Salad with Beans

September 18: Mango Salsa

September 25: Chicken Waldorf Salad

Yoga and Meditation!

Monday
September 2, 6 p.m.

Monday September 16, 6 p.m.

Monday September 30, 6 p.m.

The yoga and meditation session is here to stay, and now it’s offered three times a month! Join us for an hour of relaxation and stress reduction, which is also an excellent way to improve your focus. All skill levels are welcome. We provide yoga mats, but you are welcome to bring your own. Please note that arriving at 6 p.m. is extremely important.

GREAT Start Play Group

Saturday, September 7, 10 a.m.

This is a special Play Group organized by GREAT Start, a program run by the Champaign-Urbana Public Health District. Like weekly Playgroup, the GREAT Start Playgroup is for children aged 0-5 and their caregiver(s). A parent/guardian must stay with their child. Please contact Lauren at leberle2@illinois.edu with any questions.
JOURNEY TO INDONESIA
Sunday, September 8, 5 p.m.
Come and join us at this special event! In collaboration with the Family Housing Council, we will introduce Indonesia and its diverse cultures. The event will display music, dances, fabrics, other art forms, and foods. The display will also feature Balinese live dancers. Email Leo-Dorothea at ca6sudibyo@gmail.com for further information.

Grandparents Day Celebration
Monday, September 9, 6:30 p.m.
Join us to celebrate Grandparents or other special friends at the Orchard Downs Community Center! We will have food and activities such as card decorating and photo opportunities. All residents are welcome, and children must be supervised. Please contact Kim at kmlewis5@illinois.edu with questions.

Autumn Begins Celebration
Monday, September 23, 6:30 p.m.
Come out to celebrate the beginning of the Autumn season. Learn about what to expect in the coming Autumn months as well as have fun! We will be doing Autumn themed activities and have snacks. All residents are welcome, and children must be supervised. Please contact Kim at kmlewis5@illinois.edu with questions.

Board Game Night
Tuesday, September 10, 7 p.m.
Learning Resource Center (2044-A)
Join us for community building through board games. Snacks will be provided. Games will also be provided but, feel free to bring some of your favorites from home. If you need more information, please contact Max Klaw at maxwk2@illinois.edu.

Birthday Bingo
Tuesday, September 17, 6 p.m.
Have a September birthday? Come on down! This month’s theme is “Welcome!” If you need more information, please contact Max Klaw at maxwk2@illinois.edu.

Paint!
Thursday, September 19, 7 p.m.
Join us for painting! We will be painting a set design. Drinks and light snacks will be provided. If you need more information, please contact Max Klaw at maxwk2@illinois.edu.

Fall Fitness Festival
Saturday, September 21, Noon
Remember that time we all got together, exercised, and then played some soccer? That day is back! Come join us at the Community Center, where our trained fitness peers will lead a session on indoor and outdoor exercises for all of you to stay healthy. We will also have football and then some healthy lunch to close! Open to all residents, including adults and children. For more information, email mchc@illinois.edu.

Trivia Night
Thursday, September 26, 7 p.m.
Come test your knowledge about FGH. If you need more information, please contact Max Klaw at maxwk2@illinois.edu.

Bus trip to Springfield Online Registration
TRIP DATE: Saturday, October 5
REGISTRATION BEGINS Monday, September 16
Join us as we travel to Springfield, Ill. Exciting stops for our residents will include free activities and ones that will have a cost. You can visit places such as Abraham Lincoln’s Home and the Abraham Lincoln Museum (both have an entry fee), the new State Capitol, or the old State Capitol (no cost). Registration for this trip will start at 9 a.m. on Monday, September 16. Register using this link: HTTPS://GO.ILLINOIS.EDU/SPRINGFIELDBUSTRIP.

Welcome to the World
Babies are a sign of hope and bring much joy to our lives. At FGH, we would like to welcome your newborn to our community with a small gift. This is our way of saying, “Welcome to the World!” If you have recently welcomed a new baby into your family, please contact Lauren at leberle2@illinois.edu.

The Orchard Downs Preschool has officially started! We are starting our school year with getting to know each other and working on the fundamentals of learning. Students will be exploring math, science, socialization skills, writing, and many other activities as they get to know each other and their teachers!
**MULTICULTURAL HEALTH CENTER**

**2040-A ORCHARD STREET**  
Email: mchc@illinois.edu

**MCHC HOURS**  
MCHC will only operate for the weekly HeRMES Free Clinic on Thursdays in July. Additional office hours will not be held outside of these clinics. For more information about the clinic, contact hermesclinic1@gmail.com.

**HeRMES CLINIC WALK-IN HOURS**  
6–8 p.m. every Thursday (Walk-ins Only)

**SUBSCRIBE** here for weekly news, updates, and wellness tips: GO.ILLINOIS.EDU/MCHC-SIGNUP

HeRMES free medical clinic is a walk-in clinic staffed by volunteer medical students and supervised by a licensed medical professional. For several years, HeRMES has operated in partnership with area health clinics that serve the uninsured and underserved of Illinois.

**FREE DENTAL CHECKUP!**

Saturday September 14, 9 a.m.–4 p.m.  
Orchard Downs Community Center

September 14 is when everybody can get their teeth checked for free! Join us at the Free Dental Fair, set up in partnership with SmileHealthy. A licensed provider will check your teeth, provide screenings, clean your teeth if required, and provide basic fluoride treatments. We will also work with your kids to give them the free dental exams that are required to go back to school! And if our provider determines that you need more follow-up treatment, we will also refer you to nearby dentists who will be able to help. Come one, come all, get your teeth checked for free!

**Orchard Downs, Let's Walk!**

Every Tuesday, 6:30 p.m.  
Meet outside the Orchard Downs Community Center

Come Walk with us! The Orchard Downs Walking Group is a group of adults, kids, and families that get together to take a walk every Tuesday. You give us company, and we’ll grab the snacks, drinks, and some surprise gifts! Join our Whatsapp group by browsing to GO.ILLINOIS.EDU/ODWALK on your cell phone. For more information, email mchc@illinois.edu.

**FAMILY HOUSING COUNCIL**

The Orchard Downs Family Housing Council (FHC) is an organization created to safeguard the interest of the residents of Orchard Downs. For FHC resources such as meeting minutes, constitution, job descriptions, and more, visit HOUSING.ILLINOIS.EDU/FHC.

All FHC activities are in the Orchard Downs Community Center, 510 George Huff Court unless noted. All residents are welcome!

**RESIDENT SOCIAL:**  
September 8 at 5 p.m. (Journey to Indonesia)

**RESIDENT MEETING:**  
September 13 at 6 p.m.

The Urbana Public Library will be at this meeting to talk about library services, programs, and resources.

**2019-2020 FHC BOARD**  
Sanjay Rohaun - President  
Alamgir Hossain - Vice President  
Yasser Ismail - Executive Secretary  
Ahmed Elshennani - Recording Secretary  
Pankaj Chaturvedi - Treasurer

Vacuum and carpet cleaner available for use at FGH Office, thanks to FHC!

The FHC constitution can be found at HOUSING.ILLINOIS.EDU/FHC.

**Color me in!**
**SPEED IS LETHAL! SLOW DOWN!**

The speed limit is 20 MPH in Orchard Downs. When cars speed in residential neighborhoods, both drivers and pedestrians are at risk. Slow down and make your neighborhood safer.

- When you hit a pedestrian
  - At 20 mph, 5% will die
  - At 30 mph, 45% will die
  - At 40 mph, 85% will die
  - At 50 mph, almost all will die

- You need time and space to stop
  - At 20 mph, it takes you 47 feet to stop your car
  - At 30 mph, the distance almost doubles (88 feet)
  - At 40 mph, it almost doubles again (149 feet)

(Source: https://one.nhtsa.gov)

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**APARTMENT LIFE & NOISE: BE CONSIDERATE**

Some apartments carry noise more easily than others, and certain noises can be heard by neighbors. Excessive running and jumping, moving furniture, music, and televisions are examples of everyday noises that may bother neighbors. These noises are especially annoying when they become excessive, are very loud, and occur late at night when people are sleeping. In general, we ask that all apartment residents make an effort to keep noise at a minimum after 10 p.m. every night.

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**APARTMENT LIFE: LAUNDRY**

The cost of laundry (washing and drying) is included in your rent. All of the laundry machines are energy efficient. High-efficiency detergent (look for labels marked with "HE") is required for our laundry machines. Many major brands of laundry detergent are now designed to be used in high-efficiency machines.

**Laundry Rules**

- Laundry facilities are for the use of University Apartment residents only.
- Remove your clothing from the washer/dryer as soon as the cycle has completed. You can use Laundry View to get notifications on the status of your washing or drying cycle. Find this link at HOUSING.ILLINOIS.EDU/TOOLS/LAUNDRY.
- Washers/dryers may not be reserved under any circumstances.
- Children must be supervised by an adult at all times when in the laundry room.
- Take all of your belongings with you when you leave the building.
- Any laundry left unattended (on table or bench or in the machines) is left at your own risk.
- Before using the washers, please be sure to read the instructions located on the lids of the washers. Laundry instructions and tips can be found at HOUSING.ILLINOIS.EDU/TOOLS/LAUNDRY.
- The University of Illinois is not responsible for lost, stolen, or damaged items.
- For safety reasons, all doors must remain closed.

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**Parking Permits and Property Stickers for 2019-2020**

If you are living in Ashton Woods or Orchard Downs and will need a parking permit for the 2019-2020 academic year, now is the time to apply. Each leaseholder is eligible for one parking permit each year. If a leaseholder has a dependent (spouse, parent, etc.) living with them in their apartment, the leaseholder may apply for a second permit for their dependent's car. Permits from 2018-2019 expired on July 31, 2019.

To apply for your parking permit for 2019-2020, please visit WEB.HOUSING.ILLINOIS.EDU/PARKINGREQUEST.

**Property Stickers:** Don't forget to update your property stickers, too. Those also expired on July 31, 2019. You received them in your lease renewal packet or at check-in.
Produce of the Month: CORN

Did you know you’re surrounded by cornfields? Illinois is the hub of corn in the United States, and September is when it’s ready to be eaten! September is also when you find corn for very cheap prices at every grocery store in the area. And if you eat it in reasonable quantities, corn is both healthy and tasty. It contains high dietary fiber, which keeps your digestive system healthy, and it also has high vitamin content including Vitamins A, B, and E. Beware, however, that corn is very high in calories: too much can lead to very quick weight gain! Like pretty much everything else, watch how much of it you eat when you eat corn!

Corn Recipe of the Month: POPCORN

Ever wondered how to make that fresh popcorn that they sell at movie theaters? Now you can make it at home! All you need is dry corn kernels, some cooking oil (we prefer olive or coconut oil), salt, and butter. And it’s not difficult at all!

INGREDIENTS
3 tablespoons coconut oil or extra virgin olive oil
1/3 cup of high-quality popcorn kernels
Butter (optional, to taste)
Salt (to taste)

DIRECTIONS
1. Heat the oil in a thick-bottomed saucepan on medium-high heat. If you are using coconut oil, allow all of the solid oil to melt.
2. Put 3 or 4 popcorn kernels into the oil. Wait for the popcorn kernels to pop.
3. When the kernels pop, add the rest of the popcorn kernels in an even layer.
4. Cover the pot, remove from heat, and count to 30 seconds. (Count out loud! It’s fun to do with kids.)
5. Return the pan to the heat. The popcorn should begin popping soon, and all at once. Once the popping starts in earnest, gently shake the pan by moving it back and forth over the burner. (Tip: As the popcorn pops, try to keep the lid slightly ajar to let the steam out. This makes your popcorn crisper).
6. Once the popping slows to several seconds between pops, remove the pan from the heat, remove the lid, and move the popcorn immediately into a wide bowl.
7. Melt some butter to add to the popped corn. How much you add is up to you; you can use the empty pot you used for the corn to melt it.
8. Just drizzle the melted butter over the popcorn and toss to distribute.
9. Sprinkle the popcorn with salt to taste.

Fun toppings for the popcorn: Spanish smoked paprika, nutritional yeast, cayenne powder, chili pepper, curry powder, cumin, or grated Parmesan cheese.