ONLINE LEASE RENEWAL BEGINS APRIL 1
All current Family & Graduate Housing standard and extended leases end at noon on July 31. If you would like to return to your apartment next year you will need to renew your lease for the 2019-2020. The online site will allow you to request to return to your current apartment or transfer to another apartment within the community. If you do not want to renew your lease for next year, visit the online site to decline your lease renewal. The lease renewal site will be available from April 1 through April 30.

Residents who will not be affiliated with the University during the 2019–2020 academic year may request to end their current lease prior to July 31. Early Lease Termination Request Forms are available online at HOUSING.ILLINOIS.EDU/TOOLS/FORMS-DOCUMENTS or at the Family & Graduate Housing office. If the request is approved, residents will continue to be billed for rent a minimum of 45 days from the day their completed Request Form is returned to the Family & Graduate Housing office.

DAYLIGHT SAVING: SPRING FORWARD ON MARCH 10
Daylight saving time in the United States is the practice of setting the clock forward by one hour during the warmer part of the year so that evenings have more daylight and mornings have less. Most areas of the United States observe daylight saving time (DST), the exceptions being Arizona (except for the Navajo, who do observe daylight saving time on tribal lands), Hawaii, and the overseas territories of American Samoa, Guam, the Northern Mariana Islands, Puerto Rico, and the United States Virgin Islands. The Uniform Time Act of 1966 established the system of uniform Daylight Saving Time throughout the United States.

In the U.S., daylight saving time starts on the second Sunday in March and ends on the first Sunday in November, with the time changes taking place at 2 a.m. local time. With a mnemonic word play referring to seasons, clocks “spring forward, fall back”—that is, in springtime the clocks are moved forward from 2 a.m. to 3 a.m. and in fall they are moved back from 2 a.m. to 1 a.m. Daylight saving time lasts for a total of 34 weeks (238 days) every year, about 65% of the entire year.

This year, daylight saving begins on March 10. Remember to move your clock forward by one hour on March 9!
(From Wikipedia, the free encyclopedia)

CELEBRATE INTERNATIONAL WOMEN’S DAY: MARCH 8
International Women’s Day is a global day celebrating the social, economic, cultural, and political achievements of women. The day also marks a call to action for accelerating gender parity. International Women’s Day is all about unity, celebration, reflection, advocacy and action locally and globally. Learn more at WWW.INTERNATIONALWOMENS DAY.COM.

How should I celebrate? Here are five ideas:
• Support a woman-owned business by spending your money there.
• Learn about three impactful women in your home country.
• Give back to other women with your money or time. There are many great organizations that support women and girls in our community.
• Celebrate with women you admire by getting together.
• Send thank you notes to five women and tell them how much they mean to you.

APPELICATION WEEK: MARCH 25-29
Simply appreciating others may come in many forms. Say ‘thanks’, do something nice for another person, write a note or share smiles and hugs. Often we get too busy to tell others how much we appreciate them. That’s why Family & Graduate Housing has set aside the last week of March as Appreciation Week. We have planned special activities to show our appreciation of you, our residents! Also, this is a great opportunity for you to show others that you appreciate them. Take some time to read through this insert and see how you can get involved in Appreciation Week. You might make someone’s day brighter and put a smile on their face!

PEST CONTROL
Pest Management will be performing inspections and monitoring for Orchard Downs apartments 1961-2059 between March 4-29. Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, visit GO.ILLINOIS.EDU/MAINTENANCE.
MARCH PROGRAMS

All programs are in the Orchard Downs Community Center unless noted. Email Artinese at amyrick2@illinois.edu with questions unless another contact is noted.

FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE
Mondays at 3:20 p.m. (No class on Monday, March 18)
Family Resource Center (1834-A Orchard Place)
If you are interested in learning how to plan healthy meals on a budget and new cooking techniques, then this is the program for you! There are opportunities to earn prizes that will aid you in cooking at home and bigger prizes if you graduate from the program. Contact lescott4@illinois.edu with questions. A recipe is made together each week:
- March 4: Curried Squash Soup
- March 11: Mushroom Chicken Fajitas
- March 25: Pineapple Pizza with a homemade oat crust.

RESIDENT BUS TRIP TO ST. LOUIS ON APRIL 6
Online Registration begins 9 a.m. on March 18
This is a great opportunity to see the sites of St. Louis! An adult ticket is $15 and a child’s ticket (age 0-17) is $10. Register using this link GO.ILLINOIS.EDU/STLOUIS2019. Email Artinese at amyrick2@illinois.edu with any questions.

MONTHLY WOMEN’S GROUP: LEARN TO EMBROIDER
Tuesday, March 19 from 10–11:30 a.m.
Family Resource Center (1834-A Orchard Place)
All women are welcome! Together we will share information, have topic discussions, as well as build friendships. This March we will learn to embroider with the assistance of Stephanie Hartwick from Moon + Heart Bows. Contact Jessie at jlmyers2@illinois.edu for more information on our monthly women’s group.

TASTE OF AFRICA (in collaboration with Family Housing Council)
Friday, March 8 at 5:45 p.m.
Taste authentic African foods and learn great facts about different African countries. We will have a thoughtful discussion about the African countries with different organization from campus. All ages are welcome. If you would like to volunteer to cook for the event, contact Emily at floessharmon@gmail.com with questions.

BIRTHDAY BINGO
Wednesday, March 6 at 6:30 p.m.
Celebrate March birthdays with cupcakes, prizes, and bingo. Everyone is welcome to come, and children must be supervised.

RESIDENT APPRECIATION WEEK: ORCHARD DOWNS RAFFLE
Monday, March 25 at 6 p.m.
Join us for a celebration to thank you for being a resident with us! We will have amazing prizes to raffle off! Get there by 6:15 p.m. to get a raffle ticket to win! You won’t want to miss this opportunity to spend time with your neighbors and win a prize. Only residents of Orchard Downs Apartments are eligible to attend this event.

WOMEN’S HISTORY MONTH: DOCUMENTARY SCREENING
Wednesday, March 13 at 6 p.m.
Watch the movie Girl Rising together on the projector. This movie highlights injustices for women and girls today and features amazing women around the world fighting against these injustices. We will have a short discussion afterward and take action ourselves by thanking women that have meant a lot to us. Popcorn, drinks, and snacks provided. Bring a pillow and blanket to get cozy. Movie will start promptly at 6 p.m., so please arrive on time. Everyone is welcome; however, the movie is PG-13 so all participants must be at least 13 years of age. Contact Jessie at jlmyers2@illinois.edu if you have questions.

YOGA & MEDITATION WORKSHOP WITH SKY @ UIUC
Wednesday, March 27 from 6–7 p.m.
A monthly time of relaxation and stress reduction through yoga and meditation. All skill levels are welcome. This is an excellent way to improve focus. Yoga mats will be provided, but you are welcome to bring your own. This workshop is for adults only and arriving right at 6 p.m. is very important. Contact jlmyers2@illinois.edu with questions.

WOMEN’S APPRECIATION PROGRAM
Monday, March 25 at 6 p.m.
Ladies at Orchard Downs – come to an event that is only for you! We will decorate coffee mugs and wine glasses while generating great discussion. Each woman who comes will leave with a small token of gratitude.

COUPONING AT THE COMMUNITY CENTER
Wednesday, March 15 at 6:30 p.m.
Want to learn how to save? Are you interested in budgeting while shopping? This couponing program will teach you everything you need to know about spending with limited resources.

We often take photographs during community events for use in FGH publications. If you do not wish to have your photograph taken inform a staff member at the event or contact FGH.

We care about the environment. We encourage you to bring your own reusable plates, silverware, and cups to food events. FGH will still continue to provide paper products for those who do not bring their own.
PARENT-CHILD PLAYGROUP AT THE FAMILY RESOURCE CENTER (1834-A Orchard Place)
Every Monday and Thursday from 10–11:30 a.m.
Everyone loves playtime! This playgroup is for children ages 0-5 and their caregiver(s). Every Monday and Thursday we will come together to sing, read, grow, and play while spending time with one another. A parent/guardian must stay with their child. Contact Jessie Heckenmueller at jlmyers2@illinois.edu with questions.

March 7 and March 18: Mother Goose on the Loose program from the Champaign Public Library – every child gets a book
March 11: Meet at Clark Lindsey Village for a special playgroup with the residents

SPECIAL SATURDAY GREAT START PLAYGROUP
Saturday, March 9 from 10–11:30 a.m.
Can’t make it to playgroup on the weekdays, no problem! Join us for a special playgroup with GREAT Start from Champaign-Urbana Public Health. We will sing, play, learn, read, and grow together. The playgroup is for children ages 0-5 and their caregiver(s). A parent/guardian must stay with their child. Contact jlmyers2@illinois.edu with questions.

READ ACROSS AMERICA
Saturday, March 2 from 10 a.m.-1 p.m. | Lincoln Square Mall
Orchard Downs Preschool will participate in the Read Across America Celebration. Join us as we help promote reading and literacy to children. Storytellers, multicultural and bilingual books available, and many more fun activities

DR. SEUSS BIRTHDAY CELEBRATION
Monday, March 4 at 6:30 p.m.
Join us to celebrate Dr. Seuss’s birthday with games, prizes, crafts, and fun snacks! All are welcome to attend, children must be supervised. Contact Edith at ejauci2@illinois.edu with questions.

DR. SEUSS STORY HOUR
Tuesday, March 5 at 6 p.m.
Hear stories written by Dr. Seuss read by a volunteer from Champaign Public Library. There will be a raffle for Dr. Seuss books, crafts, and snacks will be provided. All are welcome and children need to be supervised. Contact Edith at ejauci2@illinois.edu with questions.

CHILDREN’S CAREER FAIR
Sunday, March 10 at 1 p.m.
A great opportunity for children to learn about different careers and think about the future. We will have tables with various professions from the community. Children can dress up as the career they would like to be in the future Children must be supervised, and all residents are welcome. Contact Edith at ejauci2@illinois.edu with questions.

YOUTH LITERARY FESTIVAL: COMMUNITY DAY CELEBRATION
Saturday, March 30 from 10 a.m.-3 p.m. at the IHotel
Sponsored by the College of Education, the free festival will feature award winning authors, presentations, book signings, puppet shows, and lots of children’s activities. Visit YOUTHLITFEST. EDUCATION.ILLINOIS.EDU for more information.

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

FAMILY & KIDS PROGRAMS

We have been having a fun spring semester here at Orchard Downs Preschool! This month we will be finishing up our Artist in the Making Unit with an Art Gallery. All of the art work will be provided by the students here at Orchard Downs Preschool. We will then zoom our way into our Transportation Unit. We will be talking about all kinds of ways to get around the community and the world! Three, Two, One…Blastoff to Outer Space Unit during our second week of March. We will be taking a field trip to the Parkland College Planetarium. Students will have fun exploring all of the planets. Our school will be closed for Spring Break from March 18-22. However, we will be back the last week of March to dive into the deep blue sea!
NATIONAL NUTRITION MONTH
March is here — and it’s National Nutrition Month! No better time to make your resolutions for a nutritious month and rest of the year. This month we encourage you to eat healthy at home, outside, and even in coffee shops.

Some tips for nutritious eating:
• Whether at home or for takeout, veggies are both delicious and nutritious.
• Sauces can ruin the nutritious value of healthy dishes like vegetable stir fry. Be mindful of how much and which sauce you put in.
• Instead of deep fried, or fried, try steamed foods! These are lower in saturated fats and also preserve the natural nutrition of your food better.

For more information, tips, and nutrition resources, visit CHOOSEMYPLATE.GOV / NATIONAL-NUTRITION-MONTH

WHAT’S ON THE SHELF IN MARCH?
Ahhh...this is the beginning of spring time and lots of green foods. Everything from asparagus to artichokes to broccoli to spinach are freshly grown and harvested in spring, and March is a great time to dive right in. These vegetables are healthy all around, and can be enjoyed in a variety of ways. Try the Asparagus with Oyster Sauce – follow the quick and easy recipe.

Asparagus with Oyster Sauce

INGREDIENTS
2 1/4 teaspoons vegetable oil
1 Tablespoon minced ginger root (or to taste)
2 small garlic cloves, minced
1 1/2 pounds uncooked asparagus, cut into 2-inch pieces
3 Tablespoons water
1/2 Tablespoons oyster sauce
1/8 teaspoon red pepper flakes, or to taste

PREPARATION
1. Heat oil over high heat in a large pan.
2. Add ginger and garlic; stir until brown.
3. Add asparagus and cook for 30 seconds.
4. Add water and cook, stirring occasionally, until asparagus are crisp-tender in about 3 to 5 minutes.
5. Add oyster sauce and red pepper flakes; stir and cook until heated through in about 1 more minute.
6. Remove from heat and serve immediately.

SEASONAL ALLERGY ALERT
As spring approaches, so does pollen. March can be tough going for people with spring allergies. Though the spring weather looks like a nice time to go outside, keep a look out for pollen counts if you have allergies.

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:
Saturday, March 2 at 6 p.m.

RESIDENT MEETING:
Friday, March 8 at 5:45 p.m.

OFFICERS:
President – Muhammad Sohail Khan
mskhan3@illinois.edu

Vice President – Ahmed Elolimy
elolimy2@illinois.edu

Treasurer – Rama Paudel
rpaudel2@illinois.edu

Executive Secretary – Ademola Akinrinola
ademola2@illinois.edu

Recording Secretary – Noah Samuel
nosamue2@illinois.edu

Welcome to the new FHC Treasurer, Rama Paudel!

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

RESIDENT HANDBOOK
The Family & Graduate Housing Handbook for apartment residents is located online at HOUSING.ILLINOIS.EDU/RESOURCES/POlicies/HANDBOOK. The handbook contains important information regarding apartment services, programs, resources, and policies.