BLACK HISTORY MONTH
Black History Month in February commemorates the achievements of African Americans in United States history. Black History Month came about after historian Carter G. Woodson published his research on the achievements by African Americans in 1915. Around this time, the second week in February was a time of celebration in the black community with the birthdays of Abraham Lincoln and Fredrick Douglass, men who had a huge impact on the lives of African Americans during the 1900s. Celebrating the birthdays of these men evolved into celebrating the achievement of other accomplished African Americans throughout the entire month of February.

HOW YOU CAN CELEBRATE BLACK HISTORY
In the United States, Black History Month is used to remember the important contributions and achievements of African Americans throughout the United States history. The celebration can be felt nationally and worldwide as many organizations, cities, states, and countries host events that educate on the rich culture, and memorable figures of African American history. Some ways you can celebrate:

• Read a book by an African American author.
• Learn about a historical figure who is Black that you’ve heard of, but don’t know much about.
• Attend a Black History Month event.
• Listen to Martin Luther King’s, “I Have a Dream” speech.
• Visit the Bruce D. Nesbitt African American Cultural Center or a museum to grow your knowledge.

MEET IDA B. WELLS-BARNETT (1862-1931)
The city of Chicago is collecting pledges to construct a monument of her and petitioning to name a major street after her. But who is this pioneering civil and women’s rights icon? Born a slave, Ida B. Wells-Barnett was a woman ahead of her time and is remembered as an instigator and catalyst for the civil rights and women’s suffrage movements at the turn of the century. As a Chicago journalist and newspaper publisher, she traveled throughout the South documenting and writing about the unjust lynchings of black men. Her forthrightness was frowned upon and Wells was put on the most wanted list and threatened to be killed. Her work with bettering the lives African Americans led to the creation of the National Association for the Advancement of Colored People and the National Association of Colored Women, both prominent black organizations that help catalyze and structure the legalities of the civil rights movement. She was a mentor to W.E.B Du Bois and was close friends with abolitionist Frederick Douglass. Wells was known as a “Bull in a China Shop” because of her strong beliefs and passion for equality. Despite her amazing contributions, she somehow drifted into obscurity, only now being rediscovered and honored for the valuable lessons from her fearless crusade for social justice.

GUEST REGISTRATION
Guests and visitors are always welcome in your apartment. Guests who plan to stay longer than two weeks are required to be registered at the Family & Graduate Housing office. The occupancy of the apartment must not exceed the occupancy limit for the apartment type when guests are visiting. Visitors not included in the extended family category are limited to a total maximum duration of 30 days per year. Overnight guests are permitted in co-tenant apartments only if mutually agreed upon in advance of the stay.

PEST CONTROL
Pest Management will be performing inspections and monitoring for Orchard Downs apartments 1902-1956 and Orchard Place apartments 1821-1838 in February. Treatment (e.g., exclusion, baiting) performed only as needed. To request treatment, please visit GO.ILLINOIS.EDU/MAINTENANCE.
FEBRUARY PROGRAMS

SLEDDING ON THE ORCHARD DOWNS HILL
The Neighborhood 5 Community Aides have several sleds available for residents to borrow. Anyone who wants to borrow one for a couple of hours of sledding can e-mail floessharmon@gmail.com to make arrangements.

FREE NUTRITION AND COOKING CLASS WITH THE U OF I EXTENSION OFFICE
Mondays from 3–4:30 p.m.
Family Resource Center (1834-A Orchard Place)
Learn to plan healthy meals on a budget and new cooking techniques. You can 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.

FABRIC-FILLED VALENTINE DAY’S HEARTS WORKSHOP
Saturday, February 2 at 10 a.m.
Learning Resource Center (2044-A Orchard Street)
Attend this program to learn how to use a sewing machine and discover everything that the Orchard Downs Sewing Room offers. We will have all you need for creating a handcrafted stuffed Valentine’s heart. This program is for residents over 12 years old because we will have scissors, electric cords, and needles. Contact Sedna at adrianysedna@gmail.com with questions.

LUNAR NEW YEAR STORY HOUR
Tuesday, February 5 at 6 p.m.
Celebrate the Lunar New Year with stories, making Lunar New Year lanterns, and snacks for good luck in the New Year. All ages are welcome; children must be supervised. Contact Edith at ejauci2@illinois.edu with questions.

JUSTICE FOR ALL
Wednesday, February 6 at 6:30 p.m.
We have a comfortable space to talk about current events and injustices happening around the world and even in our backyards. Join us in thoughtful discussion about society and how our individual roles play a part in impacting our communities. We will have discussion, watch videos, and answer questions about events and injustices that occur.

LUNAR NEW YEAR
Saturday, February 9 at noon
It’s the Year of the Pig! Share great food, fun activities, and the showing of the Lunar New Year Festival Gala. Sai Zhang will be back again as our speaker. Learn great facts and share memories about the holiday.

COMMUNITY SERVICE NIGHT
Tuesday, February 12 at 6:30 p.m.
Join the Orchard Down Community Aides and Graduate Assistants in this community service project to help the homeless. “The number of families experiencing homelessness has increased significantly from past years. For example, in 2013, only 15% of homeless persons were in family households.” (National Coalition for the Homeless) To make a positive impact on the local community please join us!

TED TALK AND CHILL
Wednesday, February 13 at 6:30 p.m.
Looking for stimulating conversation? Join us to watch one of the Famous TED Talks and have an open discussion. We will choose from three TED talks on the night of the event. Come join us to chat and snack!

VALENTINE’S DAY PARTY
Thursday, February 14 at 6:30 p.m.
Celebrate Valentine’s Day with treats, games to play, prizes, and Valentine making. McKinley Health Center will also be there to talk about healthy relationships. All are welcome to come; children must be supervised. Contact Edith at ejauci2@illinois.edu with questions.

MONTHLY WOMEN’S GROUP
Friday, February 15 at 10 a.m.
Family Resource Center (1834-A Orchard Place)
Paint with us and discuss self-love and positive strengths that will be transferred onto a canvas. We will have tea and cookies for snack. Contact Edith at ejauci2@illinois.edu or Jessie at ljmyers2@illinois.edu with questions.

RESIDENT BUS TRIP TO TUSCOLA ON MARCH 2
Online Registration begins 9 a.m. on February 11
On Saturday, March 2, get ready to shop till you drop! You may shop all day at the Tanger Outlet Shopping Center in Tuscola or you can shop in the morning and spend the afternoon at Rockome Gardens, an Amish community in Arcola, IL. The link to register is FORMS.ILLINOIS.EDU/SEC/2520430. Email Artinese at amyrick2@illinois.edu with questions.

BIRTHDAY BINGO
Thursday, February 21 at 6 p.m.
Celebrate February birthdays with cupcakes, prizes, and bingo. Everyone is welcome to come, and children must be supervised.

YOGA & MEDITATION WORKSHOP WITH SKY @ UIUC
Wednesday, February 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 flexibility, balance, and concentration. The Neighborhood 5 Community Aides have several yoga mats available for residents to borrow. Anyone who wants to borrow one for a couple of hours of yoga can e-mail floessharmon@gmail.com to make arrangements.

HOST A DESSERT PARTY
Are you interested in hosting your own Dessert Party? Come teach community members to make your favorite dish, even if it’s not a dessert. If this sounds like something you are interested in, email Artinese at amyrick2@illinois.edu for more information.

NEIGHBORHOOD OLYMPICS
Calling all competitors! Want to get involved in a fun, neighborhood–wide event? You will have the chance to put your skills to the test and compete with others in multiple fun/athletics games to win prizes! If this sounds like something you are interested in, contact your community aide or Artinese at amyrick2@illinois.edu for more information.

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.

***We often take photographs during community events for use in FGH publications. If you do not wish to have your photograph taken please inform a staff member at the event or contact FGH.***
WELCOME TO THE WORLD
Babies are a sign of hope and bring much joy to our lives. We want to welcome your newborn to our community with a small gift to say, “Welcome to the World!” If you have recently welcomed a new baby into your family, contact Jessie Heckenmueller at jlmyers2@illinois.edu or call the Family & Graduate Housing office at (217) 333-5656.

PARENT-CHILD PLAYGROUP AT THE FAMILY RESOURCE CENTER
(1834-A Orchard Place)
Every Monday and Thursday from 10–11:30 a.m.
(NO GROUP ON FEB. 25)
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 most importantly, play while spending time with one another. A parent/guardian must stay with their child.
Contact Jessie Heckenmueller at jlmyers2@illinois.edu with questions.

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

SPECIAL SATURDAY GREAT START PLAYGROUP
Saturday, February 16 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. This month’s theme will be national children’s dental month and we will learn about brushing our teeth. 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.

ORCHARD DOWNS PRESCHOOL IS ACCEPTING REGISTRATIONS FOR 2019.
The Preschool is for children age 3 to 5 who are toilet-trained. Half-day and full-day classes are available and extended afternoon care. For information, registration packet, or to schedule a tour, contact Debbie Collins at dcollns@illinois.edu or Sara Jenkins at jenkins@illinois.edu.

KIDS’ CLUB SPRING REGISTRATION
Kids’ Club after school program offers children aged 5 and in kindergarten through age 11 opportunities to participate in recreational, educational, and social activities. The program is free for residents of University Apartments. Kids’ Club meets at the Orchard Downs Community Center Monday through Friday from 3 to 5:30 p.m. Children are served a snack each day. Openings are currently available for the spring semester. New families are encouraged to participate. To register your child, ask questions, or request additional information, contact Sara Jenkins at jenkins@illinois.edu.

PARENTING SEMINAR: SELF-CARE
Wednesday, February 20 from 6–7:30 p.m.
Parents and soon-to-be parents are welcome to join us for this workshop co-sponsored by Crisis Nursery and McKinley Health Center. Learn about and discuss mixed messages about parenting in the media and how these thoughts impact the reality of parenting. You will also have the opportunity to learn and practice skills and techniques to care for yourself and support all your efforts in day to day parenting. Childcare will be provided on a first come, first served basis for children under 12. Contact jlmyers2@illinois.edu with any questions.
**MULTICULTURAL HEALTH CENTER**

2040-A ORCHARD STREET

**OFFICE HOURS**
Noon–3 p.m. every Monday
Faizaan Qayyum, Health Center Graduate Assistant - Email: mchc@illinois.edu

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.

**WINTER WINDOW KITS**
Winter Window Kits with plastic sheeting that can be used to cover the inside of your windows and reduce the amount of cold air that can enter your apartment are available at the Family & Graduate Housing office. Supplies are limited.

**YOUR HEART**
It’s February, and love is in the air. What better way to make sure that your heart is as healthy as your partner’s? February is the American Heart Month and is just about the right time to start thinking about keeping your heart healthy. Simple changes to your lifestyle can go a long way in doing just that. Things like regular exercising (at least 150 minutes of exercise every week), a healthy diet, and avoiding smoking and second-hand smoke from other smokers can be extremely helpful in controlling blood pressure, managing cholesterol, and keeping a healthy heart.

**FEBRUARY EATING**
We are celebrating the American Heart Month and also the season of lots of tasty, healthy fruits and vegetables. Get some green, leafy vegetables or citrus fruits like oranges and mandarins. Or if you’re feeling adventurous, grab a squash, some sweet potatoes, and turnips. Bake ’em, stir ’em, fry ’em – whatever you do, enjoy the delicious offerings of winter.

**KITCHEN CORNER**
Crock pot cooking is a great way to make sure you have a ready to serve dinner when you get home from a long day on campus. Most recipes are as simple as putting all of the ingredients in the crock pot and turning on. Soups are great in the winter and are versatile for vegetarians as well as those who do eat meat. Try this recipe with or without meat!

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**RESPECTING WILDLIFE**
If you encounter a wild animal near your apartment door or see that it has made a home in an unsafe place, contact maintenance (217-333-2779). Please do not try to move the nest yourself. If the animal is blocking the door to your building, maintenance will be able to help.

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**Butternut Squash-Apricot Chicken (from Country Living)**

Serves 8

**INGREDIENTS**
- 8 c. chicken stock
- 1 (15-ounce) can chickpeas, rinsed
- 1/2 c. chopped dried apricots
- 1 (16-ounce) package cubed butternut squash
- 1 c. canned coconut milk
- 1 tsp. fresh lime juice
- 3 scallions, sliced
- 1 c. chopped dried apricots
- 1/4 c. chopped dried apricots

**DIRECTIONS**
- Cook noodles according to package directions.
- Meanwhile, season chicken with salt and pepper. Heat oil in a large pot or Dutch oven over medium-high heat. Add chicken, onion, and garlic. Cook, stirring occasionally, until browned, 7 to 9 minutes. Stir in curry powder, chili powder, black pepper, and cinnamon. Cook, stirring constantly, until fragrant, 1 minute. Add chicken stock, chickpeas, and apricots; bring to a boil. Reduce heat to low and simmer, uncovered, stirring occasionally, 20 minutes. Add butternut squash and cook until tender and soup has thickened slightly, 8 to 10 minutes.
- Add coconut milk and cook until warm, 2 to 3 minutes. Remove from heat and stir in lime juice and scallions. Season with salt and pepper.
- Divide noodles among serving bowls and top with soup. Garnish with cilantro.

**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, February 2 at 6 p.m.

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

**OFFICERS**

- President–Muhammad Sohail Khan
  mskhan3@illinois.edu
- Vice President–Ahmed Elolimy
  elolimy2@illinois.edu
- Treasurer–Vacant
- Executive Secretary–Ademola Akinrinola
  ademola2@illinois.edu
- Recording Secretary–Noah Samuel
  nosamue2@illinois.edu

The Family Housing Council will be holding an election for the vacant position of Treasurer during the February Meeting on Friday, February 8 in the Orchard Downs Community Center. Every resident is eligible to run and vote for the position as long as they have a valid lease. During the meeting, the interested candidates will have the opportunity to introduce themselves and can talk about their motivation for the desired position. The elected candidate will receive a $75 monthly rent credit.

If you are interested in serving our community as Treasurer, please send your name, statement of motivation and vision to serve our community to FHC Vice President Ahmed Elolimy at elolimy2@illinois.edu by no later than Thursday, February 7 at 11:59 p.m. The FHC constitution can be found at HOUSING.ILLINOIS.EDU/FHC.