

# Village Voice

Volume 10, Issue 6

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• • • Western Illinois University • • • Graduate and Family Housing • • •



## NOTICE OF ANNUAL SAFETY CHECKS—East/University Village

Health and Safety Checks began on Monday, April 27 and will continue until all apartments have been checked. The checks will not be performed before 9:00am or after 9:00pm. If you would like to be present for your Health & Safety Check, you need to contact Jenny Douglas (JM-Douglas@wiu.edu), the Assistant Complex Director. A time will then be scheduled. Otherwise, two staff members will be doing the safety checks periodically throughout the week. We will knock before entering an apartment, and will enter the apartment to perform the safety check if you are not at home.

## Lease Renewal and Moving Out

If you are planning on moving out of your apartment, you need to contact Sara Featherlin (SB-Featherlin2@wiu.edu) to schedule a check-out. Leases end on May 28, 2009 and you must give 30 days notice in order to not be fined for an improper checkout.

If you are planning on renewing your lease for the summer months and beyond, you also need to contact Sara. There is no guarantee that you can get the same apartment if you do not talk to Sara ASAP.

# Congratulations to our Graduates!



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### Office Hours

The office hours for each village are posted outside the office door. If you leave a phone message, you can expect that it will be handled as soon as someone gets into the office. There are several ways for you to communicate your needs to us! Just pick up the phone, send us an e-mail, or stop by the office!

**End of the Year Program!**

Sunday, May 3  
 2:00pm  
 In Lamoine  
 Village  
 Cricket,  
 Volleyball, and  
 Yard Games

**Communicate!**

If you have any sort of issue with your apartment, we want to know about it! Be in contact with your manager so we can make your living experience the best it can possibly be!

Lamoine Building 1—Joe, JL-Haferman@wiu.edu  
 Lamoine Building 2—Haider, MQ-Haider@wiu.edu  
 Lamoine Building 3—Nik, NJ-Kuster@wiu.edu  
 East Village—Keith, KW-Luecht@wiu.edu  
 University Village—Patrick, PM-Kanza@wiu.edu

**Power Outage**

Physical Plant has finalized the schedule for the annual electrical shutdown required for maintenance of our high voltage electrical distribution system. This shutdown is required to inspect and maintain our electrical system and to locate and repair problems which may lead to an unscheduled outage.

Our plan for this year is to shut power off to the East Village, on Saturday, May 30, 2009 at 6 AM with power being restored by 5 PM.

Good  
 Luck on  
 finals!!

**Pandemic Information**

By Darcie [Shinberger](#), University Relations

Western Illinois University has launched a pandemic information website ([www.wiu.edu/pandemic](http://www.wiu.edu/pandemic)), which contains University-related pandemic news releases; Western's Pandemic Preparedness and Response Plan; health-related information; and links to external resources, such as the Centers for Disease Control and Prevention.

"We felt it was necessary to have a specific website so individuals could get the most up-to-date and relevant information concerning the recent swine flu outbreak," said Mary Margaret Harris, director of Western's Beu Health Center.

For more information on Western's pandemic response, contact Beu Health Center at (309) 298-1888.



**You can contribute to the Village Voice!**

Village Voice is published monthly by University Housing and Dining Services for the Graduate and Family Housing Community. Information contained herein is considered official notification to all residents of UHDS policies, procedures and programs. Any residents may submit items for publication (please include name and phone number with submissions). All items are subject to space considerations by the editors. Questions, concerns, ideas or suggestions can be directed to Jennifer Douglas, Assistant Complex Director for Graduate and Family Housing by calling (309) 298-8125 or emailing JM-Douglas@wiu.edu

## Monster Cookie Recipe

Nik Kuster

### INGREDIENTS

- 1 cup margarine, softened
- 2 cups white sugar
- 2 cups packed brown sugar
- 3 cups peanut butter
- 6 eggs
- 1 1/2 teaspoons corn syrup
- 1 1/2 teaspoons vanilla extract
- 4 teaspoons baking soda
- 9 cups rolled oats
- 1/2 pound candy-coated milk chocolate pieces
- 1/2 pound semisweet chocolate chips



### DIRECTIONS

Preheat oven to 350 degrees F (175 degrees C).

In a large bowl, cream together the margarine, white sugar, brown sugar, and peanut butter until smooth. Beat in the eggs, two at a time, then stir in the corn syrup and vanilla. Mix in baking soda and oats until well blended. Stir in the chocolate candies and chocolate chips. Roll dough into 2 inch balls, and place 3 inches apart on an ungreased cookie sheet. Flatten slightly with a fork.

Bake for 12 to 15 minutes in the preheated oven. Cool on cookie sheets for a few minutes, before transferring to wire racks to cool completely.

This recipe makes 72 servings. So be prepared for a lot of baking if you make it all at one time. You can also halve the recipe to make fewer cookies or freeze the dough to make more later. These are perfect to munch on while your doing some late night cramming and you can replace some of the chocolate pieces or chips with raisins or other dried fruit to make them a little healthier. Enjoy!



## Exercise and Physical Activity

Compiled by Muhammad Haider

There are 1,440 minutes in every day. Schedule 30 of them for physical activity! Regular exercise is a critical part of staying healthy. People who are active live longer and feel better. Exercise can help you maintain a healthy weight. It can delay or prevent diabetes, some cancers and heart problems. Most adults need at least 30 minutes of moderate physical activity at least five days per week. Examples include walking briskly, mowing the lawn, dancing, swimming for recreation or bicycling. Stretching and weight training can also strengthen your body and improve your fitness level. The key is to find the right exercise for you. If it is fun, you are more likely to stay motivated. You may want to walk with a friend, join a class or plan a group bike ride. If you've been inactive for awhile, use a sensible approach and start out slowly.

### 1. Exercise improves your mood.

Need to blow off some steam after a stressful day? A workout at the gym or a brisk 30-minute walk can help you calm down.

Exercise stimulates various brain chemicals, which may leave you feeling happier and more relaxed than you were before you worked out. You'll also look better and feel better when you exercise regularly, which can boost your confidence and improve your self-esteem. Exercise even reduces feelings of depression and anxiety.

### 2. Exercise combats chronic diseases.

Worried about heart disease? Hoping to prevent osteoporosis? Regular exercise might be the ticket.

Regular exercise can help you prevent — or manage — high blood pressure. Your cholesterol will benefit, too. Regular exercise boosts high-density lipoprotein (HDL), or "good," cholesterol while decreasing low-density lipoprotein (LDL), or "bad," cholesterol. This one-two punch keeps your blood flowing smoothly by lowering the buildup of plaques in your arteries.

And there's more. Regular exercise can help you prevent type 2 diabetes, osteoporosis and certain types of cancer.

### 3. Exercise helps you manage your weight.

Want to drop those excess pounds? Trade some couch time for walking or other physical activities.

This one's a no-brainer. When you exercise, you burn calories. The more intensely you exercise, the more calories you burn — and the easier it is to keep your weight under control. You don't even need to set aside major chunks of time for working out. Take the stairs instead of the elevator. Walk during your lunch break. Do jumping jacks during commercials. Better yet, turn off the TV and take a brisk walk. Dedicated

workouts are great, but activity you accumulate throughout the day helps you burn calories, too.

### 4. Exercise strengthens your heart and lungs.

Winded by grocery shopping or household chores? Don't throw in the towel. Regular exercise can leave you breathing easier.

Exercise delivers oxygen and nutrients to your tissues. In fact, regular exercise helps your entire cardiovascular system — the circulation of blood through your heart and blood vessels — work more efficiently. Big deal? You bet! When your heart and lungs work more efficiently, you'll have more energy to do the things you enjoy.

### 5. Exercise promotes better sleep.

Struggling to fall asleep? Or stay asleep? It might help to boost your physical activity during the day.

A good night's sleep can improve your concentration, productivity and mood. And, you guessed it, exercise is sometimes the key to better sleep. Regular exercise can help you fall asleep faster and deepen your sleep. The timing is up to you — but if you're having trouble sleeping, you might want to try late afternoon workouts. The natural dip in body temperature five to six hours after you exercise might help you fall asleep.

### 6. Exercise can put the spark back into your sex life.

Are you too tired to have sex? Or feeling too out of shape to enjoy physical intimacy? Exercise to the rescue.

Regular exercise can leave you feeling energized and looking better, which may have a positive effect on your sex life. But there's more to it than that. Exercise improves your circulation, which can lead to more satisfying sex. And men who exercise regularly are less likely to have problems with erectile dysfunction than are men who don't exercise, especially as they get older.

### 7. Exercise can be — gasp — fun!

Wondering what to do on a Saturday afternoon? Looking for an activity that suits the entire family? Get physical!

Exercise doesn't have to be drudgery. Take a ballroom dancing class. Check out a local climbing wall or hiking trail. Push your kids on the swings or climb with them on the jungle gym. Plan a neighborhood kickball or touch football game. Find an activity you enjoy, and go for it. If you get bored, try something new. If you're moving, it counts!

Are you convinced? Good. Start reaping the benefits of physical activity today!

(By Mayo Foundation for Medical Education and Research)