

# Village Voice

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



## Lease Renewal

George P. Holman

### ATTENTION ALL GRADUATE AND FAMILY HOUSING LEASE HOLDERS

Starting February 10, 2009 until February 27, 2009, residents will be able to renew their current apartment through STARS. Online renewal will only be offered to residents wishing to continue residency in their current apartment for SUMMER 2009 and beyond. The online renewal option is only an option for students who wish to return to their current apartment. If you are not planning on staying through the SUMMER, but will be returning for the fall, you need to turn in an intent to vacate form and renew at Seal Hall after March 2, 2009. Residents wishing to stay in their current apartment for SUMMER 2009 and beyond, will not be allowed to renew for their apartment after the February 27, 2009 deadline. All residents leaving GFH must complete an Intent to Vacate form 30 days prior to their move out date.

When logged into STARS, there will be three renewal options. These options are listed below with a brief explanation:

- SUMMER 2009 – This renews the apartment for ONLY SUMMER 2009
- SUMMER/FALL 2009 – This renews the apartment for SUMMER 2009 and FALL 2009
- SUMMER 2009/FALL 2009/SPRING 2010 - This renews the apartment for SUMMER 2009, FALL 2009, and SPRING 2010.

All GFH residents who renew for either SUMMER 2009/FALL 2009/SPRING 2010 must complete an Intent to Vacate 30 days prior to their departure date.

Individuals who do not renew will need to reapply for housing and will be placed on the GFH waiting list. University Housing and Dining Services will attempt to reassign residents back into their current apartment if they do not renew for SUMMER 2009 and beyond. However, no guarantees will be made that residents will be assigned back to their current apartment.

If you plan to be gone during the summer months and are leaving for more than 4 days, we now require that you notify our office at 298-3331. While you are away, we will enter your apartment to empty your dehumidifier and ensure that your air conditioning is running properly.

Residents who do not plan to renew online must contact Sara Featherlin at the Graduate and Family Housing Office in Seal Hall. All residents who do not complete the online renewal process must complete an **INTENT TO VACATE FORM** before **April 10, 2009**. After March 2, 2009 residents will be allowed to apply for housing for FALL 2009.

### RENEW ONLINE AT:

<http://mvs.wiu.edu/stars.html>

*Please contact your building manager or the GFH office at 298-3331 if you have questions or concerns about this process.*

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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!

## GFH Basketball

The men's basketball team is taking on South Dakota State University and all of you are invited!! It is going to be GFH Night at the game which means we have our very own section in Western Hall for the game. We are going to have free pizza for this event as well.

- Students can get in free with their ID
- Family members get in free...the tickets are on us!
- You need to sign up with your manager by Feb 6 at noon so that we know how many tickets to order

## Biking

**W e l c o m e B a c k :** My name is Daniel Woldegiorgis I am your building manager for building one for those who do not know me. Welcome come back for those from last semester and welcome to those who just arrived to lamoine village. If you have been wondering what is there to do in Macomb beside studying. There many thing to do. If you are outdoors person who like to stay active biking is the way to go. There is a bike group which meets on Saturday

## Daniel Woldegiorgis

morning at 7:30 at the Macomb High school. I know you might think is too cold to bike but the weather will get better and it is an enjoyable experience. if you are interested email me @ dz-woldegiorgis@wiu.edu. Make sure you have a road bike and helmet.



## Winter Days have you feeling S.A.D.?

## Nik Kuster

Seasonal Affective Disorder, or SAD, is a relatively new mental health concern that is being considered for addition to diagnosable disorders. At this time SAD is not included in the Diagnostics and Statistics Manual of Mental Disorders (DSM). The DSM is the mental health providers guide to accepted diagnosis and until SAD is officially added many providers do not recognize it as an official diagnosis. However, the American Psychiatric Association, the body that publishes the DSM, is strongly considering SAD for inclusion in the next edition of the diagnostic literature.

That being said how can you recognize if you or someone you care about is having difficulty with SAD? Individuals having difficulty with SAD often experience depression like symptoms including; anxiety, sadness, or irritability, loss of interest in typically

interesting activity, eating "comfort food", and sleeping more. SAD most often presents itself in the late fall and persists in individuals throughout the early spring.

SAD appears to be caused by the decrease in direct sunlight during winter months. There is no clear understanding of why the lack of sunlight causes these symptoms in some people. Some research suggests that the lack of direct light may influence peoples circadian (sleep/wake) cycle. Other research suggests that the change in light effect the neurochemical serotonin, a neurochemical closely correlated with the regulation of mood.

Although there is no clear understanding of why SAD develops, there are some methods for treating it. Light therapy simulates natural light and can help decrease SAD symptoms. Other treatments include the

utilization of counseling, or medication. Also, if you feel you may be having problems with SAD like symptoms but don't feel you need the intensive treatments talked about above you can try a few simple things.

- Increase the amount of time you spend outside. The more natural light you absorb, the better.
- Increase your activity level. Endorphins produced by your body during exercise are a natural way to fight of a persistent low mood
- Eat healthy. The more healthy your diet the more energized you may feel decreasing your need for sleep and increasing your motivation to get outside and be active.

## 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

## Coffee: The New Health Food

Compiled by Muhammad Haider

Plenty of health benefits are brewing in America's beloved beverage. Want a drug that could lower your risk of diabetes, Parkinson's disease, and colon cancer? Coffee, the much maligned but undoubtedly beloved beverage, just made headlines for possibly cutting the risk of the latest disease epidemic, type 2 diabetes.

After analyzing data on 126,000 people for as long as 18 years, Harvard researchers calculate that compared with not partaking in America's favorite morning drink, downing one to three cups of caffeinated coffee daily can reduce diabetes risk by single digits. In recent decades, some 19,000 studies have been done examining coffee's impact on health. In practical terms, regular coffee drinkers include the majority of U.S. adults and a growing number of children.

"Overall, the research shows that coffee is far more healthful than it is harmful," says Tomas DePaulis, PhD, research scientist at Vanderbilt University's Institute for Coffee Studies, which conducts its own medical research and tracks coffee studies from around the world. Other research shows that compared to not drinking coffee, at least two cups daily can translate to a 25% reduced risk of colon cancer, an 80% drop in liver cirrhosis risk, and nearly half the risk of gallstones.

*The research shows that coffee is far more healthful than it is harmful.*

Coffee even offsets some of the damage caused by other vices, some research indicates. "People who smoke and are heavy drinkers have less heart disease and liver damage when they regularly consume large amounts of coffee compared to those who don't," says DePaulis. There's also some evidence that coffee may help manage asthma and even control attacks when medication is unavailable, stop a headache, boost mood, and even prevent cavities.

Is it the caffeine? Even other mysterious properties that warrant this intensive study? Some of coffee's reported benefits are a direct result of its higher caffeine content: An eight ounce cup of drip-brewed coffee contains about 85 mg -- about three and a half times more than the same serving of tea or cola or one ounce of chocolate.

"The evidence is very strong that regular coffee consumption reduces risk of Parkinson's disease and for that, it's directly related to caffeine," DePaulis tells WebMD. "In fact, Parkinson's drugs are now being developed that contain a derivative of caffeine based on this evidence." Caffeine is also what helps in treating asthma and headaches. Though not widely publicized, a single dose of pain reliever such as Anacin or Excedrin contains up to 120 milligrams -- what's in a hefty mug o' Joe.

It's also caffeine -- and not coffee, per se -- that makes java a powerful aid in enhancing athletic endurance and performance, says physiologist and longtime coffee researcher Terry Graham, PhD, of the University of Guelph in Canada. How does this brew affect growing minds and bodies? Coffee, as you probably know, makes you more alert, which can boost concentration. But claims that it improves a child's academic performance can be exaggerated. Coffee-drinking kids may do better on school tests because they're more awake, but most task-to-task lab studies suggest that coffee doesn't really improve mental performance, says DePaulis.

"There recently was a study from Brazil finding that children who drink coffee with milk each day are less likely to have depression than other children," he tells WebMD. "In fact, no studies show that coffee in reasonable amounts is in any way harmful to children."

On the flip side, it's clear that coffee isn't for everyone. Coffee may also raise cholesterol levels in some people and may contribute to artery clogging. But most recent large studies show no significant adverse effects on most healthy people, although pregnant women, heart patients, and those at risk for osteoporosis may still be advised to limit or avoid coffee.

Continued on the next page...



## Coffee continued

The bottom line: "People who already drink a lot of coffee don't have to feel 'guilty' as long as coffee does not affect their daily life," says Hu. "They may actually benefit from coffee habits in the long run." In other words, consume enough caffeine -- whether it's from coffee or another source -- and you will likely run faster, last longer and be stronger. What's enough? "Unfortunately, where you see the enhancing effects from caffeine is in hard-working athletes, who are able to work longer and somewhat harder," says Graham, who has studied the effects of caffeine and coffee for nearly two decades. "If you a recreational athlete who is working out to reduce weight or just feel better, you're not pushing yourself hard enough to get an athletic benefit from coffee or other caffeinated products."

But you can get other benefits from coffee that have nothing to do with caffeine. "Coffee is loaded with antioxidants, including a group of compounds called quinines that when administered to lab rats, increases their insulin sensitivity" he tells WebMD. This increased sensitivity improves the body's response to insulin.

That may explain why in that new Harvard study, those drinking decaf coffee but not tea beverages also showed a reduced diabetes risk, though it was half as much as those drinking caffeinated coffee. "We don't know exactly why coffee is beneficial for diabetes," lead researcher Frank Hu, MD, tells WebMD. Coffee has large amounts of antioxidants such as chlorogenic acid and tocopherols, and minerals such as magnesium. Meanwhile, Italian researchers credit another compound called trigonelline, which gives coffee its aroma and bitter taste, for having both antibacterial and anti-adhesive properties to help prevent dental cavities from forming.

Source WebMD.com, by Michael W. Smith, MD

## Valentine's Day on a Budget

Patrick Walsh

As a busy student living in Macomb during a global recession I, like many, am trying to figure out how to celebrate Valentine's Day. Thought times are tight and Macomb is pretty small these are not reasons why you and your loved one can't go out and celebrate. The truth is you do have options that work within your budget and even in Macomb no less.

One can't-lose option is to go to The Wine Sellers, just off the downtown Square between 2pm and 4pm. Like every Saturday, the Wine Sellers has a free sampling of Wine. Luckily for anyone on a budget Valentine's Day falls on a Saturday this year. Enjoy great company and a relaxed atmos-

phere, as you taste some great wine. If you are feeling adventurous, pick up the newsletter. The monthly newsletter always has a fantastic recipe, which is carefully paired with a wine sold at the Wine Sellers. Spend the evening with your loved one preparing, what is sure to be, a great meal.

If wine and cooking isn't your fancy and you are seeking a low-key evening than make it a dinner and a movie. One restaurant that is always a crowd-pleaser is Vitale's Restaurant and Pizzeria. For the quality of food, this restaurant is practically a steal. Vitale's offers a range of uniquely crafted pizzas that is sure to please any pallet and the best part is most run under 10 dollars.

If you are in the mood for pasta, I would highly recommend the Chicken Parmesan. The portions for this dish are so generous that you and your date could easily share. After dinner stop by Family Video or a Redbox located in Walgreens, Hyvee or General Market for a wide selection of \$1 movies.

Valentines Day is a time to express to your loved one how special and important they are to you. Whether you go out or stay in try to remember the spirit of this special day. The best part about this suggestion is that it is free.

## 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—Daniel, DZ-Woldegiorgis@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—Jenny, JM-Douglas@wiu.edu