



The Village Voice

Volume 10 Issue 1

July 7th 2008

Special points of interest:

- To Beat the Heat you must drink water.
- July and August is the beginning of perfect mold conditions, prepare now.
- Get And Enjoy the Weather
- The price of gas is rising learn how to save.
- Don't Forget our Summer Movie July 25TH at 8PM in Lamoine Village.

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Beat The Heat

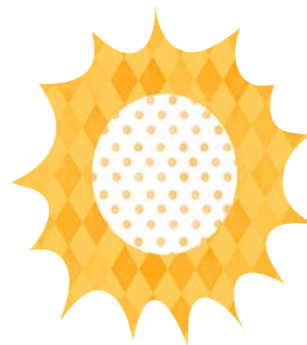
As the dog days of summer approach, keep these emergency tips in mind when responding or suspecting a heat-related illness.

Heat cramps are painful muscle spasms. They usually occur in the legs and abdomen. To care for heat cramps, have the victim rest in a cool place. Give him/her cool water or a sports drink. Typically, rest and fluids are all a person needs to recover. Lightly stretch the muscle and gently massage the area. Do not take salt tablets or salt water.

Heat exhaustion is a more serious condition than heat cramps. Its signals include cool, moist, pale, or flushed

skin, headache, nausea, dizziness, weakness, and exhaustion.

Heat stroke is the least common but most severe heat emergency.



Heat stroke is a serious medical emergency. The signals of heat stroke include red, hot dry skin; changes in consciousness; rapid weak pulse; and rapid, shallow breathing.

By: Chris Hogsett

Caring for Heat illness:

Get victim out of the heat.

- Loosen tight clothing
- Remove perspiration-soaked clothing.
- Apply cool, wet cloths to the skin.
- Fan the victim.
- If conscious, give cool water or sports drink
- Call for an ambulance if victim vomits or lose consciousness.



Cold Destroys Mold

What is mold?

- A type of fungus also called mildew.

What causes mold to grow?

- Moisture from high humidity
- Mold likes dark areas & warm weather

Why is mold a problem?

-Mold can eat through fabrics, paper, etc.

- Mold causes stains
- Mold causes allergies and can be toxic

How to combat mold:

- Reduce humidity by using your dehumidifiers
- Dust and clean regularly
- If you do see mold clean with bleach.

The Basics:

- Run your Air Conditioner

- Fill, Use & Refill your Dehumidifier
- Clean your apartment regularly
-Use bleach to kill mold
***WIU is not responsible for any damage that is caused by mold.**

-By: Charles Franklin

Say Hello to Your
New Managers

Lamoine Village -
Building One:
Keith Luetch
Apt. 1-203

Lamoine Village -
Building Two:
Satyasri Atluri Apt. 2-106

Lamoine Village -
Three:
Nik Kuster Apt. 3-111

Local Parks

With summer 2008 officially here, it's time to get outside and enjoy what WIU, Macomb, and the surrounding areas have to offer. While some of us are taking classes this summer, that does not mean we shouldn't enjoy the weather and take some time for recreation. Hopefully this list will help you find some enjoyable activities to do this summer.

Local parks have great hiking, fishing, canoeing, or picnicking.

Argyle State Park
640 Argyle Park Road
Colchester, IL 62326
309.776.3422

Spring Lake Park
595 Spring Lake Park Rd
Macomb, IL 61455
309.833.2052

Everly Park
1410 N Randolph St,
Macomb, IL 61455
309.833.4605



**“A life without
love is like a
year without
summer.”**

**~Swedish
Proverb**

Swimming, Golf and lots of fun

For some game oriented fun check out Ball Fore. Ball Fore Offers rounds of mini golf, batting cages, and a driving range.

On campus, take advantage of WIU's own Disc Golf by East Village or golf at WIU's Harry Mussatto Golf Course. Don't forget about the tennis and volleyball courts on campus as well.



**Family Swim/Open Swim
Sundays, 11:00am-1:00pm**

Students are invited to bring their families to the rec center. A Rec membership is not required, however a signed waiver with a valid WIU ID is needed. Children must be accompanied by a parent at all times. No one under the age of 16 is allowed to use the whirlpool or sauna - no exceptions!

Say Hello to Your
New Managers

University Village :
David Weaver
Apt. 17

East Village:
Chris Hogsett
Apt. 304

Oprah's Summer Adult and Children's Book List

**Oprah Winfrey's
Summer Book List:**

The Secret Scripture
By Sebastian Barry

What Was Lost
By Catherine O'Flynn

How Far Is the Ocean from
Here
By Amy Shearn

The Story of a Marriage
By Andrew Sean Greer

Central Park in the Dark
By Marie Winn



Children's Books

Dodo Gets Married
by Petra Mathers

A Tree Grows in Brooklyn
by Betty Smith

The Coin Counting Book
by Rozanne Lanczak Williams

Miss Alaineus A Vocabulary
Disaster
by Debra Frasier

Best Summer Weight Loss Food: Low- and No-Calorie Beverages

There is no need to starve yourself on a wacky fat diet if you want to look better in your shorts or swimsuit this summer.

The secret to weight loss is to choose healthy foods and take in fewer calories than you burn. And it's just easier to make better food choices in summertime, when heavy, high-calorie dishes seem less appealing. The best foods for weight loss in summer are light, refreshing and, most important; keep you out of the hot kitchen.

Smoothies, sweetened specialty coffee drinks, sweetened teas and sodas -- they all go down so easily, especially when it's hot outside. But the calories add up just as easily. Beverages can be the Achilles heel during summertime because we need to drink lots of liquids to stay cool, but liquids quench thirst and don't usually impact our hunger. Here are some recipes for making quick and low calorie beverages that can keep you cool without adding calories. Try them this summer and refresh yourself from hot Sun.



Root Beer or Orange Dream Float.

1/2 cup vanilla frozen yogurt
in

12 ounces of diet root beer
or orange soda (100 calories)

Tart Lemon Pom Spritzer.

12 ounces of lemon sparkling
water

mixed with the juice of 1
lemon and
1/4 cup pomegranate juice,
served over ice (35 calories)

Staff Pick for Summer Book The Giver

By Nikolous Kuster

During the summer, many students have time on their hands that they usually don't find themselves with during the regular school year. To fill a bit of this time, I would like to suggest a little book that packs a big message.

The book *The Giver*, by Lois Lowry, is a whopping 180 pages in length in its paperback form. What this book lacks in shelf space it makes up with in social commentary and relevance. Lowry's prose follows Jonas, a young boy living in a futuristic, utopian society. In this society, all decisions, from the choice of meals to the choice of career and spouse, are made by a council of Elders. The story picks up as Jonas's and his cohorts are receiving their selected careers. After the selection Jonas is informed that he will be placed in the role of Receiver. As the plot unfolds it becomes apparent the reason this society remains functional is because they are not allowed to experience strong feelings. The ideas of hate and intolerance have been removed from the people by limiting their exposure to all things that allow for people to be different. All people eat the same foods, have the same family structure and have the same social standing regardless of job. However this sameness has come at a devastating price. Community members are not allowed to use colorful or inaccurate language, Believe me there is much more to come but you have to check it out for yourself!

I strongly recommend *The Giver* to anyone looking for a fun read and some intellectual stimulation. The reading level allows for serious social ideas to be communicated to younger children and the book is often employed in middle school reading classes. Fans of books such as *1984*, *Fahrenheit 451*, and *A Brave New World* will greatly enjoy this 1994 Newbery Medal winner. This short novel is great opportunity to strike up conversations and fuel debate. It is also contains important social

What word can be written forward, backward or upside down, and can still be read from left to right?

Answer on the back cover.

Don't Forget about our Summer Movie Program On July 25th, 8pm In Lamoine Village by the Basketball Court

Trivia Question of the Month:

What is the lifespan of a dolphin?

Answer on the back cover.

Kids crafts

Flower Picture Frame

Supplies:

- A rectangular piece of cardboard
- Scissors
- Paint, markers or crayons
- A picture of your child's face

<http://www.easy-child-crafts.com/picture-frame-crafts.html>

Directions:

Print out the template and trace it on the cardboard. Cut the flower out. Have your child decorate it. We used poster paint. Paste your child's picture in the center of the flower.

Why Not Make a Garden!!!

Why not make a bunch of flower picture frames and have your own indoor garden!



JULY 2008

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4 Happy 4th of July	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	23	24	25 Movie in Lamoine Village	26
27	28	29	30	31 Last day of Summer Lease		

*****Important Lease Information*****

To All Summer Residents :

Summer leases end July 31 and if you don't plan on being registered for classes for the fall That's the last day for that you are allowed to live in your apartment. The last day to fill out an Intent to vacate is July 1st.

Health and Safety Inspection June 25th—July 25th

This is the time of the year that Graduate and Family housing performs health and safety inspections. These inspections normally take around 2–5 minutes to complete. At some time between 9am and 5pm two staff members will be coming around to look for items that are a health or safety threat to the GFH community. These threats include (but are not limited to): Fire hazards, bugs, accumulated trash, mold, pets, etc. The managers are also out looking for broken items or damage that can be fixed during the Summer months when there are less work request campus wide. If you are having any problems please let the managers know they will be happy to help. Lastly we understand how bad the mold can get during the Summer if it is not properly prevented. During our Health and Safety inspections we also look for any signs of water, leaks or spills. This moisture will certainly feed the mold.



Summer Vacation Check list :

- Turn on your Air Conditioner
 - If possible have a friend check your apt.
 - Close all windows & lock all doors.
- If you can let some light come in.**

- Remove all perishable items from kitchen.
- Remove all trash from your apt.
- Unplug all unnecessary extension cords.
- Report any apartment issues before Yu leave
- Secure all vehicles & move valuable items inside your apartment or at least to the trunk.
- If you forget anything or have any concerns please call OPS.

Top 10 Ways to Improve Your Truck or SUV's Gas Mileage

1. Perform Regular Maintenance Tasks

You'll use less gas if you keep your vehicle tuned up and running like it should.

2. Maintain Good Aerodynamics

Installing a bed cover on your truck helps its aerodynamics. Air rushes over the cover and off the back of the truck.

3. Keep it Steady

Continuous up and down acceleration and braking lowers your gas mileage.

4. Use the Right Kind of Gas

Read your owner's manual to find out which type of gas the manufacturer recommends.

5. Turn it Off When You Can

If you're stopped in traffic, turn the vehicle off, don't sit there and idle for ten minutes.

6. Plan Your Route

Try to plan your trips to avoid congested, high-traffic areas with repeated traffic snarls and stop-and-go driving.

7. Use Your Air Conditioning Less

Air conditioning makes the truck use more gas, so turn it off when you can and try the vents instead.

8. Combine Trips

Try to combine your errands so that you can get everything you need during one trip, especially if you live a distance from shopping areas.

9. Don't Haul Items You Don't Need

You'll improve your gas mileage if you lighten up the load. Remove unnecessary items from the truck bed or cargo area.

10. Carpool or Ride a Bike

It's not always possible, but carpooling can save you a lot of dollars in fuel bills.

http://trucks.about.com/od/fueleconomyratings/tp/improve_mileage.htm

WESTERN ILLINOIS
UNIVERSITY

GRADUATE &
FAMILY HOUSING

GFH Information Desk
Seal Hall
1 University Circle
Macomb, IL 61455

309/298-3331
309/298-2461

SB-Featherlin@wiu.edu

www.student.services.wiu.edu/uahds/graduatefamilyhousing/

Dolphins Answer:

The average amount of time is about **20 years** or less. The longest one has ever lived is 48 years.

What's the Word?

NOON



Shrimp Kabobs

"Marinating the shrimp in Italian dressing adds wonderful flavor to these colorful kabobs," says Sharon Aweau of Kapolei, Hawaii."

INGREDIENTS

- 1 cup Italian salad dressing, divided
 - 2 pounds jumbo shrimp, peeled and deveined
 - 2 large onions
 - 16 large fresh mushrooms
 - 2 large green peppers, cut into 1 1/2 inch pieces
- 16 cherry tomatoes

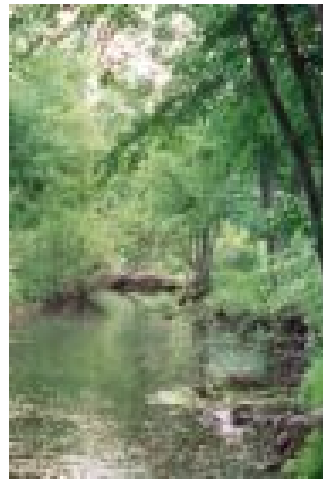
DIRECTIONS

1. In a large resealable plastic bag, combine 1/2 cup salad dressing and shrimp. Cut each onion into eight wedges. In another large resealable plastic bag, combine the vegetables and remaining dressing. Seal bags and turn to coat. Refrigerate for 2 hours, turning occasionally.
 2. Drain and discard marinade. On eight metal or soaked wooden skewers, alternately thread the shrimp and vegetables. Grill kabobs, covered, over medium heat for 3 minutes on each side or until shrimp turn pink.
- From www.allrecipes.com



The Cache River Basin: an Illinois destination worth considering

The Cache River Basin: an Illinois destination worth considering. Are you thinking about taking an inexpensive summer getaway? Would you like to explore one of the most interesting and fascinating natural areas in the world without spending lots of money and effort? If this sounds appealing to you, consider exploring the Cache River Basin State Natural Area at the southern tip of Illinois - the only wetland in the United States given the UNESCO and Ramsar Convention status as being "of international importance." The area is best known for its enormous cypress trees and the forested canopies they provide. The photo below is of Heron Pond, an area inside the basin that's so breathtaking and strange, it will leave you and your family with a mystical splendor you won't soon forget.



Cache River Basin
Just Imagine the Beauty!

The Cache River Basin State Natural Area is located near Belknap, Illinois, a small town at the southern tip of the state. While you're here, you can easily find inexpensive accommodations nearby in larger

areas such as Carbondale, Marion, and Paducah. There is an abundance of camping options too. This region boasts dozens of small wineries, restaurants, and rural spaces well worth exploring. You will be amazed as northern, Midwestern accents and culture transition subtly to southern ones. If this perks your sense of adventure and wanderlust, check out some of these websites for further information: <http://dnr.state.il.us/lands/landmgmt/parks/r5/cachervr.htm> <http://www.illinoiswine.com/trail-southern.html> <http://www.southernmostillinois.com/>

Enjoy your trip!

By: David Weaver