

# THE VILLAGE VOICE

Graduate and Family Housing

Volume 11, Issue 2

October 2009

Western Illinois University

## Happy Hispanic Heritage Month!

Lali Bowles

In September 1968, Congress authorized President Lyndon B. Johnson to proclaim National Hispanic Heritage Week. The observance was expanded in 1988 to a monthlong celebration (Sept. 15 - Oct. 15). America celebrates the culture and traditions of U.S. residents who trace their roots to Spain, Mexico and the Spanish-speaking nations of Central America, South America and the Caribbean. Sept. 15 was chosen as the starting point for the celebration because it is the anniversary of independence of five Latin American countries: Costa Rica, El Salvador, Guatemala, Honduras and Nicaragua. In addition, Mexico and Chile celebrate their independence days on Sept. 16 and Sept. 18, respectively. (Courtesy of U.S. Census Bureau)



The term Hispanic, as defined by the U.S. Census Bureau, refers to Spanish-speaking people in the United States of any race. On the 2000 Census form, people of Spanish/Hispanic/Latino origin could identify themselves as Mexican, Puerto Rican, Cuban, or "other Spanish/Hispanic/Latino." More than 35 million people identified themselves as Hispanic or Latino on the 2000 Census.

For more information, go to:

<http://www.aft.org/teachers/hispanic.htm>

<http://www.biography.com/hispanic-heritage/index.jsp>

<http://www.hispanicheritage.org/>



## Go Bowling with GFH!

**FREE BOWLING!**  **FREE FOOD!**

**Wednesday, September 30**

**6:00-8:00pm**

**University Union**

**Bowling Alley**

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### What do Memory Studies tell us about Studying? **Chineze Christopher**

1. **Elaborating:** Our memory tends to retain facts when we think more about what we are reading. This is no surprise. But how do we elaborate? Studies have shown that students who read texts with the idea of generating questions perform better than those who read a text with the idea of answering questions. Those who read with the goal of neither performed the least!
2. **Organizing and Associating:** Part of elaborative reading calls for linking information with what had been previously learnt. New information is best retained and recalled when associated with something already known.
3. **Taking Breaks:** Contrary to the tendency to sit down and cram for hours, researches have shown that it is best to take short session breaks while studying. This is so because, holding attention for long periods is difficult. But more importantly, studying after breaks allows you to obtain feedback on what you already know.
4. **Sleep:** Did you know that your brain processes information that you gathered during the day while you sleep? Having a good night's sleep has been shown to strengthen memory capacities by allowing you to better assimilate what you have learnt , seen or worked on during the day!
5. **Match testing and studying conditions:** Performance on tests improves if studying and testing conditions are matched. Various studies have confirmed that! So, if you study better while listening to music, see if you can ask your Prof. to listen to music while taking a test.... OR NOT!



Source: Bruce Goldenstein, Cognitive Psychology - Connecting Mind, Research And Everyday Experience ,2<sup>nd</sup> Edition 2009, pp. 222- 224

## Good luck on midterms, Leathernecks!



How can we help? Please contact your village's office!

### Visit your Village's Office

Lamoine Village

Building 2 Apartment 216

(309)298-8124

East and University Village

University Village Apartment 18

(309)298-8125

## Get Involved with Homecoming!

Craig Orcholski

There's a fever brewing on Western's campus! That's right, Homecoming is on its way! Starting October 10<sup>th</sup> and running until October 17<sup>th</sup>, there will be a week of fun events to go and attend. Graduate and Family Housing is going to be participating in 3 events this year: Paint the Town, Dec The Campus, and Rock the Flag!

Paint the Town gives us an opportunity to paint a store window-front down on the Macomb square. This event takes place on Saturday, October 10<sup>th</sup> starting at 8 AM and runs until Noon! We get to put up a design that best represents GFH's take on the Homecoming Theme "All Around the World". If you can't get down to the Square but still would love to paint/draw...we will also have the ability to Decorate the Campus! We will be putting up a display in a window here on campus (either the Lamoine Village or University Village Office) that helps to show our spirit! Finally, we will also be Rocking the Flag! We are able to decorate a bedsheet with our logo and display it at all of the homecoming events to show our GFH Pride!

While these are the three events that we as GFH and Community Council are participating in, try to get out to any of the events that you can! Homecoming is a great time and strongly rooted here in the tradition of WIU. The homecoming events as well as dates and times are:

**Paint the Town:** Saturday, October 10<sup>th</sup> from 8 AM to Noon down on the Macomb Square

**Spirit Day:** Saturday, October 10<sup>th</sup> from 1 to 4 PM on Mackenzie Soccer Field

**Boat Regatta:** Sunday, October 11<sup>th</sup> starting at Noon at Everly Park.

**Dec the Campus:** Sunday, October 11<sup>th</sup> starting at 4 PM (Lamoine or University Village Office)

**V-show:** Tuesday, October 13<sup>th</sup> starting at 6 PM in Western Hall

**International Chef:** Wednesday, October 14<sup>th</sup> starting at 6 PM in the Multicultural Center

**Yell Like Hell:** Thursday, October 15<sup>th</sup> starting at 7 PM in Western hall

**Homecoming Parade:** Saturday, October 17<sup>th</sup> starting at 10:30 AM down on the Macomb Square and concluding on the Macomb Campus

**Homecoming Football Game:** Saturday, October 17<sup>th</sup> starting at 3:05 PM at Hansen Field



If you'd love to get involved in any of these events, please contact Marquita Berry or Karen Trusley at [MT-Berry@wiu.edu](mailto:MT-Berry@wiu.edu) or [KM-Trusley@wiu.edu](mailto:KM-Trusley@wiu.edu)

## Upcoming Events

- Bowling is September 30 at 6:00 in the University Union Bowling Alley
- Family Weekend is October 2-4 and this year's theme is Groovin' with Rocky!
- October 6 at 6:00 - Hejab Day Panel Discussion at Sandburg Lounge
- October 8 at 6:30 - Take Back the Night
- Saturdays and Sundays 1:00-4:00 - Horn Field Campus Corn Maze

