

Grass Roots



ANNOUNCEMENTS

PARENTS AND CAREGIVERS:

Please protect the children in your care. For safety reasons, children should not be left unattended and unsupervised outdoors or in other public areas.

COMMUNITY PRIDE

Residents, please help your Housing Authority stay beautiful by cleaning up your patio and yard. Winter left a lot of debris behind. Break out the rake and let's keep our neighborhoods looking great!

VOLUNTEERS NEEDED

The Housing Authority is looking for volunteers for a clean up day at Prairieview and Greenbrier. If you are interested in volunteering, please contact Resident Services Manager Kathy Millard at 837-2363.

Prairieview student going to Science Olympiad state championships

Alexandria Burchett, daughter of Chris Cordrey, will compete as a member of the Macomb Jr. High School squad in the Illinois Science Olympiad State Tournament, scheduled for April 9-10 at the University of Illinois in Urbana/Champaign.

Burchett, an 8th grader, won two 3rd place medals for her knowledge of the solar system and meteorology during Regional competition at Western Illinois University in mid-February. She previously earned ribbons during a match in Farmington.

The Housing Authority salutes this bright young Prairieview resident and wishes her the best at State!



Pizza & Posters

The Housing Authority hosted a pizza party at Prairieview Community Center on Wednesday, March 10 to cap off a two-week poster contest titled "Diversity Matters: What Makes Me Special." The contest ran during the ongoing Lincoln Lights program, with students working on posters once their homework was completed.

Emily Burchett took first in the poster contest, followed by Kayla Jones and Gabby Lake. The Housing Authority salutes all of the students who participated.



ANNUAL INSPECTION SCHEDULE

Annual inspections are coming up soon. Please mark your calendar for the following dates:

Eisenhower Tower:

May 17-19

Prairieview Townhomes:

June 7-9

Greenbrier Apartments:

July 6-7

Fitch Manor-HUD:

July 12

Rural Development:

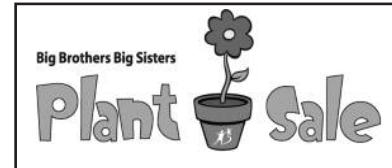
July 13

All inspections will begin at **9:00 a.m.**

Please have your apartments ready for inspection. If anyone has any concerns or questions, please contact Kevin Meunier or Kathy Millard at 837-2363. Your cooperation is greatly appreciated!

Help Big Brothers, Big Sisters

Big Brothers, Big Sisters has two important events coming up in early May.



• On **May 1**, bowlers will have a chance to throw strikes and raise money through the annual Bowl for Kids' Sake. The event once again will be held at Diggers College City Bowl in Macomb.

There is a \$25 per team registration fee for each five-person team (\$5 per bowler). That fee includes bowling shoes and a lunch ticket.

Each bowler is encouraged to raise at least \$30 in pledges. Bowlers who raise more than \$50 in pledges will receive a free t-shirt.

For more information, call (309) 837-5437 or visit bbbsmv.org.

• Big Brothers, Big Sisters annual Plant Sale will be held **May 6-8** in the parking lot next to QuickPrinters in Macomb. To pre-order plants for your yard or garden, pick up a brochure at the organization's Macomb office, located at 425 North Prairie Avenue, Suite B (in the Prairieview Townhomes neighborhood), or shop online at bbbsmv.org.

Driven to Donate



Prairieview Community Center hosted a Red Cross Blood Drive on Wednesday, March 31. The Housing Authority thanks everyone who participated for their efforts to help others. .

Cutting Down on the Cost of Driving

By Lois Smith, Extension educator, consumer and family economics

(Originally published in the University of Illinois Extension's Family & Consumer Focus newsletter, Spring 2008 edition)

For many of us, high fuel prices are having an impact on the household budget. Whether driving to work or taking the kids to their soccer game, there are a few things you can do to cut down on the amount of fuel you use. Regardless of the make and model of your car, how you fuel, drive, and maintain it makes a big difference in the amount of gas you use. The Federal Trade Commission (FTC), the nation's consumer protection agency, offers several tips to help you cut down the cost of driving.

At the Gas Pump

Making the right choice at the gas pump is an important first step to keeping your car running efficiently—and economically.

Follow your owner's manual recommendation for the right octane level for your car. For most cars, the recommended gas is regular octane. Using a higher-octane gas than the manufacturer recommends offers no benefit — and costs you at the pump. Unless your engine is knocking, buying higher-octane gas is a waste of money.

Gas saving gadgets? Steer clear. Be skeptical about any gizmo that promises to improve your gas mileage. The Environmental Protection Agency (EPA) has tested more than 100 alleged gas-saving devices — including "mixture enhancers" and fuel line magnets—and found that few provided any fuel economy benefits.

Behind the Wheel

When it comes to stretching your gas budget, how you drive can be almost as important as how far you drive.

Stay within the posted speed limits. Gas mileage decreases rapidly at speeds above 60 miles per hour.

Avoid unnecessary idling. It wastes fuel, costs you money, and pollutes the air. Turn off the engine if you anticipate a wait.

Avoid jackrabbit starts and stops. You can improve in-town gas mileage by up to 5 percent by driving "gently."

Use overdrive gears and cruise control when appropriate. They improve fuel economy when you're driving on the highway.

The Tires

Keeping your tires properly inflated and aligned can increase gas mileage up to 3 percent.

Under the Hood

You don't have to be a great mechanic to keep your engine running at its fuel-efficient best.

Keep your engine tuned. Tuning your engine according to your owner's manual can increase gas mileage an average of 4 percent.

Change your oil. Clean oil reduces wear caused by friction between moving parts and removes harmful substances from the engine.

You can improve your gas mileage by using the grade of motor oil in your owner's

manual and changing it according to the schedule recommended by your car manufacturer. Motor oil that says "Energy Conserving" on the performance symbol of the American Petroleum Institute contains friction-reducing additives that can improve fuel economy.

Regularly check and replace air filters. Replacing clogged filters can increase gas mileage up to 10 percent.

The Trunk

An extra 100 pounds in the trunk can reduce fuel economy by up to 2 percent. Removing non-essential stuff can save your gas dollars.

The Driver's Seat

The only sure-fire "equipment" guaranteed to get more from a gallon of gas is a fuel-conscious driver behind the wheel.

Combine errands. Several short trips taken from a cold start can use twice as much fuel as one trip covering the same distance when the engine is warm.

Consider carpooling. Many cities make it even easier by matching up commuters.

Bus it, bike it, or hoof it. Leave your car at home and use public transportation, ride a bike, or let your feet take you across town.



Fitch Manor residents (from left) Pauline Oye, Shirley (insert last name), Daryl Gray and Clydeena Mason visited Western Illinois University's 37th annual International Bazaar on March 5-6.

Grass Roots

Highlighting the Red Cross McDonough County Chapter



1224 S. Maple Ave.
Macomb, Illinois 61455
309-837-1594 (Office)
309-833-2791 (Fax)
arcprogdir@macomb.com
www.mcdonough-redcross.org

The McDonough County Chapter of the American Red Cross preserves lives by providing health and safety and disaster training. The Red Cross saves lives and eases suffering by providing relief to those affected by disasters and helping people prevent, prepare for and respond to emergencies. The Red Cross provides food, clothing, shelter and other necessities to those in need, remaining as long as a recovery takes after a natural or man-made disaster. They are active in the communities before disasters strike, teaching people how to prepare for disasters.

The Red Cross encourages persons to be prepared by attending courses similar to those listed below.

COMMUNITY HEALTH & SAFETY CLASSES March- April- May- June 2010

Sat. 4-10-10, 9am- 3pm (combo), First Aid and Adult, Infant & Child CPR with AED. **\$50**
Wed. 4-14-10, 5:30pm-8:30pm, Adult, Infant & Child CPR with AED. **\$35**

Sat. 4-24-10, 9am- 3pm (combo), First Aid and Adult, Infant & Child CPR with AED. **\$50**
Wed. 5-12-10, 5:30pm-8:30pm, Adult, Infant & Child CPR with AED. **\$35**

Sat. 5-22-10, 9am- 3pm (combo), First Aid and Adult, Infant & Child CPR with AED. **\$50**
Wed. 6-9-10, 5:30pm-8:30pm, Adult, Infant & Child CPR with AED. **\$35**

Sat. 6-26-10, 9am- 3pm (combo), First Aid and Adult, Infant & Child CPR with AED. **\$50**

VOLUNTEER OPPORTUNITIES

There are many ways for people to get involved with the Red Cross, such as donating blood; signing up for a CPR, first aid or another Red Cross course; or getting involved as a volunteer. If you are interested in becoming a volunteer, please contact your chapter office at 309-837-1594 or drop by at 1224 Maple Avenue.

DISASTER READINESS & RESPONSE (class training required and provided) – Respond to local emergencies and disasters, serve on local disaster committees, organize and maintain disaster response supplies, special days, etc., provide educational programs in the communities, lead children and youth disaster education programs, assist in preparation of newsletters

BLOOD DRIVES – Sponsor a drive, make scheduling calls, assist donors during the drive, prepare food for the canteen, help move equipment before and after drives

CHAPTER ADMINISTRATION – establish and maintain inventories, work in parades, at fairs, etc. to promote Red Cross, help with buildings and grounds maintenance

HEALTH and SAFETY CLASSES – Assist with trainer communication and scheduling, provide care for manikins and supplies, assist in preparation of newsletters.



**American
Red Cross**

McDonough County Chapter

2010 Salvation Army Camp Dates

June 1-4 – Older Adult Camp (Adults age 50 & up)

June 14-19 – Sports Camp (Boys & Girls age 9-13)

June 21-26 – Senior Girls Camp (Girls entering 6th Grade to completion 12th Grade)

June 28-July 1 – Junior Girls Camp (Girls entering 1st Grade to completion of 5th Grade)

July 5-10 – Senior Boys Camp (Boys entering 6th Grade to completion of 12th Grade)

July 12-15 – Junior Boys Camp (Boys entering 1st Grade to completion of 5th Grade)

There is a \$15 non-refundable registration fee per camper per camp. Registration forms are available at The Salvation Army office, 505 North Randolph, Macomb, or by calling 309-837-4824. The Salvation Army office is open Monday through Friday from 9 a.m. – 12 p.m. and from 1-4 p.m.

Eagle Crest Camp is located about 20 miles northeast of Peoria. Transportation to and from camp is provided for registered campers.



Prairieview resident Ardith Thorpe visited Lincoln Elementary in Macomb on Thursday, March 25, to share the story of Harriet Tubman with students. Thorpe makes regular visits to Macomb schools to share stories from African-American history. Thorpe also distributed 650 handmade stick figures during her recent visit. *Photo and information courtesy of the McDonough Voice (Adam Sacasa, photographer)*