

Camping Tips by Lauren Karplus

Camping has been a popular pastime in the US for over 100 years. Gather a few friends and try camping this summer- it's a cheap and exhilarating opportunity to commune with nature. There are lots of public lands near Champaign-Urbana which offer exceptional campgrounds that include features like showers and toilets. Don't want to spend money on a tent or sleeping bag? Don't worry- Campus Recreation has outdoor equipment rentals available at ARC!

Below are our recommendations for the best camping locations nearby. It is recommended you check the events calendar of each location before attending- there might be some neat educational demonstrations or events to check out!

Kickapoo State Park- This river-side oasis with beautiful forest hiking trails is only half an hour's drive east of Urbana. You will probably see deer and a wide array of birds before you retire to roast s'mores at your campsite. Canoeing/kayaking, a small restaurant, and occasional summer outdoor concerts are also a draw.

Clinton Lake State Park- about 40 minutes west of Champaign is the massive Clinton Lake known for its fantastic boating and fishing opportunities. A sand beach is available for lake swimming/beach enthusiasts.

Kennekuk County Park- Just north of Kickapoo lies this oft-forgotten gem. Also located on the Middle Fork National Scenic River, it features boating, camping, and even several historic buildings you can explore.

Turkey Run State Park- A bit further from town in Indiana is this park with a lodge and a restaurant, if you prefer beds to camping. Turkey Run is known for its beautiful rock formations along its hiking trails. Nearby Shades State Park is also worth a visit while you're there!



Wear Sunscreen and Bugspray!

The sun is hottest between 10 am and 2 pm. Good sunscreen is labeled as having an SPF of 30 or higher and is water resistant. Reapply often.

Spray bugspray on your skin and clothes when out in nature. Use one that has at least 15% DEET. Illinois is home to many mosquitos, some of which carry the deadly West Nile Virus.



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Recipe Corner by Nick Dunn

Oceanside, poolside, anywhere outside, nothing goes better with summer than a refreshing ice-cold drink. Wow your friends with these two twists on lemonade, a summer favorite.

Basil Lemonade Punch

Lemonade is a classic summer drink. Cool, refreshing, tartness balanced with sweetness. Adding basil gives it a new dimension of flavor, and seltzer water just adds to the bright crispness of this drink.

Ingredients

1 cup fresh basil leaves, loosely packed, coarsely chopped
¼ cup sugar
3 cups lemonade (store bought or fresh made)
3 cups seltzer water
1 lemon, sliced
Crushed ice

Steps

In a half-gallon pitcher, muddle together basil and sugar (with muddler or wooden spoon). Add lemonade and stir. Add seltzer and lemon slices. Top with ice. Enjoy!



Best Arnold Palmer Ever

The Arnold Palmer is a mixture of iced tea and lemonade. Can you buy this from a store premixed? Sure. Can you mix up pre-made tea and lemonade? Absolutely. But what if you want to lovingly handcraft the tea and lemonade, ensuring your beverage is the talk of the party? Read on:

Ingredients

1.5 kg lemons
400 g sugar
1 L water
4 tea bags (or 10 g loose tea)

Steps

Make cold-brew tea 5 hours before making Arnold Palmers.

Add water and tea to a resealable container.

Refrigerate 5 hours.

Remove teabags or strain loose tea out.

Roll lemons on counter to soften rinds. Halve and juice. Refrigerate the juice. Cut rinds into 1-inch chunks. Toss with sugar in glass bowl, cover tightly with plastic, let stand at room temperature, stirring once every 45 minutes or so, about 3 hours.

Add 225 mL of lemon juice to rind mixture, stir well, and strain.

Combine lemonade and tea

Ask Igor the I-20!

In this advice column, our resident “agony aunt,” Igor attempts to answer some of your burning questions about life, love, and America. If you have a question for Igor, email: askigortheitwenty@gmail.com

Dear Igor,

I'd like to go hiking this summer. However, I do not know anything about wildlife and what is dangerous here. What should I be aware of when hiking?

Thanks,

Long Time Reader, First Time Hiker

Dear First Time Hiker,

Fantastic! We have some recommendations in our “Camping Tips” section of places you should explore hiking. In Illinois, there's not much large wildlife like bears and mountain lions left. The larger wildlife that is here will be shy of you and run away rather than attack. The dangers you need to be most aware of while hiking are....BUGS! Yes, ticks and mosquitos are your biggest threat as a hiker in Illinois. Ticks carry many diseases such as Lyme Disease and Rocky Mountain Spotted Fever. Mosquitos in Illinois can cause itchy bites and give you West Nile Virus. Both populations have gotten worse in recent years due to longer warm seasons caused by global warming.

You should wear a hat to prevent ticks from landing on your head. You should also wear bug spray that has at least 15% DEET in it to prevent mosquito bites (*Note that repellents without at least 15% DEET have been found to be very ineffective at keeping mosquitos away*). Mosquitos are most active at dawn and dusk, so avoid hiking during those times and avoid large shrubs or standing water where they like to nest. When you are done hiking, find a friend and check each other for ticks that may have burrowed into your scalp. And when hiking- know your trails and take plenty of water!

Happy trails!

Igor



Dear Igor,

I would love to go swimming at the ARC. However, I am just a medium-strength swimmer, and have never swam competitively before. There seem to be some unwritten rules at the pool that I am not aware of. Can you help explain the way people swim here to me?

Thanks,

Swimfan

Dear Swimfan,

You just happen to be speaking my language! I love swimming! In comparison to many countries, US swim etiquette is very strict and has a lot of unwritten rules! Here are some general guidelines to make the experience exhilarating for you and pleasant for those around you:

- 1) Lap swim lanes are to be used ONLY for lap swimming. Ask a lifeguard if you are not sure where those are. These lanes are not to be used when only doing half-laps or playing around/learning to swim.
- 2) If using the lap swim lanes, watch the swimmers already in the water. You should go to the lane with the swimmers who are closest to you in ability, not necessarily the lane which is the most empty. This is a very important part of US lap swim culture, and serious swimmers will act annoyed or even vocally correct your lane selection if you are slowing them down. Sometimes the lanes will be labeled with “Fast, Medium, Slow” signs to help you know which lane to choose.
- 3) Lap swimming is like driving a car. You swim down on the right side of the line in the middle, and back on the left. Basically, your right side should always be closer to the lane's edge.
- 4) If you need to pass someone while lap-swimming, either ask to go in front at the end of the lane, or gently tap their foot once as you pass so they yield to let you pass. If someone taps your foot to pass, yield to them immediately, don't try to speed up to compete.
- 5) Whatever you do, be aware of your surroundings. You may move back and forth between lanes as the levels of those around you change and as the pool gets more or less busy.

I hope this helps you enjoy your splashy-splashy time!

Happy Swimming!

Igor

Baseball: America's Greatest Pastime by Kara Porter

A sunny day at the ballpark, a cold drink, and a hot dog: this sums up quite a perfect summer day. Following baseball is a long-time summer family tradition for many people in the U.S. Baseball fans can be fiercely devoted to their favorite professional league teams, with loyalties spanning back several generations. In fact, baseball's historical and cultural significance has earned it the title of "America's greatest pastime".

The professional baseball season officially runs from April to October of each year. For those who are particularly anxious to see their favorite team after a long, cold winter, pre-season games (during "Spring Training") start in March.

Baseball can be a very relaxing experience, while being incredibly exciting at the same time. Games generally take on a leisurely pace (typically lasting about 3 hours), but can be sprinkled with moments of tense and/or exciting plays like home runs, double plays, and leaping catches at the fence. Excitement and suspense build quickly towards the end of the season as teams qualify for and make their way through championship games, called the World Series.

Who to Watch by Kara Porter

Interested in watching a good ol' game of baseball? Summer is the perfect time to experience a game, and there are plenty of opportunities to do so throughout the state of Illinois and the Midwest.

Major League Baseball (MLB): MLB is the highest level of professional baseball. There are over 30 individual teams in the MLB, with the most regionally popular teams being the Chicago Cubs, Chicago White Sox, and St. Louis Cardinals.

Frontier League & Midwest League: You don't have to travel to a big city in order to experience some great baseball. Illinois belongs to a handful of independent and minor baseball leagues. The Peoria Chiefs and Normal Cornbelters are two relatively close options. Minor league games tend to incorporate games, contests, and trivia between innings, making it a particularly fun and interactive experience for fans of all ages.

Vintage Baseball: The sport of baseball has been around since the 1800s. While its significance remains the same, the rules and jerseys have evolved over time. The Vermilion Voles baseball team in Danville, IL is the perfect option for anyone who wants to combine baseball with history. The Voles play 1858 rules baseball.

College World Series: While professional baseball is most popular, baseball is played at the collegiate level as well. Illinois had an exciting season back in 2015, winning the Big 10 Conference Championships title, setting a school record of 50 total wins, and set a Big 10 Conference Record of 27 wins in a row! The College World Series is the annual college baseball championship series, and is quickly approaching in June. While it's questionable whether or not the University of Illinois will make it to the College World Series this year, it's still a fun event to watch. Brackets aren't just for basketball - try your luck with a baseball bracket this year!



Baseball, Softball... What's the Difference? by Kara Porter

Baseball is played on a diamond-shaped field, games are divided into innings, and players use bats and gloves to move a round ball around the field. Softball is played on a diamond-shaped field, games are divided into innings, and players use bats and gloves to move a round ball around the field. They're essentially the same sport, right? Well, not exactly. Baseball and softball are indeed similar sports, but there are some key differences to be aware of:

Baseball most often aligns with male players, and softball with female players. While there are no formal laws dividing each sport, grade school, collegiate, and professional leagues tend to designate baseball for males and softball to females. Each sport has slightly different rules as well.

Softball is the sport of leisure leagues. Friends, classmates, and coworkers form their own softball teams and play each other in casual games. Unlike school and professional leagues, all genders tend to gravitate towards playing leisure softball. Games tend to take place on evenings and weekends, and can involve food, drink, and other activities as well.

There's a major difference in pitching style for baseball and softball. Baseball pitchers throw the ball over-hand (above the shoulder). Softball pitchers throw the ball underhand (below the shoulder). While both pitching styles require an incredible amount of strength and skill, softball's underhand pitching style tends to align better with the arm's natural movements, and can be less destructive on the shoulder muscles and joints.

Summer Fun in Champaign-Urbana by Jennie Avery

Summer Music!

Summertime in Champaign-Urbana is a great time to be outside, and what's more fun than enjoying some good music in the nice weather?

The Champaign and Urbana Park Districts and numerous other organizations around town offer the opportunity to get out and hear some fantastic local bands over the summer. Here are a few of the different events that you can enjoy!

StreetFest

Live local music in the streets of Downtown Champaign

June 9 & July 14, 2018.

More information: <https://champaignparks.com/streetfest/>

Friday Night Live

Wander around Downtown Champaign and enjoy music performed live on the various side streets!

Intersections of Neil & Church, Neil & Park, and Walnut & Chester in Downtown Champaign

Every Friday from Memorial Day (5/28/18) until Labor Day (9/3/18)

More information: <http://40north.org/programs/friday-night-live>

Hessel Park Concerts

Free music in the park!

Hessel Park

1401 Grandview Dr.

Champaign, IL 61820

July 7, August 4, August 26, 2018

More information: <https://champaignparks.com/event/hessel-park-concerts/2018-06-02/>

Outside at Research Park

Excellent blues music at Research Park – just south of campus!

60 Hazelwood Drive

Champaign, IL 61820

July 20, 2018

Riggs Fest

Annual festival featuring beer, live music, food trucks, drones, horses, farmers, and more!

Riggs Beer Company

1901 S. High Cross Rd.

Urbana, IL 61802

June 28 – July 1

More information: <https://www.visitchampaigncounty.org/events/detail/3744/riggs-fest-2018/46269>

Folk and Roots Fridays

Folk and Roots music in Urbana!

Lake House in Crystal Lake Park

Every Friday from June 1 – August 17

More information: <https://www.urbanaparks.org/events/folk--roots-fridays/>

Follow the Farmstead!

Looking for more summer fun? Join ISSS for a tour of local farms!

Tour an organic farm, explore new uses for invasive species, learn about raising farm animals and their by-products, and sample local flavors in the fourth annual showcase of Champaign County farms, exclusively designed for International Student and Scholar Services.

Visits will include:

Autumn Berry Inspired

7 Sisters Farm

Prairie Fruits Farm & Creamery

Lake House at Crystal Lake Park

Sidney Dairy Barn

Free transportation provided by ISSS and Visit Champaign County.

Register [HERE!](#)



June 22, 2018 | 8:30 am–3:30 pm

Pick up locations at Orchard Downs and Altgeld Hall.

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ISSS Favorite Summertime Songs!

Summer is finally here and ISSS is still here for you! This edition, ISSS staff share their favorite summertime songs to help get you in the mood to get outside and have some fun! (Before it starts snowing again). Enjoy the nice weather while it lasts!



Lauren: *Kiss Me*, Sixpence None the Richer (1997): No technical use of the word “summer” but lots of references to summer-y nature and a light/airy romantic song!



Nick: *Summer Girls*, Lyte Funkie Ones (1999): They said, “not your favorite song, but your favorite song about summer,” so definitely *Summer Girls*. They start and end the second verse referring to candy and two different kinds of Coca Cola. There’s no depth, no meaning, no purpose. It’s just the kind of aimlessness that SHOULD characterize a perfect summer.



Martin: *Wake Up Boo*, The Boo Radleys (1995): technically a song about the change from summer to autumn, but it’s always felt like a summer song to me. Upbeat, catchy, and a one hit wonder.



Chyonne: *Summertime*, DJ Jazzy Jeff & The Fresh Prince (1997): Undoubtedly a classic and the most beloved essential hit of the season. Hanging out with friends at 31st Street Beach in Chicago flirting with boys!



Stephanie: *Doin’ Time*, Sublime (1996): “Summertime, and the livin’s easy” Such true words. Everything is better in the summer – the weather is warmer, there’re more activities that go on outside, barbecues, picnics, and just hanging out with friends and family. This song reminds me of a summer day with no plans, just going with the flow of the day, making memories.



Amira: *Dile*, Don Omar (2003): It’s got a good beat and you can dance to it.



Leo: *Cruisin’*, Smokey Robinson (1979): It’s not a song about summer, but it feels like summer. And watching him sing it on Soul Train is real special.



Kara: *Summer in the City*, The Lovin’ Spoonful: an oldie but a goodie. Summer can be awesome – no more winter coats and there are all kinds of fun things to do. But summer can also come with a lot of long, hot, gritty days. Nothing captures both sides of the season better than this song.

Have anything that you’d like to see in future Cultural Spotlight editions? Sports, holidays, local wildlife? Let us know! Email Jennie Avery at jsavery@illinois.edu with your suggestions for future content!