GARDENING AT ITS BEST

The Artist Claude Monet once said, “My garden is my most beautiful masterpiece.” I think that every time I walk through the Eagle’s Wing Children’s Peace Garden. Under the gentle guidance of teachers Mao Thao and Asenna Kitina, our children have already had many learning experiences in the garden. Each of our 5 toddler, preschool and school-age classrooms have a day of the week that they weed and water the Peace Garden. We have a rain barrel to collect rainwater, which we’ve had an abundance of this season! Our toddlers, though, use clean water as they have a tendency to water each other!

We have several stumps and trellises that our children love to sit on, in, and under to experience the peace that a garden can bring. Children pick flowers for the classrooms. Snack and lunch tables that are set with flowers can add a lovely element of nature to our busy meals. Often when children are picking flowers, they are also collecting stones and pebbles – (which teachers often return so we still have paths to walk on throughout the garden).

Our school-agers have made beautiful sun catchers with flower blossoms.

This year children have made the following tasty snacks with produce from our Peace Garden -
• Yogurt salad with cucumbers
• Tomato, basil and lettuce salad
• Ice cream flavored with mint and stevia from the garden
• Rhubarb cake
• Zucchini bread
• Zucchini french fries
• Kale chips
• Basil pesto on pita bread

All were an amazing hit. We are looking forward to drying garlic for bread and harvesting ground cherries. In August, our Eagle’s Wing families will be invited to our annual harvest party. Teachers and children are busy coming up with recipes using garden veggies for special classroom contributions to this outdoor potluck.

COOKING CLASSES ARE BACK!

We have brought back our weekly cooking classes at the Community Center! A few weeks ago our residents worked together to make a 3-cheese tortellini soup that was absolutely delicious. These classes will take place every Tuesday in the Community Center kitchen from 11:30am-1pm. Classes are free. Keep an eye out for sign-ups in the weekly programming email!

Spaces are limited.

Connect with us on FACEBOOK
HOW TO AVOID FRAUD
From Officer Terry

FRAUD ALERT FROM UWPD

We recently have had reports of attempted frauds by people calling claiming to be from the police or FBI. In these calls the person claiming to be from the police say you have a warrant for your arrest or owe money for some sort of crime against you. THESE ARE SCAMS, DO NOT GIVE THEM PERSONAL INFORMATION OR MONEY. If you receive a phone call or an email requesting payment for something you did not want or buy, or if you receive a phone call or email from someone claiming they are the police or government and demand you must give them money for something, DO NOT DO IT. The police and government agencies will never request payment over the phone and will never ask you for payment through gift cards. Many times these people clone real phone numbers so it looks like the call is coming from an actual police or government agency, but do not be pressured or fooled into giving away personal information or money.

Here are some tips to avoid being the victim of fraud:

1. Spot impostors:
Scammers often pretend to be someone you trust; police, the government, a charity. Do not give money or personal information to a sudden, unexpected request. Ask them for a name and call back number saying you will call them later, if they refuse or try to talk you out of doing this it is a scam.

2. Do not pay upfront for a promise:
Someone asking you to pay upfront for things like debt relief, plagiarism protection, a prize, or to keep you out of trouble is likely trying to trick you.

3. Do not wire transfer money or pay with gift cards:
Wire transactions do not have fraud protections built into them, so using Western Union or MoneyGram is risky. Honest companies, charities, or Government Agencies DO NOT require this sort of payment and will never accept gift cards as a form of payment.

4. Do not deposit a check from an unknown source:
Fake checks are often sent to people asking them to cash it and wire the money back in exchange for money. These are scams and you cannot recover the money lost. If you ever have a question about a phone call or email talk to someone you trust before you give money or personal information. Con artists want you to make decisions in a hurry, they may even threaten you with arrest or possible disgrace. Slow down, check out the story, and consult someone you trust. I will always be more than happy to talk about a phone call or look over an email you may have received if anything like this happens. It is better to be safe than sorry.

NEW FACE AT UA: CHRISTOPHER BARNES: RESIDENT MANAGER

My name is Christopher Barnes and I am the new Resident Manager (RM) for University Houses. Before moving to University Houses, I lived in the Eagle Heights community for two years as Academic Staff.

Originally, I’m from Oak Park, Illinois (a suburb of Chicago) but moved to Texas after graduate school to be a Residence Hall Director at Texas State University. I have three years of experience as an on-call first-responder for campus community housing and look forward to being an RM. This fall, I’ll be a new doctoral student in Educational Leadership and Policy Analysis (Higher Education Administration) at UW-Madison.

I speak one language, English, fluently but I’m also learning Spanish. During my free time, I really enjoy traveling to different states/countries and running. I frequently walk to and from work so you might see me walking along the lake shore path.

In addition to traveling and running, I appreciate meeting people from around the world and learning about cultures different from my own. As a RM I look forward to meeting residents and working with everyone in UA to bring the community closer.
TEACHER FEATURE: Cindy Rosas-Bridges

Eagle’s Wing is so proud to introduce you to Cindy Rosas-Bridges who started with Eagle’s Wing over 20 years ago. In 1996, when Cindy was in High School, she first came to us. At that time Eagle’s Wing was located in building 401 so Cindy has been with us through several big transitions.

In 1999 when Cindy was studying here at UW, she worked with us in a Student Hourly position. Cindy seemed to find her calling with us and developed a strong connect with our young children. She actually changed her major from Elementary Education to Human Growth and Development and completed an internship in our HaNeul classroom with 3 and 4 year old children. Cindy had discovered that it was so much more meaningful to be in an environment with children as they learned through play and were actively engaged throughout the day as opposed to being with children who needed to sit at desks and follow a more teacher directed approach to learning.

We hired Cindy as one of our professional full time academic staff in 2003. Since then Cindy has provided an outstanding educational program for our toddlers. She has a strong work ethic and is dedicated to the children in her classroom as well as her colleagues. We were so very fortunate to have Cindy work together with co-teacher Tera Sarow to set up our new Infant Program in 2015.

Cindy’s family is very important to her – her eyes absolutely light up when she talks about them. Cindy’s husband Dave is a Madison firefighter. In addition, he is an apparatus engineer and a chief’s aide. Together, Cindy and Dave have 3 amazing children. Daejah is 16 and will be a senior at East High School. Cindy admires her daughters ambition, her ability to set goals and her determined follow through. D.J. is their middle child and will be in 7th grade at Sherman Middle School. D.J. is the best big brother ever. He has a huge heart and really looks out for his little brother Devin who will be starting kindergarten at Hawthorne School in the fall. Cindy refers to Devin as their free spirit, with great energy who can make everyone laugh. Cindy spends every free moment with her family – they enjoy water play, walks and cookouts.

The tidbit of advice from Cindy to other parents is to “enjoy every precious second with your children. They will become adults in the blink of an eye. Take every chance that you can to enjoy your children.”

MMSD ATTENDANCE PAGE

Madison Metropolitan School District has a new Attendance Webpage for Parents! Just go on your school’s website and look under “For Families” or “Contact Us” to find the new on-line Attendance page.

This new page also has an electronic version of the Pre-Approved Absence Form that is required to excuse students when they have to miss school for vacations, special events, etc. Again, as before, you will still be able to obtain a paper copy from your school’s office.

The Attendance Webpage for Parents has lots of information about MMSD Attendance/Truancy policies and procedures. In addition, there are several links to even more, helpful information for parents; for example: the Department of Education’s “Absences Add Up” and the national organization “Attendance Works” websites. As a parent, you can prepare your child for a lifetime of success by making regular school attendance a priority!

RESIDENT MANAGERS

NEIGHBORHOOD EVENTS

700’S-800’S AREA
Wednesday, August 2, 6:30 p.m. - 8:30 p.m.
Come to the picnic shelter in the 700s area to meet your neighbors and your Resident Manager Ivan Cabrera. Ivan will be handing out ice cream novelties and it will be a fun opportunity to meet and mingle with neighbors!

900’S AREA & UNIVERSITY HOUSES
Saturday, August 5, 12:00 p.m. - 3:00 p.m.
Join Resident Managers Evelyn Hammond (900’s) and Chris Barnes (University Houses) at the University Houses Garden for a summer cookout. Brats, hot dots, veggie burgers, and lemonade will be served.

500’S-600’S AREA
Saturday, September 2, 10:00 a.m. - 12:00 p.m.
Join your Resident Manager Alicja Ciesielska for a morning coffee or tea, granola bars, and fruit snacks at the Brown Bus Shelter. There will be lots of sidewalk chalk for kids to draw and decorate all the sidewalks too!
APPEARANCE
Stink bugs belong to the order of true bugs called Hemiptera. They have piercing sucking mouthparts and straight antennae. Most stink bugs have a characteristic shield shape. The adult brown marmorated stink bug is about 12 to 17 mm long. Like other stink bugs, its body is nearly as wide as it is long. The adult is mottled brown in color. There are lighter bands on the antennae and dark bands on the front wings. The immature bug, called a nymph, is yellow and red with red eyes. As it grows, the yellow lightens to off-white.

BEHAVIOR, DIET & HABITS
Like other stink bugs, this pest pierces the skin of the fruit in order to feed. After feeding, the insect leaves. Besides being an agricultural pest, the brown marmorated stink bug is often a pest in homes. In summer, the adult bugs gather on homes. The bugs are seeking sheltered places to spend the winter. The bugs move inside the home through cracks and other openings. They spend the winter hiding inside the walls or in the crawl spaces. When spring comes, the stink bugs become active. As they begin to move around, some of them emerge into the living space. Inside the home, the bugs often gather on walls and windows seeking a way out. Homeowners are usually upset to find these bugs inside the home. Their size and unpleasant odor make them very unwelcome. Homeowners often first detect stink bugs by their mass invasions in the fall. They turn up on sunny sides of homes where they warm themselves. Growers often detect them by the damage they cause to their crops or gardens.

CONTROL
Residents can discourage the brown marmorated stink bug from entering the apartments by sealing as many entryways as possible. Window screens should be inspected periodically looking for any holes tears or rips. Any torn or damaged window screens should be reported to the Apartment Facilities Office. Unfortunately, once stink bugs invade the voids of the home to overwinter, they can be difficult to remove. While overwintering, they do not feed or reproduce. However, they will become active again on a warm winter day or in the spring. When the spring arrives, they disperse from the home and will not return until the next fall.

WHAT CAN RESIDENTS DO IF THEY SEE A CLUSTER OF STINK BUGS?
In the early spring, residents sometimes find big green or brown bugs crawling on the walls or flying around the windows in their homes. If they don’t recognize the bugs, residents might swat them or step on them. They quickly learn why these bugs are called “stink bugs”. Due to the unpleasant initial experience, most residents, upon seeing these bugs again, prefer to use a vacuum cleaner to remove these pests from their walls and windows. However, they sometimes discover that the smell can linger in the vacuum for some time. Sting bugs are not harmful to humans, they feed on plants and crops and some species feed on other insects and larvae. If a resident is experiencing overwintering stink bugs, contact Pest Control Supervisor Mario Barcena at the Apartment Facilities Office. Information gathered from several internet sites including Wikipedia. By Mario Barcena

Staying Grounded with the Grounds Department

PARKING
Please read your parking policy. Visitor stalls can only be parked in for 2 days per week without a visitor pass. Residents with paid parking cannot park in any visitor stalls. Make sure all vehicles are operable for parking lot projects.

PROPERTY STORAGE
Please read your storage policy. Green property labels expired on 06/30/2017. A current yellow label must be placed on all outside items for this year. Bikes cannot be stored in common areas in the 700s, 800s, and 900s. They must be stored in the bike racks provided. Indoor property may not be stored outside, like mattresses and upholstered furniture.

GARBAGE
Please do not put garbage on the ground by the dumpster unless it is furniture, metal or televisions. New dumpsters have been placed in the 700s, 800s, Harvey Street and U-Houses. All recyclables go into the green dumpsters as the blue dumpsters have been eliminated.

PROJECTS
Eagle Heights Drive is going well and is on track to be completed by the end of summer. Parking lots in the 100s will be repaved this fall and new dumpster pads installed. Tree trimming and parking blocks will be ongoing around parking lots. Please make sure your vehicles can be moved if need be. Painting of fire rescue platforms (balconies) and doors will continue into August. Please make sure these areas are clear of any property.
EVENTS THIS MONTH

You can sign-up for our events on our website located at www.housing.wisc.edu/apartments-resident-news. Please follow the instructions on the page to sign-up.

Cooking Class
Starting July 11 on Tuesdays, 11:30 p.m.-1 p.m.
Eagle Heights Community Center
We are bringing back our community cooking classes! Residents will be teaching other residents how to cook a dish in our Community Center kitchen. If you would be interested in teaching a small group of fellow residents how to cook a dish, register at the link below. The ingredients will be provided. If you are not interested in teaching, but would like to attend a class to learn how to cook a dish, keep an eye out for sign-ups in the next few weeks.
Still a few spots available to register to learn cooking! Residents will be teaching other residents how to cook a dish in our Community Center kitchen.

Registration Required- http://www.signupgenius.com/go/20f0844abac2aa5fe3-university1

Zumba
Saturdays, 9:45 a.m. - 10:45 a.m.
Eagle Heights Community Center Gym
Next Class will be September 2nd, @ 9:45 a.m.
No Registration Required.

FoodWise Cooking Classes
Tuesdays, August 8-26, 9:30 a.m. - 12:00 p.m.
Eagle Heights Community Center, Room 133
FoodWise serves families throughout Dane County. FoodWise offers nutrition and cooking classes quarterly, known as the Eating Smart, Being Active program. It features:
* Ideas for quick, easy, healthy and low-cost meals and snacks
* Opportunities to taste and prepare healthy, low-cost recipes.
* Fun ways for you and your children to move more.
* Free recipe book and other gifts to remind you of the lessons.

Registration Required
To participate in this free program, contact:
Kazoua Moua, FoodWise Nutrition Educator
Phone: 609-224-3644
Email: moua@countyofdane.com

New Parent Group
Fridays, 10 a.m.
Eagle Heights Community Center Room 133
Come meet other new parents at the Community Center. Talk about the joys and challenges of having little ones. We generally are a group of parents and kids under one year, but we will not turn anyone away. We are excited to have had Dads and pregnant women join us, so please come!

Mindfulness for Middle Schoolers
Tues/Wed/Thurs, Aug. 22-24, 29-31, 4 p.m. - 6 p.m.
UW Health at the American Family Insurance Center
4602 East Park Blvd, Madison, WI 53718
Fee: $225
A fun supportive group to practice skills that help understand and manage stress. Class specifically designed for students in grades 6 - 8. Questions? Call the Mindfulness Program at (608) 265-8325
Registration Required: http://www.uwhealth.org/alternative-medicine/mindfulness-based-stress-reduction/11454

Adult Yoga
Wednesdays, 5:45 p.m. - 6:45 p.m.
Eagle Heights Community Center
Join other residents for Group Outside Yoga. It will be held outside of the Community Center building.
If the weather condition is not good it will be moved to the Small Gym at the Community Center.
No Registration Required.

Dane County Farmers Market
Saturdays, 6:00 a.m. - 12:30 p.m.
Capitol Square
Rent a Community Center Room

https://housing.ems.wisc.edu

Do you have an upcoming event? The Community Center has space for you! The cost is more affordable than many other locations, and it is easy to find out what space is available, and how much it would cost. If you have a UW NetID, you will sign in with that. If you do not have one, there is no problem! Sign in as a guest!

Contact the Leasing Office

Leasing@housing.wisc.edu

Do you have a question for Peggy? Do you need to talk to Leasing for any reason? Email first! She will be able to answer your questions, or make an appointment for you. That way, you won't be disappointed if she is already busy with other residents when you stop by.

Your lease, roommate policies, transfer and termination information, and more can be found on the University Apartments section of the Housing website.

http://www.housing.wisc.edu/apartments.htm

Eagle’s Wing Child Care

EaglesWing@housing.wisc.edu

Do you have questions about child care in the Community Center? We welcome any and all questions, comments and suggestions. Based on the topic, your email will be forwarded to the right person to answer your question. To put your child’s name on a waiting list for Eagle’s Wing and/or other campus child care, you can do so at: www.housing.wisc.edu/

Request Repairs Online

If something in your apartment doesn't work, let us know right away. Repairs will be made even if you are not at home.

Night, weekend, and holiday repairs are only made in urgent situations. If you put in a repair request as soon as you notice a problem, it may keep the problem from getting worse at a time no mechanic is available.

When you need a non-emergency repair, use the Repair website. Only request one repair on each form. The Repairs webpage also has some instructions on small repairs you can make yourself.

To Contact Resident Managers

A Resident Manager is on-call from 5:30 p.m. to 8 a.m. on weekdays, and 24 hours a day on holidays and weekends. No Resident Manager is on Duty at other times, when the University Apartments Office (in the Community Center) is open.

Due to problems with cell reception (sometimes the Resident Manager on Duty is in a basement) the most efficient and effective way to contact the Resident Manager on Duty is sending a text. Texts or calls should be placed to 608 - 444 - 9308.

COMMUNITY CENTER OFFICE HOURS:

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
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<tbody>
<tr>
<td>Monday</td>
<td>7:45 a.m. to 5:45 p.m.</td>
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<td>Tuesday</td>
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<td>Wednesday</td>
<td>7:45 a.m. to 7:45 p.m.</td>
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<td>Thursday</td>
<td>7:45 a.m. to 9:00 a.m. / 10:00 a.m. to 5:45 p.m.</td>
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<tr>
<td>Friday</td>
<td>7:45 A.M. to 5:45 p.m.</td>
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<tr>
<td>Saturday</td>
<td>9:30 a.m. to 12:30 p.m.</td>
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CONTACT US:

611 Eagle Heights
Madison, WI 53705-1501
608-262-3407
TTY/TDD: 608-262-6840
universityapartments@housing.wisc.edu

University Housing
UNIVERSITY OF WISCONSIN-MADISON