Preventing Winter Break Thefts

With school on break for the winter recess, the UW-Madison Police Department reminds residents to take a few steps to help reduce thefts. Crimes, including thefts, often occur when the reward to the criminal (such as obtaining your valuables), outweighs the risk or effort involved. During winter break, UW police officers are doing their part by increasing patrols around campus, but they need the campus community to help.

It is a good idea to store your valuables out of sight – items such as iPods, laptops, and cameras – if you are going out of town. This removes the potential reward for a criminal, and it eliminates the opportunity for the item to be stolen. Other potential targets include cash, compact discs, bikes, jewelry, video games, stereos, and televisions. Don’t leave attractive items out in plain sight. If possible, store them out of sight and take small valuables with when you leave.

While it may seem obvious, don’t forget to lock your windows and doors before you head out of town for the holiday break. It may also be a good idea to let a friend, neighbor, or co-worker know how long you’ll be gone and how you can be reached in the event of a problem.

Recovering stolen items is almost impossible unless the victim is able to provide the police an item’s serial number. Be sure to keep a log of all of your valuable property. Include the item description, value, and serial numbers. This could also be as simple as photocopying the serial number directly off the item – and filing it away. This information helps police to track and recover stolen property, and assists with any insurance claims. And if you are a victim, be sure to call police IMMEDIATELY – don’t wait days after the crime occurred. Immediacy is incredibly important in a police investigation.

The UW-Madison Police Department is always working to keep your property safe. For more information, call the department at 608-264-COPS (2677) or email uwpolice@mhub.uwpd.wisc.edu.

Stay Grounded with the Grounds Department

Snow Removal
- Residents ARE responsible for clearing snow out of their own stalls. This includes paid parking.
- Do not put snow on sidewalks or behind vehicles in the roadway.
- Do not walk in roadways or step behind plow trucks. It is very difficult to see out of the plow trucks and someone could be seriously injured.

Garbage/Dumpsters
- Put garbage in dumpsters and not on the ground.
- We do not clean snow off of dumpsters and we may not get to clearing off snow around them for a day or more so it is very important garbage does not freeze on the ground.
- Clothes may be taken to the Community Center and picked up for charity organizations. If clothes are left on the ground they will be discarded.

Doors and Drafts
- Do not tape doors shut if there is a draft. It is very important to be able to get out of your apartment if there is a fire.
- Call maintenance and they can use proper weather stripping so doors can stay open.

Heat in the Winter
- Do not leave windows open in apartments and hallways. This will affect the thermostat so apartments will not heat properly.
- If using space heaters, please use carefully to avoid a fire.
The Magic of Layers
Your Complete Guide to Dressing for Winter Weather

The freezing temperatures are rolling in, so prepare yourself for this Wisconsin weather with the right type of clothing to maximize your warmth.

Why layer?
• When you’re doing a combination of activities—standing, walking, sitting, going outside and inside and back outside again—your body regulates its temperature differently. Layering allows you to be comfortable throughout the day as your body temperature and activity level change.
• When the weather is so unpredictable, layers provide the preparation you need for any unexpected changes in temperature.

How?? The Layering Basics
• Keeping your core warm is key, since this is the area that generates heat for your vital organs.
• Base: a thin layer that fits your body. It works to wick away any sweat and moisture that would otherwise suck up your body heat.
• Mid: your normal outfit, whether that’s a long sleeved shirt or sweater.
• Insulation: keeps your body heat in, and serves as your main source of warmth, like a fleece jacket or down vest. Some parkas even come with a built in insulation layer
• Shell: protects you from the elements, like wind, snow or rain. It’s the last layer of protection between you and Mother Nature.

Don’t forget about those extremities!
• They’re the first to get cold, since they’re farthest from your heart and therefore harder to get blood out to. Plus, they don’t have any protecting muscle or fat for insulation.
• Get your hands in some gloves or mittens: Hand warmers are also great for keeping your fingers and toes toasty.
• Get your feet in some socks and waterproof boots: Your feet are the farthest from your heart, so they’re the hardest for your body to keep warm.
• Wool socks are the best material for wicking away moisture and holding in heat. When you’re boot shopping, look for ones that are waterproof and insulated to keep the warmth in and the cold air, mud and sleet out.
• Hats, headbands earmuffs: You lose the most heat out of your head, not to mention your ears are usually the first parts to freeze since they don’t have much protection.

Get the most out of your layers by using materials that work to keep body heat in while wicking away sweat and moisture.
• Avoid cotton: it doesn’t insulate well, and when wet causes rapid loss of body heat.
• Wool, silk and performance fabrics are ideal.
• Down is a great option too, but only in dry conditions. Get your down coat wet and you won’t be warm for long.

There you have it: your complete list of all things winter-wear. Bundle up, stay warm and show winter who’s boss!

BUG OF THE MONTH: Bedbugs

Bedbug are small, oval, brownish insects that live on the blood of animals or humans. Adults have flat bodies about the size of an apple seed. After feeding, they swell and are a reddish color. They are not known to transmit diseases. Having them in your home is not a sign of dirtiness. You are as likely to find them in immaculate homes and hotels as in filthy ones.

During the winter holidays we see an increase in reports of bedbugs due to many people having travel plans to visit friends and family.

Bedbugs may enter your home undetected through luggage, clothing, used beds and couches, and other items. Bedbugs do not have nests like ants or bees, but tend to live in groups in hiding places. Their initial hiding places are typically in mattresses, box springs, bed frames, and headboards where they have easy access to people to bite in the night. Over time, however, they may scatter through the bedroom, moving into any crevice or protected location. They may also spread to nearby rooms or apartments.

Signs of Bed Bugs:
• Blood stains on your sheets or pillowcases
• Dark or rusty spots of bedbug excrement on sheets and mattresses, bed clothes, and walls
• Bedbug fecal spots, egg shells, or shed skins in areas where bedbugs hide

Getting rid of bedbugs begins with cleaning up the places where bedbugs live. This should include the following:
• Clean bedding, and clothing in hot water and dry them on the highest dryer setting. Place items in the dryer and run on high for 30 minutes.
• Vacuum your bed and surrounding area frequently. After vacuuming, immediately place the vacuum cleaner bag in a plastic bag and place in garbage can outdoors.
• Get rid of clutter around the bed. If your mattress is infested, you may want to get rid of it and get a new one. Closely inspect any second-hand furniture before bringing it in your home.

If you suspect that you may have bedbugs, please call the apartment facilities office at 608-262-2037.

Sources: wikipedia.com, orkin.com, webmd.com, terminix.com
EAGLE’S WING TEACHER FEATURE: Tera Sarow

Eagle Wing proudly introduces Tera Sarow. She is a teacher with our infants and young toddlers in the Azhar Room.

Tera started at Eagle Wing as a UW student in 2007, working with our preschool and school-age children. She started as a full-time teacher in 2010. Tera has a Bachelor of Science Degree in Human Development and Family Studies with an emphasis on Child Development, from here at UW Madison. Her degree is a perfect match for this position, working with our children and parents. It was the summer of 2015 that Tera helped us start our Infant Program. She worked to develop policies and helped design and set up the classroom space.

Tera was married in 2015 after dating her husband for eight years. After having been residents in University Apartments, they recently purchased a house. They have two dogs, one named Daphney and the other Cassius. Tara and her husband are expecting their first child, a baby girl, in January 2017. (What a lucky baby to have Tera, with all of her experience, as a Mom!) Besides her devotion to children, Tera likes to exercise, read, walk, and fish. The last book that she read was The Art of Racing in the Rain. She enjoys crafting. Her favorite hobby is photography. She never leaves home without her camera and had been designated the family photographer.

Tera’s tip to parents is that child care for really young children is great at Eagle’s Wing. The staff works to find the very best activities to facilitate the learning for each baby.

EAGLE’S WING FEATURE: Fun and Learning in the Snow

The Eagle’s Wing teachers take full advantage of the learning opportunities that snow provides. Most days, you’ll see our teachers and children all bundled up and outdoors, experiencing the best of our Wisconsin winter.

Small motor skills are developed as children prepare to go outdoors. They get to practice zipping, buckling, tying and buttoning. Snow provides our children the opportunity to exercise their large-coordination while climbing back up hills and taking nature walks through various levels of snow. We have the opportunity to make comparisons – not every snow fall is the same! While wet snow is great for building, dryer snow can be super slippery.

Opportunities for the development of math and science skills abound – we count footprints in the snow, compare the size of snowballs and see what happens to snow in the wind. We bring snow into our classrooms to experiment with. There are all sorts of scientific discoveries when snow changes shapes and melts. Children can measure snow and observe it melt, log their data and journal their findings with the help of their astute teachers. We see incredible cognitive growth as children investigate the properties of snow.

And always, we are talking about the snow. We can learn how to say snow in many different languages as well as boost our English skills with lots of descriptive words. Children learn cooperation when working together to build with snow. They get to talk with each other, negotiate and problem solve.

We’re even learning as we take our wet clothing off and observe the conditions needed for them to dry – for our next fun outdoor learning adventure!

Photos by Joel Ninmann, University Housing
Now Accepting Garden Applications! Due February 15th

Applications are now available for garden plots at the Eagle Heights and University Houses Gardens. You can download them off of the website: www.eagleheightsgardens.org or pick one up at the front office at the Community Center. Payment is required with an application, and must be by check, made payable to Division of UW Housing.

People who had a garden plot in 2016 get first priority. After February 15, any open plots will be assigned to new gardeners. Usually, about two hundred plots are available to new gardeners, and anyone who applies before April should be able to get one.

Large plots at Eagle Heights are about 20 feet by 25 feet. (6 X 8 meters), and small plots are about 10 feet by 12 feet. Plots at University Houses are slightly larger. We recommend small plots for new gardeners – they’re easier to weed and take care of.

Fees for residents of Eagle Heights, University Houses, or Harvey Street are $20 for small plots, or $32 for large plots. Both gardens have a big selection of garden tools and carts for the gardeners to use. Water is also provided – you need a hose at Eagle Heights, but the University Houses plots have hoses. In addition, free seeds are available to registered gardeners at the annual Seed Fair, which will be held on April 1 this year.

If you have questions, feel free to contact the Garden Registrar, at ehgardens.rso@wisc.edu.

4K Registration
What You Need to Know

All children who turn 4 by September 1, 2017 are eligible. The Madison Metropolitan School District (MMSD) will make no exceptions for younger children to be enrolled in 4K, even though exceptions are made for 5K early entrance. This same restriction applies to Eagle’s Wing 4K because MMSD contracts with Eagle’s Wing and that regulation applies then to Eagle’s Wing also.

Parents can enroll on-line starting Feb 27 https://earlyed.madison.k12.wi.us/4k. Or in-person at Shorewood School on March 6, 2017 from 2:00 – 6:00 p.m. Families should plan to bring their address verification (i.e. - copy of lease or MG&E bill) and proof of age (i.e. - a birth certificate for their child or passport).

MMSD provides a tuition-free 4K program located in many of their public school buildings, one of which is at Shorewood Hills Elementary School. These programs operate 5 hours/day, 4 days/week (Tues/Wed/Thurs/Fri). If families do not need additional instructional and program hours, we encourage them to attend the public school 4K program. More information about the MMSD 4K programs can be found at: https://earlyed.madison.k12.wi.us/4k.

If parents want a full-week, full-school-day program, one option is Eagle’s Wing 4K program. Eagle’s Wing will have a table set up at Shorewood School on March 6th from 2:00 p.m. – 6:00 p.m. for enrollments. You can find out more information about this at http://www.housing.wisc.edu/apartments-eagleswing.htm.

Tuition for Eagle’s Wing 4K is approximately $125 per week for University Apartments residents and approximately $195/week for non-residents. Extended programming before 8:15 and after 3:00 will also be available for an additional charge. Priority for enrollment in Eagle’s Wing 4K on March 6 will be given to currently enrolled Eagle’s Wing families. All other interested families will be wait-listed until March 7, 2017 at which time they will be sent contracts if space allows – with priority going to University Apartments residents.

For more information on the Eagle’s Wing 4K program (Teachers, curriculum, standards, etc.) please contact Debb Schaubs at debb.schaubs@housing.wisc.edu.

Photos by Joel Ninmann, University Housing
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.

New Year—Community Center CLOSED
Saturday, December 31 thru Monday, January 2
In observance of the New Year holiday, the University Apartments Community Center will be closed all day and night Saturday, December 31 thru Monday, January 2. All regularly scheduled programs are cancelled for those days. The Community Center office hours and daily programs will resume Tuesday, January 3rd.

Wheelhouse Kids Art Classes
Thursdays, January 5-26, 5:30-6:30 p.m., Community Center
Enroll your child today in new Wheelhouse Art classes held at the Community Center! This class will take your child on a 4-week journey through Art, while learning basic and advanced art skills across multiple activities. Children will draw an art piece that is instructed by Wheelhouse staff and there will be an art show showcasing these pieces. Registration is required.

Teen Night Out—Karaoke Singing
Friday, January 13, 6:00-9:00 p.m., Community Center
The teens have been asking and they shall receive! Please come and enjoy a night of karaoke and fun in the Community Center. This night is for the teens to hangout and let their voices be heard. Pizza and soda will be ordered for all to enjoy. We hope to see your teenager here at the community center for a night of fun and music!! No parents are allowed! Registration is required.

International Potluck and Movie Night
Saturday, January 14, 6:00-9:00 p.m., Community Center
Do you like to try food from all around the world while getting to know other countries food and cultures? After receiving some great feedbacks for international Potluck events from the ongoing survey, the Recreation Staffs will hold an international potluck night for families on a monthly programs starting on January 14th at 6 pm! Please bring something to share with other international families in the Community that represents your culture! We also will be showing an International Movie for that night. Stay tuned because the movie will be picked by your vote!

Martin Luther King Day—Community Center CLOSED
Monday, January 16
In observance of the Martin Luther King Day holiday, the University Apartments Community Center will be closed all day and night Monday, January 16. All regularly scheduled programs are cancelled for that day. The Community Center office hours and daily programs will resume Tuesday, January 17th.

RVC Game Night
Friday, January 20, 6:00-8:00 p.m., Community Center—Large Gym
Looking for something fun and exciting to do with your family? Then join us for a night of fun games that the whole family can enjoy. This Family Game Night at the Community center sponsored by Red Church Village. Light snacks will also be provided.

Cascade Mountain Ski Trip
Saturday, January 28
Winter is here. Don’t miss out on some fun with your families and friends on a Tubing, Skiing and Snowboarding Trip. If you are looking for untouched nature in this beautiful winter season, you have to take a skiing trip! Join us to enjoy Cascade Mountain snow resort with 23 open trails, 2 parks and the new Cindy Pop Express lift. Transportation will be provided from the Community Center. Registration is required.

Connect with us on Facebook

UW-Madison University Apartments
COMMUNITY CENTER OFFICE HOURS:

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<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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