

UNIVERSITY APARTMENTS

NEWS

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October 2009

Apartment Services Update

Heat

We had a wonderfully warm September. Due to the unusually low temperatures this last week, we have turned on the heat in the apartments. Wisconsin's weather this time of year is very unpredictable and it may be challenging to find a comfortable temperature in your apartment over the next couple of weeks.

If your apartment feels too cold:

- Make certain the baseboard "convector" – the vent where the heat comes out – is open, so that air heated by the pipes can circulate through the room.
- Move any rugs or furniture that may be blocking the flow of warm air. There should be a four inch clearance between furnishings and the vent.
- Make sure your windows are closed.
- If this is your first winter in the cold, you might be surprised at how much it helps to wear sweaters, warm socks, and slippers while indoors.



Energy conservation

If your apartment feels too warm, please turn down the temperature or close the convector instead of opening windows. Heat escaping through windows is a huge source of wasted energy. If you like the feeling of air circulating, consider using an indoor fan to move the air, instead of opening a window.



Water Mains to be Flushed

The UW Physical Plant will be flushing water main lines on October 6th (weather permitting). This process may cause water to become a brownish color from sediment in the mains. If this occurs, run your water until it becomes clear again. If after the flushing, the water pressure in your faucet is low, please contact the Apartment Services Office to have it checked.



REQUEST REPAIRS ON-LINE

If you have non-emergency repairs to request, please fill out a work request on line at

<http://repairs.housing.wisc.edu>

Answers to basic maintenance questions can also be found at this site.

ANNOUNCEMENTS



International Potluck

Wednesday, October 7th 6pm

Please bring a family-sized dish from your home country to share. Enter the "Dish of the Night" contest, meet your neighbors, and enjoy great food.

New Resident Orientation

Wednesday, October 7th 7:30pm

Are you new to the community? This session offers all kinds of practical help - how to get around on the bus system, fun things to do in the community etc. The staff are able to answer your questions and help you find resources on campus and in Madison.

Town Hall Meeting

Wednesday, October 21st 6pm

Pizza and Childcare provided. Topics for discussion will be listed on the barricade signs put out prior to the meeting.

Kids Night Out

Friday, October 23rd 6-10pm

Childcare provided at the Community Center by volunteers from the Campus Women's Center for kids 3-12 years old. Sign up at the Community Center starting Wednesday, October 14th.

Wisconsin Festival

Saturday, October 24th 11am - 1pm

Learn about the fun things you can do while living in Wisconsin. There will be food from Wisconsin, entertainment, and information about places to visit, both near and far, throughout the state.

Treinen Farm Field Trip

Saturday, October 24th 1 - 6pm

Take a bus from the Community Center and travel to the Treinen Farm for an afternoon of fun. The \$11 cost includes the bus fare, admission to the farm and a pumpkin. Sign up now at the Community Center. Information available at: www.treinenfarm.com

Halloween

Friday, October 31st

Trick-or-treating in the Community from 5-8 pm. A detailed list of other Halloween activities will be distributed later this month.

What You Can Do About The Flu

Editor's Note: This article was adapted from information distributed by UHS.

H1N1 influenza first appeared in the U.S. last spring and continued to infect people throughout the summer. According to the Centers for Disease Control and Prevention (CDC), this new strain of influenza seems to be particularly infectious to people between the ages of 5 and 24. Please help protect your own health and that of your campus community by learning what precautions you can take to lower the risk of spreading or contracting influenza and making a Personal Influenza Plan just in case you do get sick.

Precautions and Planning

- Get your own thermometer, fever reducing medication, and tissues
- Maintain your own supply of hand soap or gel hand sanitizer
- Bookmark www.flu.wisc.edu and check it regularly. The only thing we can be sure of is that the situation will change throughout the semester - but we can't predict how, so check back often for updates.
- Make a Personal Influenza Plan. Do you have any health condition that might put you at a higher risk for more severe illness, according to the CDC? If you get sick, you will be expected to isolate yourself from others. Where do you keep the contact information for everyone you should alert if you have to self-isolate (instructors, supervisors, co-workers etc.)
- Be aware of rumors. If there is ever any disruption to campus operations, it will be posted at flu.wisc.edu or will come from the "pandemicinfo" email address. If a class is temporarily cancelled, you will be notified by your instructor or department.
- Start a good hand washing habit. Wash with soap or hand sanitizer for at least 20 seconds before eating, drinking, or preparing food; after using the bathroom; and if you cough or sneeze into a tissue.
- Practice coughing or sneezing into your sleeve. Viruses can't stay viable as long or spread as easily from there as they can from your hands.
- Try to keep hands away from eyes, nose and mouth. Wash hands more often if you smoke or bite your nails.
- Get a seasonal flu shot and when the H1N1 flu shots are offered, get one of those as well.
- If you are in close contact with someone who has the flu, don't panic and don't blame. Influenza may be very common on campus this fall, and people may get sick despite their best efforts. Most people will not need to take any special actions based on ordinary exposure. However, if you have a "high risk" medical condition contact your health care provider promptly. Medications may be recommended to prevent influenza infection in some cases.

If you do get sick....

Take your temperature. If you have a fever (100°F/ 37.8°C or higher), you must stay home from work and class until you have been completely fever-free (without fever-reducing medication) for at least 24 hours, and you feel well. For most people, this will be 3 to 5 days, but it could be longer.

If you have a "high risk" medical condition, contact your health care provider promptly. Although antiviral medications are not recommended for most healthy individuals, they are recommended for some "high-risk" cases and should be taken as soon as possible. Antibiotics do not have any effect because influenza is caused by a virus.

Most people recover fully on their own without medical treatment. Drink fluids to stay hydrated, get plenty of rest, eat what you can, and use fever reducing medication, as directed, to manage fever and body aches.

Communicate. Remember to cancel any appointments (with your advisor, dentist, etc.) and contact your professors, TAs, and employer to let them know you have influenza symptoms and cannot return to work or class until you are better. As with any illness, you will be responsible for making arrangements to get caught up in classes or at work after you recover.

Tell your close contacts you may have the flu. That means roommates, and officemates. Also, any friends, lab partners, etc. that you spent time with in the 24 hours before you started to feel sick. That way if any of them has a "high risk" condition, they can contact their health care provider for advice and possible medication.

Self-isolate. While you are self-isolating, you should not go to the library, the Community Center, the Union, or any social events, and you should avoid public transportation. If you must leave your apartment, use hand sanitizer before going out, cover your nose and mouth with a surgical mask, and shield others from coughs and sneezes.

Flu viruses typically survive on surfaces for 2 to 8 hours, so do not share towels, clothing, eating utensils, telephones, keyboards, remote controls, etc. while you are infectious. Standard cleaning products should be sufficient to remove the virus from surfaces. A bleach solution is not necessary, but water alone is not enough.

For more information see the following websites:

- www.flu.wisc.edu
- www.cdc.gov/h1n1flu/sick.htm

Cold	vs.	Flu
comes on gradually		comes on quickly
fever unlikely		fever possible
cough possible		dry cough possible
sore throat possible		sore throat possible
stomach feels ok		vomiting, diarrhea possible
body aches unlikely		body aches possible
chills unlikely		chills possible
stuffy/runny nose possible		stuffy/runny nose possible for both

October Programming

Readmobile

Thursday, October 8th 9:30 to noon

Have fun reading stories, learning rhymes, singing songs and playing with other children at the Community Center.



9:30 and 10 am -Toddler Time (16 months to 3 yrs old)
10:30 am Book Baby (newborn-15 months old)
11:15 am Preschool Storytime (3 to 5 years old)

Children's books will be available for check out with a Madison Public Library card. Some of the books are in different languages. For more information go to: www.madisonpubliclibrary.org

Wisconsin Festival

Saturday, October 24th 11am - 1pm

Learn about the fun things you can do while you're living in Wisconsin. There will be food from Wisconsin, entertainment, and information about

places to visit, both near and far, throughout the state. Tourist maps and brochures will be available for free, information about different cultural events, sport team schedules and arts and crafts for all ages. Native American Dancers will perform some traditional dances. Campus organizations will also be here to provide you with information about the various services that are available on campus.

At 1 pm there will representatives from the Lakeshore Nature Preserve and the Eagle Heights gardens who will lead walks through the areas that are near the University Apartments community.

Treinen Farm Field Trip

Saturday, October 24th 1 - 6 pm

Take a bus from the Community Center at 1 pm and travel to the Treinen Farm for an afternoon of fun. The \$11 cost includes the bus fare, admission to the farm and a pumpkin.



At the farm you can take a horse drawn wagon hayride to the pumpkin patch to select a pumpkin, explore a corn maze, meet the various farm animals including goats, pigs, chickens, turkeys and horses in the barnyard, play on the tractor tire playground, and much more.

You can sign up now at the Community Center. Questions or more information contact Rachel at: rachel.zorn@housing.wisc.edu and for farm information go to: www.treinenfarm.com

Teaching Assistant's Association (TAA)

Halloween Party Sunday, November 1st, 3-5 pm

You're invited to Halloween Party at the Community Center sponsored by the TAA. They will provide games, crafts, snacks and fun! Come in your costumes and celebrate with the TAA and your friends and family. Everyone is welcome to this free event!



New and Ongoing Classes and Resources

Community Center

Exercise Program Mondays - Fridays, 9 - 10 am

Exercise to a variety of exercise tapes with your neighbors and friends in this drop-in class that is run by a volunteer. Stay fit and have fun socializing with others! Come every day or just when your schedule permits.



Karate Class Saturdays, 10-11:30 am

Learn Shorei Kempo karate from an experienced instructor. He will work with residents ages 10 years old and older. The emphasis of the classes will be on traditional forms and control.



Campus

UW Bike Annex - If you are interested in performing tune-ups on your bike, you may want to check-out the UW Bike Annex that is located in the center of lot 60 on the West end of campus.



The annex offers: free use of tools, pump, grease, lube, cleaning supplies, bicycle repair manuals, bicycle maps, bicycle registration assistance and more!

The fall hours are Monday, Wednesday and Fridays from 1-4 pm. For more info go to: http://www2.fpm.wisc.edu/trans/alt_bicycling_annex.asp



Lakeshore Nature Preserve

The Lakeshore Nature Preserve offers miles of trails and environmental learning areas for the use and enjoyment of students, faculty, staff and the community. These beautiful lands are an integral part of the campus experience and border University Apartments. For more information go to: <http://lakeshorepreserve.wisc.edu/>



Summer Storage Ends... Winter Storage Begins

Winter Storage begins October 1st. Please make sure that all of your summer items have been stored away and that any winter items that you are putting out have current Property Stickers on them.

If you need more stickers they are available at the University Apartments Office at the Community Center. Apartments staff will be "tagging" improperly stored items at the end of the month.

If you have questions about the storage policy, or what is approved to be kept outside, please see the Resident Handbook, or ask a University Apartments staff person for a copy of the policy.





PARKING IN UNIVERSITY APARTMENTS



“PARK AND RIDE”

As residents know, there are no “extra” parking stalls in University Apartments. Visitor parking is very limited, as well as paid parking. Lately, we have had an increase in “Park and Ride” cars. This refers to non-residents who drive into the community, park in a visitor spot, then take the bus to campus. If you become aware of anyone doing this, or if someone requests that you “vouch” for them as a visitor, please contact the Community Center Office. Cars that are “park and ride” cars will be ticketed, without a prior warning. This is true for parking at the Community Center as well.

BASE LOT

“Base Lot” refers to the lettering of the different parking lots throughout Eagle Heights, Harvey Street, and University Houses. Each apartment in Eagle Heights and University Houses is assigned a parking stall in a base lot. Harvey Street residents also receive a baselot sticker when they sign up for parking. In order to legally park, each car must display the required permit/sticker.

Requirements: Base lot parking sticker displayed in the rear window on the driver’s side.

Enforcement: Cars parked in someone else’s stall and cars that do not display an appropriate base lot sticker may be ticketed and/or towed.

PAID PARKING

For residents in Eagle Heights and University Houses who have more than one vehicle, additional parking may be available for a fee. There are designated paid parking stalls available throughout the Eagle Heights complex. These spaces are not assigned. In University Houses there are a few spaces for paid parking which are assigned. At Harvey Street, all parking is paid parking and is also assigned. Residents of all three neighborhoods may also park cars registered for paid parking in Lot Z.

Requirements: Paid parking hang tags must be hung on the car’s interior rear view mirror, facing the back window. The hang tag must be for the current year to be valid. In addition to the hang tag, cars parked in paid parking must have a base lot permit displayed in the rear driver’s side window. In University Houses and at Harvey Street, cars must be in their assigned parking stall.

Enforcement: Vehicles that do not have a current hang tag AND base lot sticker, may be ticketed and/or towed. In University Houses and Harvey Street, vehicles parked in spaces that are not assigned to them may be ticketed and/or towed.

Questions? Contact the University Apartments Office, 262-3407.

VISITOR PARKING

“Visitor Parking” is meant for people who do not live in Eagle Heights, University Houses or Harvey Street, who are visiting someone or attending an event on the premises. Visitors may park for up to 48 hours. For long term visitors (two days - thirty days), a special one-time permit may be obtained from the University Apartments Office at no additional fee.

Visitors may also park along the south side of Eagle Heights Drive (not the bus route side) between the hours of 5:30PM and 7:00AM on weekdays. No one is ever permitted to park in front of fire hydrants, in crosswalks, or where the curb is painted yellow. During times of heavy snowfall, cars parked on Eagle Heights Drive might be plowed in by snow removal equipment. If a car is snowed in, it is the car owner’s responsibility to dig it out. University Apartment staff are not able to help.

Requirements: Any vehicle without a University Apartments base lot sticker may park in a visitor space in any of the three neighborhoods.

Enforcement: Cars with base lot stickers that are not eligible for parking in the neighborhood they are parked in, and cars parked longer than 48 hours without a Visitor parking permit, may be ticketed and/or towed in all areas.

RESIDENT-TO-RESIDENT VISITOR PARKING

Residents who are visiting friends within Eagle Heights may park in one of the “Resident-to-Resident Visitor” parking stalls reserved for that purpose. There is a four-hour limit on parking in these stalls.

Requirements: Residents must have a base lot permit different from the base lot they are visiting. The visitor cannot use a Resident-to-Resident Visitor stall in the same lot that their apartment stall is assigned. University Houses residents may not park in Resident-to-Resident Visitor parking.

Enforcement: Cars displaying the same base lot stickers as the lot in which they are parked, and cars without a base lot sticker may be ticketed and/or towed.

DROP-OFF PARKING

People dropping off groceries or packages, or dropping off/picking up children from child care may park at any yellow curb with the car’s hazard lights blinking, for up to fifteen minutes. (Drop off parking is not allowed in the bus route side of Eagle Heights Drive or Lake Mendota Drive, anywhere that blocks the flow of traffic, or in front of fire hydrants or fire lanes.)

Enforcement: Cars left at a curb for more than fifteen minutes or without hazard lights blinking may be ticketed and/or towed.

Reminders from the Cashier's Office

University Apartments Residents

If your University Apartments Rent account has an outstanding unpaid balance as of 4:30 pm on Monday, October 5, 2009, a HOLD will be placed on your academic records. This HOLD will prevent you from obtaining transcripts (including a diploma) or registering for further UW classes until your rent account balance has been paid in full. If you have questions about your account balance, please contact the University Housing Cashier's Office at 262-2230.

Eagle's Wing Customers

If your Eagle's Wing childcare account has an outstanding unpaid balance as of 4:30 pm on Monday, October 5, 2009, a HOLD will be placed on your academic records unless you have made arrangements with Francine regarding tuition subsidies from CCTAP, AIM or the county. This HOLD will prevent you from obtaining transcripts (including a diploma) or registering for further UW classes until your childcare account balance has been paid in full. If you have any questions about your account balance, please contact Francine Duessler at the University Apartments Office at 263-0526.

OCTOBER IS DOMESTIC ABUSE AWARENESS MONTH

October is Domestic Abuse awareness month. In Wisconsin, "domestic abuse" includes any kind of physical violence between adults who live together (including roommates), used to live together, or have children in common.

Wisconsin has a mandatory arrest policy when certain criteria are met. This means that officers must arrest someone in particular circumstances; they are not allowed to exercise their judgment of the situation. What this means is that in many cases, after a physical fight, officers can't just "sit down and mediate the situation."

Sometimes neighbors express concern about possible domestic disputes. If you have any concern at all, please, call 9-1-1 when the situation is occurring. Don't wait until the next day, or "later". Ideally, officers will be able to respond before a disagreement turns into a physical altercation.

If you have a concern for your own situation, or concern for a friend or acquaintance, UW Police can be a great resource. You may also wish to contact DAIS – Domestic Abuse Intervention Services. DAIS staff are not required to report to the police, and they have a great deal of information and resources. Their number is staffed 24 hours a day: (608) 251-4445 or on the web at www.abuseintervention.org

Public Health Nurse Schedule

- The Public Health Nurse will have limited
- office hours in October because of providing
- immunizations in Dane County for the flu. The
- nurse will only be available in room 106 of the
- Community Center on October 6th and 13th from
- 2-4 pm. She will not be here October 20th, 27th
- or November 3rd. She will resume normal weekly
- hours November 10th.

Eagle's Wing 4-K Program

Eagle's Wing has openings in its 4 year old kindergarten program. To be eligible children must be 4 years old by September 1, 2009. This is an academic year program, now through June 11 (or through December 23 for families leaving at the end of this semester).

The program operates from 8:00 a.m. – 3:30 p.m. with limited extended care available from 7:00 – 8:00 and from 3:30 – 5:15. The 4-K classroom is in the Community Center and the children are taught by 2 DPI licensed teachers, Vicki and Kristin. Tuition is \$156.25/week for University Apartments residents and \$207/week for non-residents. Please call Kate at 265-3332 for enrollment information.

Halloween in University Apartments and Madison

October 31, Halloween, is traditionally celebrated in University Apartments by children going door-to-door asking for "trick or treats".

Although there is no set time for this to happen, most families choose to supervise their children going Trick-or-Treating around dusk. We recommend that you try to stay within a 5-8 pm time frame.

Later this month we will distribute a list of Community Events for Halloween and an orange paper pumpkin that you can tape to your door if you wish to have children come by for "treats".



Residents that are new to Madison may want to know that there is a tradition of adults (often with adult-themed costumes) who flock to State Street for the evenings of Halloween weekend. The result is often an unruly crowd, and the University and City of Madison Police have been working very hard to prevent the kinds of problems that have arisen in the past. This is not an atmosphere that is appropriate for children.

Dish of the Night Contest Award Winning Recipes

Enter your favorite dish at the next International Potluck, Wednesday, October 7th at 6:00 pm at the Community Center. Entries must be made by 6:15 pm. Please bring a family-sized dish to share. Here are two of the award winning recipes from September.

Mix Vegetables (Indian Style)

By Manisha Dinesh

Ingredients:

2 cups Cauliflower
1 Cup Green Peas
1 cup carrots
1 cup Bell Pepper
2 cups Potatoes
5 -6 stems of Cilantro
3-4 green chili (optional)
1 Cup Onion (preferably red)
1 tablespoon ginger garlic paste
¼ Tablespoon Turmeric powder
1 tablespoon Dry Coriander Powder
½ Tablespoon red chili powder
1 teaspoon Indian garam masala (Available in Indian grocery stores)
Salt
3 tablespoons oil

Procedure:

Cut cauliflower, potato, bell pepper, and carrots into small pieces. Chop onion finely. Turn the heat on at medium high. Put a medium size pan on the stove with oil in it. Add chopped onions to the heated oil in the pan. When the onion turns translucent add salt, coriander powder, turmeric and ginger garlic paste. Sauté them for another 3-4 minutes over medium heat. Now add all vegetables and stir well so that all spices cover the vegetables. Keep stirring for 3-4 minutes, then add about half cup of water and put a lid to cover the pan. It will take 10 minutes to cook the vegetables; stir in between 3- 4 times. Once the vegetables are tender, add the garam masaala powder and stir well over medium heat for another 2 minutes. The optional ingredient green chilies can be added any time. It is ready to serve. It will enhance the taste if garnished with freshly chopped cilantro. It goes nicely with any bread.

Stewed Dry Mushrooms

From Bi Yun

Main Ingredients:

100g Dry Agrocybe Aegerita (or Back Poplar Mushroom, also known as Tea Plant Mushroom)
20g Dry Mushrooms of any other variety
6 OZ Pork, cut into small pieces

Seasonings:

50g Pickled Green Pepper
5g Red Chili Pepper
3 Star Anise
Vegetable Oil
Salt
Ginger Powder
Soy Sauce
Chicken Bouillon

1. Rinse dry mushrooms and soak in water for at least four hours, or until softened and ready to cook.
2. Heat vegetable oil in a pan; put in pork pieces and stir evenly for two minutes. Add soy sauce and water. Bring to a boil. Stew for fifteen minutes.
3. Add tea plant mushrooms and other mushrooms; stir and bring to a boil. Add soy sauce, ginger powder, red chilly pepper, pickled green pepper, salt. Then add some water into the pan and cover the pan with a lid. Reduce heat and bring to a bare simmer for about 30 minutes. Add some chicken bouillon.
4. READY TO SERVE!

How to Contact a Resident Manager

- A Resident Manager is on duty 24 hours a day on holidays and weekends, and 5:30 PM – 8 AM on weekdays.

- To contact the Resident Manager on Duty:
 - **Call the duty cell phone (444-9308)**

OR

- **Call the pager (657-1799)**

- If you call the pager, you will be prompted to enter a telephone number where you can be reached. Then hang up and wait for the RM to call back.

- Because the cell phone reception in University Apartments is not always very good, you are encouraged to call the pager if you do not get an answer when you call the cell phone.

- As always, call 9-1-1 from any phone if you are experiencing a serious health or safety emergency. This includes any time you hear a fire alarm sounding.

- **If you hear a fire alarm, exit your apartment immediately!**



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Division of University Housing

University Apartments

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