WHEN WINTER ENDS, TORNADO AND SEVERE WEATHER SEASON BEGINS

Every spring there are state-sponsored tornado drills. These drills allow you to practice what you should do when there is a real tornado watch or warning. A tornado watch means there are weather conditions in the area that could produce a tornado. A tornado warning means a tornado has been sighted somewhere in the area.

WHAT IS A TORNADO?
A tornado is a rotating, funnel-shaped cloud that extends from a thunderstorm to the ground with extremely strong winds that can reach 300 miles per hour. Damage can be severe along the path of a tornado. According to the National Weather Service, Wisconsin had 17 documented tornados in 2015, the annual average is 23. To learn more about tornadoes visit: https://www.nssl.noaa.gov/education/svrwx101/tornadoes.

WHAT SHOULD I DO IN THE EVENT OF A TORNADO?
If there is a tornado warning you should:
• Go to the lowest level you can in the building
• Take shelter in interior rooms or hallways (bathrooms or laundry rooms are best)
• Avoid areas with windows and do not open any windows

TORNADO SIREN TESTS
There are two different drills set for the Madison area on Thursday, April 12.
• At 1:00 p.m. a test tornado watch will be issued
• At 1:45 p.m. a test tornado warning will be issued
• There will be another drill for a tornado warning later that day at 6:45 p.m.

You are not required to participate in the drill or practice seeking shelter, but you are encouraged to at least review and find the best place for you to go in the case of real tornado. If you ever have any questions about what to do in severe weather or preparing for an emergency please contact me.

TAX CREDITS ON WI STATE INCOME TAX RETURNS

Please note that rents paid by the residents of University Apartments do not qualify for either the Homestead Credit or the Renter’s and Homeowner’s Property Tax Credit because the University of Wisconsin is exempt from paying property taxes. Please see the Wisconsin Department of Revenue website or contact your tax advisor if you have additional questions.

HAVE YOU SIGNED UP FOR CAMPUS EMERGENCY NOTIFICATIONS?

Did you know you can sign up to make certain you hear about campus emergencies? The UW Police Department has information about the WiscAlerts system, which has been used for weather, police, and health emergencies (such as a fire, or a chemical spill). You can sign up by visiting https://uwpd.wisc.edu/services/wiscalerts and entering your Wisc.edu username and password.

In addition to the messages that are sent via text, phones, and email, the UW Madison homepage will also have up to date information in case of any emergency. If you have a Twitter account, you can also sign up for emergency tweets: Tweets by @WiscAlerts.
SCAM ALERT!

TAX SEASON IS ALSO SCAM SEASON

Colleges and universities, and those who go there, are often the targets of e-mail and phone scams by people trying to take your money. This is especially true during tax season. A recent scheme includes calls threatening arrest for an overdue, fictitious “federal student tax”, e-mails with fake tax bills attached and IRS impersonators demanding payment via gift cards or prepaid cards.

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

1. Know how the IRS initiates contact. The IRS should never be contacting you by e-mail or telephone. The IRS initiates contact via mail through the United States Postal Service. Forward any shady tax-related emails to phishing@irs.gov and report suspicious phone calls to the Treasury Inspector General for Tax Administration and the Federal Trade Commission.

2. Question out of the blue communication about tax balances: If you owe back taxes, or think you might, call a tax professional, the IRS, or the state tax department directly.

3. Never pay over the phone: Even if you owe the IRS money, the IRS never asks for a credit, debit, prepaid card or bank information via telephone, e-mail, text or social media.

There are other types of fraud that happens to students and staff. If you receive a phone call or an e-mail requesting payment for something you did not want or buy, or if you receive a phone call or e-mail from someone claiming they are the police and demand you must give them money for something, Do not do it.

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

1. Spot imposters. Scammers often pretend to be someone you trust; police, the government or a charity, for example. Do not give money or personal information to a sudden, unexpected request from someone.

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 scam you.

3. Do not wire transfer money. Wire transactions do not have fraud protection built in, so using Western Union or MoneyGram is risky. Honest companies, charities or government agencies do not require this sort 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 a portion of the money back to them. These are scams and you cannot recover the money lost.

5. Do not get forced into making a rash, emotional financial decision. Phone call scams often pressure and threaten you into making quick, and often, bad decisions. If something does not sound or feel right, trust your gut, slow down, and think through what you are being pressured to do.

If you ever have a question about a phone call or e-mail talk to someone you trust before you give them your money or personal information. Con artists want you to make rushed decisions, but it is better to be safe than sorry.

UW Dispatch: 608-264-COPS (2677)

City of Madison Police Dispatch: 608-255-2345

If you have any questions, comments, or concerns, please feel free to call me or e-mail me.

Officer Terry Evans
terryevans@wisc.edu
SCAM ALERT!

With our community so close to the Lake Shore Nature Preserve, we have our fair share of animals that live in the wooded areas. We have squirrels, raccoons, ducks, geese and of course our infamous turkeys. As residents of University Apartments we need to respect the natural preserve areas and the animals that live within them. Please do not feed the wildlife. Once you feed the animals they become dependent on us to feed them rather than feeding themselves and some animals, like the turkeys, become more aggressive chasing people looking for food. Remember to look at the animals, and not to feed them. This is the time of year when the turkeys that populate the University Apartment grounds are mating. As one might expect, the turkeys can be a little sensitive this time of year and may be more aggressive.

SOME TURKEY TIPS

• Do not approach or chase the turkeys.
• Do not feed the turkeys.
• Turkeys are nice to look at, but not to pet or touch.
• It is best to keep walking and to ignore the turkeys while strolling along the grounds.

BIKE FEST SLATED FOR APRIL 14

Spring is here and so is bike season! Join us at our annual Bike Festival in the Community Center on Saturday, April 14 from 10 a.m. to 12 p.m. Spend the morning learning about bike repairs, biking paths and bike safety.

Make sure to arrive early to receive free bike helmets for children (limited to two per family, depending on availability), minor bike repairs, and tickets to win dozens of prizes and healthy grab-and-go snacks. Also meet mascot Bucky Badger in person. This is a free event and open to residents of University Apartments. Registration is not required.

FUN FACTS

• Did you know that a bike helmet should sit on top of the head in a level position, and not rock forward, backward or side to side?
• Did you know that a properly fitted bike helmet is just as effective when riding a scooter, roller skating, or in-line skating?

TAX DAY IS COMING

Don’t forget to file your taxes with the IRS. This year, the filing deadline is April 17, as the usual deadline, April 15, falls on a Sunday. For more information, see Terry Evans’ tips on avoiding tax and other financial scams (article is on page 2), and also visit: https://www.irs.gov/newsroom/2018-tax-filing-season-begins-jan-29-tax-returns-due-april-17-help-available-for-taxpayers.

SCHOLARSHIPS AVAILABLE FOR WCATY SUMMER PROGRAMS

The Wisconsin Center for Academically Talented Youth at UW-Madison will have summer day and residential camps for students in grades 1 through 12 in June and July. WCATY offers full and partial scholarships for all of its programs to qualified students.

The deadline to apply for financial aid is April 10; applications for the residential camps are due April 30 and for day camps on May 14.

For more information, visit www.wcaty.wisc.edu for specific program dates and times. You may also e-mail Denise Ksioszk at: ksioszk@wisc.edu for more information.
The Lakeshore Nature Preserve is a UW-owned and managed natural area in the Eagle Heights neighborhood. Serving as the university’s largest outdoor classroom on campus, it is home to the Biocore Prairie, iconic landscapes including Picnic Point and Muir Woods, as well as more than 75 research projects.

The preserve is a great place to observe the arrival of spring with a walk along one of the many maintained trails. As a nature preserve, protecting both plants and animals is important and visitors are asked to stay on trails. Dogs on a leash are permitted. Bikes are not permitted within the preserve.

For additional information on trails and special events, visit https://lakeshorepreserve.wisc.edu.

IN YOUR BACKYARD
Submitted by Mary Murray

When March and April finally arrive, the drab yellow-brown grasses of winter can seem to turn green overnight. Clumps of Daffodils stand bravely against the early spring wind and rain and sometimes snow. Along the Lakeshore walking trails we begin to see plants like Dutchman’s Breeches and Blood Root show themselves. And, asparagus comes into season!

Native to the western coasts of Europe, asparagus has been used as a vegetable and medicine dating to 3000 BC. It is so rich in nutrients that it has an amino acid, asparagine, named after it.

Asparagus can sometimes be found alongside rural roads or railroad tracks. You have to have a good eye to spot it as the surrounding grasses grow taller than the stalks. Most of us buy our asparagus at the grocery store. The thinner the stalk, the younger and more tender the finished product. If you find yourself stuck with fatter, tougher stalks, you can still work with them. Cut the woody part off the bottom and peel the outer layer almost all the way up to the head before cooking.

Here is a simple, tasty way to enjoy asparagus.

**Asparagus Omelet**

4 eggs, beaten  
1 cup chopped asparagus  
2 tablespoons thinly sliced sun dried tomatoes  
1/2 cup chopped mushrooms  
1/2 teaspoon herb seasoning of your choice: Italian, Herbes de Provence etc.  
1/4-1/3 cup shredded Swiss or crumbled feta cheese  
1 tablespoon olive oil  
2 teaspoons butter

In large skillet heat olive oil. Sauté asparagus, tomatoes and mushrooms and herbs till they are tender to the bite. Remove to plate. Turn down heat a bit and melt the butter in the same skillet. Pour beaten egg into pan, swirl it around to cover bottom of pan and let it cook on low until eggs are set. Carefully flip omelet onto other side, put veggies and cheese on one half and fold the other half over to make a half moon. Cook on low until cheese is melted.

Serves: 2
UNIVERSITY APARTMENTS ASSEMBLY

What: The group of all residents living in Eagle Heights, University Houses, and Harvey Street Apartments (that means you, too!).

Why: The purpose of the Assembly is to provide a forum and structure, independent of University Apartment Housing staff, for residents to advocate for improvements and changes to University Apartments. The Assembly Board receives a monthly allotment of funds to make real changes, but we need resident involvement and suggestions to make these changes.

When: Assembly Meetings are on a Wednesday each month, at 7 p.m. (free ice cream, light refreshments, and childcare provided).

Who: All residents are invited to join every Assembly Meeting. If you would like to join the Assembly Board, please contact us at assemblychair@gmail.com.

Assembly Board. Assembly meetings are run by the Assembly Board, in coordination with Housing. Topics of concern will be introduced by the board and by housing and then time is given for general comments and concerns. Assembly meetings are the primary way that Assembly concerns are presented to the community and staff.

Several key positions on the Assembly Board remain unfilled. Please Join the Assembly Board and make a meaningful contribution to your community. Volunteers with new ideas and diverse backgrounds and primary languages are always welcomed.

Grants: The Assembly sets aside money each year to fund resident ideas. If you have an idea that would improve our community, send it in. Suggestions or questions can be directed to the Assembly board, at assemblychair@gmail.com. Previous grants include:

• Improved play equipment in University Houses
• Teen appreciation field trip
• Playgroups for children up to 36 months
• Equipment for the Gym
• CWC Girls Empowered Program aimed at engaging the young women of University Apartments
• Supplies for art, sewing, and yoga classes (taught by volunteers)

FOLLOW US ON FACEBOOK @UWApartments

ERGONOMIC GUIDELINES FOR COMPUTER WORKSTATIONS

Submitted by Eti Vainer Herrmann, Occupational Therapist

Ergonomics is the practice of fitting the job to the worker. It is concerned with how our environment interacts with our work. It also looks for ways to adjust our environment to decrease the risks of injury and illness, enhance productivity and improve the quality of our work life.

Ergonomics is important for health reasons. When a body works in a way that is not ergonomically friendly, it can create stress through awkward postures, extreme temperatures, or repeated movements. This can lead to discomfort, fatigue, pain, and over time can cause musculoskeletal disorders.

As we all know, being a student or working in a lab requires many hour of sitting in front of the computer. While most people believe it is relaxing, sitting is actually hard on the back because it transfers the full weight of the upper body onto the buttocks and thighs. Sitting, especially for long periods of time, can also cause increased pressure on the intervertebral discs—the springy, shock-absorbing parts of the spine. It’s also hard on the lower extremities since gravity pools blood in the legs and
feet and creates a sluggish return of blood to the heart.

Ergonomics seeks to combat these problems. The easiest and lowest-cost way to improve ergonomics is likely by making improvements to computer work stations.

1. **Elbow measure**: Begin by sitting comfortably as close as possible to your desk so that your upper arms are parallel to your spine. Rest your hands on your work surface. If your elbows are not at a 90-degree angle, adjust your office chair up or down.

2. **Thigh measure**: Check that you can easily slide your fingers under your thigh at the leading edge of the office chair. If it is too tight, you need to prop your feet up with an adjustable footrest. If you are unusually tall and there is more than a finger width between your thigh and the chair, you need to raise the desk or work surface so that you can raise the height of your office chair.

3. **Calf measure**: With your bottom pushed against the chair back, try to pass your clenched fist between the back of your calf and the front of your office chair. If you can’t do that easily, then the office chair is too deep. You will need to adjust the backrest forward, insert lower back support (such as a lumbar support cushion, a pillow or rolled-up towel), or get a new office chair.

4. **Lower back support**: Your bottom should be pressed against the back of your chair, and there should be a cushion that causes your lower back to arch slightly so that you don’t slump forward or slouch down in the chair as you tire over time. This low back support in the office chair is essential to minimize the strain on your back.

5. **Resting eye level**: Having the monitor directly in front of you prevents you from twisting your head and neck while viewing the screen. When you are seated comfortably, your eyes should be in line with a point on the screen about 2 to 3 inches below the top of the monitor casing.

6. **Arms while typing**: Have the keyboard tilted so your arms remain straight from the forearm through the hand during the typing process, not bent at the wrists.

7. **Close environment**: Arrange your desk so the items you use most frequently are within easy reach without having to stretch or bend for them.

8. **Talking on the phone**: Avoid holding the phone with your neck. If you use the phone frequently, consider getting a headset to reduce the stress on your neck muscles.

9. **Movement**: No matter how comfortable one is in an office chair, prolonged static posture is not good for the back and is a common contributor to back problems.

To avoid keeping the back in one position for a long period, remember to stand, stretch and walk for at least a minute or two every half hour. In general, moving about and stretching on a regular basis throughout the day will help keep the joints, ligaments, muscles and tendons loose, which promotes an overall feeling of comfort, relaxation and the ability to focus productively.
SPECIAL EVENTS

Bike Fest; Saturday, April 14, 10:00 am to 12:00 pm

UA Bike Fest is coming up in the Community Center! Free helmets for kids and lots of fun!

Teen Night Out; Friday, April 20, 4:00 to 7:00 pm

Come join us for the next teen night out! We will be bowling from 4 to 7 p.m. at the Sett in Union South. $10 per teen includes admission, bowling shoes, and transportation. Strike up some fun and sign up to reserve your lane today. Sign up at go.wisc.edu/qwn8jo.

FoodWIse Eating Smart & Being Active

Tues. AM: April 10, 17, 24, May 1, 8, 15, 29, June 5 and 12.
Wed. PM: April 11, 18, 25, May 2, 9, 16, 30, June 6 and 13.
Thurs. AM: April 12, 19, 26, May 3, 10, 24, June 7, and 14.

As a part of the University of Wisconsin Extension (UW-Extension) FoodWIse programing offers an evidence-based nutrition class, Eating Smart and Being Active. The content of the curriculum is based on the latest research findings from the 2015-2020 Dietary Guidelines for Americans and MyPlate.

This class is funded through federal grants and it is free for families with children that are 18 years and younger. The class is available to pregnant moms, dads, grandparents and caregivers of young children. Each class is about 2 hours and is designed to be taught in sequential order, building on previous lesson content. Activities include dialogue-based learning and hands-on activities. Lesson content includes physical activity, nutrition, healthy lifestyle choices, food preparation (cooking skill development), food safety, and food resources management. Pre-registering for the class via email is required. Kazoua Moua, e-mail: moua@countyofdane.com, phone 608-224-3644.

Mandarin Chinese Class, Fridays, 1:00-2:00 pm

Join to learn a language, about the culture, speak and understand Chinese for business, pleasure and travel. Class opens to all ages. This event is free and requires sign up. Visit go.wisc.edu/233z91 to sign up.

WEEKLY EVENTS

Mondays:
Zumba, 5:30-6:30 pm; Large Gym
Badminton, 6:30-7:45 pm; Small Gym
Table Tennis, 6-7:45 pm; Room 139

Tuesdays:
Soccer, 6-7:30 pm; Large Gym
Bulgarian Folk Dance, 6:15-7:30 pm; Small Gym

Wednesdays:
Basketball, 6-7:45 pm; Large Gym
Insanity Workout, 6:30-7:30 pm; Small Gym

Thursdays:
Volleyball, 6-7:45 pm; Large Gym
Bulgarian Dance, 6:15-7:45 pm; Small Gym

Fridays:
Yoga, 5:45-6:45 pm; Small Gym
Mandarin Chinese, 1:00-2:00 pm; Room 139

Saturdays:
Zumba, 9:30-11 am; Large Gym
(only take place April 21 & 28.)
Insanity Workout, 9:30-10:30 am; Small Gym
COMMUNITY CENTER
OFFICE HOURS:

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<thead>
<tr>
<th>Day</th>
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<tr>
<td>Monday</td>
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<td>Thursday</td>
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<td>Friday</td>
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<td>Saturday</td>
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CONTACT INFORMATION:

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/EaglesWing

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.

www.housing.wisc.edu/apartments-maintenance-request

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.

CONTACT US:

611 Eagle Heights
Madison, WI 53705-1501
608-262-3407
universityapartments@housing.wisc.edu

University Apartments
UNIVERSITY HOUSING
UNIVERSITY OF WISCONSIN–MADISON