Important Reminders

11/25 Lunch is the last meal before Thanksgiving Break
11/26-28 Thanksgiving Break-No Classes (Residence Halls remain open)
11/30 Dinner is the first meal provided after Thanksgiving Break
12/12 Last day of fall semester classes
12/13 Commencement
12/15-18 Final exams
12/18 Lunch is the last meal of fall semester
12/19 Residence halls close at 10 a.m.
12/19 J-term/break housing begins
12/29 Final grades available in eSIS
12/30 J-term tuition payment due
Smart Gifts to Put On Your Wish List

When it comes to making a wish list, it’s a good idea to think about things that you could use in everyday life and could help you succeed in college or after graduation. Although these items may not be as fun or as exciting as a game system or a new wardrobe, they will definitely pay off in the long run. Here is a list of some items that are must haves for your Smart Wish List:

- New Set of Tires
- Coffee Maker
- Fruit Infuser Bottle
- Membership to Netflix
- Vacuum Cleaner
- Pots and Pans
- Nice Portfolio
- Noise Canceling Headphones
- Fitness Tracker Wristband
- Hex Keys/Allen Wrench
- Business Dress Accessories
- Drawer Fresheners
- Sirius XM Radio Subscription
- Cleaning Supplies and Caddy
- UWRF Gear
  - High Quality Cooler
  - Mini Portable Speaker
  - Portable Charger
  - Suit for Interviews
- Dishes/Glassware
- Nice Set of Sheets
- Coffee Grinder
- George Forman Grill

Please note for health and safety reason, some of these items are not allowed in the resident halls. Click here for a complete list.

Article written by UWRF Student Affairs.
Don’t Let Jack Frost Come Nipping at Your Nose

The snow and cold came early this year. It’s time for sledding, skating, skiing and walks in the winter wonderland we call campus. We want you to enjoy this season but to also protect yourself from frostbite.

Frostbite is an injury to the body that is caused by freezing. Frostbite can cause a loss of feeling and color in affected areas. It most often affects the nose, ears, cheeks, chin, fingers, or toes. A frostbite victim is often unaware of frostbite until someone else points it out because the frozen tissues are numb. Look out for your neighbor and at the first signs of skin redness or pain, get them out of the cold, and protect any exposed skin. Watch for skin that has turned white or grayish, and feels firm, waxy, or numb. Seek immediate medical attention if you or your friend have any of these symptoms. If medical care is not available immediately, keep these tips in mind until you can get checked out by a health care provider.

• Unless absolutely necessary, do not walk on frostbitten feet or toes—this increases the damage.
• Immerse the affected area in warm—not hot—water (the temperature should be comfortable to the touch for unaffected parts of the body).
• Warm the affected area using body heat.
• Do not rub the frostbitten area with snow or massage it at all. This can cause more damage.
• Don’t use a heating pad, heat lamp, or the heat of a stove, fireplace, or radiator for warming. Affected areas are numb and can be easily burned.

This information is given to you with the intent not to scare you but to make you aware that frostbite can be very serious. The Centers for Disease Control’s Emergency web site states that frostbite can permanently damage the body and severe cases can lead to amputation. The risk of frostbite is increased in people with reduced blood circulation and among people who are not dressed properly for extremely cold temperatures. When outdoors wear warm clothing, such as:

• a hat
• a scarf or knit mask to cover face and mouth
• sleeves that are snug at the wrist
• mittens (they are warmer than gloves)
• water-resistant coat and boots
• several layers of loose-fitting clothing

Be sure the outer layer of your clothing is tightly woven, preferably wind resistant, to reduce body heat loss caused by wind. Wool, silk, or polypropylene inner layers of clothing will hold more body heat than cotton.

Stay dry—wet clothing chills the body rapidly. Excess perspiration will increase heat loss, so remove extra layers of clothing whenever you feel too warm.

When there are high winds, frostbite is more likely to occur, even when temperatures are only cool. The Wind Chill index is the temperature your body feels when the air temperature is combined with the wind speed. As the speed of the wind increases, it can carry heat away from your body much more quickly, causing skin temperature to drop. Most weather channels and mobile apps will give a wind chill index along with the number of minutes it will take exposed skin to become frostbitten. Click here for the CDC chart as an example, and here for more general information.

Taking preventive action is your best defense against having to deal with extreme cold weather conditions. By observing safety precautions during times of extremely cold weather, you can reduce the risk of weather related health problems. Remember to protect yourself against frostbite by wearing warm clothing that covers your skin and remove any wet clothing immediately. Limit your time outdoors. Watch for signs of frostbite among your friends, elderly adults, babies, people drinking alcohol, and others at risk. Seek immediate medical attention if you suspect someone has frostbite.

Article written by Lori Otto in UWRF Student Health Services
Tired of Boring, Old Exercise?

Are you tired of boring, old exercise?
Good! Now you have a reason to try something new!

If the idea of running on a treadmill for an hour or waiting in line to use the squat rack is preventing you from reaching some of your fitness goals, try something new like rock climbing or a group fitness class!

Rock Climbing

Rock climbing improves your cardiovascular health, helps in weight loss, and increases muscle tone, flexibility, and balance. The best part is that it is "exercise in disguise". Because the activity benefits you physically and it provides mental health benefits. More importantly, it's FUN and a great way to connect with friends and meet new ones. A great place to start is an indoor climbing wall where all the gear is provided and you have people available to help get you started, no matter your skill level.

Get out and try it: attend Open Climb at the Knowles Center Climbing Wall. View online calendar for dates and times here.

Looking to step it up and test your climbing skills? Check out the "Go Boulder Go Home" Bouldering Competition on Monday, Dec. 8, from 7 p.m. to 10 p.m. at the Knowles Center Climbing Wall. All skill levels are welcome. Prizes are awarded for each division. You'll have a chance to win climbing gear door prizes too! Preregister online here.

Group Fitness

Group fitness classes offer more than a total body workout and a ton of fun, they also provide motivation and routine so you can stick with it. Group fitness can also be a great way to push yourself further; group settings are more likely to get you to pick up the pace and challenge yourself.

UWRF offers a variety of classes from Yoga, Tai Chi, Zumba, Boot Camp, Cycling, Butts and Guts, Step Aerobics, and more! Check out the Campus Recreation page to find class times here.

Whether you have a lot of experience with workouts and fitness or if you are just getting started, you should consider taking group fitness class and/or rock climbing. The benefits can make you more fit than you ever thought possible!

Article written by UWRF Campus Recreation.