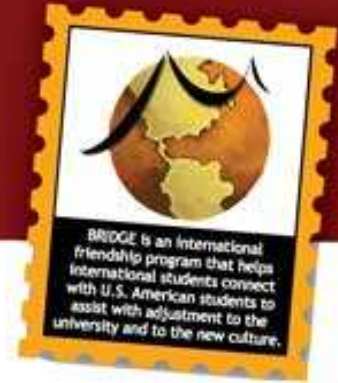


BRIDGE



Suspension Wire

BRIDGE Newsletter • September 22nd, 2009

In This Issue:

- Tips from Erika & Zhao (Restaurant Guide & Surviving Winter)
- Upcoming BRIDGE Event
- Sign up for the Field Trip!
- Upcoming Events Around Campus

Tips from Erika & Zhao

Erika's Restaurant Guide

Breakfast:

- **Café Soleil**, 25 North Pinckney Street (capitol square). *This cute and cozy café offers a variety of sweet and savory pastries, breakfast sandwiches and delicious drinks. Must Try: Almond Marzipan Croissant—worth every penny!* <http://www.lettoile-restaurant.com/cafemenu.html>
- **Sunroom Café**, 638 State Street. *In house made pastries, hot fair trade coffee & farm fresh organic eggs welcome morning guests. Also great for lunch! Must try: White Chocolate Mocha*
<http://sunroomcafe.com/default.aspx>

Lunch:

- **Mediterranean Café**, 625 State Street. *Cheap and tasty Mediterranean food, from Lebanese to Greek. Only open for lunch and they don't take credit cards. Must try: Lamb Shwarma Pita*
<http://www.myspace.com/themediterraneancafe>

Dinner:

- **New Seoul**, 2503 University Ave. *Authentic Korean food, reasonably priced and really close to my apartment! ;) Must try: Bibimbap (The word literally means "mixed meal." Bibimbap is served as a bowl of warm white rice topped sautéed and seasoned vegetables, a fried egg and sliced meat. The ingredients are stirred together thoroughly just before eating)*
- **Café Continental**, 108 King Street. *Critically acclaimed European cuisine & Italian Specialties. A bit pricey, but definitely worth it. A cheap way to go is to share a few appetizers with a friend! Must try: steamed mussels in white wine sauce for an appetizer and Crème Brulée for dessert!*
<http://www.znbar.com/>

Zhao's Surviving Winter Tips

Hi guys!

How are you doing? Winter is coming real soon! And here are some things you should have to stay warm in the winter especially when you walk to classes.

Layering

1. Wicking layer: This is the layer worn next to your skin, usually consisting of long underwear.
2. Insulating layer: This middle layer includes sweaters, sweatshirts, vests and pullovers. The purpose of this layer is to keep heat in and cold out, which is accomplished by trapping air between the fibers
3. Protection layer: The exterior layer, generally a shell and pants, serves as your guard against the elements of winter. It should repel water from snow, sleet or rain and block the wind, while also letting perspiration evaporate.

One advantage of layering is that you can take off a layer anytime when it gets warm!

Other Accessories

Hat, Ear Muff/Ear Warmer, Scarf, Gloves, Waterproof Shoes, Socks.

With all these, you are ready for winter! Be prepared, as Wisconsin's winter is really cold, especially for those international students who have not experience winter.

Some useful links

http://seniorliving.about.com/od/healthnutrition/a/stay_warm.htm

<http://www.wikihow.com/Keep-Warm-During-Winter>

Upcoming BRIDGE Event

Yellow Teams' Olympic Games @ the Madison James Park ([map of location](#))



Wednesday, September 30th, 2009 from 5:30-7:30pm

Agenda:

Friendly competition between the BRIDGE teams with the help of ALPS! Dress warmly in case it gets chilly by then. Indoor room (in case of rain) TBA, keep your figures crossed! And bring your own dinner if you think you'll get hungry, otherwise we'll have drinks and snacks! ☺

Anyone is welcome to join!!

Please respond to our Evite which we will be sending out tomorrow and hope to see you there!!!

Field Trip Sign up

The deadline to sign up for the field trip to *10 Chimneys & the Milwaukee Public Market* on Oct. 24th is **Friday, October 9th**. Please come to the ISS office to **sign up and pay**-- ask for Erika, her work schedules are as followed:

Monday: 10-1pm and 2:30-4:30pm
Tuesday: 12:30-2:00pm
Wednesday: 10-1pm
Thursday: 12:30-2pm
Friday: 9am-1pm

Amount Due: \$30.00

Upcoming Events around campus

1. **Planes, Trains and Automobiles: Transportation in Madison.** Tonight! 6:30pm-8pm in the MSC Lounge, Red Gym. *Come learn about how you can gain regular access to a car or buy an inexpensive bicycle. We'll cover bus routes, car programs, and much more in this lively, interactive session.*
 2. **Fall Campus Contra Dance.** Thursday, October 1st 8:00pm-11:00pm in Memorial Union. *Nina, from GGAPP, has invited everyone to a fun night of live Celtic music and dance! **Cost: free!** Contra dancing is an American folk dance that is easy to learn, and the caller teaches each dance.*
 3. **International Conversation and Coffee Hour.** Every Friday, 12-2:00 pm at Browsing Library, Memorial Union, 2nd floor. *Share in conversation, laughs, and yummy food and refreshments among a diverse group of people with international interests. Everyone is welcome!*
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BRIDGE International Friendship Program
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“SUSPENSION WIRE” contains information specifically for UW-Madison students participating in the BRIDGE International Friendship Program. It is published twice a month throughout the semester

