# J-1 SCHOLAR NEWS — OCTOBER - NOVEMBER 2020



"It's okay if you were hopeful last week, but are afraid this week. Neither emotion invalidates the other, and neither makes you weak or foolish." Elizabeth Hinkle, Talkspace Therapist

# Upcoming Holidays

#### October 31st—Halloween

Halloween in the U.S. is celebrated by children and adults dressing up in scary or silly costumes. Children go from house to house saying "trick or treat" and collecting candy. This year, families can still enjoy a safe celebration, by leaving individual grab bags or cups filled with candy outside for children to take for a contact-free solution.

#### November 11th—Veterans day

A day that honors military veterans, who are those that have served in the United States Armed Forces.

#### November 28th—Thanksgiving

A celebration of blessings and to give thanks, especially for the harvest. A traditional American Thanksgiving feast includes a turkey just as the pilgrims had it.







Have a safe and a healthy fall season!

## COVID-19 Resources:

Please find updated information regarding COVID-19 orders, recommendations and guidance:

#### • UW—Madison campus:

https://smartrestart.wisc.edu/dashboard/

Dane County:

https://www.publichealthmdc.com/coronavirus

• United States Center for Disease Control and Prevention:

https://www.cdc.gov/coronavirus/2019-ncov/ index.html

### SAFE EVENTS AND ACTIVITIES

Apple Orchards & Pumpkin Patches

 Wisconsin is a great place for apple picking, with many picturesque apple orchards around Madison. In addition, most farms offer hay rides, farm tours, petting zoos, cider sampling, corn mazes, and pumpkin carving.

https://vacationidea.com/wisconsin/apple-orchards-nearmadison-wi.html

#### Olbrich Botanical Gardens

- Stroll through 16 acres of outdoor display gardens, open daily and free to the public. The outdoor gardens offer breathtaking displays all year long, with hundreds of colorful asters and mums alongside swaying ornamental grasses in fall.
- Open Tuesday-Sunday from 12:00 PM—6:00 PM

http://olbrich.org/visit/hours.cfm

#### Visit Madison by Bike

 Borrow an electric BCycle and safely discover natural wonders around Madison. Madison has a plentitude of trails where you can set your sights on some of the most picturesque trails in town.

https://www.visitmadison.com/things-to-do/outdoors-and -recreation/biking-and-hiking/top-10-trails/

#### https://madison.bcycle.com/

Fall Hike at Devil's Lake

One of the best places in the state to enjoy the full "Colorama" experience. With several trails to hike, visitors can admire the spectacular fall foliage, the outstanding surrounding bluffs and the view of the glacier-formed lake. Camping, kayaking, and climbing available, too.

#### https://www.devilslakewisconsin.com/

Music Events at Garver Feed Mill

For "garvering," aka socially-responsible gathering, refreshing beverages, delicious food, and the arts in a safe, clean, and touchless environment visit the Garver Patio.

http://www.garverfeedmill.com/garver-event-calendar/

