Mopping after vacuuming can remove any lingering allergens and improve indoor air quality.

As winter wears on, it's not uncommon for people living in cold weather climates to experience some cabin fever. Winter weather confines many people to their homes, making many antsy to get out once the first signs of spring begin to appear. In addition to contributing to cabin fever, winter weather can have a negative impact on indoor air quality. While air pollution is something most often associated with densely populated cities, the air inside homes is not immune to pollution, especially during long winters when windows are often closed for months at a time. Though open windows in spring and summer can vastly improve indoor air quality, there are ways to ensure that air stays fresh and healthy regardless of which season it happens to be.

1. **Clean the floors.** Dirty floors are one of the chief contributors to poor indoor air quality. Dust, dirt, pollen, and pet dander can accumulate on floors, leading to poor air quality and potentially aggravating respiratory conditions such as asthma. When vacuuming, use a vacuum with a HEPA filter, which is a uniquely designed mechanical air filter that traps harmful particles such as pollen, pet dander and dust mites. When you finish vacuuming, mop floors to gather any dust or allergens that escaped the vacuum.

2. **Control indoor air moisture.** Moist air is great for dust mites and mold, both of which are very bad for humans, so do everything you can to maintain healthy levels of indoor air moisture. Dehumidifiers can reduce indoor air moisture and control allergens, but it’s important to take additional steps as well. When bathing, try to keep a bathroom window open on a slight crack to prevent mold growth. When preparing meals in the kitchen, make use of your exhaust fan. In addition, don’t overwater houseplants, as they can become breeding grounds for mold.

3. **Resist synthetic fragrances.** A home that smells good tends to feel more pleasant, especially during winter months when windows are closed. But synthetic fragrances, such as those found in detergents and air fresheners, may be providing that welcoming scent at a heavy cost to a home’s inhabitants. Such fragrances may be emitting various chemicals, including volatile organic compounds, or VOCs, into the air, affecting indoor air quality and possibly even human health. When buying laundry products, look for those that are fragrance-free, also choosing home cleaning products that do not include any artificial fragrances.

Indoor air quality tends to suffer in colder months, when windows are closed and doors are open only briefly. But homeowners can take a handful of simple yet effective steps to ensure the air in their homes is healthy all year long.

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3 ways to improve indoor air quality all year long
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**Historical society hits a home run with new sports and recreation exhibit**

During a historic year for sports in Milwaukee, the Milwaukee County Historical Society announces its 2018 feature exhibition, Back Yard to Big Leagues: Milwaukee’s Sports and Recreation History. Exploring Milwaukee’s exciting and extensive sports and recreation history, the exhibit will be on display from Jan. 18 to Apr. 27 (with a smaller version through the summer) at the Society’s Historical Center, 910 N. Old World Third St., Milwaukee. Featuring rare photographs and artifacts from the collections of the Historical Society, private collectors and major league sports teams, the exhibit is sure to score with people of all ages and is

See “EXHIBIT” PAGE 5

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**Free ice-fishing clinics for kids at 6 park lagoons Feb. 10**

Members of local fishing clubs will teach children the basics of ice-fishing at the 27th Annual Ice-Fishing Clinics for Kids, Saturday, Feb. 10, from 9 a.m.–3 p.m., at six Milwaukee County Parks lagoons.

Children age 15 and under are invited to hands-on clinics featuring safety on the ice, use of ice fishing equipment, fish identification, regulations, and knot tying. Some locations will offer cleaning and cooking demonstrations. Fishing equipment will be furnished. The indoor instructional component of the program will go on no matter what the weather; the ice-fishing component is dependent upon the weather and ice conditions at the park. Sessions run continuously throughout the day, with the last sessions beginning at 2 p.m.

Young children must be accompanied by an adult. Parents are reminded to dress their children in warm layers.

Registration is not required for families, but groups of 20 or more are asked to contact the Wisconsin DNR.

Parks hosting clinics are the following: Brown Deer Park, 7835 N. Green Bay Road; Dineen Park, 6901 W. Vienna Ave.; Humboldt Park, 3000 S. Howell Ave.; Kosciuszko Park, 2201 S. 7th St.; McCarty Park, 8214 W. Cleveland Ave.; and Scout Lake Park, 5902 W. Loomis Rd. (wheelchair accessible).

Clinics are presented by the Milwaukee County Parks, the Wisconsin DNR, the Wisconsin Council of Sport Fishing Organizations, and the Hunger Task Force Fish Hatchery.

For more information, or for groups of 20 or more, call the Wisconsin DNR at (414) 382-7923.
There is significant evidence that engagement in sports and recreational activities can build stronger communities, and in Milwaukee this has been the case for generations as it is today. Whether it is playing sports, participating in recreational activities, or cheering on our local teams, Milwaukeeans love sports of all types. Curator Ben Barbera named the exhibit "Back Yards to Big Leagues" to recognize the fact that Milwaukee has a deep history of sports and recreation from the neighborhood level through to major league sports. "This exhibit certainly covers the major professional sports teams we love today, but also looks at college sports, amateur and youth sports, and active recreation," said Barbera. People will be able to immerse themselves in Milwaukee's sporting history through artifacts, photographs, documents, and audio and visual media. And, importantly, there are ways to actively participate in the exhibit through interactive components making a visit fun and informative. "When choosing the exhibits that we offer, we choose topics that are relevant to Milwaukeeans today," said Mame McCully, executive director of the Milwaukee County Historical Society. "What better year to feature Milwaukee's sports and recreation history than the year our new arena opens, as we say goodbye to the Bradley Center and as our Milwaukee Bucks celebrate their 50th anniversary," she continued. It is a time where Milwaukee sports and their future are at the forefront of people's minds. This exhibit will connect visitors with the past through a topic that is very relevant to them now and in the years to come.

Back Yards to Big Leagues will be available to the public Monday through Saturday, 9:30 a.m. to 5 p.m. and will be on display until April 27. Admission for adults will be $7 per person and children 12 and under are free. A variety of special events related to the exhibit will be open to the public including happy hours, lectures and book talks, a family day, and other sports-focused events. The exhibit was made possible through the support of sponsors including Aurora Health Sports, Milwaukee Admirals, Milwaukee Bucks, Milwaukee Brewers Baseball, and the BMO Harris Bradley Center.
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