

FEBRUARY 2017

# BayLeaves

The Official News Magazine of the Village of Whitefish Bay, Wisconsin

## CiCi & Al Koschnick Prove That True Love Never Grows Old



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**PUBLICATION TEAM**



Publishers: Christa Banholzer and Kathy Durand  
 Content Coordinator: Christine McBride  
 Designer: Colleen Cullerton Dunkel

Contributing Photographer: Linda Smallpage, Boutique Photographer

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Christa Banholzer at cbanholzer@bestversionmedia.com

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Have feedback, ideas or submissions? We are always happy to hear from you! Deadlines for submissions are the 20th of each month. You may also email your thoughts, ideas and photos to Christine McBride at cmcbride@bestversionmedia.com

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Content Due	Edition Date	Content Due	Edition Date
November 20	January	May 20	July
December 20	February	June 20	August
January 20	March	July 20	September
February 20	April	August 20	October
March 20	May	September 20	November
April 20	June	October 20	December

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Village Hall .....	(414) 962-6690
Public Library .....	(414) 964-4380
Dept. of Recreation & Community Education .....	(414) 963-3947
Whitefish Bay School District .....	(414) 963-3921

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**Dear Residents,**

Five years ago, we lost my beloved grandfather, Charles, very unexpectedly. For me, the most difficult part of the ordeal, was witnessing my grandmother face the world without her soulmate. They had been married over 50 years, and even after all that time, would always be holding hands, and still had a twinkle in their eye when with the other. Almost four years ago, when we moved behind our feature couple, CiCi and Alan Koschnick, I could immediately see that they shared the same love and respect for each other that my own grandparents had. Aside from being wonderful neighbors, who have saved my dog a time or two, they truly are the sweetest couple, and have been together for almost 60 years. I hope you enjoy their story, but more importantly, I hope you take the time to tell those you love how much they mean to you. Below is a picture of my grandparents with my husband and I at our wedding reception from 2008, and luckily we are still happily in love as well. For those wondering, yes, my son who is nicknamed Chip, is actually named Charles, after my grandfather.

Cheers,

**Christine McBride**

Content Coordinator

cmcbride@bestversionmedia.com



**EXPERT CONTRIBUTORS:**

To learn more about becoming an expert contributor, contact Kathy Durand at (262) 716 4788 and kdurand@bestversionmedia.com, or Christa Banholzer at cbanholzer@bestversionmedia.com



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### Whitefish Bay Senior “55 and Better” Programs . . . In the Community for the Community

By Carolyn Noori, Senior Program Supervisor for Recreation and Education Department for the WFB School District

#### Tour

**March 15 - Growing Power - Milwaukee’s Urban Farm**  
Tour of the award winning sustainable urban farm! Buy your vegetables, herbs, fish and eggs! Depart Lydell at 12:45pm and return at approximately 3:15. Cost: \$15.00 includes transportation.

#### Luncheons and Entertainment Series

**Tuesday, February 28-** Show tunes entertainment by our very own WFB resident, Kristen Fischer! Menu: Meatball mostaccioli, mixed zucchini, salad, garlic bread, chocolate cream pie, milk and Starbucks coffee. Cost: \$9.00. Pre-registration is required one week in advance.

#### Learning Never Ends

**Feb 8 - Volunteer Hospice Training**  
1:00-2:00pm  
Learn how to become a Wheaton Franciscan hospice volunteer. Presented by Wheaton Franciscan staff.

**Feb 15 - Financial Strategies**  
1:00 - 2:00pm  
**Options for the life-change financial decisions.** Presented by Thrivent.

**Feb 20 - Alzheimer’s**  
1:30 - 2:30pm - Rm 19

**Feb 21 - Alzheimer’s**  
6:30 - 7:30pm - Rm 19  
**Learning, coping and surviving as a caregiver.** Presented by former Gov. Martin J. Schreiber and Cathy Breitenbucher, co-authors of the book, *My Two Elaines*.

#### Free Blood Pressure Clinic at Lydell

**February 28,**  
1:30 -2:30pm, Room 15



Please pre-register for ALL events. Whitefish Bay Recreation Department. Contact Carolyn.noori@wfbschools.com or 414-963-3992

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# WHITEFISH BAY RECREATION DEPARTMENT AND COMMUNITY EDUCATION

Carin Keland, Director of the Recreation and Community Education Department for the School District of Whitefish Bay

## Winter/Spring Program 2017 Youth Work and Volunteer Opportunities - Recruitment Begins Now!

The summer of 2017 is kicking off with our Bay Volunteer program (youth must be entering 9th grade in 2017 to be eligible) and training program called, Counselor-in-Training (CIT) for incoming High School Seniors. Trainees and Volunteers will be placed at the one of the youth summer day camps. If you are a teen, like to have fun and love working with kids, we need you! Application packets for both programs can be found at the WFB High School and the WFB Recreation and Community Education office. Application deadline is March 23rd.

## Youth Free Throw Contest Love Basketball?

All WFB Youth grades 3rd-8th are invited to participate in the WFB Recreation and Community Education Department's Annual Youth Free Throw Contest. The contest is held at the WFB High School on Saturday, February 15 at 11:30am.

The winners of the Whitefish Bay contest will compete in a County Wide Free Throw Contest held at West Allis Central High School on Saturday, March 18th at 9:00am. This is a great FREE community event. All participants must be pre-registered by February 15th. Registration materials are available in the Winter/Spring Recreation Guide, online or at the Lydell Community Center.



## NORTH SHORE HEALTH DEPT.

### American Heart Month

By Lori Ahrenhoerster, Public Health Manager

Valentine's Day isn't the only heart-related celebration in February. Since 1964, February has also been known as American Heart Month, a time to raise awareness of cardiovascular diseases, including heart disease and stroke. Heart disease is the leading cause of death for men and women in the United States. Every year, 1 in 4 deaths are caused by heart disease. However, heart disease and other cardiovascular disease can often be prevented by making healthy choices and managing your health. Some of the healthy lifestyle changes include many of the things that people make New Year's resolutions about. Renew your resolutions this month and protect your heart at the same time. Some tips:

- Watch your weight: Calculate your personalized healthy body mass index (BMI) at [tinyurl.com/BMIcalculatorCDC](http://tinyurl.com/BMIcalculatorCDC).
- Quit smoking and stay away from secondhand smoke: Find five steps to quitting at [www.smokefree.gov/steps-on-quit-day](http://www.smokefree.gov/steps-on-quit-day).
- Control your cholesterol and blood pressure: Check your levels, keep up with medical appointments, and take medications, if prescribed.
- If you drink alcohol, drink only in

moderation: Moderate consumption is up to 1 drink per day for women and up to 2 drinks per day for men.

- Get active: Start off the month by walking 15 minutes, 3 times each week. By mid-month, increase your time to 30 minutes, 3 times each week.
- Eat heart-healthy and lower salt: Include a variety of fruits and vegetables, whole grains, low-fat dairy products, skinless poultry and fish, nuts and legumes and non-tropical vegetable oils in your diet.

The North Shore Health Department offers adult health risk screenings, which include cholesterol and blood pressure checks, at both locations. Call 414-371-2980 to make an appointment. The cost is \$30.

### February 2017 Clinic Dates:

Upcoming Immunization Clinics (appointment required) - Please call the North Shore Health Department for an appointment at 414-371-2980.

**Thursday, February 9th**  
3:00-4:30pm—Shorewood

**Tuesday, February 14th**  
10:00-11:00am—Brown Deer

**Wednesday, February 15th**  
3:30-4:30pm—Brown Deer

**Tuesday, February 21st**  
7:30-9:00am—Shorewood

**Tuesday, February 28th**  
3:30-4:30pm--North Shore Library

### Upcoming Adult Health Clinics (appointment required)

– Blood analysis for cholesterol, glucose and triglycerides, blood pressure, weight check and a nurse consultation. Please call the North Shore Health Department for an appointment at 414-371-2980. Wednesday, February 15th– 8:00-10:00am – Brown Deer Tuesday, February 28th – 8:00-10:00am – Shorewood

### Upcoming Blood Pressure Screening (walk-ins welcome – no appointment necessary – no charge)

**Wednesday, February 22nd** –  
3:30-4:30pm--Shorewood

### New locations coming soon—

Contact us if you have a location for blood pressure screenings in one of our seven communities.



BY KATIE KIEKHAEFER, HEAD OF YOUTH SERVICES AND  
SCOTT LENSKI, COMMUNITY & ADULT SERVICES LIBRARIAN

## **Crafternoons: Crafts for Adults**

February 10, 1:30pm Folded Book Art For this Valentine's Day inspired craft we'll take old hardcover books and fold them into hearts. This program will show you the mark and fold method which can be used to make all types of folded book art using free templates online. Space is limited, registration is required.

## **Whitefish Bay TALKS with Paula Penebaker**

Thursday, February 16, 6:30pm Join us for a discussion with Paula Penebaker, President and CEO at YWCA Southeast Wisconsin. Check the library's website for more information about this program and to register. Edible Book Festival Wednesday, February 22, 6:00-7:30pm The Edible Book Festival returns! Join the fun and create a food entry inspired by your favorite books. The only rule: your entry must be made from food. Entries must be registered by February 20. On the day of the festival, all our welcome to stop by and vote for the winners. Winners will be announced at 7:30pm.

## **5th Annual Writing Contest**

January 16-February 13 Friends of Whitefish Bay Library are holding a writing contest. Submission categories include short story (1,000 words or less), memoirs (1,000 words or less), and poetry (200 words or less). The contest is open to anyone 16 and up. Submissions will be accepted from January 16-February 13 and are limited to one entry per person per category. Cash prizes will be awarded in mid-March. Please include a cover page on your entry with the following: Name, address, email, phone number, and entry date.

Drop off entries in person at the Adult Services Desk or mail them to: Friends of the Whitefish Bay Library Writing Contest 5420 N Marlborough Drive Milwaukee, WI 53217 Smart Cookie Club: Bridges Tuesday, February 7th from 4:00pm-5:00pm Grades K4-2nd. Registration begins January 24th Bridges: how do they work? What makes them strong? Make your own with a variety of materials and see how much weight it can hold.

## **Coding for Kids: In Real Life**

Wednesday, February 15th from 4:00pm-5:00pm Grades 3rd-5th. Registration begins February 1st Step away from the computer and learn coding techniques and concepts in real life.

## **Toddler/Preschool Obstacle Course**

Saturday, February 11th from 10:00am-noon All ages. No registration required. Cabin fever getting your little one down? Get some energy out at our obstacle course. We'll have a course perfect for working on gross motor skill development.



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# Ask the fire department... Why does a fire engine come when I call for a medical emergency?



By Lieutenant Dan Tyk, North Shore Fire/Rescue,  
EMS Manager & Community Relations Officer

One of the most commonly asked questions by the community at block parties and firehouse tours is: Why does a fire engine or truck come when I call 9-1-1 to report a medical emergency? This is a great question, and the answer is actually probably much simpler than you might think.

The simple answer is that all of our personnel are trained to at least the Emergency Medical Technician-Basic level (EMT-B). This means that every one of our more than 90 sworn personnel is licensed at minimum as an EMT-B in the State of Wisconsin. EMT's are trained to provide basic life support (BLS) level care. This includes airway management, splinting and bandaging of wounds, CPR & defibrillation, bleeding control and administration of some basic medications. These providers may be riding on one of our ambulances or even a fire engine or ladder truck.

In addition to the EMT-B's, about one third of our personnel are trained to the Paramedic level (EMT-P). Paramedics are the highest level of pre-hospital emergency care in the area. These members are trained above the EMT-B level to provide advanced medication therapies, start and manage intravenous lines (IV's), place advanced airways, perform invasive procedures to treat



a collapsed lung or remove fluid from around the heart, provide advanced assessment of cardiac rhythms and more. Like our EMT-B's, when staffing permits, you may find some of these paramedic providers riding on our fire engines or trucks in addition to on our ambulances. Additionally, some more critical emergencies may require some extra hands, so our dispatchers may send some additional resources (another ambulance or fire engine/truck) to the scene to assist.

Therefore, the long answer to the question at the start of the article is this: our goal is to get the right care providers to your side during your emergency in order to begin stabilization and treatment. If that means that the fire engine who might happen to be just down the street responds in addition to our ambulance that can transport you to the hospital, then that is what we'll do. As an organization, we pride ourselves on providing timely, patient centered, and professional emergency care to all those who live, work and visit the seven communities we are proud to serve.

*Do you have a question you'd like answered about a service or program we provide? Feel free to submit them via our website at [www.nsfire.org](http://www.nsfire.org), or email them to me at [dtyk@nsfire.org](mailto:dtyk@nsfire.org).*

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# Adorable Koschnicks

## Share a Love Story for the Ages

In a world of swiping left or right on a phone app for a potential connection, it is refreshing to meet a couple that has been together almost 60 years, and are truly the definition of soul mates. CiCi and Alan (Al) Koschnick, share a love, respect, and affection that will draw you in, and make you wish for this type of loving relationship. The perfect pair first met on February 3, 1958 when both were attending University of Wisconsin-Milwaukee. The date is also significant because it marked Al's first day attending UWM after serving four years in the U.S. Navy. Even now, almost six decades later, the couple still celebrates the anniversary of their first encounter every February 3rd.

In true 1950s style, CiCi and Al went to a Sock Hop for their first official date. "Al knew all the latest Jitterbug steps and we both loved to dance, so from there our romance began," CiCi said sweetly, while blushing. The couple were married in 1959, and moved to their house in Whitefish Bay 42 years ago. "When we first made the big

move from Shorewood to Whitefish Bay, we were one of the younger families on the block. Now we rank among the seniors of the block, and have enjoyed seeing the families grow up over the years," said Al. Come Halloween, a trip to the Koschnick house is a must, because the pair always dress up as a witch and a warlock, greeting neighborhood children and laughing with them as they are asked to perform tricks for a treat.

Al proudly served our country in the U.S. Navy, and this past September took part in the Stars and Stripes Honor Flight to Washington D.C., which became a family event when the entire family joined to surprise Al upon his return flight home. Their family consists of three adult children, Randy, Kim and Eric, all of whom are married with children of their own, making CiCi and Al the grandparents of eight grandchildren ranging in age from 14 to 30-years-old. This past year CiCi and Al even welcomed two great grandchildren. Neighbors can often hear fun family parties

going on in their backyard, typically to celebrate a wedding, monthly birthday gatherings, or new baby entering the family.

For over 20 years, Al worked for a company that eventually merged with Johnson Controls, and worked his way up to become a Marketing Services Manager. Following that, he became a residential realtor in the North Shore for 15 years. "He did such a wonderful job helping people with all different stages of their lives. Our children joked that his personality really opened up once he became a realtor," said CiCi. Many area residents will recognize CiCi since she volunteers at the Audubon Nature Center preschool. For over two decades CiCi taught at Indian Hill school in Fox Point, but her true shining personality comes out when performing her famous puppet shows. "Growing up my cousins and I would do backyard puppet shows. Then in high school we started performing for birthday parties, and in 1958 the Milwaukee Journal wrote a story about our budding little business. At the same time, WISN-TV was looking for local talent for new children's shows, and after an audition, hired us on to perform a daily puppet show. It was called "Punky and His Pals" which aired for five years, and this was back when television only came through in black and white," said CiCi. The almost 8 foot-tall puppet stand is still in the basement of CiCi and Al's house and through the years the grandchildren have taken on performing shows.

Almost daily CiCi and Al can be spotted walking along Lake Drive for their conversation walks with each other. Their current hobbies include sailing, biking, walking, but mainly enjoying time with their family. "Sailing is a large part of our current lives. For years Al was a volunteer sailing instructor, and we are now active members at the Milwaukee Community Sailing Center. On summer days with soft breezes, there's no place we would rather be than on the water sailing," said CiCi. The couple also loves learning more about their heritage, and even traveled to Norway and Croatia to trace their roots. While they have been in their house for over four decades, many items within the house have been family heirlooms passed down for many generations. They still have the original trunk and cloak that CiCi's grandmother wore when immigrating to the US from Norway in 1903. In the backyard is a gorgeous white bench, that was originally built by CiCi's grandfather,

Story By Christine McBride | Photos by Boutique Photographer, Linda Smallpage

that Al has since restored for his love CiCi, to sit and enjoy conversations on together.

Yearly family traditions are strong in the Koschnick household, with two favorites being the grandchildren's gingerbread house competition, and kite day in May. For over two decades, all of the grandchildren gather at CiCi and Al's house on Christmas Eve and each decorate their own gingerbread house. Later in the evening their parents return and guess who made which gingerbread house. It is a tradition so loved by the grandchildren that even as adults, they still clear their schedules to attend the gingerbread house making event. Of course being such a dear grandmother, CiCi bakes all of the gingerbread house pieces needed herself. Then in May, the yearly kite day takes place. This tradition started many years ago, when CiCi turned 50, and requested the family got together and flew a kite. "The first year everyone had so much fun celebrating our wonderful CiCi that it become a yearly tradition. Every May 20th we gather family and friends to go fly kites to celebrate another trip around the sun for my lovely wife," said Al.



CiCi and Al show what a true loving marriage should be. In the fast-paced world we live in, it's nice to know that couples still go for daily walks to have conversations with each other, and genuinely put their spouses happiness ahead of their own. ●

**Do you know a neighbor who has a story to share?** Nominate your neighbor to be featured in one of our upcoming issues! Contact us at [cmcbride@bestversionmedia.com](mailto:cmcbride@bestversionmedia.com).

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*We'd like to thank Molly Judge for bringing you this month's cover story.*



## For Over 65 Years **BAYSHORE DENTAL** Provides Gentle & High Quality Care By Christine McBride | Photos by Liz Doering

For a large portion of society, going to the dentist is not considered the highlight of their day. There can be great anxiety over getting routine teeth cleanings, and some wait months to fix problems such as cavities and crowns claiming they don't have time for long dentist appointments. At Bayshore Dental, Dr. Mona Patel changes that preconception by offering gentle, efficient, high quality dental care for her patients.

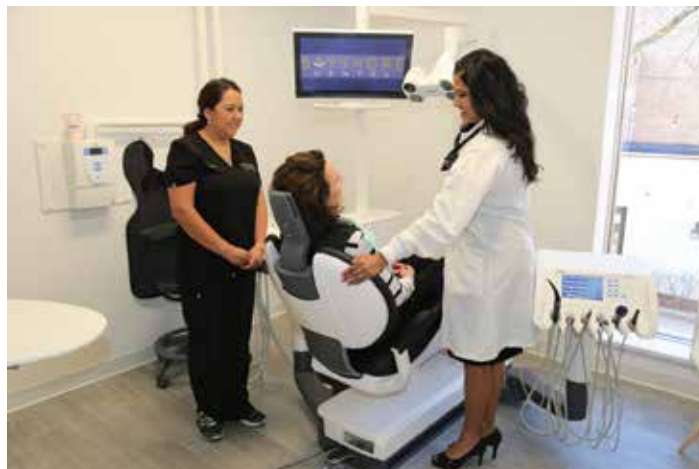
The practice was first established over six decades ago by Dr. Robert Peterson in Whitefish Bay. Eventually, Dr. William Toburen took over the practice and continued to raise the standard of patient care for over 30 years. In 2013, Dr. Patel became the 3rd successor of the practice when she took over. While decades span between them, the vision of Dr. Peterson and now Dr. Patel remain the same: of providing a high standard of patient care while integrating new clinical techniques. "My goal is to build on the already strong, trusted relationships with our patients

and community, but also to modernize the clinic with state-of-the-art technology to enhance our patient experiences," said Dr. Patel. A key example of these new digital tech improvements by Dr. Patel is how Bayshore Dental can now complete a crown from start to finish in simply one appointment using CAD/CAM technology, when previously that procedure would take 2-3 appointments spanning a few weeks.

With Dr. Patel taking over the practice, she has retained all of the dental team members, many of whom have been working there for over 30 years and have

treated the mouths of over 4 generations of Whitefish Bay and Fox Point families. "Building lifelong relationships are one of the aspects of dentistry which drew me to the profession. I could utilize my interests in the clinical sciences to directly treat oral disease and also inform patients on good oral care habits. Being able to improve someone's smile and helping regain confidence, or alleviating severe pain in the mouth is extremely rewarding for me. Our practice philosophy is that we treat the whole person, not just their tooth, and in doing so, we have built amazing relationships with our patients by getting to know them well," said Dr. Patel.

This past November, Bayshore Dental opened a brand new clinic that utilizes completely enhanced digital dentistry with new equipment. Dr. Patel and her husband, Dr. Parag Patel, who is an interventional radiologist at the Medical College of Wisconsin, invested in and completely gut renovated the 400-402 East Silver Spring building. They named it





the Ramlal Building, a dedication to their grandparents and parents. "The naming of the building was a tribute to our parents and grandparents for their sacrifices and hard work ethic, which has provided opportunities for this generation of our family. We truly have enjoyed collaborating with the Village of Whitefish Bay to update the block and getting to know fellow small business owners within the community. I am so pleased to see the sense of comradery and support between fellow business owners, which fuels my belief that the new Bayshore Dental office is located in the best neighborhood," said a smiling Dr. Patel.

To learn more about Bayshore Dental please visit [www.bayshoredds.com](http://www.bayshoredds.com) or call 414-332-6010. ●

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**Early Release Day:**

Friday, February 24, please see individual school communications for exact time at your school.

**Alumni**

Are you a Whitefish Bay alumni? If you have good news to share we would love to hear from you! Please email: [districtnews@wfbschools.com](mailto:districtnews@wfbschools.com)

**Upcoming Music Events**

Sunday, January 29 @ 1:30 pm,  
High School Orchestra annual Music for Munchkins concert

Friday & Saturday, February 3-4 @ 7:30 pm,  
High School Band Cabaret

Wednesday, February 15 @ 5/30/6:30 pm,  
Cumberland K5 & 1st Grade Concert

Friday-Sunday, February 24-26 @ 7:30/2:00 pm,  
High School Musical



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and look for the ticket link. Tickets are \$12 and \$8 for students and seniors.



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## WHITEFISH BAY GARDEN CLUB

Submitted by Jill Griffee Ross, Publicity Chair

The Whitefish Bay Quilts in the Garden Walk will showcase a diverse array of Whitefish Bay gardens that are environmentally and pollinator friendly. The beauty and bounty of the gardens will be enhanced by the artistry of area quilt makers whose designs and color palettes reflect the nature and whimsy in each garden. Here is a sneak peak at one of the gardens on our Walk.



This garden is a haven from the busy world created by a natural barrier of trellises and vines buffering the yard from neighboring homes. The urban yard contains several different gardens that add diversity, year round interest, and encourage wild life such as ring-necked pheasant, deer, fox, coyote, and owls. Perennials that incorporate native plants and attract bees and butterflies predominate the garden. The owners promote environmental sustainability by using the natural tendencies of the yard to create a rain garden in a wet area. The beauty of the garden is brought indoors by flowers from a cutting garden.

Watch for future “sneak peeks” of gardens to be featured on our Quilts in the Garden Walk, set for Sunday, July 23rd, 2017.

Visit us our website of Facebook page for more details.  
[www.whitefishbaygardenclub.weebly.com](http://www.whitefishbaygardenclub.weebly.com) or  
[www.facebook.com/whitefishbaygardenclub](http://www.facebook.com/whitefishbaygardenclub).

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# Whitefish Bay

## Business Improvement District



## Do you feel the love, Whitefish Bay?

BY KAREN MATHU, EXECUTIVE DIRECTOR,  
WHITEFISH BAY BUSINESS IMPROVEMENT DISTRICT

This Valentine month we are thinking about loved ones and the many things we love to do in Whitefish Bay!! Here are some great ways to show your love of friends, family, and neighbors.

- Frame your favorite holiday photo at the Great Frame-Up.
- Sign your kids up for math help at Mathnasium.
- Enjoy a latte at Stone Creek.
- Indulge in a facial at Indulge Studios.
- Pair a flavored olive oil from Oro di Oliva with some scrumptious Breadsmith bread.
- Try a new comfort food recipe with spices from Penzeys.
- Splurge on a couple's massage at Massage Envy.
- Get a mani-pedi at Eleta Salon.
- Go sledding at Cahill Park.
- Shop some great outdoor gear at Yellow Wood.
- Head over to MOXIE for a great meal.
- Select something lovely at Minoan Intimate Apparel.
- Plan a party with the perfect invitations from Three Wishes.
- Perk up your home with something selected at Fringe Home Furnishings.
- Sign up at Fitness Together and keep that New Year's resolution.
- See what's new from New York at New Options Boutique.
- Have your next coffee klatch at City Market.
- Get hot ham and rolls on Sunday at Regina's Bay Bakery.
- Get a new look at Harpo's Salon.
- Try a new fitness work out at 9Rounds, Balance Fitness, Park View Pilates or Pure Barre.
- Schedule that dental appointment at Bayshore Dental!
- Take a selfie in the snow.
- Pamper yourself at ReFresh Aesthetic Center.
- Shop at Schwanke-Kasten Jewelers... get her what she really wants for Valentine's Day.
- Get a new board at Erik's Bike and Board shop.
- Select something sweet for your Valentine at Winkie's old fashioned candy counter.
- Let the kids climb into a rocket at Roman Candle Pizzeria.
- Shop for your spring break wardrobe at Navy Knot.
- Buy flowers for a neighbor at Sendik's.
- Select a gift for your four-legged valentines at Hounds Around Town.
- Add hot stones or aromatherapy to your next massage at Elements Massage.
- Treat your co-workers with a dozen Dunkin' Donuts or Brueggers bagels.
- Pick up luggage for your next trip south at RedCap Luggage & Gifts.
- Catch a movie premiere at the Fox Bay Cinema Grill.
- Hear live music on a Thursday evenings at The Bay Restaurant.
- Peruse the unique estate jewelry items at Thiet Jewelers.
- Try a new hair color at organic lifestyle-friendly Honeycomb Salon.

Connect with the business district details on line at [www.shopwhitefishbay.com](http://www.shopwhitefishbay.com). "Like" us on Facebook at <https://www.facebook.com/ShopWFB/> for continuing updates.

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# Dog Training is NOT Optional!

By Karen Sparapani,  
Milwaukee Area Domestic  
Animal Control Commission



**W**hen deciding to bring a new dog into a family, adult or puppy, many people plan on lots of expenses and supplies that they think will be necessary. Vet visits, collar, leash, bed, crate and toys. Many people seem to overlook one of the most important things you can give to your new best friend. Obedience school.

Just because your dog is housebroken and can sit for a cookie does not mean it is completely trained and does not need a class. Even if you have successfully trained dogs to live with you before, you owe your new companion at least one full class.

Why? Aside from the fact that you both learn each other's body language, you can see how your pet reacts to new people and animals while in the class which may give you valuable

insight for future training needs or behavioral concerns. There are many important reasons for taking your new dog or puppy to a training class:

- **Building a Positive Relationship:** Positive, force-free training is the new acceptable training style and many of us are more familiar with more "old-school" techniques that are not as effective.
- **Socialization:** Many people overlook how important it is for an animal to be comfortable around strange people or animals and even in new situations. Training helps reduce anxiety through positive exposure to new things.
- **Learning Life Skills:** Animals need to learn how to successfully live in a home and learn good behaviors

for burning off energy. Training helps you redirect destructive behavior and reinforce good behavior in a home.

- **Teaching YOU what effective discipline is:** The old "rub the dog's nose in it" is no longer considered humane or proper discipline for dogs. Now discipline is more constructive guidance, rather than punishment.

Dogs that successfully complete at least a basic puppy class are less likely to bite, less likely to be re-homed and less likely to be euthanized in a shelter. There are many options for training classes for every budget and it is something that really should not be considered optional for any new canine family member, no matter what age. ●

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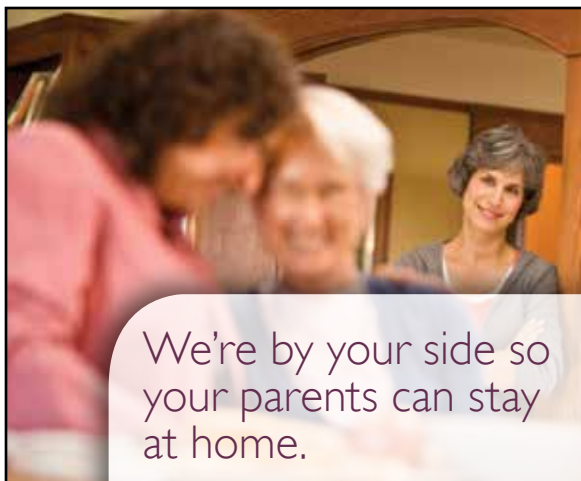
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# Coaching An Olympian

By Jeff Aikin, Chair

WFB Historica | Society



Many youth coaches in Whitefish Bay can say they trained an all-star in Little League or soccer or coached an

all-stater in high school. Only Phil Sauer can say he coached an Olympian. Sauer was six when he joined the Whitefish Bay

Speed Skating Club in 1958. His dad, oral surgeon "Doc" Sauer, was president of the WBSSC and his mom Anita was an enthusiastic booster.


"I really wanted to play hockey," Sauer recalled. "But there wasn't an organized hockey program at that time so I started speed skating."


Bob Hanel coached the club at that time. Sauer gradually assumed more and more coaching responsibilities and became coach after Hanel retired. There were about 30 skaters in the WBSSC, most of them from the Bay, and the club was competitive.

"We always medaled in all the meets," said Sauer, who today teaches martial arts and runs a security business. Sauer competed at a high level. When he was 16 he qualified for the national championships in St. Paul, MN.

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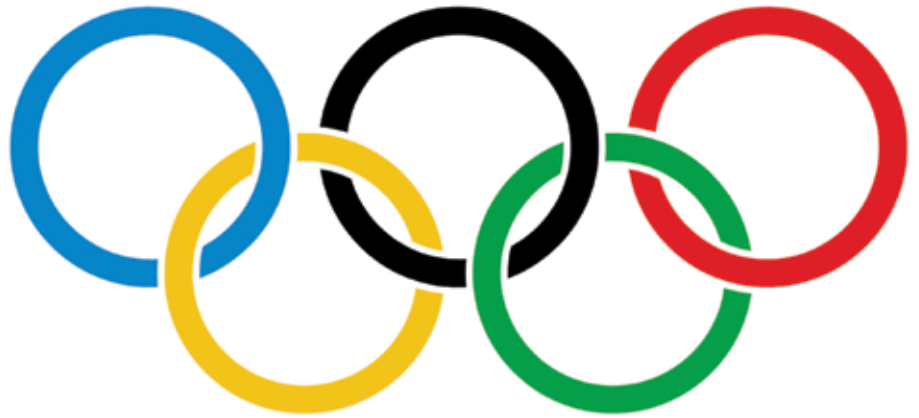
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But among his prouder moments is recalling that he coached future Olympian Angela Zuckerman. Angela lived with her parents, Barry and Carol Zuckerman, on Sheffield Avenue, an easy walk to Cahill where she would train on a rink made by flooding the tennis courts.

“She was just little tyke, maybe 8 or 9 years old, when I got her” Sauer remembered. But he recognized potential and after a few years handed her off to a speed skating expert who had coached him, Lyle LeBombard.

Angela graduated from Whitefish Bay High School in 1983 and competed internationally skating in the World Cup circuit from 1986 to 1993. She raced in the 1,500-meter and 3,000-meter events in the 1992 Olympics in France and the 1994 Olympics in Norway. In 1987 she met French speed skater Jerome Davre at



an international meet and they married after the 1992 Olympics. The couple settled in Whitefish Bay where Jerome owns Bodywise, a sports and therapeutic massage clinic whose clientele includes Bucks and Brewers players.

The couple has two children, Benjamin and Camille. Camille has established herself as an elite athlete

in her own right as a middle distance runner. The Whitefish Bay High School senior last year broke the 800-meter record held by three-time Olympian Suzy Favor and has also won state championships in the 1,600 meters.

Could there be another Olympian in the Davre family? ●

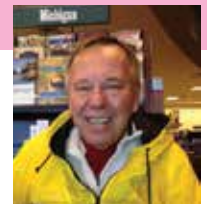
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## Valentine's Day Dance

Valentine's Day has always had a special place in my heart. That's because I learned some very important lessons about life one Valentine's Day many years ago: girls cost money.

I was in the sixth grade and just coming out of that awkward stage where boys think it's fun to show girls bugs and moving into that next stage where guys do other stupid things instead.

There was this girl, Rosemary, who used to wear her beautiful brown hair



in ringlets that were popular in the days before orange and purple hair. I had admired her from afar since we were in the fourth grade. Well, it wasn't that far. We sat beside each other in class.

I actually had decided in the fourth grade to ask her out, but had waited a few years so as not to appear over-eager.

Our school was throwing this big Valentine's Day dance on Saturday. It was to be the social event of the season.

Somehow I managed to talk to Rosemary without a bug in my hand and asked her to the dance. And with the

faintest hint of blush in her cheeks and a demure smile on her face, she agreed.

I was the happiest boy in school that day. I literally floated home on air, carried by cherubs while Cupid tossed rose-petal hearts before me.

I sauntered into my house and announced, "I'm going to the school dance on Saturday with Rosemary."

"You're going to have to get her a corsage," said my father. "Girls like corsages."

This was something I hadn't planned on. Unwise as I was to the ways of the world, I didn't realize the guy had to pay for the girl's dance corsage. I just assumed corsages came with the girl. What a dumb system, I thought.

On the day of the dance, I pulled out my life savings of \$7.78 and headed to the florist shop. I had no idea what kind of flower I should buy her. Luckily, the florist seemed to know something about flowers and recommended I buy a red-tinted chrysanthemum with my school's letter on it.

"She will love it," he advised me. It's a good thing he was there to help, because left to my own instincts I probably would have bought her a flowering shrub.

The corsage cost \$2, which was a lot cheaper than the flowering shrub I had my eye on. I felt pretty good as I headed home with my tissue paper wrapped, red-tinted chrysanthemum in its heart-covered florist box.

At home, I showed my mother the corsage and she said: "Did you



remember to get some candy for her mother? They like that, you know?"

It still amazes me that as wise as my parents were in the social graces of the day, it never occurred to them that I had no money to pay for these things and they didn't offer any.

Trudging down to the local candy store, I bought not one but three boxes of candy—one for Rosemary, one for her mother and one for my mother. I wasn't taking any chances this time, unless the Rosemary's father was also owed some sort of Valentine tribute. If so, he was out of luck.

My dad drove me to Rosemary's home. I have to say, she was a dream in her organdy taffeta party dress. With as much aplomb as I could muster, I distributed the gifts. I even pinned the corsage to the top shoulder of her dress without causing her any pain.

I'd like to say the evening was a huge romantic success. Actually, for most of the evening, the girls huddled on one side of the gym comparing chrysanthemums while the boys stood on the other side complaining about how much this dance had cost them.

As the evening wound down to its final dance, I found myself at last alone with Rosemary, dancing to a slow song in a dimly lit corner of the gym. As the strains of the last dance came to an end, Rosemary looked up at me and said "Thank you," and gave me my first kiss.

And at that moment, I learned there were more important things in life than money. ●

Myron Kukla is a Midwest freelance writer. He is the author of several books of humor including *Guide to Surviving Life*. He is a regular contributor to Best Version Media and the Erma Bombeck writing forum [humorwriters.org](http://humorwriters.org). Email him at [myronkuklabooks@gmail.com](mailto:myronkuklabooks@gmail.com) or follow his blog *The Writings and Musings of Myron J. Kukla* at [myron-kukla.squarespace.com](http://myron-kukla.squarespace.com).



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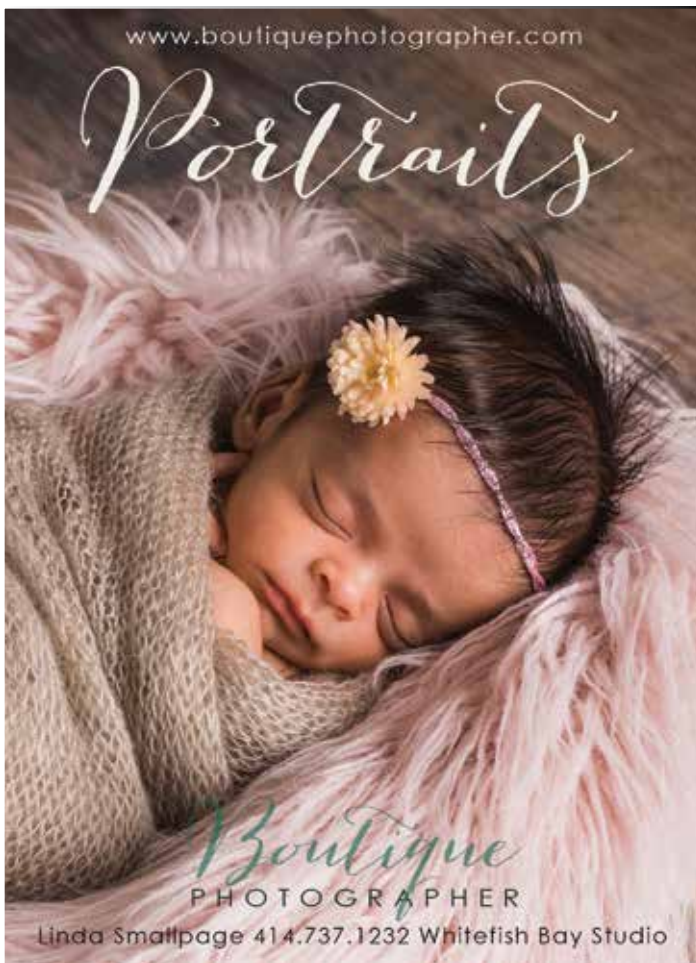
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## Signs of a Stroke

By Tori S. Bevens

**T**he American Stroke Association (ASA) estimates that strokes occur every 45 seconds. In America, nearly 700,000 people suffer a stroke every year, and it's the fourth leading cause of death in the United States.

The ASA defines stroke as "a disease that affects the arteries leading to and within the brain." Knowing the signs of a stroke and what to do could help save a life. In the world of healthcare, the acronym **FAST** has been used to help people identify the most common signs of a stroke.

**F is for FACE.** Is there numbness or drooping in the face? Assess the person's smile. Is the smile uneven or lopsided?

**A is for ARM.** A person should be able to lift and hold both arms. Does one arm fall slowly? Is there weakness or numbness in the arms?

**S is for SPEECH.** How is the person's speech? Can you understand what they are saying? Is their speech slurred? Ask the person to repeat a simple sentence. Can they repeat it correctly?

**T is for TIME TO CALL 9-1-1.** Any of these symptoms can be a sign of a stroke and time is of the essence. Note the time that the symptoms appeared and get the person to the hospital as soon as possible.

The American Stroke Association also notes other symptoms of stroke: confusion, trouble seeing, dizziness, loss of coordination, and severe headache. There are different kinds of stroke and each stroke affects each person differently. If you suspect you or a person you know is having a stroke, seek medical attention immediately.

For more information about stroke, visit [www.strokeassociation.org](http://www.strokeassociation.org).

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5849 N Bay Ridge Ave	105	\$325,000	\$320,000
5550 N Bay Ridge Ave	96	\$314,900	\$306,000
901 E Circle Dr	75	\$749,000	\$720,900
4776 N Woodruff Ave	78	\$279,900	\$279,900
6361 N Berkeley Blvd	24	\$999,900	\$979,000
4634 N Woodburn St	49	\$429,000	\$413,000
5263 N Idlewild Ave	61	\$825,000	\$800,000
5033 N Cumberland Blvd	74	\$599,000	\$599,000
1012 E Henry Clay St	61	\$224,900	\$224,000
5501 N Lake Dr	29	\$999,900	\$999,900
5128 N Bay Ridge Ave	33	\$249,000	\$243,500
4931 N Berkeley Blvd	20	\$229,900	\$213,000
5536 N Lydell Ave	24	\$309,900	\$310,000
5325 N Kent Ave	6	\$309,800	\$296,000
5265 N Lake Dr	5	\$795,000	\$775,000
6355 N Bay Ridge Ave	31	\$295,000	\$272,500
756 E Lexington Blvd	7	\$525,000	\$500,000
5139 N Kent Ave	37	\$259,900	\$255,000
4937 N Idlewild Ave	34	\$250,000	\$250,000
106 W Henry Clay St	4	\$215,000	\$205,000

Best Version Media does not guarantee the accuracy of the statistical data on this page. Any real estate agent's ad appearing in this magazine is separate from any statistical data provided which is in no way a part of their advertisement.



Contact me to find out what opportunities the home sale data above may create for you.

  
**ilissaboland**

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 iboland@shorewest.com  
 ilissa.shorewest.com



EHO

# Granola

By Elizabeth Grusenski

## Ingredients

- 6 cups old fashioned oats
- 3 tablespoons pure vanilla extract
- 1 tablespoon cinnamon
- 1/3 cup coconut oil
- 3/4 cup honey or maple syrup
- 1/4 cup sunflower seeds
- 1/8 cup flax seed
- 1/2 cup other nuts/seeds to taste

## Directions

Preheat the oven to 325 degrees. Measure the oats into a large bowl. In a small saucepan combine and melt the vanilla, cinnamon, oil and sweetener. Once melted, combine with oats in the large bowl. Add seeds and nuts. Stir until dry ingredients are thoroughly coated. Spread mixture onto a large rimmed cookie sheet and bake for 45 minutes at 325 degrees. Stir every 15 minutes ensuring that the mixture on the edges is stirred into the middle to avoid burning the edges.

Note: If desired, add dried fruit (raisins, dried cranberries, etc.) after the granola is fully cooked.



## VALENTINE'S DAY AT BARTOLOTTAS



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# February

## 2017

### Ongoing

#### SLICE OF ICE

@Red Arrow Park  
Come experience ice skating downtown, a Milwaukee tradition.  
Time: Weekdays 11am-8pm;  
Fri.-Sat. 11am-11pm  
Cost: \$8 skate rental;  
free with your own skates  
[www.county.milwaukee.gov](http://www.county.milwaukee.gov)

### Thurs., Feb. 2

#### KOHL'S THANK YOU THURSDAY

@Milwaukee Public Museum  
All visitors receive free admission to Milwaukee Public Museum thanks to Kohl's.  
Time: 9am-8pm  
Cost: Free  
[www.mpm.edu](http://www.mpm.edu)

### Fri., Feb. 3

#### FREE DAY MILWAUKEE ART MUSEUM

@Milwaukee Art Museum  
Admission is free for individuals and families (excluding groups) on the first Friday of each month thanks to Meijer.  
Time: 10am-8pm  
Cost: Free  
[www.mam.org](http://www.mam.org)

### Sat., Feb. 4

#### MITTENFEST

@ 2599 S. Logan Ave., Milwaukee  
The 5th annual MittenFest will support Hunger Task Force by collecting non-perishables and warm winter clothing. Come out for live, local music, arts and crafts, and unique drinks.  
Time: 12-8pm  
Cost: Free  
[www.burnhearts.com](http://www.burnhearts.com)

### Sat.-Sun., Feb. 18-19

#### CEDARBURG WINTER FESTIVAL

@Downtown Cedarburg  
The popular Ice Carving Contest, sponsored by BMO Harris Bank, will set the stage with 300 pound blocks of ice transforming into glistening blocks of frozen art! Come enjoy a chili cook-off, vendors, live music and more. Sunday will feature a pancake breakfast, sledding and a dog pull contest.  
Time: 8:30am-9pm  
Cost: Free  
[www.cedarburgfestival.org](http://www.cedarburgfestival.org)

### Sun., Feb. 19

#### WISCONSIN PHILHARMONIC: BACK TO BACH

@Sharon Lynne Wilson Center for the Arts  
It's Bach to basics with a concert dedicated to the works of two great 18th century composers. Acclaimed violinist Frank Almond with his Lipinski Stradivarius is featured in two masterworks.  
Time: 3pm  
Cost: Orchestra: \$48-42,  
Balcony \$36  
[www.wisphil.org](http://www.wisphil.org)

### Sat., Feb. 25

#### JOSH GARRELS & JOHN MARK MCMILLAN: THE REVELATORS TOUR

@Pabst Theatre  
Cultivating a genre-blending mix of folk and hip hop, Garrels' music explores themes of compassion, hope, longing and liberation. McMillan's ability to give lyric and language to the human experience is what many consider his greatest gift.  
Time: 8pm  
Cost: \$25  
[www.pabsttheater.org](http://www.pabsttheater.org)

### Sat.-Sun., Feb. 25-March 5

#### GREATER MILWAUKEE AUTO SHOW

@Wisconsin Center  
New cars, trucks and SUVs will fill the Wisconsin Center for the 2017 Greater Milwaukee Auto Show!  
Saturday, February 25-Sunday, March 5.  
Time: Sat. 10am-10pm, Sun. 10am-6pm, Mon.-Thurs. 3-9pm, Fri. 1-9pm  
Cost: Adults \$12, Kids \$6 (6 & under free)  
[www.autoshowmilwaukee.com](http://www.autoshowmilwaukee.com)

### Save the Date

#### KETTLE MORAINNE SYMPHONY: 20TH CENTURY

Sun., March 5  
@Our Savior Lutheran Church, West Bend  
Music depicting the 20th Century is sure to inspire. This Concerto Concert also features the student winner of the Washington County Concerto Competition.  
Time: 2pm  
Cost: \$18  
[www.kmsymphony.org](http://www.kmsymphony.org)

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# Happiness is **HEALTHY**

By Emma Riehl



**N**o matter what you consider happiness to be—joy, lasting contentment, an optimistic outlook—there is now research proving that happiness does in fact improve health. A recent review of more than 200 studies has determined a connection between overall life satisfaction, happiness, and stress management with a lowered risk of heart disease<sup>1</sup>. “Positive psychological well-being” is found to strongly protect your cardiovascular health.

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EHO

This research touches on the age-old question regarding the definition of happiness. For the sake of the studies involved, Laura Kubzansky, a professor of social and behavioral sciences at Harvard School of Public Health, notes "For physical health, it's not so much happiness per se, but this ability to regulate and have a sense of purpose and meaning."

This idea of "purpose and meaning" in life, then, is the key factor in linking health to optimism and the regulation of cardiovascular health. But how might you go about finding or realizing this sense of purpose and meaning? For each individual, the search is different.

While genetics do play a role in the attainability of general happiness and optimism, there are many things each person can do to improve his or her outlook on life. For instance, if you wish to improve your sense of well-being and minimize stress, good habits are essential. Exercise, a balanced diet, and sufficient amounts of sleep should be staples in your routine. Not only do these good habits boost your mood and minimize stress, but they also improve your health.

Next time you're stressed or feeling down, you may want to second-guess your impulse to comfort yourself with sugary foods. Instead, opt for whole,



<sup>1</sup>U.S. National Library of Medicine and National Institutes of Health  
<http://www.ncbi.nlm.nih.gov/pubmed/24446463>

healthy foods in order to boost your energy naturally and go for a quick walk to clear your mind.

Even with the influence of genetics and lifestyle on your day-to-day cheerfulness, the environment is also crucial in shaping your view of the world. In considering your environment, though, be sure to focus on your response to what happens around you, not the events alone. If you look to things outside of your control to shape your perspective, you've already put yourself in a no-win situation.

Practice daily reflection on what is and what is not in your control. Your boss was rude to you? Don't wait for him or her to change, but rather change your reaction to his or her behavior. It's raining outside and you took the day off for a beach vacation? Don't stare out the window and sulk or wish the rain away; change your plans. Adjusting your view on the world around you keeps your stress levels at bay, which leads to lower blood pressure, normal body weight, and a better sense of well-being.

Next time you're feeling stressed, assess your environment and your reaction to it. Stay active, eat well, and do your best to remain optimistic. Being happy really is healthy! ●



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**Emily - Babysitting**

I am red cross certified and have babysat for anywhere from 3 months to 14 years old. I also do pet sitting and tutoring. I bring games and toys with me. I have babysat for years and currently work in childcare at a local nursery. References can be provided. Please email emilyanne1026@gmail.com

**Charlotte, 11 - Babysitting**

Hi, My name is Charlotte. I am 11 years old and I am a 6th grader at WFB Middle School. I am Red Cross Certified in babysitting and would be happy to watch your kids ages 4 years and up. I'm good at keeping kids occupied playing games, playing outside, and reading to them. I'm also interested in being hired to help you rake your fall leaves and/or help you shovel your winter snow. Above all, I am a dedicated dog lover and would be thrilled to work for you walking your adorable pooch and spending time with them outside playing. You can reach me at 414-906-0640 or lisacharmax@gmail.com.

**Brian, 15 - Babysitting**

Hi, my names Brian Lee, I'm a Freshman at Whitefish Bay High school. I am looking for a babysitting job. I love working with kids and am happy to watch them while you are away. I am available Friday nights, Saturdays, and Sundays. If you're interested or have any questions, please call or text me at 414-312-2752

**Beatrix, 16 - Babysitting**

Hi, I'm happy to babysit any kids age 3 and older. I'm a sophomore at WFBHS. Please contact me at 414-552-2001.

**Owen, 12 - Pet Sitting**

Are you going away and don't want to spend tons of money on a kennel? Well you've come to the right place! I can take care of your pet while you enjoy your trip! Are you tired of walking your pet? Well I can also help with that! Please call 414-552-1777.

**Abby, 13**

Hi. My name is Abby. I would love to be your mother's helper or babysitter! I enjoy playing sports, crafts and games with kids and have lots of experience watching my younger sister and cousins, ranging in age from 3 to 10 years old. I am 13, in 8th grade at WFBMS and I am Red Cross certified. Please contact me at 414-708-4604.

**Annie, 12**

Hello! My name is Annie and I want to be your extra set of hands. I am Red-Cross certified and 12 years old. I love to work with kids, and to go to the park/play outside. I can make snacks and play games with your kids. Email me at annietarpeyhammel@hotmail.com, or call me at 414-935-2619.

**Hannah, 14**

Hi! I'm very good with kids and have over 3 years of experience working with kids, toddlers and infants. Please call 414-379-4598 to reach me.

**Will, 12**

Hi! I'm Will, a 6th Grader and Boy Scout. I'm looking for a couple of jobs babysitting and lawn service. I am a certified Red Cross babysitter and would love to babysit and do lawn service on weekends. Call 414-231-9423 to reach me.

**Brady, 12 - Babysitter**

Hi! I'm Brady, and attend Whitefish Bay Middle School. I am Red Cross certified. I'm available to babysit after school, and on weekends too. If you're interested in having me as a babysitter, then contact me at 414-204-3858.

**Alair, 12 - Mother's Helper**

Hi my name is Alair! I am 12 years old, Red-Cross Certified and looking to be your extra pair of helpful hands with your kids. I LOVE sports (I have played soccer since 1st grade) and love playing a variety of games with your kids. Ideally, I am looking to start out as a Mother's Helper and help with older kids ages 3 and up. Please feel free to call or text at 414.793.7300

**Tory, 14 - Petsitter/Dog Walker**

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**Zoe, 11**

If you need a person to take kids photos at parties or events, you're in luck! I use a fujifilm mini Instax 8 camera, so kids can take pictures home right away. If you want to see samples you can email me at zoebeaklump@gmail.com.

**Tia, 15- Organizer/Cleaner, Babysitter**

Does your home need a new look? I'm thorough at reorganization/cleaning. I can consult about ideas and limitations, (reference provided). I also have experience babysitting, K4+. Activities can include nature walks, bike rides, indoor games, and more. Please Call 414-916-0092.

**Sara, 14 - Dog (and cat!) Walking Service**

Energetic dog? Crazy Cat? I can help. My name is Sara and I am 14 years old! I can walk your dog and even your cat. Feel free to call 414-736-6430 or email me, wfbsara@gmail.com.

**Elliot, 15 - Magician**

Does your upcoming event need entertainment? Hire me! I'm a magician that has been doing magic performances for over six years. If you are interested please call 414-964-6360. I'll make your event magical!

**Alison, 16**

Babysitter I am a junior at Bay. I have lots of experience with children, and I am Red Cross CPR certified. If you are interested, please call 414-345-7133.

**Vlada, 16 - Tutor, Babysitting, Pet-Sitting**

Hi. I'm Vlada, a sophomore at Bay. I am very interested in tutoring kids in all classes (including French and German) in grades 1-8, babysitting and dog/cat sitting! Please contact me at 414-217-0263. Thank you!

**Emily, 15 - Babysitter**

I have lots of experience with infants and young children and I am Red Cross CPR certified. If interested, please call me at 414-248-0522.

**Andrea, 17 - "Alterations by Andie"**

I have been sewing for 6 years and can do everything from a simple hem and replacing zippers to making curtains and personal projects. I can make T-shirt quilts for special occasions and even halloween costumes. If you ever find yourself in need of having something repaired, altered, or made contact me at andiezelaakort@gmail.com or 414-795-8612.



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