

February 2019

# BayLeaves



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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
November 20	January
December 20	February
January 20	March
February 20	April
March 20	May
April 20	June
May 20	July
June 20	August
July 20	September
August 20	October
September 20	November
October 20	December

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Public Library	(414) 964-4380
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Enjoying the views in Prague!

DEAR RESIDENTS,

Almost everyone lists travel as one of their passions in life. It is fun to get away to a new place and experience a completely different culture and lifestyle. Two years ago my husband and I went to Prague and loved our time there. The food was delicious and seeing the Prague Castle and Charles Bridge in person was special. When I met our feature family, the Pipals, I was excited to learn that Krystof is from Prague. I told with him how much I loved the dessert trdelnik sold from street vendors in Prague. He shared that his grandmother made that dessert when he was growing up, but the street vendors selling it now were not around when he lived in Prague. Enjoy reading their story and if you ever visit Prague, treat yourself to a trdelnik!

**Na zdravi** (Cheers in Czech),  
Christine McBride



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# An EXTRAORDINARY Musical Family



CONTINUED ON PAGE 6

The phrase music brings people together couldn't ring more true for Krystof and Erin Pical. How a man who grew up in the Czech Republic and woman who was raised in Hawaii first met is quite a remarkable story and illustrates how music can shape someone's life.

Krystof was born into a musical family with his father and uncle both classically trained professional musicians in Prague. He grew up learning to play both the piano and French horn. Motivated to play in the orchestra, he focused on his musical talents on the French horn while attending the Prague Conservatory. At the age of 19 he was offered a position with the Czech Radio Orchestra, where his father was the principal cellist. Having the desire to travel and see the world, Krystof applied to schools in the United States. At the time this was done by sending the school a cassette tape recording of the applicant playing the instrument. He was accepted into the prestigious HARID Conservatory in Florida on a full scholarship.

Erin's path into the musical world started as a child living in Hawaii. Her great-grandparents immigrated from Japan to Hawaii in the late 1800s and her grandfather was born in Hawaii

in 1912. She was always musically inclined, and took lessons in piano, violin, cello and ukulele but settled on the viola as her instrument of choice. The summer of her senior year in high school she attended a camp for young musicians in Michigan and loved meeting people from all over the world. "I was

determined to attend school in the mainland and being from Hawaii, visiting the mainland states was not possible for me, due to the travel time and expense of flying," said Erin. "As ridiculous as it sounds I honestly picked Oberlin College for undergrad because I liked their brochure and enjoyed the Mid-

west when I was in Michigan the previous summer." She was accepted into the musical program at Oberlin College, again through sending in a cassette tape audition, a process that has been modernized as technology has changed. After working for the Kennedy Center Opera House Or-

chestra in Washington, D.C. for a few years, Erin responded to an ad in the musician's union paper for a position at the Milwaukee Symphony Orchestra (MSO). "I was one of over 80 viola players who came to audition for the job," said Erin. "It can be very awkward when that many people are staying

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in the same, most affordable hotel. Everyone is practicing the same musical excerpts in their rooms, which are not well sound proofed! The world of classical musicians is small and tight-knit. At these auditions you see old friends and it is fun to catch up but also nerve-racking because you are competing for the same job."

Erin was offered the job and moved to Milwaukee in 1998 for the position with the MSO. A year later Krystof went through the same audition process and moved to play French horn for MSO. The two started as friends and after several years began dating. They were married in July 2005 and picked that month since that is the off season for the two

symphony players. "What most people don't realize about musicians is that we really do have to practice at least six days a week," said Krystof. "As a horn player my jaw and lip muscles would become far too weak without consistent practice. It is the same for other instruments with finger strength and even mentally practicing the notes on a daily basis."

In 2008 after the birth of their first son, Felix, who coincidentally shares the name with the composer Felix Mendelssohn, the couple were looking at houses in Shorewood and Whitefish Bay. "We loved all the trees in the lot of this house, they reminded me of areas in Prague," said Krystof. The trees mean even more to the family

now that Krystof built an impressive treehouse around one of the trunks of a tree in their backyard. In 2010 their second son Anton was born, and while not named after Anton Bruckner, it did work out that the composer Bruckner happens to be one of Krystof's favorites. Both of their sons, Felix (10) and Anton (8) love playing in the treehouse and spending time outdoors with their two rescue dogs, Yoko and Aki.

The family shares a love of all animals and Krystof built a koi pond that has fish in it during the summer months. In recent years Erin developed a love for monarch butterflies and raises them from eggs to full butterflies each summer. Last year she raised a total of

124 beautiful butterflies. "This started as an activity with the kids because we ordered a kit to see the process from start to finish," said Erin. "After learning how to spot eggs in the wild, I now collect our own butterfly eggs and planted a lot of milkweed seeds to attract the butterflies. It has been really neat the past few summers for us to see the butterflies develop just from a tiny egg."

Juggling the lifestyle of two professional musicians raising two young sons requires a lot of planning and babysitters! Both boys are involved in sports, Felix loving baseball and Anton enjoys gymnastics. Playing an instrument is obviously encouraged. Felix plays the cello and Anton plays the ukulele. Erin

was also motivated to create fingerless wrist warmers after years of having cold hands during performances. The wrist warmers are perfect for musicians, crafters, typists or anyone who wants to add warmth to their hands but needs the ability to use their fingers. Her shop can be found on Etsy as PositivePuffin.

Music has a tendency to connect people. The love story of Krystof and Erin illustrates how their passion for classical music brought these two people from completely different parts of the world together.

BY CHRISTINE MCBRIDE,  
PHOTOGRAPHY BY BOUTIQUE  
PHOTOGRAPHER



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# Senior Care Center Heartis Village North Shore

## NOW OPEN!



While aging is a natural part of life, Heartis Village North Shore wants to change the perception of what life is like for senior living. Having just opened their doors in 2019, Heartis Village North Shore is a much needed addition to the area for senior living communities. "We are so excited to be a part of the North Shore Milwaukee community," said Robin Pecak of Heartis Village. "Our goal is to change the way society thinks about aging and senior living. We think it should be a step that is celebrated and applauded. After all, while one may need supportive care to remain living an independent lifestyle, the desire to live a full, active and meaningful life doesn't diminish."

The new community is being managed by Pathway to Living, an innovator in senior care with over 20 years of experience in senior housing communities. Both groups hold the belief that while older people may need additional care, they also deserve to still lead an enriching lifestyle. In fact, this philosophy is at the heart of everything they do and so unique that they created "VIVA!" their own name for this philosophy. To them VIVA! means Long Live and Celebration of Life, which encompasses their thoughts that moving to a senior living community is a natural step in the journey of life. "We believe that every year of your life should be your best year yet," Robin Pecak said. "VIVA! supports our residents' desires to live a purposeful and meaningful life on their own terms." Heartis Village is committed to honoring preferences, fostering purpose and promoting independence. Their goal is to help residents create memorable moments and aging with grace. The VIVA! program has been extremely popular with residents, team members and the overall community. So much that they have even won awards for their VIVA! program.

Amenities at the Heartis Village North Shore are top-notch and they offer studio, one and two bedroom apartment homes equipped with cable and internet. For family members peace of mind, a licensed nurse is available 24/7 on site. In addition to the therapy gym and fitness center, they offer numerous health and wellness programs for residents. Some of the community areas include:

- Bistro 100
- Sundara Salon and Spa
- Physicians Suite
- Bayside Piano lounge
- Grand View Dining Room offering all day dining
- Silver Spring Theatre
- Glen Library and technology center
- Courtyards with walking paths and raised gardens

Heartis Village North Shore offers assisted living and A Knew Day Memory Support. Within the memory support program, family members will be at ease knowing there is around the clock security and healthcare professionals to handle every need or request with compassion and grace. They also provide innovative research-based memory support programming which is a groundbreaking approach to memory support.

Heartis Village North Shore is located at 100 W. River Woods Parkway in Glendale. They can be contacted at 414-377-4532 for more information or to set up a tour of a brand new community.

BY CHRISTINE MCBRIDE

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**Reminders from the Department of Public Works**

**VILLAGE SNOW PROCEDURES:**

Village crews clear all streets, starting with main thoroughfares, next proceed to streets adjacent to schools, then clear residential streets and alleys. Sidewalks that abut village-owned land, such as parks and government buildings, are also cleared. At times a liquid anti-icing agent is applied to streets prior to a snow event preventing ice from bonding to the pavement.

**RESIDENTIAL REFUSE AND RECYCLING COLLECTION CART PLACEMENT**

Please continue to place containers at least three feet from any obstruction and three feet from the curb, with arrows facing the street. In the event of snow, please place your refuse and recycling carts either in your driveway apron or remove snow off of a portion of your parkway so your carts can be placed there. Please do not place your refuse and recycling carts in the street during the winter months as it can affect proper snow removal by our village snow plow crews. Proper placement is imperative to automated collection.

**RESIDENT SNOW AND ICE REMOVAL:**

All residents and business owners are responsible for snow and ice removal from public sidewalks adjacent to their properties within 24 hours of a snow event. Please clear all corners with crosswalks; handicap accessible ramps should be cleared out enough to accommodate a wheel chair.

Placing snow on property other than your own is not a legal practice. It is against Village Ordinance to push, pile, blow or shovel snow into and across the Public Street and alley. Please remind your contractors of this rule. Machine noise by private citizens or contractor is prohibited between 10 pm and 6 am. Please be considerate of neighbors when clearing snow.



Fire hydrants should be shoveled out in a 3 feet radius to allow access in the case of a fire. Residents whose property has an adjacent bus stop with concrete are requested to keep that area clear and free of ice to allow for bus patrons to safely get on and off the buses.

Your assistance with all of these above matters is greatly appreciated.



For more information please see the Village website at <http://www.wfbvillage.org/262/Streets>

**FEBRUARY IS AMERICAN HEART MONTH**



This Valentine's Day make a date with your heart! Since 1964 February has been known as American Heart Month and Valentine's Day is a great time to start taking steps to be heart-healthy. Heart disease is responsible for almost 20% of deaths in the North Shore. 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 things you can do for your heart:

- ▶ Prevent and control high blood pressure, high cholesterol, and diabetes.
- ▶ Avoid smoking and secondhand smoke.
- ▶ Limit alcohol use.
- ▶ Maintain a healthy weight.
- ▶ Be active.
- ▶ Eat healthy.

Consider making a healthy meal for Valentine's Day. Serve food lower in salt and fat content, provide more fruits and vegetables, and make less sugary sweets for an overall healthy Valentine's Day. Follow it up with a long walk with your valentine!

Learn more about heart disease at: <https://www.cdc.gov/features/heartmonth/index.html%20>

Not sure what your risk factors are? 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.



BY LORI AHRENHOERSTER, PUBLIC HEALTH MANAGER

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**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)

**High School Musical Production - Chicago: High School Edition**

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This production contains mature content—parental discretion is advised.

Come join us for a wickedly good time at the Whitefish Bay High School Auditorium located at 1200 E. Fairmount Avenue.

- ▶ **Dates:**
  - ▷ February 22nd, 23rd at 7:00 PM
  - ▷ February 24th at 2:00 PM
  - ▷ March 1st and 2nd at 7:00 PM
- ▶ **Tickets:**
  - ▷ \$15 for Adults, \$10 for Seniors & Students
  - ▷ Tickets are available at [wfbhstheater.com](http://wfbhstheater.com)

**Save the Dates!**

- ▶ **February 3,** 12:30-3:00 PM High School Music for Munchkins. Community outreach concert aimed at the little ones.
- ▶ **February 4,** 6:30 PM 8th Grade Parent Meeting for Incoming 2019-20 Freshmen, held in High School Auditorium
- ▶ **February 8,9,10** High School Cabaret -- The community is welcome to join the Whitefish Bay High School Bands for our annual Cabaret. Enjoy delicious desserts, while being serenaded with fun-filled music. <https://sites.google.com/wfbschools.com/wfbhsbands/cabaret-2019>
- ▶ **February 15** no school
- ▶ **February 21,** 5:30 PM Cumberland 1st grade Music Concert
- ▶ **February 22, 23, 34 and March 1, 2** - High School Musical Production Chicago: High School Edition
- ▶ **February 26,** 7:00 PM Cumberland Band/ Orchestra Concert
- ▶ **February 28,** 7:00 PM Richards 5th Grade Concert



BY PATRICE MILZER, ASSISTANT TO THE SUPERINTENDENT



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**IMPORTANCE OF KEEPING Cats Indoors**

**NO OTHER OPINION ELICITS MORE HEATED DISCUSSION** than indoor vs. outdoor cats. Many are unaware that their municipality has already made this decision for them. All Milwaukee County municipalities prohibit cats from roaming off their owner's property without a leash. However, many residents feel an indoor/outdoor life is the best for their cats. This is a bad choice coming from kind intentions.

1. MADACC sees cats on a weekly basis that have been shot, burned, poisoned or injured by humans in cruel acts. Your friendly cat can walk up to the wrong person and never come home again.
2. Domestic and wild animals alike are a threat to your kitty. Coyotes will hunt cats, and dogs will chase and kill cats as well. Cats also tangle with wild animals like racoons and skunks which could injure, kill or expose to disease like rabies. They can also ingest poisoned rodents and become sick or die.

3. Some friendly cats will approach homes and kind-hearted people who will assume they were abandoned and take them in and keep them. Unintentional pet theft is a very common problem. Some studies show 30% of cat owners "found" their cat outside.

Keeping a cat happy indoors is very easy. Use interactive toys, scratching posts, window perches. Often a second cat will be enough fun for a cat to not wonder what is outside. Cats are indoor pets and live very fulfilling, long lives without being exposed to the dangers of the outdoors.



BY KAREN SPARAPANI, MILWAUKEE AREA DOMESTIC CONTROL COMMISSION



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# Do you feel the love, Whitefish Bay?

**THIS VALENTINE'S MONTH** we are thinking about loved ones and the many things we love to do in Whitefish Bay! The Merchants of Whitefish Bay offers something to love for friends, family, and neighbors. This includes Restaurant/Bars, Cinema, Coffee, Clothing/Accessories, Sporting Goods, Professional Services, Fitness, Bakery, Health/Medical Services, Photographer, Interior Design, Kitchen/Bath Design, Salon/Skincare, Art Gallery, Pet Supplies, Jewelry/Watch Stores, Rugs, Grocery and more.

According to Entrepreneur and Connector, there are 6 benefits for you and your community from supporting local entrepreneurs:

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- ▶ Improve the local economy
- ▶ You know the people behind the product or service
- ▶ Keeping the community unique
- ▶ Better customer service
- ▶ More personalized service

Remember to check out the happenings on Silver Spring at our website [www.MerchantsOfWhitefishBay.com](http://www.MerchantsOfWhitefishBay.com) or follow us on Facebook at <https://www.facebook.com/ShopWFB/>



BY KATIE COMMER,  
EXECUTIVE DIRECTOR  
FOR THE MERCHANTS  
OF WHITEFISH BAY

## 4640 N. Lake Drive: A WHITEFISH BAY HISTORIC LANDMARK



Architect  
Richard Philipp

**OF THE NEARLY 2,100 HISTORIC STRUCTURES IN WHITEFISH BAY**, only four have been designated by the Village to be Whitefish Bay Historic Landmarks. One is the Herman Reel House at 4640 N. Lake Dr., which ranks among the most significant examples of the English Tudor Revival Eclectic style in Milwaukee County. Designed for Milwaukee merchant Herman Reel by renowned Wisconsin architect Richard Philipp, this two-story, six-bedroom residence clearly evidences Philipp as a designer of merit. Distinguished by a stucco and stone exterior with half-timber exposed framing accents on a portion of the second level, the residence showcases the work of master craftsmen.

The home at 4640 N. Lake Dr. was designated a Whitefish Bay landmark in 2007. The residence was the Breast Cancer Showhouse in 2004, and was noted for its "traditional Tudor detailing outside and an intriguing floor plan inside" by The

Milwaukee Journal Sentinel. Set about 100 yards from the bluff, the home offers majestic views of Lake Michigan from three rooms.

The entrance to 4640 N. Lake Dr. opens into a small vestibule, which in turn enters into a formal hall with a wood-beamed ceiling and black slate floor. A formal stairwell with beautifully decorated wooden railings flows in the hall. The wooden railings end with a massive carved railing headpiece.

Herman Reel was a German immigrant who built up a flourishing retail wool and fur business on Grand Ave. (today Wisconsin Ave.), turning it into the largest specialty store of its kind in the nation. Reel commissioned architect Richard Philipp to design his home at 4640 N. Lake Dr. in 1928.

Philipp was the consultant to the planning of Kohler village, and designed homes and buildings throughout Wisconsin. He, along with Hermann Gaul, designed Holy

Hill Monastery in Hubertus. He also designed the great chapel at St. Joseph's Convent on Layton Blvd., several grand homes on the East Side, the Schuster Department stores, and the American Club, Kohler Design Center, and numerous other buildings for the Kohler Company and homes for Kohler family members. His forte, according to architectural historian Richard Perrin, was "the ability to create original designs in the English Tudor style."

Happily for Whitefish Bay, one of Philipp's beautiful homes is the one at 4640 N. Lake Dr.



BY TOM FEHRING  
AND JEFF AIKIN

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## NSFR Implements a New "AFTER THE FIRE CANVASS" PROGRAM IN 2019

Reducing risk and educating our stakeholders has always been an important focus for us at North Shore Fire/Rescue. Building on that focus, we're excited about several new initiatives within our Community Risk Reduction Bureau in 2019.

While our hope is that we can always prevent a fire from occurring, we understand that accidents will always happen. Beginning in January, our crews will conduct neighborhood canvasses in the days following any house fire across our seven communities. As a part of these canvasses, crews will provide information and answer questions about the responses, and if available, the cause of the fire. We will offer a quick check of all smoke alarms in your home, and provide literature about our more expansive Home Safety Assessment Program. Our goal is to ensure that the public is informed and has as many resources as possible to remain safe at home.

In an effort to make as many contacts as possible as part of these canvasses, you can expect to see our crews out in your neighborhood in the evening or on a weekend following the fire. Crew members conducting the canvass will always be in fire department uniform and likely will be traveling in a marked



fire department vehicle. Whenever possible, the goal will be to conduct these canvasses within 48 to 72 hours following the fire.

While we are excited about this new initiative and believe it will bring greater transparency to the services we provide, while assuring community members in the immediate area of the fire are informed, you do not need to wait for an unfortunate event to have a visit from our Community Risk Reduction staff. We continue to offer a FREE Home Safety Assessment program that includes the installation of smoke alarms and a review of several safety topics throughout the home. To schedule a Home Safety Assessment, please visit our website, [www.nsfire.org](http://www.nsfire.org).



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BY LIEUTENANT DAN TYK

## MUSIC FOR MUNCHKINS

The Whitefish Bay High School Orchestra and Director Aimon Dwan present **Super Hero School: Find Your Super Power!** at its annual **Music for Munchkins Concert** on Sunday February 3. Join Max and friends as they navigate Super Hero School. Choosing a super hero name? Earning a cape? Discovering a super power? It's never easy! And what will the friends do when they find out the evil Dr. Freeze-Learning is trying to freeze Whitefish Bay and take over Super Hero School? Please come to our concert and find out!

The event will feature fun crafts and a string instrument "petting zoo" from 12:30 to 1:15 pm during which children of

all ages will have the chance to touch and play the various string instruments, generously provided by Brass Bell Music Store. You might even find your musical super power!

The musical performance begins at 1:30 pm and the fifth grade orchestra from Richards and Cumberland will be making a guest musical appearance.

Music for Munchkins will be held in the Whitefish Bay High School auditorium 1200 E. Fairmount Ave, Whitefish Bay. Enter through Door 11 of the Music Wing. Admission is \$3 and the general public is encouraged to attend.

Come join the fun and feel free to dress up as your favorite super hero!



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# FUN EVENTS in February at the Library!

WE HAVE EXCITING THINGS HAPPENING for all ages this February. Excite your mind at the library and chase away those winter blues.

## Whitefish Bay Library Writing Contest

You have until February 11 to submit an entry for Friends of the Whitefish Bay Library Writing Contest. Submission categories include short story (1,000 words or less), memoirs (1,000 words or less), and poetry (200 words or less). Cash prizes will be awarded in mid-March. Visit the library's website to learn all the details.

## Science Explorers: Heart Art

Tuesday, February 12, 4:00 pm  
Grades 1-2, Please Register

We'll celebrate Valentine's Day by learning about the symmetry of hearts, create in 3D with hearts, and explore the world of tangrams.

## Chicka Chicka Boom Boom STEAM Storytime

Wednesday, February 20, 4:00 pm  
Grades K4-K5, Please Register

Inspired by this classic by Bill Martin, we'll be learning about everything from tree roots and letters to balance and building.



## Whitefish Bay TALKS: Mind Games-the Science of Perception Deception

Tuesday, February 26, 6:30 pm

In the program, you'll experience how optical illusions work, why people fall for scams, and how we make thousands of choices every day, this includes how we are hard wired to believe fake news, medical scams, etc. William will also give the attendees proven, scientific, actionable techniques to preserve brain health and overcome the logical fallacies we all make.



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### ♥ THURS., FEB. 7

#### 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

### ♥ THURS., FEB. 7

#### FREE DAY MILWAUKEE ART MUSEUM

@MILWAUKEE ART MUSEUM

Admission is free for individuals and families (excluding groups) on the first Thursday of each month thanks to Meijer.

**Time:** 10am-8pm

**Cost:** Free  
www.mam.org

### ♥ SAT., FEB. 16

#### MILWAUKEE COMIC CON

@STATE FAIR GROUNDS

The Milwaukee Comic Con will feature over 300 artist tables, vendor booths

and special guests. But also cash prize cosplay contests, video gaming tournaments and a whole weekend of fun! This is Milwaukee's largest comic book and pop culture event!

**Time:** 10am-4:30pm

**Cost:** \$5, includes free comic book at the door  
www.mightyconshows.com/show/milwaukee

### ♥ SAT.-SUN., FEB. 16-17

#### 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:** Sat. 8am-10pm; Sun. 8am-4pm

**Cost:** Free  
www.cedarburgfestival.org

### ♥ SAT., FEB. 23

#### CANDLELIT HIKE

@URBAN ECOLOGY CENTER- MENOMONEE VALLEY

Snowshoeing by candlelight, toasty warming shelters and warm refreshments await at Three Bridges Park's third annual Urban Candlelight Hike! The Hank Aaron State Trail will be lit with over 200 candles to welcome and guide explorers

through this beautiful urban oasis.

**Time:** 5:30-8:30pm, snow or shine

**Cost:** Free  
urbanecologycenter.org

### ♥ SAT.-SUN., FEB. 23-MAR. 3

#### GREATER MILWAUKEE AUTO SHOW

@WISCONSIN CENTER

New cars, trucks and SUVs will fill the Wisconsin Center for the 2019 Greater Milwaukee Auto Show!

**Time:** Sat. 10am-10pm; Sun. 10am-6pm; Mon.-Thurs. 3-9pm; Fri. 1-9pm

**Cost:** Adults \$12; children \$6 (6 & under free)  
Autoshowmilwaukee.com

### ♥ SUN., FEB. 24


#### RUSSIAN ROMANCE

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Enjoy an afternoon of music with the Kettle Moraine Symphony. The full power and depth of the orchestra are unleashed in Tchaikovsky's Romeo and Juliet (Fantasy Overture) and Symphony No. 5 of Dmitri Shostakovich. Also featured is a side-by-side performance of Tchaikovsky's Serenade for Strings with high school students!


**Time:** 3pm, pre-concert talk at 2pm by Dr. Peter Gibeau


**Cost:** \$18; children \$5  
www.kmsymphony.org



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4832 N Idlewild Ave	3	\$259,900	\$260,000
630 E Hampton Rd	4	\$264,900	\$272,000
6060 N Lydell Ave	35	\$325,000	\$320,000
4949 N Hollywood Ave	2	\$349,900	\$349,900
5127 N Shoreland Ave	4	\$379,900	\$392,000
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4654 N Ardmore Ave	9	\$525,000	\$500,000
4901 N Oakland Ave	99	\$599,000	\$575,000
5135 N Woodburn St	15	\$720,000	\$665,000
5461 N Danbury Rd	153	\$975,000	\$910,000

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4619 N Cramer St	\$1,250,000

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# Tips on How to Be the Best Dog Owner



### Get a lint roller

This will be beneficial not only for your clothes, but for your entire house! If you have guests coming over, give the couch and chairs a quick sweep with a lint roller. This can make a world of difference—especially if you have long-haired animals that shed.

### They're a family member

Any pet is a big commitment and can be a huge change to your daily life. In order to feel calm and loved, most dogs require human attention and interaction. Your new furry family member is now a big part of your life. Make sure he/she is treated as such.

### Never be without a treat!

Training makes a big difference for both you and your dog. A well-behaved dog is much easier to schedule your day around. Whether you train your dog yourself or bring in a professional, any structure is a great start. Make training fun for your pet, and do it as often as you can. Don't forget to keep small treats on you to reward good behavior. I kept various bags of treats in my purse for over a year!

### Avoid accidents before they happen

When I first got my dog, I thought the term "puppy proofing" was an overstatement. I soon learned that it isn't. When you first bring home your dog or puppy, be sure to keep anything breakable out of reach. Avoiding an accident before it happens can put your mind at ease and lead to an easier transition for your dog into the new home.

### Don't let the "puppy blues" get to you

When I first brought my dog home, the "puppy blues" hit hard. The first few nights were exhausting, and I found myself questioning whether I had made the right choice. All I have to say is this will pass, and when it does, it will all be worth it. Puppies are like babies: they need extra attention and training. Once they get the hang of the routine, though, everything will become easier.

### Socialize

Making sure that your dog is well socialized as early as possible can ward off bad behaviors. Introducing them to new animals, sights and sounds are all important with socialization, as well! When my puppy was young, I made sure we got out of the house and went on walks where I knew other dogs would be. This allows them to meet other animals, hear new sounds and avoid any fear in the future.

BY KAILEE CAPELA

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**Youth Work and Volunteer Opportunities. Applications Currently Being Accepted!**

The summer of 2019 is kicking off with our Bay Volunteer program (for youth entering 9th grade and up in the 2019 school year) and paid 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 15, 2019.

**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 16 at 11:30 am. 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 16, 2019. This is a great FREE community event. All participants must be pre-registered by February 13th. Registration materials are available in the Winter/Spring Recreation Guide, online or at the Lydell Community Center.

**"55 AND BETTER" PROGRAMS**

**Luncheons and Entertainment Series**

Tuesday, February 12- Love is in the Air. Lovely musical entertainment provided by Julie Ann Lovely-Thompson. Doors open at 11:30 am, lunch at 12:00 pm and performance at 12:45 pm Cost \$9.00  
Menu: Chicken parmesan with penne pasta topped with marinara, strawberry spinach salad, cheesy garlic bread, red velvet cupcake, mile and coffee. Registration due February 5.

**Free Blood Pressure Clinic at Lydell**

February 12, 1:30 pm -2:30 pm, Room 15

**Day Tours and Extended Trips - Registration deadline**

Sunday, February 17th-Sunday Supper Club Trip-The Maple Tree in Madison, Wisconsin

Our first stop is Kilwins, an old fashioned confectionary then off to have a delicious dinner at The Maple Tree Super Club. Menu: Queen prime rib, steak and jumbo shrimp, chicken Cordon Bleu or broiled salmon. All entrees come with soup and salad bar, baked potato, bread, dessert and coffee, tea or mile. Cost \$89 per person.

**May 29-May 30, 2019- Niagara Falls**

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For additional program and registration, contact Carolyn Noori, WFB Senior Program Coordinator at 963-3992.



BY CARIN KELAND, DIRECTOR OF RECREATION AND COMMUNITY EDUCATION

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**BECOMING A Team**

**AS YOU HAVE PROBABLY DISCOVERED**, marriage is demanding. There are roles and expectations, decisions and accomplishments, tests and triumphs. Aside from the societal pressure, you'll feel strain from relatives, friends, and your significant other.

Many early marriage problems, however, spawn from our own perceived expectation of marriage. Most of our assumptions have come from our parents or other couples we grew up knowing. Whether these were negative or positive is irrelevant. These perceptions still spill into our daily life, acting as a filter for how we see life and marriage in particular. This causes us to speak one way or another, act harsh or gently, fight or forgive.

To avoid these early problems, it is important to realize that they all come down to your spouse's perception. If you aim to respect your spouse's behaviors and know that some are a learned trait, and not always decisions, you will be more adept to overcoming the early challenges you face.

Finding out exactly how to be a team can be difficult and may take the first few years of marriage, but if you focus on valuing each other's individuality and wholeness, you'll continue to foster respect and appreciation which will build an environment you can both live in.

CONTINUED ON PAGE 24

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CONTINUED FROM PAGE 23



**Respect their time and activities.** Today, being married does not mean you have to forgo your identity to be appreciated by your significant other. Two can remain as two. Learn to appreciate their unique activities and talents— it's probably one of the reasons you fell in love in the first place. Allow them to have their own freedom; often times it all but saves the sanity in a relationship.

From its beginning until its end, marriage will seek to destroy your respect for each other. It is up to you to never let your guard down and continuously work on building the strength in your relationship.

**Speak love over your spouse.** To have complete respect for each other, you need to respect their reputation. When you continuously tear someone down you won't want to build them up every day as well. As is human nature, it's easier to be negative about your relationship than it is to be positive.



Resist the urge to talk about the small nagging things at home. The more you gossip about the annoying things you find in that person, the more you will look for them. Instead, speak what is good and what is admirable of that person and you will discover yourself looking for those things.

**Respect yourself.** You are not expected to give up your life or your interests by becoming married. Instead, first respect yourself and then work to create solutions if need be. What we have come to understand as the golden word of marriage— compromise— is not a command to relinquish what you want but to find a solution for both of you to keep your own interests.

Respect for yourself shows you are self-aware enough to comprehend your desires and actions which in the long run will help you achieve your relationship goals. In turn, your spouse will respect your decisions, fostering an environment for your relationship to grow and develop.

BY MEGAN MAHLIK

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# The Teen Skincare Routine

We've all survived our teenage years and surely, some memories stand out more than others. Whether it was learning to style your hair, style your wardrobe, or, well, grasp the concept of style in general, unique struggles emerge in the years between 13 and 18. Betwixt school, sports, friends and the formation of identity, the last thing you want your teen to worry about is their skin. A little knowledge goes a long way, and so does a foolproof skincare routine.

Cleansing is crucial. Clean skin is healthy skin. Encourage your teen to cleanse morning and night, especially if they wear makeup. To determine what type of cleanser to start with, help determine their skin type. If their skin is typically red or if it feels tight or rough, they have dry (and likely sensitive) skin. Opt for either an oil cleanser or a gentle cream cleanser. Most will even list "Sensitive Skin" on the label! If you don't notice any redness and they've never complained about dryness, they're in luck: they have normal skin. Gel or foam cleansers work best for skin that is neither oily nor dry. If your teen is oily or even if they're very active in sports, an exfoliating cleanser is great for using once per day, ideally at night. It will provide a deeper clean and allow the skin to breathe.

Encourage them to also carry cleansing wipes for on-the-go care. After volleyball practice, gym class, and between

games at a sports tournament are ideal times to refresh their skin. It'll help keep inflammation at bay and prevent any dirt and oil from causing blemishes.

After cleansing, remind your teen to moisturize! Moisture is key in protecting the skin's natural defense barriers. Redness, irritation and even acne can occur when the moisture barrier is depleted. As with cleansers, it's best to choose a moisturizer based on skin type. Dry skin can be soothed with a cream moisturizer, normal skin with a lotion, and oily skin with a gel or "oil-free" lotion. Once they've selected the right one, make sure they apply it morning and night after cleansing.

It's never too early to consult with a dermatologist, especially if blemishes are an issue. Over-the-counter products can be harsh if used incorrectly, so always be careful when introducing new products to their routine. For instance, if you want to help them treat blemishes, first try a spot treatment or toner rather than an entire anti-acne line.

By establishing a skincare routine, your son or daughter will prevent breakouts, create a smoother canvas for makeup and even ensure a more comfortable shave. It's all about finding what works best for their schedule and skin type – and, most importantly, it's about feeling good about their complexion and learning what works best for them. A decade from now, they'll thank you!



**BY EMMA RIEHL**  
 When her perfectly powdered nose isn't in a book, Emma loves all things skincare, makeup, and fitness, especially if it comes in blush pink. Send any beauty questions to [erielh@bestversionmedia.com](mailto:erielh@bestversionmedia.com) and you will see them answered in an upcoming column!



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