

October 2019

BayLeaves

THE JOHNSON FAMILY

Celebrates Their
Son Winning State
Wrestling Match

Cover photo by Boutique Photographer



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THE OFFICIAL VILLAGE WEEKLY E-NEWSLETTER

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FEEDBACK/IDEAS/SUBMISSIONS

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

CONTENT SUBMISSION DEADLINES

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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Whitefish Bay School District	(414) 963-3921

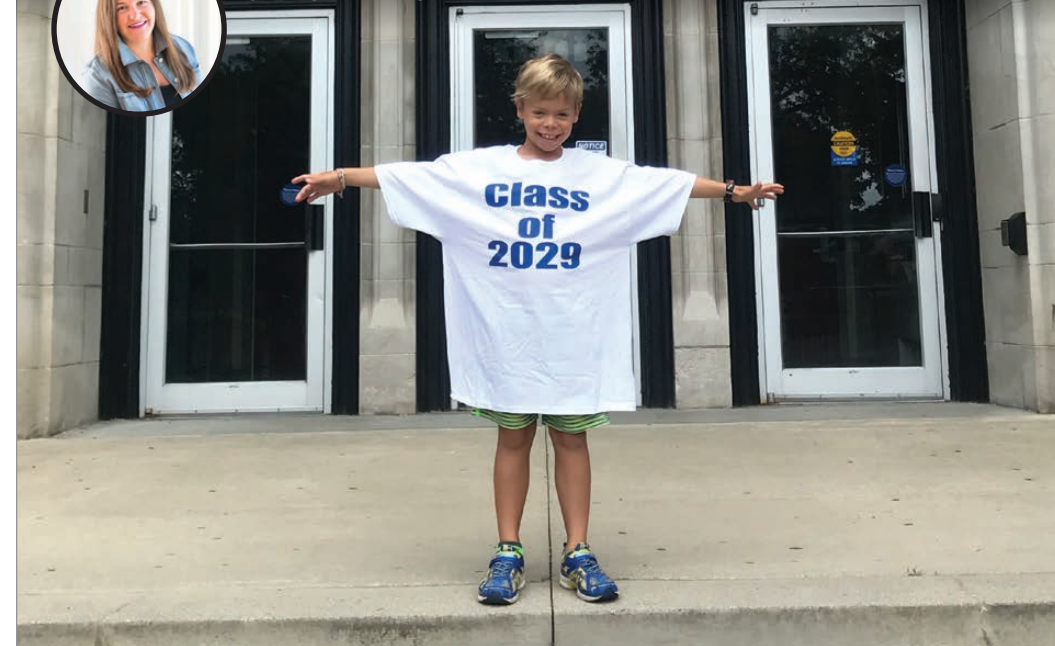
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DEAR RESIDENTS,

For the past five years I have taken a picture of my son in a 'Class of 2029' shirt I had made when he started K4. It has been fun over the years seeing how he fills out the shirt differently from previous years. My heart already aches a little for when his senior year finally does arrive in 2029 and how big he will look in the shirt that currently dwarfs him. Our feature family, the Johnsons, have a similar tradition because graduating from Whitefish Bay High School is important to them. Including their extended family, they have a total of 10 graduates from the high school and at each graduation they have shirts made saying the year they graduated. For the father, Demitree it will say "Class of '95 graduate" and his son Dajun, will have a shirt made this year saying "Class of '20 graduate". Enjoy reading their story and be sure to cheer on Dajun, the 2019 state winning wrestling champion!



CHEERS,
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ing to parents who work second and third-shift jobs. Demitree also enjoys the life of an entrepreneur and owns the Madison based company Xpress Transit, Inc. which provides non-emergent medical transportation.

The opening of their daycare facility was motivated years ago when their oldest child, Dajun was born. At the time the Johnson family lived in Milwaukee and their oldest Dajun did open enrollment to attend Glen Hills for grade school. "When it came

time for Dajun to attend high school, I just couldn't stomach the idea of my son being a Nicolet Knight," said Demitree while laughing. "Truthfully we wanted the best education for our children and having been through the Whitefish Bay system myself, I knew that we had to find a way to make the move to Whitefish Bay happen."



In 2014 the family of six moved to Whitefish Bay and made a huge impact in the wrestling community. Dajun (17) is a senior and a star wrestler for the high school, winning first place in the state championship match this past year. "Through wrestling I have matured so much and learned a new perspective on life," said Dajun. "The three main takeaways the sport of wrestling has given me are; 1) Don't look down on others for not knowing something, because at the beginning I knew very little and was taught along the way. 2) Just because something is hard doesn't mean you give up or do less - instead you do more, work harder and persevere. 3) There are no losers, instead there are winners and people who learn for next time."

CONTINUED ON PAGE 6

COMMITTED

To The Whitefish Bay School System



IN 1989 when Demitree Johnson was accepted into the Whitefish Bay school system through the Chapter 220 program, he never imagined what an impact it would have on his life. Having grown up in the inner city of Milwaukee, Demitree's parents applied for their children to attend school in the suburbs and were granted spots in Whitefish Bay. The Chapter 220 program began in the 1970s, when MPS and suburban districts began a voluntary integration plan whose purpose was to bring together white students and students of color.

Demitree began attending school in Whitefish Bay in 7th grade and graduated high school in 1995. "When I first started attending school in Whitefish Bay it was tough going from my neighborhood and

what I knew to a different way of life," said Demitree. "People in my neighborhood would claim that I was a cop out for going to school in Whitefish Bay. The way people would talk and dress were completely different even though it was only a few miles that separated my two worlds growing up."

A few years after high school, Demitree met Tamecka and the two have been married for 17 years. "On our first date I insisted on paying because I wanted to show him that I was independent and didn't need to rely on a man to support me," said Tamecka. Her independent streak continued and she started a 24-hour daycare facility called Johnson Preschool and Learning Center. The facility can take 25 children at a time and they have different shifts, mainly cater-

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Dajun is currently being recruited by numerous colleges to wrestle for them next year. His sister Tamia (15) is entering her sophomore year at Whitefish Bay and enjoys cheering Dajun on from the sidelines. Tamia was part of the dance team and coaches cheerleading with her mom. Devin (10) and Talia (8) are both at Richards Elementary School and follow in their older siblings footsteps. Devin is active in wrestling and plays on the Junior Dukes football team. With Demitree coaching the Bobcats, a youth football team in Milwaukee, Devin has learned a lot of skills directly from his dad. Talia enjoys dancing at Brookfield Center For The Arts.

The family loves spending time together and having friendly competitions. At the end of each school year they calculate which of the four children had the best report card, and that child receives a special gift. "We are really happy that we moved to Whitefish Bay and my children will have the same great education I had from the school district," said Demitree. It seems to have all come full-circle for Demitree Johnson and his adorable family.



BY CHRISTINE MCBRIDE | PHOTOS BY BOUTIQUE PHOTOGRAPHER

Fire Extinguishers

201

A FEW MONTHS BACK, we wrote an article that focused on how to use a fire extinguisher in your home. This article sparked some readers to submit follow up questions about choosing a fire extinguisher, placement in the home, and the life expectancy of a non-commercial unit bought at a local hardware store. So, this month we will focus on those questions:

- **Choosing an Extinguisher:**

We don't recommend any particular brand extinguisher; however, consumers should keep their eye out for models that have been approved by UL, or other trusted consumer testing companies. Likewise, units purchased for use in the home should be ABC type extinguishers, meaning they have been approved for various types of fires; including wood and paper (Type A), grease, oil and flammable liquids (Type B), and electrical (Type C).

- **Placement:**

Most fires in the home happen in the kitchen. Therefore, the logical place to put your home fire extinguisher is in a readily accessible area within the kitchen. It is always best to ensure it never gets buried behind other items in a pantry or cabinet. Mounting it on a wall where it can be grabbed quickly is ideal. Additional extinguishers should be kept throughout the home, where they can be accessed quickly to be used for escape. Remember, fire extinguishers are designed to facilitate safe escape from a home, not to make you a firefighter. Never go away from an exit to attempt to extinguish a fire. Instead, get out and stay out!

- **Life Expectancy:**

This is a tough question to answer. Varying manufacturers have different life expectancies depending on the model. Generally speaking, household extinguishers are good for anywhere from 5 to 15 years. Always read the labeling and any instruction manuals that come with the extinguisher prior to placement in your home. Here you will find manufacture and expiration/ life expectancy dates.



If you have additional questions about fire extinguishers, or want to learn more about the programs and services offered by North Shore Fire/Rescue, please visit our website, www.nsfire.org.



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BY CAPTAIN DAN TYK



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WHAT TO DO

WHEN KIDS DON'T WANT TO GO TO SCHOOL



HOW TO IDENTIFY SCHOOL REFUSAL BEHAVIORS

School refusal can be difficult to recognize as it can present differently in each individual. However, there are six common signs that can help you pinpoint students who may be struggling:

- 1. Habitually absent from school.** School refusal involves chronic absences and difficulty returning after short breaks. "When we see that a child is refusing school multiple days every week, or they just completely stop going to school, there's typically something connected to that," says Dr. David Jacobi, lead psychologist, child and adolescent CBT services at Rogers.
- 2. Goes to school but has difficulty staying due to crying, clinging, or tantrums.** Not all struggling students have trouble going to school in the morning. They may instead experience outbursts during the day that impact their ability to learn and remain in class.
- 3. Becomes distressed during the day and begs to go home.** Some students show signs of school refusal when confronted with specific situations or triggers, such as a big test, a disappointing grade on an assignment, or tension with friends.

- 4. Frequently visits to the nurse.** Spending significant time in the nurse's office despite no signs of illness is an indicator of school refusal.
- 5. Often complains of stomach aches, headaches, or other physical symptoms brought on by stress.** These complaints are common and can even lead to unnecessary doctor appointments in an attempt to address the problem. Absences for valid medical reasons can also contribute to anxiety and depression and may lead to school refusal.
- 6. Avoids contact with classmates or teachers.** Bullying and other social pressures can make a child wary of returning to school and interacting with others.



Podcasts and resources for understanding school refusal are available.

Medical experts explain the many factors that contribute to school refusal, how to identify behaviors, the potential effects of accommodating those behaviors, and the most effective treatment options. Podcasts and resources can be found at rogersbh.org/school-refusal.

BY ROGERS BEHAVIORAL HEALTH

DO YOU REMEMBER how you felt when you first started attending school? How about when you transitioned to high school? If so, you likely remember some stress while adjusting to being away from family, making friends, settling into new routines, and achieving good grades.

For some students, that stress doesn't go away quite so easily and may lead to a deeper struggle.

School refusal is a term used to describe the behaviors of children who regularly avoid going to school or who have difficulty staying in school when they do attend. It shouldn't be confused with truancy though.

"Truant students tend to hide their absences from their parents, and they don't experience anxiety or depression that is associated with going to school," says Dr. Heather Jones, a psychologist with Rogers Behavioral Health.

"With school refusal, students are having difficulty being or staying in school because of pretty severe anxiety or depression, and other risk factors such as bullying, learning disorders, or substance use," Dr. Jones adds.



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LEADERSHIP LIVES HERE

THOUSANDS OF PEOPLE drive past the St. John's Northwestern Military Academy (SJNMA) highway sign at exit 285 of Interstate 94 not knowing what a historic jewel it is. For 135 years, St. John's Northwestern has prepared teens for college and a lifetime of opportunity. "SJNMA fosters a challenging, student-centered format for cadets to compete, live and succeed," says Tom Stocks, president of St. John's Northwestern and a 1969 alumnus.

In 1884, St. John's Military Academy opened as a private, college preparatory and leadership development school. In 1995, the Academy merged with Northwestern Military and Naval Academy of Lake Geneva to become St. John's Northwestern. Nestled in the center of beautiful Delafield Wisconsin, St. John's Northwestern is principally a boarding school for boys and girls, grades 7-12; and offers an active day student program to its neighboring towns.

SJNMA follows a long-established military format for the benefit of structure, and the advancement of honor, dignity, and respect. Hundreds of its graduates have been admitted to the Five Military Service Academies, and the overwhelming majority advance to notable colleges and universities, both domestically and abroad. Prominent SJNMA alumni include Curtis "Buzz" Roosevelt, actor Spencer Tracy, and Martin Torrijos Espino, former president of the Republic of Panama.

"St. John's Northwestern attracts the youth of all walks of life, from a wide international footprint. We have a very diverse group of young boys and girls capable of significant achievement looking for guidance on how to maximize their potential," says Vice President of Marketing Valerie Ward, who is also the mother of a class of 2020 cadet. "My son has found true identity, purpose, and friends for a lifetime at SJNMA."

Academic excellence is at the center of the St. John's Northwestern experience, featuring a student-instructor ratio that allows for strong personal support by a highly dedicated faculty. "Individual attention and classroom interaction optimize mastery of the subject matter, and the learning process itself," says Dr. Eric Wozniak, SJNMA's Headmaster. In addition to its challenging, hands-on academic curriculum, cadets learn outside the classroom through field trips, excursions, and study abroad. Diploma options include STEM Honors, Humanities Honors, as well as technical diplomas and paths to earn dual college credit. St. John's Northwestern also offers courses in English as a Second Language, music, art, engineering, technology, and aviation.

St. John's Northwestern places a high value on faith formation as a foundation for solid character development. The stunning Noble Victory Chapel - St. John the Divine, was constructed by highly dedicated returning cadets serving in World War I. The chapel is part of the Episcopal Diocese of Milwaukee and is celebrating its 100th

anniversary. "Our character and service program allows cadets to explore issues of faith as they desire," says Director of Retention and Spiritual Life Joe Sevenz. "In addition, cadets are taught the importance of service before self through a variety of community service opportunities."

A commitment to athletics and wellness is yet another important pillar of SJNMA's program. "Whether through varsity-level competition or intramural sports or activities, cadets develop an appreciation for teamwork, dedication, and good sportsmanship," states Mike Fink, Athletic Director. A variety of sports are offered, including football, basketball, baseball, cross country, wrestling, swimming, golf, tennis, and lacrosse.

The Academy's 110-acre campus is accented by historic early-Twentieth Century architecture and features a nine-hole golf course, impressive outdoor athletic complex, obstacle course, tennis courts, and indoor swimming pool. "We frequently rent our facilities for camp programs, corporate retreats, company picnics, fundraisers and weddings," says Valerie Ward. "The Academy proudly hosts several events year-round that are open to the broader community. From our fireworks displays to parades on national holidays, we invite the public to join us!"

St. John's Northwestern is rated a top Christian boarding school by Boarding School Review and received a perfect score at the 2019 JROTC Program of Accreditation re-



view. Open houses are held every month for families to tour the campus, meet the leadership, and learn about the various scholarship and financial aid options available. "Financial stress shouldn't prevent a family from considering the SJNMA experience," says Dean of Admissions Paul Borens.

SJNMA is a 501C-3 non-profit organization. To learn more about St. John's Northwestern Military Academy, visit www.sjnma.org or call (262) 646-7199.

BY MARCIA SCHWAGER WITH ST. JOHN'S NORTHWESTERN MILITARY ACADEMY



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BY PASTER ROBER DICK

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Mental Health

AWARENESS WEEK

THE NATIONAL ALLIANCE ON MENTAL ILLNESS (NAMI) designates the first week of October as Mental Illness Awareness Week. The goal is to educate the public, fight stigma and provide support for the approximately 46.6 million Americans who live with a mental health condition. Mental illness effects virtually everyone directly or indirectly through family, friends, neighbors or coworkers. Despite this reach and prevalence, stigma and misunderstanding are equally widespread. Stigma is when someone (and it can even be the person themselves) views a person in a negative way simply because they have a mental health condition. Some people describe stigma as a feeling of shame or judgement from someone else. The effects of stigma play a role in the following statistics:

- Individuals with mental health conditions face an average 11-year delay between experiencing symptoms and starting treatment.
- Prejudice and discrimination are common barriers to treatment.
- Although most people experience relief from symptoms and support for their recovery in treatment, less than half of the adults in the United States get the help they need.

Navigating life with a mental health condition can be tough, and the isolation, blame and secrecy that is encouraged by stigma can create huge challenges to reaching out, getting needed support and living well. Learning how to avoid and address stigma are important since the effects of stigma can make the struggle with mental illness so much worse. Take the NAMI online quiz to see if you are affected by stigma(<https://www.nami.org/stigma>) because stigma is 100% curable.



BY CHRIS CORDOVA, RN, BSN

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Senior Day Trips

Monday, October 14- Burnham Neighborhood Frank Lloyd Wright Tour

- ▶ We will tour West Burnham Street in Milwaukee where 6 of these homes were built in 1916. Join volunteer Linda Cross, to hear the story of Wright, ASBH and the restoration. *The homes are not accessible to wheelchairs or other assistive walking devices. Cost: \$17.50 per person including transportation. Depart: Lydell at 1:10pm and return at 3:00pm

Wednesday, November 13- Holiday Stocking Stuffer Tour

- ▶ We'll visit Milaeger's Greenhouse, Larsen's Bakery, House of Gerhards Restaurant, Tenuta's Italian Deli and KP Toffee! You'll find unique holiday gifts at Milaeger's. We'll visit Larsen's Bakery in Racine, home of Original Kringle. The next stop is a wonderful German lunch and lecture about German holiday traditions at the House of Gerhards. Then, on to Tenuta's Italian Deli, home of the finest Italian foods and liqueurs. Final stop KP Toffee! Every stop includes a complimentary gift for your enjoyment. Cost: \$99.00 per person including transportation. Depart: Lydell at 7:00am and return at 6:15pm.

Cold Weather Bringing You Indoors?

- ▶ Cold weather bringing your work-out indoors? Don't forget the you can still purchase a membership to the Whitefish Bay Community Fitness Center located at the Whitefish Bay High School. The newly renovated weight room offers cardio and resistance equipment along with a walk-fit and/or lap swim add-on memberships for a low additional cost. Adult Resident Memberships \$120.00. Resident Seniors 55 and older \$100.00. For more information on center hours and how to register see the fall Recreation and Community Education Program Guide.

Boys and Girls Recreational Basketball League Registration Deadline is Oct. 18th

- ▶ Have a basketball player at home looking for a fun and competitive league? We offer league opportunities for boys and girls in grades 1-6th. All leagues play at either the High School Fieldhouse or Lydell Community Center and are parent coached. League play starts early November and ends with play-offs in February. All players must be registered with the Recreation Department by October 18th. Register today to secure your spot on a team!



Fall Luncheons and Entertainment Series

Tuesday, October 22- Oktoberfest in the Bay!

- ▶ Come hear the wunderbar sounds of the highly acclaimed accordionist, Roger Boll! Menu: Savory Salisbury steak, cheesy potato casserole, fresh green beans, coleslaw, roll, apple crisp, milk and Starbucks coffee. Cost: \$9.00 Pre-registration is required one week in advance.

Senior Seminars

October 9- Lynne Shaner, PhD-Promoting Positive Energy

- ▶ 3:30-4:30pm. In this class, we expand into integrating movement, daily mindfulness and experience-guided meditation to promote positive energy and thoughts. \$5.00 donation at door.

October 16- David Bartlett-Transferring Between Devices

- ▶ 1:00-3:00pm. Learn how to get pictures, documents and music on to or from your computer, smartphones and other devices. FREE

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



BY CARIN KELAND, DIRECTOR OF RECREATION AND COMMUNITY EDUCATION

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WEDNESDAY, OCTOBER 9 AT 6:30PM, the library welcomes author Bill Zaferos for Whitefish Bay TALKS. Zaferos is an award-winning journalist and first-time novelist who managed to channel mental illness into creativity by writing his book *Poison Pen* during a manic high. *Poison Pen* is the absurdist tale of redemption about a depressed game show host known for his cruel on-air insults and crude behavior. The story, as told by a misanthropic poison-pen-letter writer, offers an off-beat look at American culture while exploring themes of life, death, and the deeper meaning of 1960's television shows like *The Beverly Hillbillies*.

Other upcoming programs include a Community Art Day on Saturday, October 19. Fill in a frame and become part of one large community artwork. Stop by the youth services department whenever the library is open to participate. All ages and artistic abilities welcome! 3rd through 5th graders can make their very own paperback hedgehog on Monday, October 21 at 4pm, registration required. Teens (grade 6+) can sample candies from around the world on Wednesday, October 16 at 3:30pm, registration required.

Storytime registration begins on October 28 for our late fall storytime session that runs from November 11 - December 20. Storytime is a time to share books, stories, songs, and fun while building early literacy skills. Stop by the Youth Services Desk or call the library at 414-964-4380 to register.

BY SCOTT LENSKI





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Several former news carriers celebrated Joe Booz's life this spring at the Whitefish Bay Library. Shown in the front row left are Joe's daughter Mary Birk (in blue), Mary's daughter Anne Marie, and her granddaughter Grace.

WHITEFISH BAY HISTORICAL SOCIETY Cupid Visits The Journal Station House

JOE BOOZ, the much-loved Milwaukee Journal circulation manager who mentored scores of Whitefish Bay newsboys and newsgirls from the 1960s through the 1980s, spent his career in the Bay, but did not live in the Bay or send his children to Bay schools. He lived on the northwest side. But he did have one special connection to Whitefish Bay that yielded him and wife Betty four grandchildren and three great-grandchildren.



BY JEFF AIKIN

The Journal carrier station was tucked behind the strip mall at Wilson Dr. and Hampton Rd. When Joe was out, the station was managed by the station captain, usually the most reliable newsboy. One day in August 1969, Joe's daughter Mary, a high school freshman, called the station for Joe. He was gone so station captain Paul Roesler, who lived at 5051 N. Santa Monica Blvd., took the call. "We talked and right away hit it off," Mary recalled. "He called me and soon after invited me to homecoming at Dominican High School." Though they were only 14 and 15 at the time, Joe blessed the relationship. "Paul idolized my father," Mary said, "and my dad said Paul was like a son to him." The high school sweethearts married in 1974 and had two children who in turn produced three grandchildren. After graduation, Paul joined Joe in Journal circulation, then attended Marquette University in computer science and joined the paper's IT staff. Paul died in 1991. Mary is now married to Terry Birk. The couple live in Oconomowoc. Joe died in 2018 at the age of 96.

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5065 N Berkeley Blvd.	\$319,900
4826 N Diversey Blvd.	\$325,000
600 E Beaumont Ave.	\$349,000
5712 N Lake Dr.	\$374,900
4652 N Wildwood Ave.	\$439,900
5000 N Idlewild Ave.	\$509,000
5355 N Bay Ridge Ave.	\$525,000
1052 E Circle Dr.	\$599,900
717 E Lake View Ave.	\$609,900
5067 N Woodburn St.	\$625,000
1115 E Lexington Blvd.	\$739,000
5049 N Palisades Rd.	\$769,000

SOLD

Address	DOM	List Price	Sold Price
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5053 N Diversey Blvd.	20	\$385,000	\$375,000
4931 N Elkhart Ave.	6	\$389,900	\$377,000
5568 N Kent Ave.	6	\$450,000	\$445,000
5937 N Berkeley Blvd.	2	\$450,000	\$450,000
5251 N Santa Monica Blvd.	15	\$459,000	\$459,000
6155 N Kent Ave.	6	\$459,900	\$455,000
1729 E Cumberland Blvd.	4	\$475,000	\$475,000
5026 N Santa Monica Blvd.	4	\$479,000	\$479,000
4857 N Woodburn St.	5	\$509,900	\$548,800
5342 N Shoreland Ave.	54	\$525,000	\$514,900
915 E Lexington Blvd.	54	\$650,000	\$625,000
5519 N Hollywood Ave.	42	\$699,900	\$680,000
4723 N Cumberland Blvd.	71	\$724,900	\$700,000
749 E Lake View Ave.	42	\$729,000	\$735,000
6069 N Kent Ave.	1	\$775,000	\$780,960

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

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THE WFB GARDEN CLUB is working to expand sustainable lawn care practices and to promote planting native plants for pollinator-friendly spaces.

These two goals are ACTIONABLE for all of us. We all can do our small part in being better stewards of our lawns and in supporting pollinators.

What does that mean for you? Maybe it means planting more milkweed in your backyard this fall to support monarch butterflies. It could be as simple as mulching your leaves instead of raking them up. It could also mean switching your lawn fertilizer to a sustainable product instead of using a synthetic one.

These initiatives — creating both sustainable lawns and pollinator-friendly spaces — also have a significant impact on the

quality of life in the community. We will not only have safe green spaces for our families, friends, and pets to enjoy, but also for the wildlife that we all cherish.

So, this weekend with your family, why not discuss what you can do to support pollinators at your house? We encourage you to start small and do what is manageable, then build on your success. Follow the WFB Garden Club on Facebook, Instagram, or our website for new ideas.

BY MARY BETH MAHONEY



Photo by Morgan Vilar



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NORTHSHORE WOMAN'S CLUB

BAZAAR IN THE BAY:

October 12, 2019 from 10:00 am to 3:00 pm.

- Join us for a fun maker and vendor shopping event.
- With a strong tradition of community service and supporting women, the Whitefish Bay Woman's Club is pleased to present this fabulous event! Enjoy this opportunity to support local creative women entrepreneurs, all while shopping for gifts!
- In addition to the vendors booths, club members will be showcasing their own talents with their quality crafts and a bake sale. Lunch will also be available.



FUTURE EVENTS

HALLOWSCREAM!

Sunday October 20, 2019 2:00 pm to 5:00 pm

- All young children and their parents/grandparents/brothers and sisters are invited to our clubhouse for our annual fun-filled Halloween Party on Sunday, October 20. Enjoy playing games, face painting, decorating a small pumpkin, eating Halloween cupcakes, cookies and other goodies. There is no admission charge -- only a small fee to play the games and eat. WEAR YOUR COSTUMES!
- Both events to be held at the Whitefish Bay Woman's Club located at 600 East Henry Clay Street, Whitefish Bay.



Whitefish Bay Women's Club Game Nights:

6:30 pm

- September 25 – Learn to play sheepshead (All other games will also be available)
- October 30
- November 20
- December – No Game Night



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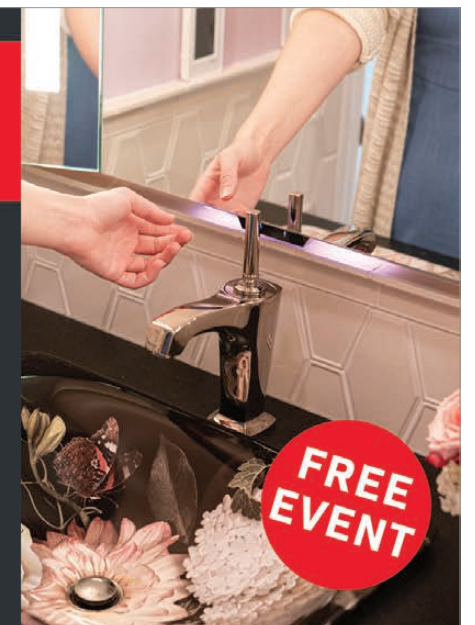
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October is Pet Wellness Month

CELEBRATE PET WELLNESS month by making some healthy choices for your best friend. Here are some things to think about:


- 1. Nutrition** - There are more choices than ever for owners when it comes to giving their pet a healthy diet. Consult with your vet as diet relates to age, calorie needs, overall health and sometimes even breed.
- 2. Weight Control** - We see more dogs than ever that are overweight. For an animal, being overweight means orthopedic problems, diseases like Cushing's, and an overall decreased quality of life. Manage your pet's food intake to ensure they maintain a healthy weight.
- 3. Exercise** - Mental and physical exercise are key to a happy and healthy pet. Giving them a good thirty minutes of cardio a day and giving them games that make them use their brains, like scent games, or eating a meal out of a treat ball.

- 4. Dental Health** - Brushing your pet's teeth and gums will ensure the same benefits you have from brushing your own teeth. Training them from a young age makes it easier to do for the rest of their life.
- 5. Grooming** - Just like with people, animals benefit from regular brushing, bathing and nail trims. Some breeds that have hair instead of fur will require frequent brushing and grooming.
- 6. Quality Time** - Spending time walking your dog or sitting down to pet your best friend while watching TV is what animals live for. Enjoy as much time with them as you can spare.



BY KAREN SPARAPANI

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MARK YOUR CALENDARS for the 2019 Great Pumpkin Festival, Wednesday, October 23 through Sunday, October 27. Join friends and family at Old Schoolhouse Park for this festive fall tradition! Carve a pumpkin from the pumpkin patch, sip hot cider, and enjoy delicious food while listening to live music. Pumpkin carving is free and carving tools are provided.

The Great Pumpkin Festival is open 6:00 p.m.-9:00 p.m. nightly. Beer served on Friday and Saturday nights.



Save The Dates!

- ▶ **October 23** early release for students
- ▶ **October 24 & 25** no school for students
- ▶ October Parent-Teacher Conference Schedule **October 24**
- ▶ *Please check your school's web page calendar and parent information for details.

Events:

- ▶ **October 15, 7:30 PM** High School Orchestra Concert
- ▶ **October 17, 7:30 PM** High School Choir Concert

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



BY PATRICE MILZER



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Whitefish Bay BID

CAN YOU BELIEVE IT IS FALL ALREADY? The inaugural Whitefish Bay Art Fest, held July 13 and 14, 2019 was a huge success. A national call for artists was held, and of the artists who applied, 80 were selected to be exhibitors in the show. It brought visitors from near and far to WFB! The Side Walk Sale-A-Bration was also huge success, the streets were bustling with consumers shopping local. In addition, the Farmers Market experienced growth by adding more vendors and music each weekend. The Farmers Market has become a gathering spot for families to buy beautiful flowers, fresh produce, crepes, meats, vegetables, and more!

Mark your calendars for November 29th: It's the Holiday Stroll! Holiday Stroll planning has already begun, let us know if you would like to get involved. Also look for the Menorah on Diversey and Silver Spring to celebrate Hanukkah from December 22nd to December 30th. Join the Menorah lighting with the JCC each night of Hanukkah.

Throughout the fall, your favorite retailers will host great deals, events, and special activities in order to offer even more reasons to shop Silver Spring Drive. You can find out more about these opportunities by searching the BID on Facebook (<https://www.facebook.com/ShopWFB>). Also, don't forget to subscribe to our e-newsletter by emailing wfbid@gmail.com to remain informed about related news and events or to learn more about businesses in downtown Whitefish Bay. Remember to Shop Local and Support Local!

Whitefish Bay Farmers Market.

- ▶ Saturdays through October 19th
- ▶ 8 a.m. - noon
- ▶ 325 E. Silver Spring Drive in the Aurora Parking Lot
- ▶ Take advantage of the last weeks of the Farmers Market. It has been a great season with different vendors and great music each week! Stop by and stock up on your favorite fall ingredients. Thank you for supporting the Whitefish Bay Farmers Market and shopping local! Special shout-out and thanks to our many sponsors, including Fringe, Mathnasium, Elements Massage, Equitable Bank, Gerhard's Kitchen & Bath, Indulge Salon + Skin, Midwest Dental - Fox Point and Sazama - Design, Build, Remodel.

Trick-Or-Treat Silver Spring

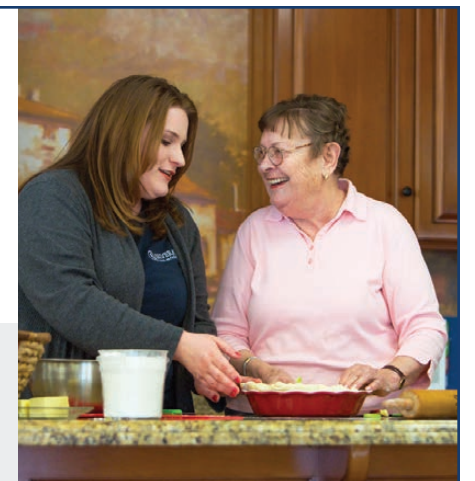
- ▶ Saturday, October 26th
- ▶ 10 a.m. - noon
- ▶ The annual trick-or-treating tradition is a special event for the littlest of trick-or-treaters on Silver Spring Drive. Participating businesses offer treats for wee ones in the company of at least one parent or guardian on the Saturday before Halloween. This year's event will be held on October 27th from 10 am to noon. There's something "sweet-in-stores" for everyone as you accompany the little ones you know on Silver Spring Drive.

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