

February 2022

# BayLeaves

## Seubert Family

LOVES TO PAINT  
THE TOWN  
(LITERALLY!)





### The Official Village Weekly E-Newsletter:

Be the first to know about What's Up at the Village! Subscribe to the free weekly Official Village Online Newsletter: Send your email address to Tim Blakeslee, Assistant Village Manager, t.blakeslee@wfbvillage.org or subscribe at bit.ly/1U49dmE

### Village Roadway Snow Removal Procedures

Village crews are responsible to clear all public streets of snow, starting with the main thoroughfares. They then proceed to remove snow on streets adjacent to schools, followed by snow removal on the remaining residential streets and alleys. Sidewalks that abut Village-owned land, such as parks and government buildings, as well as public parking lots, are also the responsibility of Village Staff. At times a liquid anti-icing agent is applied to streets prior to a snow event to prevent ice from bonding to the pavement.

### 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 10:00 p.m. and 6:00 a.m. Please be considerate of neighbors when clearing snow. With the automated refuse and recycling program, collection carts continue to be required to be placed within three feet of the curb or alley edge and three feet away from any obstruction. Residents may use carriage walks and driveway approaches or shovel a portion of their parkway to provide adequate space for collection carts. Residents with an alley are required to shovel out and clear the top of their carts to ensure collectors have access to the carts. Village Public Works collectors may not be able to collect carts if they have not been shoveled out and cleared off. Fire hydrants should be shoveled out in a three-foot 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.

## BVM Best Version Media

"Bringing People Together!"



**Publisher:** Kathy Durand  
**Bay Leaves Project Coordinator:** Beth Raab

**PUBLICATION TEAM**  
**Content Coordinator:** Christine McBride  
**Designer:** Laura Wire  
**Contributing Photographer:** Boutique Photographer

### ADVERTISING

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**Contact:** Kathy Durand at (262) 716 4788, or kdurand@bestversionmedia.com

### 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
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
November 20	January

### IMPORTANT PHONE NUMBERS

Emergency	911
Police Administration	(414) 962-3830
Police (non-emergency)	(414) 351-9900
North Shore Fire Dept. (non-emergency)	(414) 357-0113
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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Enjoying their annual father-son day at the Wisconsin State Fair!



### DEAR RESIDENTS,

My husband and son have an annual tradition of going to the Wisconsin State Fair each summer. They love the rides, the food, and even the shopping. This past August they came home with a colorful cityscape of Milwaukee. My husband told me the artist was from Whitefish Bay and suggested I feature them in *Bay Leaves*. Considering that I've been with *Bay Leaves* for eight years, it made me laugh that this was the first family my husband had suggested to me. Enjoy their story, and maybe you'll bump into the Seuberts, or my family, at State Fair this summer!

### CHEERS,

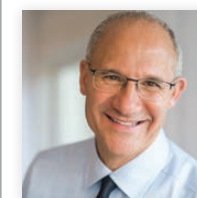
*Christine McBride*



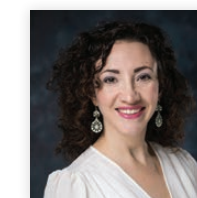
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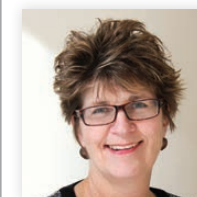
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# Seubert Family

LOVES TO PAINT THE TOWN (LITERALLY!)

**T**urning a hobby into a profession is a dream most people have. Josh Seubert was able to make his dream a reality with his beautiful artistic cityscape pieces. When his wife, Amber Zdanovec, was busy completing her medical residency, Josh spent his free time working on his hobby of creating collages of cities, states, or college campuses.

Josh and Amber were born in opposite sides of the world, with Amber born and raised in Appleton, Wisconsin. Josh was born in the Philippines on an air base since his father was stationed there for the Air Force. "My family moved back to the states after my dad's tour of duty was done, and I grew up in Indiana," said Josh. "Eventually my dad became an entrepreneur and that had a huge influence on my life. I always

knew I wanted to be an entrepreneur, just wasn't sure in what field until my art hobby became a viable option."

When Amber was in medical school at Saint Louis University (SLU), the two met because Josh had moved to St. Louis to be in a larger city. After dating for a couple years, Amber matched for her residency at the Medical College of Wisconsin in 2014 and they relocated to Milwaukee.

"I remember coming home from a long string of shifts at the hospital and Josh showed me this impressive cityscape he had created while I was at work," Amber said. "It was beautiful, unique and colorful, but I never imagined we'd be here years later with this as his full-time successful business."

Josh was self-taught on programs Illustrator and Microsoft Paint to create unique



digital cityscapes. His first one was of Milwaukee and was quickly picked up in local gift shops. He opened an online shop and continued to grow his portfolio. Each cityscape takes about 40 hours of work which includes extensive research on local icons, historic buildings, and unique aspects to that particular location.

Demand for Josh's cityscape style grew and he expanded to having 15 major cities and a handful of college campuses, and thus Townsville Art was formed. He began



working festivals and was now using this as his full-time income.

Growing alongside Josh's business, so did their family, welcoming their first son, Martin, in 2017. Their second son, Malcolm, was born March 2020. "That is how you kick off a pandemic," the couple can now jokingly say about the timing of Malcolm's birth.

Amber's job took them back to St. Louis for two years of fellowships, but when it came time to pick their forever home,

Milwaukee felt right. "We were originally only looking in Menomonee Falls because we wanted a larger and newer house," said Amber. "After driving around we really felt like we clicked more with the community that Whitefish Bay has. We saw tons of kids riding their bikes everywhere around Whitefish Bay and it was a completely different vibe from other areas."

By the time they had relocated back to the Milwaukee-area, Townsville Art had

exploded in popularity, and Josh needed a physical space to store all of his prints. He found a basement space in the Marshall Building in the Third Ward. After a year in the basement, a spot opened up on the first floor, which would allow for lots of natural light and to experiment with foot traffic to the shop.

"While a majority of sales still come from online or festivals, it is nice to have people come into the shop and view the pieces

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and talk to us," said Josh. "Our biggest seller here is Marquette University, and my favorite piece I've created is the Milwaukee cityscape. It was a passion project for me and helped us really feel like we knew the city before moving back here permanently."

Their young boys have enjoyed life in Whitefish Bay, and Martin is loving his first year at

Cumberland. Amber has stayed extremely busy as a physician practicing both anesthesiology and critical care medicine. "It's been a stressful and different work environment the last two years, but it's nice to see how proactive Whitefish Bay has been with getting vaccinated," said Amber.

The family is looking forward to making years of memories here and Josh creating

many more cityscapes over the years. He even recently made one of Whitefish Bay, because there's no place like home.

BY CHRISTINE MCBRIDE  
PHOTOS BY BOUTIQUE PHOTOGRAPHER



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ACCREDITED BUSINESS

# CALENDAR OF EVENTS

# FEBRUARY



ONGOING  
**SLICE OF ICE**  
@Red Arrow Park  
Experience ice skating downtown, a Milwaukee tradition. Check the website for more information on rates and operations.  
[county.milwaukee.gov/EN/Parks/Explore/Slice-of-Ice](http://county.milwaukee.gov/EN/Parks/Explore/Slice-of-Ice)

ONGOING  
**SOCIAL DISTANCED WALKING**  
@Lynden Sculpture Garden  
Enjoy a walk and art as you stroll through the sculpture garden free of charge thanks to the Herzfeld Foundation.  
**Time:** 10am-5pm  
[www.lydensculpturegarden.org](http://www.lydensculpturegarden.org)

SATURDAYS, ONGOING  
**MILWAUKEE WINTER FARMER'S MARKET**  
@GATHER at Deer District  
The 13th season of the Milwaukee Winter Farmers Market (MWFM) begins in an exciting new location! It's the same great market!  
**Time:** 8-11:30am  
**Cost:** Free  
[www.mcwfm.org](http://www.mcwfm.org)

SAT., FEB. 5  
**FORAGED INK WORKSHOP: FORAGING IN THE KITCHEN**  
@Catholic Ecology Center  
Discover the colors that can be brought to life from foods in your kitchen. Make several inks, explore how simple chemistry shifts colors, and create your own paintings to take home. The workshop is geared for adults and teens. (Visit the website for info on a kids foraged ink workshop Sat., Feb. 26.) No art experience necessary. All supplies are included.  
**Time:** 10-11:30am  
**Cost:** \$20-\$25  
[catholicecologycenter.org](http://catholicecologycenter.org)

SAT., FEB. 5-SUN., FEB. 6  
**BIG FREEZE DISC GOLF TOURNAMENT**  
@Dretzka Park, Milwaukee  
Keep up your disc-golf skills by entering this frozen-fairway tournament! Sign up with a partner to play one of the state's top disc-golf courses! Pro Day is followed by a day of play for mixed, intermediate, and advanced teams. Online registration closes Feb. 4.  
**Time:** 7:15am  
[www.discgolfscore.com](http://www.discgolfscore.com)

CONTINUED ON PAGE 12



**Whitefish Bay  
RECREATION**  
Bringing Community Together

### Free Throw Contest

Come on out and show us your skills! Whitefish Bay Recreation hosts its annual Free Throw Contest for girls and boys, grades 3–8 on Saturday, February 19, at the Whitefish Bay High School Field House. All must be registered and checked in by 11:00 a.m. Late arrivals will not be allowed to participate. Boys and girls compete separately in each grade division and will attempt 20 throws. The finalist will receive a trophy and be invited to participate in the SE-PRC Regional Free Throw Contest in March. This is a FREE contest. Pre-registration is encouraged, however, walk-ins are welcome.

### School's Out Snow Tubing Trip at The Rock Snowpark

It's a day off of school! Grab your friends and come tube with us! If you can sit, you can tube like a pro. It's that easy! Simply ride the conveyor lift to the top, then slide down one of the many chutes for hours of fun. Trip includes 2 hours of tubing, bus transportation and adult supervision.

- ▶ **Grades:** 6–8
- ▶ **Date/Time:** Friday, February 25, 10:30 a.m. departure/1:30 p.m. return
- ▶ **Fee:** \$35.00/\$45.00 Resident/Non-Resident



### Looking for Lifeguards and Swim Instructors

The Whitefish Bay Recreation Department is looking to fill open aquatics positions. Our Staff starts at \$11 per hour and can increase depending on your certifications. We offer morning, afternoon, evening and weekend shifts to fit your schedule! If you are interested, please contact Mark at 414-963-3864 or mark.suchowski@wfbschools.com for application materials.

## WHITEFISH BAY SENIOR "55 AND BETTER" PROGRAMS ...IN THE COMMUNITY FOR THE COMMUNITY

### Bingo Luncheon for Ages 55 and Up

- ▶ Friday, February 25, 11:00 a.m.–2:00 p.m.
- ▶ Lydell Community Center, Gym

Whitefish Bay Recreation and Community Education Department invites our Whitefish Bay Senior residents, 55 years of age and older, for a FREE meal and BINGO (awarding non-cash prizes). Pre-registration is required, as seating is limited. Please reserve your spot by completing a Recreation and Community Education program form, registering online or by giving us a call at 414-963-6806. Bring a friend and enjoy!

- ▶ **Menu:** Pasta with or without Meatballs, Garden Salad, Breadstick, Milk, Coffee and Cookie for Dessert
- ▶ **Registration Deadline:** Thursday, February 17
- ▶ **Residents/Non-Residents** Free/\$11.00 per person



### Blood Pressure Clinics

- ▶ Wednesday, February 16, 1:00 p.m.–2:00 p.m.
- ▶ Lydell Community Center, Room 15
- ▶ Free Blood Pressure Checks offered by the North Shore Health Department

BY CARIN KELAND, DIRECTOR OF RECREATION AND COMMUNITY EDUCATION

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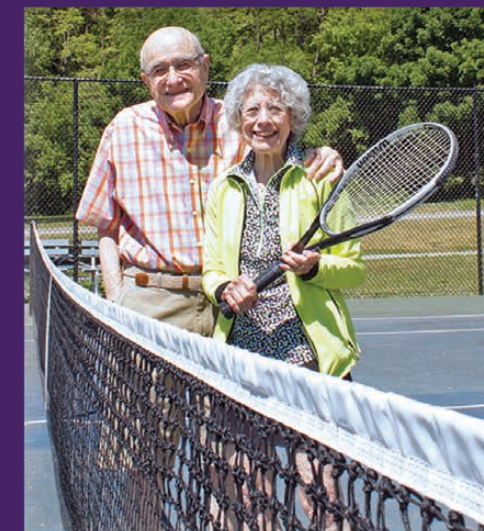
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# Cahill Square Ice Rink: THE EARLY DAYS



**THIS IS A REMINISCENCE** about skating on the Whitefish Bay flooded tennis courts back in the late 1950s and 1960s.

Every winter, the Village's Department of Public Works crew would flood the Cahill Park tennis courts to provide an excellent skating oval around the big light poles. We had an old Quonset hut warming house sandwiched between the parking lot and the courts. That was before the current warming hut was built. It was always toasty with benches, slots for shoes and, of course, the hot chocolate machine. After your dime went in, it poured scalding hot water and chocolate into a paper cup, which often didn't drop before the dispensing began. You then had to go see Mr. Vanden Avond, the adult managing the place, to get it fixed or get your dime back.

The fast kids ruled. These were the elite of the Whitefish Bay Speed Skating Club. It was an inspiration to see them in great form in their tight wool outfits, stroking and swinging their arms as they flew around the oval. A few names I remember were Tommy Scanlan, Beth Jassoy and David Ryan.

For the rest of us, peak time was skating on Saturday afternoons. The rink and warming house were jammed with us kids. And with great anticipation that the girl you had a crush on might show up with her friends to skate. It was self and peer pressure to go up and ask her to skate around the oval while holding hands! And you know it doesn't get any better than that in a young boy's dreams!

BY JIM ANAS



The WFB Speed Skating Club produced at least two world-class speed skaters during this time: Thom Weisel, who started winning national championships at age 14, and Angela Zuckerman, a two-time Olympian.

JEFF AIKIN AND TOM FEHRING

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CALENDAR OF EVENTS  
**FEBRUARY**

FROM PAGE 7



FRI., FEB. 11-SUN., FEB. 13

**ANIME MILWAUKEE**

@Wisconsin Center

Three days of celebrating and educating fans about anime, manga, Asian culture, music and gaming. AMKE started as a college anime club meeting that grew into the idea for an event, and that event has been growing and thriving ever since.

**Time:** Varies

**Cost:** Adults \$65

Animemilwaukee.org

SAT., FEB. 12

**CROSS COUNTRY SKIING WORKSHOP**

@Catholic Ecology Center

Learn how to enjoy the beauty of winter on cross country skis. You will be instructed on ski technique and then hit the trails with the instructor to guide you. All ages are welcome and skis are provided. (You will be contacted to ensure we have the correct size boots for you.)

**Time:** 10am-12pm

**Cost:** \$5

catholicecologycenter.org

MON., FEB. 14

**COUPLES CANDLELIT SNOWSHOE AND HIKE**

@Catholic Ecology Center

Enjoy a candlelight Valentines hike or snowshoe with your loved one followed by a blessing and talk. The Green Loop encounters the pond, Otter Creek, the Rubicon River, the boardwalk and ends at our Ecology Yurt with a fire, hot chocolate, snacks. The trail, which will be lined with luminaries, is approximately 3/4 of a mile and mostly flat making for a beautiful snowshoe/hike. Snowshoe use free to members while supplies last. Leashed pets are welcome on the trails, but not allowed in the buildings.

**Time:** 7pm

**Cost:** \$20

catholicecologycenter.org

CONTINUED ON PAGE 15

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**THE BEGINNING** of a new year is traditionally a time for new aspirations and fresh visions for a joyful, healthy year. We begin to plan the garden of our lives. We plant seeds; we envision new beginnings.

As a child, February was the month that my father would unearth seed catalogs. Our small hands would turn pages and point to things we wanted to grow. We started to picture our small plots in his larger garden. What great life lessons we learned at that kitchen table! Dream it, plan, nurture and grow it.

Seeds are such magnificent entities. Seeds are the beginning. They represent the potential of new life itself—encapsulating an embryo and an energy booster within a protective seed coat.

**Where can you find seeds?**

- ▶ **Wisconsin Heirloom Seeds**—grown for generations in our state, great for seed saving.
- ▶ **John Sheepers Kitchen Seeds**—both vegetable and flower seeds.
- ▶ **Pinetree (www.superseeds.com)**—economical, large quantities; also includes gardening and canning supplies and pre-inoculated mushroom logs.
- ▶ **The Whole Seed Catalog**—the encyclopedic bible of seeds with photographs so beautiful you can frame. I get a copy for the eye candy alone (\$12.95).

Want more inspiration and practical information? Watch resident Carolyn Haight in our Seed Starting 101 video at <https://youtu.be/UgtAWtDhvbw>.



**PENDING**

Address	List Price
4759 N Larkin St.	\$839,900

**SOLD**

Address	List Price	Sold Price	Address	List Price	Sold Price
5069 N Shoreland Ave.	\$279,000	\$267,440	6166 N Lydell Ave.	\$399,000	\$420,000
4616 N Oakland Ave.	\$324,900	\$300,000	5144 N Ardmore Ave.	\$399,900	\$390,000
5026 N Idlewild Ave.	\$349,000	\$390,000	742 E Sylvan Ave.	\$499,900	\$565,000
5051 N Idlewild Ave.	\$359,900	\$348,500	711 E Lake View Ave.	\$569,900	\$585,000
5139 N Woodruff Ave.	\$365,000	\$395,000	4837 N Woodburn St.	\$665,000	\$665,000
5577 N Kent Ave.	\$365,000	\$357,500	5073 N Lake Dr.	\$799,900	\$775,000
5570 N Lydell Ave.	\$375,000	\$363,000	6103 N Kent Ave.	\$799,900	\$800,000
4840 N Larkin St.	\$375,000	\$375,000	928 E Colfax Pl.	\$825,000	\$850,000
5574 N Lydell Ave.	\$375,000	\$363,000	5552 N Berkeley Blvd.	\$869,900	\$850,000
5540 N Kent Ave.	\$375,000	\$407,000	4614 N Cramer St.	\$1,285,000	\$1,376,000
349 E Day Ave.	\$379,900	\$391,000			

Best Version Media does not guarantee the accuracy of the statistical data on this page. The data does not represent the listings of any one agent or agency but represents the activity of the real estate community in the area. Any real estate agent's ad appearing in the magazine is separate from the statistical data provided which is in no way a part of their advertisement.



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CALENDAR OF EVENTS  
**FEBRUARY**

FROM PAGE 7



SAT., FEB. 19-SUN., FEB. 20

**WINTER FESTIVAL CEDARBURG**

@Downtown Cedarburg  
Oh, you would not, could not miss a festival such as this! Festivals of Cedarburg will celebrate with a Dr. Suess-themed Winter Festival.

**Time:** Sat. 8am-9pm; Sun 8am-3pm

**Cost:** Free  
[www.cedarburgfestival.org](http://www.cedarburgfestival.org)

SAT., FEB. 26-SUN., MAR. 6

**GREATER MILWAUKEE AUTO SHOW**

@Wisconsin Center  
New cars, trucks and SUVs will fill the Wisconsin Center for this year's Greater Milwaukee Auto Show!

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

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

**SLEDDING**

@Milwaukee County Parks

**Daytime-Only Designated Sledding Hills**

- ▶ Brown Deer Park, 7835 N. Green Bay Rd.
- ▶ Indigenous Peoples' Park, 7301 W. Courtland Ave.
- ▶ Greene Park, 4235 S. Lipton Ave.
- ▶ Hales Corners Park, 5765 S. New Berlin Rd.
- ▶ Kletzsch Park, 6560 N. Milw. River Pkwy.
- ▶ LaFollette Park, 9418 W. Washington St.
- ▶ McCarty Park, 8214 W. Cleveland Ave.
- ▶ McGovern Park, 5400 N. 51 St.
- ▶ Wilson Recreation Center, 4001 S. 20 St.

**All-Day Designated Sledding Hills**

- ▶ Lit from 4:30-8:30pm
- ▶ Currie Park, 3535 N. Mayfair Rd. (Lit until 10pm)
- ▶ Humboldt Park, 3000 S. Howell Ave.
- ▶ Whitnall Park, 5879 S. 92 St.
- ▶ Check the website for info on warming houses availability.

Events are subject to change. Be prepared to follow local guidelines and contact venues/organizers for most up to date information.

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**A TRADITION OF EXCELLENCE SINCE 1947**



**Excite Your Mind with Whitefish Bay Public Library's 2nd Annual Winter Reading Program!**

Have you signed up for our Winter Reading Program? There's still time! You have until February 28 to experience this great program for all ages (including adults), full of opportunities for fun and learning. Read what you want, track how much time you spend reading and add your name to tickets for gift card drawings.

To register, go to our website or use the Beanstack app! Download the Beanstack app and search for Whitefish Bay Public Library.

This program is sponsored by Friends of the Whitefish Bay Public Library.

**New Take and Tinker Items**

We've added some new items to our Take and Tinker collection for 2022. This is a collection of tools, games and more that you wouldn't expect to find in a library, funded generously by Friends of the Whitefish Bay Public Library.

**New this year:**

- ▶ Cordless Drill
- ▶ Cordless Hot Glue Gun
- ▶ Toolbox
- ▶ Family Games
- ▶ Stud Finder
- ▶ Wooden Loom

Check out the full list of items on our website. Reserve an item with your library card. Items have a 7-day checkout (with a 3-day grace) and can be renewed up to 2 times if no one is waiting. Late fees are \$.50 per day. Items can only be picked up and returned at Whitefish Bay Public Library.

BY KATIE KIEKHAEFER, HEAD OF YOUTH SERVICES

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**Save the Date!**  
No School for Students – February 25, 2022

**Community E-Newsletter**

The Whitefish Bay community is invited to view District updates and safety information on the District's website at [www.wfbschools.com](http://www.wfbschools.com).

Our Community E- Newsletters are one of several ways the District works toward comprehensive communications with the community. Sign up on the District website to receive these monthly during the school year.

BY JULIE PITEL, EXECUTIVE ASSISTANT TO THE DISTRICT ADMINISTRATOR & BOARD OF EDUCATION

**Whitefish Bay SCHOOL DISTRICT**  
An Exceptional Place to Learn

**WE'RE PROUD TO BE WHITEFISH BAY'S COMMUNITY BANK**

At Town Bank, we've called Wisconsin home for more than 25 years and take pride in serving our communities with a true local focus. As we open our new branch in Whitefish Bay, we want you to know we're here to support local families, businesses, and nonprofit organizations. In addition to providing reliable and convenient banking solutions, we make it a priority to get involved and give back to the people who work to make this community so great, because this is our home, too.

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Do you feel  
*the love,*  
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This Valentine's Day—and all month long—we are thinking about loved ones and the many things we look forward to doing with them. Show some extra love to your friends, family, neighbors and the community while also supporting our Merchants on Silver Spring Drive.

Shop local for the perfect Valentine's Day gift(s). Restaurants/ Bars, Coffee, Clothing/Accessories, Sporting Goods, Professional Services, Fitness, Bakery, Health/Medical Services, Interior Design, Kitchen/Bath Design, Salon/Skincare, Art Gallery, Pet Supplies, Jewelry/Watch Stores, Rugs, Grocery and more—our Merchants have something for everyone.

Shopping at a local store means you can get an expert opinion about the products that you're purchasing, and you'll receive better service. Local business owners do what they do because they are passionate about their products and typically take more time to get to know their customers.

I personally love the statement, "When you support small business, you're supporting a dream!"

The first day of spring is coming up on Sunday, March 20, 2022, and we are already planning for spring and summer events, including Bay Day, the Farmers' Market, Sip\*Shop\*Support Local, Art Festival, Side Walk Sale, Sounds of Summer and more! Stay tuned for more details.

Learn more about all the happenings on Silver Spring and sign up for regular emails from the shopping district at our website [www.MerchantsOfWhitefishBay.com](http://www.MerchantsOfWhitefishBay.com). Each month on our website we HIGHLIGHT a local business. This month, we are highlighting Burke Candy, which is now open on Silver Spring Drive. Check it out to learn more about this family business!



You can also follow us on Facebook at @ShopWFB and Instagram @WFBID.

BY KATIE COMMER, EXECUTIVE DIRECTOR, BUSINESS IMPROVEMENT DISTRICT (BID)

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Have You Had a **Free Home Safety Visit** from North Shore Fire/Rescue?

**STATISTICS RELEASED** by the National Fire Protection Agency indicate a home structure fire is reported every 85 seconds!

Fire moves fast and people need to be ready to move faster. The fact is, when fire strikes, a home can be engulfed in smoke and flames in just two minutes. That's why it's essential to maintain smoke alarms on every level of your home, create a fire escape plan and have a basic understanding of potential hazards within your home.

In an effort to keep our residents safe from fire and other home hazards, North Shore Fire/Rescue will conduct a free courtesy home safety evaluation. This service is offered to residents in any of the seven North Shore communities. As a part of the visit, North Shore Fire/Rescue will provide and install up to four complementary smoke

alarms. In addition to alarm evaluation and installation, members of North Shore Fire/Rescue will discuss various safety related topics including:

- ▶ Electrical Safety
- ▶ Fire Escape Planning
- ▶ Cooking Safety
- ▶ Carbon Monoxide Safety
- ▶ Smoke Alarms and Their Maintenance

The items discussed during the assessment are recommendations based on local and national statistics. The homeowner is under no obligation to comply with the recommendations discussed during the assessment.

To schedule a FREE Home Safety Assessment or to learn more about the programs

and services offered by North Shore Fire/Rescue, visit our website, [www.nsfire.org](http://www.nsfire.org). Once on the website, find the "How Do I?" section along the top of the site and then click the "Schedule a Home Safety Assessment" link to complete the online form.

BY DONNA FLINT, COMMUNITY RISK REDUCTION SPECIALIST, NORTH SHORE FIRE/RESCUE



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# February IS Responsible Pet Owners Month



What is a responsible pet owner? People that have their animal at the vet annually, have a microchip in their pet and a visual collar and tag on their pet for identification, or people who walk their dog every day for exercise? What we are finding is that being a responsible pet owner means so much more, including:

- ▶ Socializing their puppy by exposing them safely to other people and animals before 6 months of age, and attending at least one puppy training class. Dogs over 6 months may not be well suited for dog parks or other social activities because of poor prior socialization or being taken from their litter too young, which is OK, but we should respect their boundaries.
- ▶ Only letting their dog outside while attended, even in a fenced in yard. Theft, escape and wildlife exposure are common hazards to letting dogs outside with no one watching them.
- ▶ Understanding that all dogs can and will bite if they are pushed to a limit. Most people are bitten by their own dog, or a dog well known to them. Most bite victims are children.
- ▶ Not letting cats outside. While your cat may disagree, as going outside is very entertaining for them, they risk animal attack, automobile injury, disease and poison ingestion, and will kill birds for fun.

Our pets need us to be the best guardians we can be and to always care for them like we would a child.

BY KAREN SPARAPANI, EXECUTIVE DIRECTOR



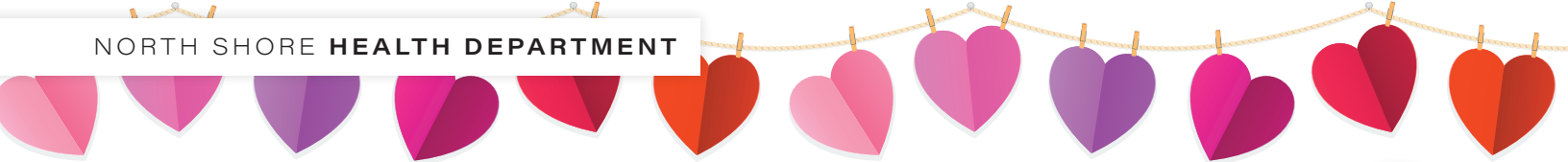
Thinking about selling in spring?  
Now is the time to prepare.  
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# Heart Healthy LIVING



**FEBRUARY** is American Heart Month, a designated time to motivate Americans to adopt healthy lifestyles to prevent heart disease. When we incorporate heart health into our self-care routines, we set an example for those around us to do the same.

Heart disease is one of the leading causes of death for both men and women in the United States, and most middle-aged and young adults have one or more risk factors for heart disease, such as diabetes, high blood pressure, high cholesterol or being a smoker or overweight. In 2018, heart disease was the number one cause of death in Wisconsin with 12,053 total deaths attributed to heart disease.<sup>1</sup> The North Shore recorded 105 total deaths from heart disease in 2020, making it the second leading cause of death in the North Shore after cancer, with 107 total deaths in 2020.<sup>2</sup>

Although heart disease is not entirely preventable, talking to your doctor about your risk level and making heart-healthy

choices can help reduce your risk of developing heart disease, including coronary heart disease, the most common type. Coronary and other types of heart disease cause heart attacks, but by taking preventive measures, you can not only lower your risk of developing heart disease, but also improve your overall health and well-being.

### Heart-healthy tips:

- ▶ Get regular physical activity. This can help lower many heart disease risk factors such as “bad” LDL cholesterol levels, increase “good” HDL cholesterol levels and manage high blood pressure.
- ▶ Maintain a healthy weight. Always talk to your healthcare provider about what BMI is right for you.
- ▶ Eat a nutritious diet, including fruits and vegetables, while limiting other foods, such as saturated and trans fats and added sugars.

- ▶ Quit smoking.
- ▶ Manage stress. Talk to a professional counselor, be physically active, practice meditation or other calming activities, and talk with friends, family and community or religious support systems.
- ▶ Get 7-8 hours of quality sleep.
- ▶ Track your heart health stats.

Visit the National Heart, Lung, And Blood Institute (NHLBI) website for more information on heart disease: [www.nhlbi.nih.gov](http://www.nhlbi.nih.gov).

BY KAYLA BONACK, MPH

#### Sources:

Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics. Annual Wisconsin Death Report, 2018 (P-01170) December, 2020.

Wisconsin Department of Health Services, Division of Public Health, Office of Health Informatics. Vital Statistics, 2020.

National Institute of Health, National Heart, Lung, And Blood Institute.

## 7 Days of Self-Care

<b>#MindfulMonday</b>  Know your <b>blood pressure numbers</b> and other heart stats	<b>#TastyTuesday</b>  Try a <b>tasty, heart-healthy recipe</b>	<b>#WellnessWednesday</b>  Put your <b>heart</b> into your wellness routine
<b>#TreatYourselfThursday</b>  Treat your heart to some <b>relaxation and fun</b>	<b>#FollowFriday</b>  <b>Share who inspires you</b> to show your heart more love	<b>#SelfieSaturday</b>  Post about your favorite way to take care of <b>your heart</b>



#OurHearts



# Magical Memories

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