

February 2018

# BayLeaves

**The Meadows Grow  
from High School  
Sweethearts to  
Parents and  
Entrepreneurs**



Best Version Media

Cover Photo by  
Boutique Photographer  
Linda Smallpage

Read About  
Myopolis™  
Inside!

# ATHLETES,

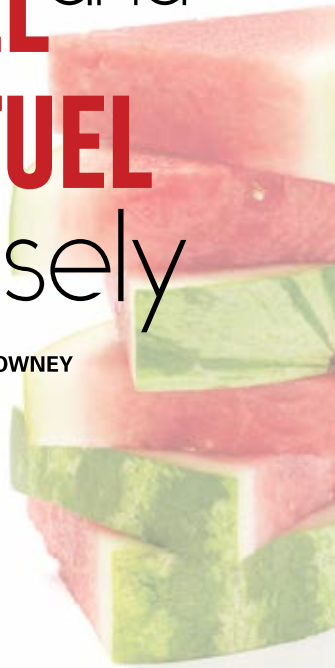
Remember to

**FUEL** and

**REFUEL**

Wisely

BY DENIS F. DOWNEY



**W**eekend youth tournaments with multiple games or matches on multiple days seem to have become the norm in many sports. While much attention has been brought to keeping players properly hydrated during these events, how much thought are you as coaches and parents giving to making sure they are fueling themselves with healthy foods and liquids?

Are you encouraging them to not only eat a healthy breakfast before beginning competition, but also making sure they are filling their backpacks with healthy food choices for their between-game meals and snacks, instead of heading to the concession stand and loading up on unhealthy choices?

While a coach may not be on hand when they eat breakfast before their busy day, you can make a few suggestions, such as whole grain cereals with milk, fruit, yogurt, scrambled eggs, toast or bagels with peanut butter, fruit juice and milk,

and of course, lots of water.

Foods to avoid for breakfast include sugary cereals, donuts, danishes and pastries, syrup, and coffee and caffeinated beverages.

For between games and matches, encourage your athletes to refuel with fruits and vegetables, sandwiches with lean deli meats such as chicken, turkey or tuna, yogurt, cheese and crackers, healthy granola bars, nuts, and, again, lots of water.

Foods to avoid between games include chips, candy, soda, caffeinated drinks, fast food and high-fat granola bars.

Remember, it is important to refuel whenever you get a chance during a multiple-match event. Sure, it's nice to find a shady tree to take a nap under to help recharge between games, but remember, replacing the fuel you spent in last match is just as important as rest in preparing for the next one. ●



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**Dear Residents,**

Over the years, each of our feature families share their amazing stories and open themselves up to both me writing about them, and you reading about them. Every single time I learn something new or have a great take-away from the family we are featuring that month. For our February feature family, I was given the gift of learning how to use Instagram properly and it paid off in a big way for me. With our stories planned out so far in advanced, Sara and Chris Meadows were already discussing the February issue back in October. One of Sara's many talents is being savvy on social media so I asked for some help understanding more about Instagram. She gave me a little tutorial and I was on my merry way with my new bag of social media hacks. Two days later I happened to scroll through Instagram and saw that La Croix had posted a Chicago giveaway on their "Bubble Trolley" to the lucky few who saw the post and registered in time. Thanks to Sara's lesson, I instantly posted and won one of the coveted spots! Think Charlie in the Chocolate Factory finding the golden ticket, only I was going on a La Croix Bubble Trolley! Somehow I talked my husband into going on this adventure with me and we spent a Saturday in October on the La Croix Bubble Trolley in downtown Chicago. We had a blast, walked around Millennium Park in La Croix costumes, received lots of fun La Croix give aways and I also won an iPad fitted of course in a La Croix case! Basically my blood was carbonated at the end of the adventure. While I'm still learning more of the ins and outs of

Instagram, Sara still proves that she's the pro and can be followed on Instagram: @matchpointconsultants. Grab a La Croix and enjoy reading their story.

**Christine McBride**

Content Coordinator  
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Contact: Kathy Durand at (262) 716 4788, or kdurand@bestversionmedia.com and Christa Banholzer at cbaholzer@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 | Content Due  | Edition Date |
|-------------|--------------|--------------|--------------|
| November 20 | January      | May 20       | July         |
| December 20 | February     | June 20      | August       |
| January 20  | March        | July 20      | September    |
| February 20 | April        | August 20    | October      |
| March 20    | May          | September 20 | November     |
| April 20    | June         | October 20   | December     |

**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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Julie Siegel ..... Village President  
 Jenny Heyden..... Communications Specialist

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To Subscribe to the Village Weekly Online Newsletter, please send your e-mail address to Jenny Heyden, Communications Specialist, j.heyden@wfbvillage.org.



Shauna Bayer, Village of Whitefish Bay

**Department of Public Works** Trash and Recycling Program:

Stay up-to-date with the program developments here: <http://www.wfbvillage.org/CivicAlerts.aspx?AID=51>

The new Trash and Recycling Program will be implemented in May, 2018.

- New Trash Cart coming May 2018, on display at Library
- Placement three feet from curb, opens towards street
- Recycling increases to every other week
- More information at [www.wfbvillage.org/trashrecycle](http://www.wfbvillage.org/trashrecycle)

**The Following Customer Services will be handled at the DPW Customer Service Window until fall 2018.**

Location: 155 W. Fairmount Ave, with the entrance on Lydell, closest to the parking lot.

- Building Services: M-F 8:00am-4:30pm
- Financial Services: M-F 8:00am-4:30pm
- Police Department and Municipal Court Clerk: M-F 8:00am-5:00pm

**2018 Election Information for 2018 Spring Primary on Tuesday, February 20, 2018.**

Absentee Ballot Information

**How to request an absentee ballot by mail or email for the 2018 Spring Primary**

The 2018 Spring Primary Election is Tuesday, February 20th. The ballot will include State offices for Court of Appeals Judge and Circuit Court Judge.

As of October 2017, Village services are in a temporary location, located at the Department of Public Works.

Due to the limited parking, space, and staff available at the temporary location, we are encouraging voters who wish to vote by absentee ballot to do so by mail rather than in-person absentee voting.

To request an absentee ballot be mailed to you, an application may be found under election information via our quick links section on our homepage; [www.wfbvillage.org](http://www.wfbvillage.org). You may also request a ballot be mailed to you by emailing [elections@wfbvillage.org](mailto:elections@wfbvillage.org). If you have not previously provided a copy of photo ID, photo ID must accompany your application. All requests to vote by absentee must be received no later than 5pm on February 15th.



**Deadline for Returning your Absentee Ballot**

Your completed absentee ballot must be received no later than 8 p.m. on Election Day. The U.S. Postal Service recommends absentee ballots are mailed one week before Election Day to arrive on time.

**ATTENTION: For all 2018 elections, residents in Ward 5 and 6**

(Village Hall) will be voting at the Whitefish Bay Women’s Club located at 600 E. Henry Clay St.

For questions please contact the Deputy Clerk at (414) 962-6690 ext. 122 or at [elections@wfbvillage.org](mailto:elections@wfbvillage.org).



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## NORTH SHORE FIRE AND RESCUE



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

# Brr...It's Cold Outside! Be Warm and Safe Inside This Winter

**W**e are in the midst of our love-it, or hate-it season: winter. Along with the chapped lips, dry and cracked hands, and the sniffles and sneezes comes THE COLD. While most of us are fortunate to have a warm place to call home, we certainly need to be aware of some important safety topics surrounding home heating.

Following these simple recommendations can help to keep you as safe as possible this winter:

- Keep anything that can burn at least three-feet away from heating equipment, like the furnace, fireplace, wood stove, or portable space heater.
- Have a three-foot "kid-free zone" around open fires and space heaters.
- Never use your oven to heat your home

- Have a qualified professional install stationary space heating equipment, water heaters or central heating equipment according to the local codes and manufacturer's instructions.
- Have heating equipment and chimneys cleaned and inspected every year by a qualified professional.
- Remember to turn portable heaters off when leaving the room or going to bed.
- Always use the right kind of fuel, specified by the manufacturer, for fuel burning space heaters.
- Make sure the fireplace has a sturdy screen to stop sparks from flying into the room. Ashes should be cool before putting them in a metal container, and the container should be a safe distance away from your home.

- Be sure you have working carbon monoxide (CO) and smoke alarms located on every level of your home. In addition, smoke alarms should also be placed inside and outside of every sleeping area.
- Test your smoke and carbon monoxide alarms and practice your home fire escape plan monthly.

North Shore Fire/Rescue can help residents with recommendations surrounding home heating, as well as many other home safety topics as part of our FREE Home Safety Assessment Program. To schedule an assessment, visit our website: [www.nsfire.org](http://www.nsfire.org) and click the "Schedule A Home Safety Assessment" option.

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# WHITEFISH BAY RECREATION DEPARTMENT AND COMMUNITY EDUCATION

By Carin Keland, Director of the Recreation and Community Education



## Youth Work and Volunteer Opportunities. Recruitment Begins Now!

The summer of 2018 is kicking off with our Bay Volunteer program (youth must be entering 9th grade in 2018 to be eligible) and training program called, Counselor-in-Training (CIT) for incoming High School Seniors. Trainees and Volunteers will be placed at the one of the youth summer day camps. If you are a teen, like to have fun and love working with kids, we need you! Application packets for both programs can be found at the WFB High School and the WFB Recreation and Community Education office. Application deadline is March 16th.

## 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 17 at 11:30am.

The winners of the Whitefish Bay contest will compete in a County Wide Free Throw Contest held at West Allis Central High School on Saturday, March 17th at 9:00am. This is a great FREE community event. All participants must be pre-registered by February 14th. Registration materials are available in the Winter/Spring Recreation Guide, online or at the Lydell Community Center.

The advertisement is a vertical rectangle with a dark background. On the left side, there is a large image of a man wearing dark sunglasses and a dark jacket. Above him is the "zero G TITANIUM" logo. To the right of this image are three smaller images of people wearing different styles of eyeglasses. The text on the right side of the ad includes the headline "Milwaukee's Leader in Eyewear Fashion since 1989", a sub-headline "Offering same day service on most eyeglass prescriptions", and three bullet points: "» Accepting many eye insurances", "» Latest exam technology and Contact Lens fittings", and "» Convenient Appointment Times". Below these is a green bar with the text "Optometrists: Brian McGinley O.D. | Camthu Pham O.D.". At the bottom, the "optix on downer" logo is displayed, along with the website "optixondowner.com", the address "2636 N. Downer Ave. Milwaukee", the phone number "414-964-3125", and the hours "M-W-F 9:30-5:30 pm; T-TH 9:30-7:00 pm; SAT 9-4:00 pm".

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

### Luncheons and Entertainment Series

**Tuesday, February 13 - Valentine's Day Celebration.** Lovely musical entertainment provided by jazz guitarist, Keith Watling. Doors open at 11:30am, lunch at 12:00 and performance at 12:45pm Cost \$9.00. Register by February 8th.

### Learning Never Ends (Pre-registration is required)

**Feb 7 – Grace Hospice Volunteer Training 1:30-2:30pm**

Make a difference in the lives of patients and families! Become a Grace Hospice volunteer. Please come to this informational seminar to find out how you can help!

**March 21 – Keep Your Computer Safe**  
Presented by David Bartlett.

### Free Blood Pressure Clinic at Lydell

February 13, 1:30 -2:30pm, Room 15

### Day Tour and Trips –Registration deadline Feb. 9th

**Tour of Milwaukee at Laverne and Shirley's stomping grounds! Saturday, March 3rd.** Guided tour highlights include Milwaukee Pretzel Company, Lakefront Brewery, City Hall, Fonzi statue, the Polish Flat they allegedly lived, Schotz Brewery, an Italian Pizzeria for lunch (Frank!) mini-bowling and then Leon's for custard. Cost \$99.00. Leave Lydell at 8:30am return 3:45pm.

### Milwaukee Fish Fry Friday afternoon tour!

Friday, March 9th.

Visit 3 of Milwaukee's best fish fries around town (1/2 portion sizes) and a stop for custard for dessert.



### The Shedd Aquarium in Chicago!

Bring the grandkids! Leave the driving, parking and lines to us! Cost \$85.00 adults, \$80.00 children 3-11 years old. Depart Lydell at 6:50am and return 5:45pm. For additional program and registration information, contact Carolyn Noori, WFB Senior Program Supervisor at 963-3992.

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Anyone who used social media during the last election can attest to the tiring intensity of the political posts. It becomes very uncomfortable when you face the choice of either "unfriending" your relatives and co-workers or building frustration by reading their divisive opinions.

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# WHITEFISH BAY SCHOOL DISTRICT

Submitted by Patrice Milzer, Assistant to the Superintendent



## Save the Dates!

February 22-23 No School

February 22 Parent Teacher Conferences, please see individual school communications for times

Are you a WFB Alum?

# ALUMNI

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

### Elementary Schools:

Kindergarten Registration for 2018-19 in Progress

Junior Kindergarten 4 years old on or before September 1, 2018

Senior Kindergarten 5 years old on or before September 1, 2018

Please contact the school offices for more information.

Cumberland School (414) 963-3943

Richards School (414) 963-3951

### Cabaret 2018 Magical Musical Moments

February 2 & 3, 7:30 PM

February 4, 1:00 PM

The community is welcome to join the Whitefish Bay High School Bands for our annual Cabaret. Enjoy delicious desserts, while being serenaded with magical, fun-filled music. The bands will be featuring music that will be enjoyed by all ages, young and old. You might even see princesses, pirates, and some mouse ears! Feel free to come in costume! Enjoy a choice of desserts, coffee, and ginger ale while supporting the WFBHS bands.

Limited tickets available—buy yours now! Tickets can be purchased at [TicketRiver.com](http://TicketRiver.com)

### Whitefish Bay Education Foundation

Save the Date – Saturday, May 5, 2018!

Run the Bay in support of Whitefish Bay's Education Foundation

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# Closet

## Coordination

By Clarissa Woods

Think of your closet like you would your house. Daily items are set in plain view, rooms are tidy, each space has a purpose and you pretty much know where everything is or at least where it should be. This is often easier said than done when it comes to your closet and even your house for that matter. Because your closet is used so often, clutter piles up more easily and items can get lost in the shuffle. Plus, the closet is a relatively small space to expect- edly house all of your accessories and clothing items. Organizing your closet is a seemingly endless task, but there are several ways to make the process more efficient.

### Categorize

Group your like pieces together. Store all pants with pants, t-shirts with t-shirts and so forth. Designate areas of your closet for each item so you know where to look in a cinch. This helps you narrow down your search for the perfect outfit each morning.

### Color Code

Within your categories, sort items by color. Though this may seem tedious, it'll save you the time of rifling through all your tees just to locate your trusted white one. This especially comes in handy when you're looking to coordinate colors with accessories.

### Daily Items First

Keep your wardrobe staples front and center. Jeans, tees, cardigans and your most commonly worn suits or dresses should be easily accessible when you open your closet. Store lesser worn items on the sides, top or bottom of your closet.

### Seasonal Storage

Stow away winter sweaters at the start of summer and get rid of flimsy tank tops when the temperature drops. Place the seasonal items in a large basket and place it out of sight, whether that be on a top closet shelf or in the back corner.

### Handy Hangers

Never waste time searching for your hangers by placing empty ones at the very end of a row of clothes. Each time you take an item off its hanger, move the hanger to the end of the rack. Next time you're putting away laundry, you won't have to dig around for a free hanger.



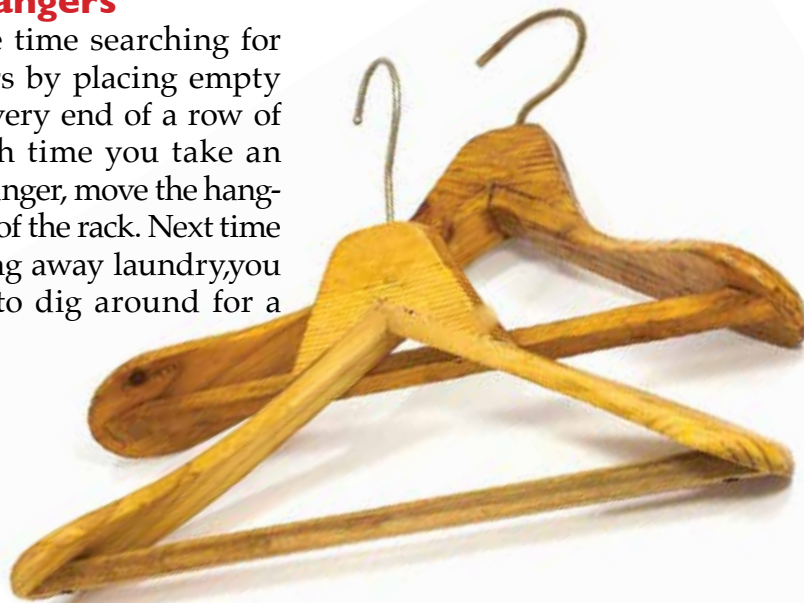
BEFORE



AFTER

### Display Accessories

Belts, necklaces and ties are tricky to store and typically end up sprawled on the floor or falling behind shelves. To keep daily accessories at the ready, install coat hooks on the wall of your closet for easy hanging.



# Teamwork Makes the Dream Work



In every relationship there are changes and challenges along the way, and how a couple deals with these defines their relationship. People can either grow together or grow apart over the years, and Chris and Sara Meadows are proof that even high school sweethearts can stand the test of time and all the changes life brings.

High school sweethearts, the pair met when Sara was a freshman and Chris a junior at Shorewood High School. With Chris having a flair for the dramatic, he was cast in a number of high school plays and musicals, while Sara would work the back stage area. Thus began their give and take relationship of working together and supporting each other in various endeavors.

Chris went on to major in theater at Lawrence University, later earning his law degree from Marquette University, while Sara earned a degree in English from University of Wisconsin-Madison. With Chris being two years ahead of Sara in school, they maintained a loving long distance relationship for over six years. Upon graduation, both began their careers at large firms in their respective fields and began planning their wedding – one that wasn't without its own challenges. "We got married in Milwaukee and had a priest, rabbi and judge all participate in the ceremony. Chris was raised Episcopalian, I was raised Jewish and so we mixed a lot of traditions at our wedding to make it special and memorable," said Sara.

After a few months of marriage the couple was choosing where in Milwaukee they would call home. "When we were deciding where to live it came down to either purchasing a condo in downtown Milwaukee, or buying a house in Whitefish Bay," said Chris. "We ended up buying a house early on, well before having children, because we knew buying in Whitefish Bay was both a great long-term investment and the neighborhood we would want to raise children in." In typical Whitefish

Story By Christine McBride | Photos by Boutique Photographer, Linda Smallpage  
Special thanks to Miss Cupcake for allowing us to use your sweet space for photographs!

Bay style, after spending seven years in their first house on Kent, they moved a mere 7 blocks way, still located on Kent.

While Sara and Chris have been together as a couple for 23 years, with 10 of those dating and 13 years of marriage, their greatest life changes have come for the couple in the last several years. In 2009 they welcomed their first child, Charlotte, now 8, and two years later their second daughter Lily, now 6, was born. The family stays active through tennis and paddle tennis, spending time with friends playing either sport all year round.

The love for racquet sports also inspired the name of another recent change in their lives, MatchPoint Consultants, Sara's new marketing and communications business. "I went from working at large corporations, to being a freelancer when my girls were younger, which allowed me to be a stay-at-home mom during the day, and squeeze in client work when I could," said Sara. "Now



that both of my girls are in school full days at Richards, I was motivated to really expand my freelance work into an everyday business."

As if Sara's new business didn't bring enough change to the family, Chris also made the switch from being an in-house attorney for a Fortune 500 company, to becoming partner at First, Albrecht & Blondis, a boutique civil rights, employment and person-

al injury law firm. "We have always supported each other in various life endeavors, but this new chapter with us both in more entrepreneurial careers is something completely new and exciting," said Chris. "We feel lucky that any life challenges we've faced have brought us closer together as a couple and that we've grown side by side over the years, rather than growing apart. We want our children to see this process

both as business owners and as a couple. It's important to us that they see us working hard, adjusting as we go, always trying to improve. Building careers and having a successful marriage both require hard work, just in different ways." •

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

# Capturing Genuine Expressions with

Often times, our publication will receive compliments from Whitefish Bay readers on how the photographs taken for our feature family and cover are able to strengthen the message of that month's issue. We are lucky enough to have local photographer Linda Smallpage, owner of Boutique Photographer, as the woman behind the lens creating all these magical images.

Boutique Photographer has been recognized in the photography industry for years, which is due to Linda's goal in each photo session to bring out genuine expressions. Many of her clients have hired her over the years to celebrate and capture all of their milestones in life. First is their wedding, then come family pictures with children and pets, and finally business professional photographs if needed. At each step, Linda uses her artistic eye to capture the unique side of everyone.

"I invest lots of artistic energy in the



craftsmanship of photography," said Linda. "It's a sophisticated dance between the subject, lens and myself to make all three come together and create genuine expressions and more personable images."

Linda is a second-generation Milwaukee photographer and feels that it is a career lifestyle in her family. "I can remember checking the refrigerator drawer after my dad's wedding shoots to see if he had been sent home with any extra goodies. Those were always the weekend mornings that we let him sleep in, as we ate wedding cake for breakfast. The somewhat magical art of film handling and tray print processing was learned at home in my father's dark room. Today's trend in digital processing emulates the subtle tones and colors of film that are second nature to me. It's a very exciting time to be a photographer with the best technology at hand, backed

by my knowledge of the analog world."

With her home and professional studio both in Whitefish Bay, Linda finds that she rarely leaves the area unless it is for a photo session. "What is so nice about Whitefish Bay is that everything is walkable," she said. "I find myself walking from home to my studio, located right on Silver Spring above Winkie's, and later in the day popping downstairs from my studio to Stone Creek to grab a cup of coffee. I've also had the opportunity to take business photos for locals like Essam of Shorewest, The Bay Restaurant, and Barden Orthodontics. I love seeing local business professionals in their own element and bringing that to life through photographs."

Watching Linda in action at various photo sessions is like watching an artist paint a masterpiece. She makes sure that nothing is out of place, that everyone looks and feels natural, and at ease. "My

# Linda Smallpage



best advice for photographing children, is to never ask them to smile! Just make it fun and the smiles will naturally show up," said Linda.

If you'd like to see more of Linda's work you can visit her website at <http://www.boutiquephotographer.com>, or call Linda at 414-737-1232.

Bay Leaves thanks Boutique Photographer for years of pictures that we are proud to showcase and publish, and for being such a gem of a person to work with. We look forward to using her great photographs in future issues. ●

Linda Smallpage  
PHOTOGRAPHER

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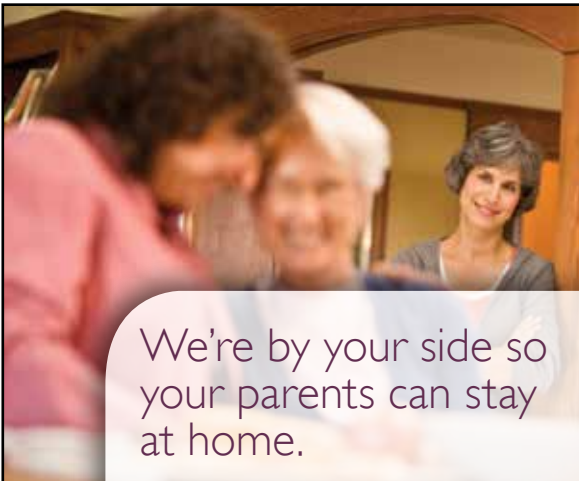
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## Winter Dog Walking Tips

By Karen Sparapani, Milwaukee Area Domestic Animal Control Commission

The extreme Wisconsin cold presents special challenges for those who walk their dogs for exercise. Many dogs are not too excited to be outside for long periods of time for walks during the winter. Here are some tips to make dog walking safe for your four-legged pal:



Image provided by MADACC

- Know your dog's limits! Dogs will often let you know when they have had enough, but give special consideration to older dogs in extreme cold.
- Check their paws after walks! Salt can become embedded between toes and pads can crack and bleed on very cold pavement.
- Short coated dogs should be offered a sweater for walks! Their fur does not provide the insulation that double-coated dogs enjoy.
- Wipe your dog down after a walk! They can pick up poisonous chemicals on their feet and fur like anti-freeze or de-icing agents that are not pet-safe.
- Avoid ice, especially ponds and lakes! Aside from the fact that a slip on the ice can have the same consequences for your pet as for a person like broken bones, dogs frequently fall through ice covered bodies of water chasing after smaller animal or playing.

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# Simple Ways to Exercise While Traveling

By Chelsea Hall

**M**aintaining a healthy lifestyle through exercise and clean eating is all about consistency. We all travel, and whether it be for work or pleasure, it comes with a change of schedule, location and resources. But there are simple ways to exercise while traveling that will help you stick to your healthy routine—wherever you may be.



## ✓ WALKING

No excuses here. You can walk just about anywhere. Flight delayed? Take a stroll through your terminal. Not only is doing this a great way to be active before sitting down on the airplane ride, you may pass a coffee shop or magazine stand. It's a great way to get the items you need in the airport as well as log some steps.



## ✓ RESEARCH

Check with your hotel or Airbnb to see what kind of fitness center they have. You can also scope out the surrounding areas. There may be great walking trails, parks, a gym or community pool nearby you can use. It's always good to do your homework and be prepared. This way, you're set up for success.



## ✓ PACK SMART

You may not want to pack your free weights in your checked bag, but you can (and should!) take your step tracker wristband, a jump rope and two empty plastic water bottles. The step tracker will come in handy if there's no time for the gym; make up for it by hitting the streets and exploring the area around your hotel. Take a walking tour or hit up a park and take a walk.

Jump roping is a high impact activity with fantastic cardio payoff. Bonus: a jump rope takes next to no room in your suitcase and you can fit in five to ten minutes of jump roping in the privacy of your room.

Lastly, since you won't make it through airport security with a full water bottle, pack two empties instead. Once you get to your gate, fill them up at a drinking fountain. Stay hydrated throughout your travel day and fill them back up for use as free weights when you get to your destination.



## ✓ BUDDY SYSTEM

If you're traveling alone, check around to see if there is a pop-up fitness class you can take. Once you sign up you're committed—built-in accountability! If you're traveling with someone, you can motivate each other. Plan a workout schedule before your plane even lands and stick to it!

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## Signs of a Stroke

By Tori S. Bevens

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

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

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

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

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

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

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

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

# MERCHANTS OF WHITEFISH BAY

By Katie Commer, BID Executive Director



## Do You Feel the Love, Whitefish Bay?

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

- Frame your favorite holiday photo at the Great Frame-Up.
- Sign your kids up for math help at Mathnasium.
- Enjoy a latte at Stone Creek.
- Indulge a full make over from Indulge Studios.
- Pair a flavored olive oil from Oro di Oliva with some scrumptious Breadsmith bread.
- Get your book club together for a night out at "Painting With a Twist"
- Try a new comfort food recipe with spices from Penzeys.
- Splurge on a couple's massage at Massage Envy.
- Get a mani-pedi at Eleta Salon.
- Go sledding at Cahill Park.
- Shop some great outdoor gear at Yellow Wood.
- Head over to MOXIE for a great meal.
- Select something lovely at Stephanie Horns new store.
- Plan a party with the perfect invitations from Three Wishes.
- Everyone loves a puzzle, brings a family together. Winkies Toy and Variety have many.
- Perk up your home with something selected at Fringe Home Furnishings.
- Sign up at Fitness Together and keep that New Year's resolution.
- See what's new from New York at New Options Boutique.
- Have your next coffee clutch at City Market.
- Get hot ham and rolls on Sunday at Regina's Bay Bakery.
- Get a new look at Harpo's Salon, Great Clips or for that little one at Just Kidding Kids Cuts.
- Try a new fitness work out at Balance Fitness, Empower Yoga, Park View Pilates, Pure Barre, Real Fit or Xercise Fits.
- Maybe start that remodeling project you've been talking about for years at Gerhard's?
- Schedule that dental appointment!
- Give yourself a break if you are a caregiver – Home Care Assistance can help you!
- Have done a float yet? Try one out at Float Life!
- Did you know that Rugs can be a piece of art – maybe you need something to spruce up that room?
- Pamper yourself at Refresh Aesthetic Center.
- Shop at Schwanke-Kasten Jewelers... get her what she really wants for Valentine's Day.
- Get a new board or skis at Erik's Bike and Board shop.
- Select something sweet for your Valentine at Winkie's old fashioned candy counter.
- Let the kids climb into a rocket at Roman Candle Pizzeria or get some ice cream.
- High Brow Waxing Boutique can provide you with something special.
- Shop for your Spring Break wardrobe at Navy Knot.
- Buy flowers for a neighbor at Sendik's.
- Fix that crack in your phone or tablet NOW at uBreakiFix!
- Provide a gift of haircuts at Great Clips and Just Kidding Kids Cuts!
- Select a gift for your four-legged valentines at Hounds Around Town.
- Add hot stones or aromatherapy to your next massage at Elements Massage.
- Treat your co-workers with a dozen Dunkin' Donuts or Brueggers bagels.
- Pick up luggage for your next trip south at RedCap Luggage & Gifts.
- Catch a movie premiere at the Fox Bay Cinema Grill.
- Schedule a family picture with Boutique Photographer
- Hear live music on a Thursday evening at The Bay Restaurant.
- Peruse the unique estate jewelry items at Thiet Jewelers.
- Take a minute for yourself at Your Siesta Wellness.
- Try a new hair color at organic life-style-friendly Honeycomb Salon.

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# WHITEFISH BAY HISTORICAL PRESERVATION COMMISSION

## The Magnificent Machines of Milwaukee

By Jeff Aiki, Chair

Whitefish Bay Historic Preservation Commission member Thomas Fehring has authored three books about village history. Now in his most ambitious project yet, he has written a history about engineering innovation in Milwaukee during the "Century of Progress" – the 100 years following the US Civil War.

*The Magnificent Machines of Milwaukee* tells the story about this remarkable era in which Milwaukee became one of the principal centers of industrial innovation in the United States and became known as "the Machine Shop of the World."

Richly illustrated with hundreds of photos and drawings, the book highlights the innovators who created these incredible machines, and tells the stories of more than 70 companies that helped Milwaukee achieve national and world prominence in industrial design

and manufacturing.

Milwaukee historian John Gurda said, "Until *The Magnificent Machines of Milwaukee*, the stories of these innovations and the men behind them had been told largely in fragmentary fashion – an article here, a scholarly reference there. Tom Fehring has assembled the entire cast of characters in a single book that is a testament to talent, an ode to ingenuity, and a singular contribution to the history of American industry."

The book is available at the Milwaukee County Historical Society, and through Amazon.com and CreateSpace.com. It retails for \$21.99.

A retired engineer and self-described "industrial archeologist," Fehring chairs the History and Heritage Committee for the American Society for Mechanical Engineers. The Milwaukee native grew up in the shadows of the A.O. Smith factory



Milwaukee County Historical Society

near 35th St. and Capitol Dr. He obtained bachelors and master's degrees in mechanical engineering from Marquette University, and has worked at the Falk Corporation; Briggs & Stratton, Inc.; the Ford Motor Company, and Wisconsin Energy Corporation.



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# WHITEFISH BAY PUBLIC LIBRARY

## Black History Month

Submitted by Katie Kiekhaefer, Head of Youth Services and Scott Lenski, Community & Adult Services Librarian



February is Black History Month and the Whitefish Bay Public Library, along with One Circle Forward, are hosting two speakers to commemorate this observance. On February 7 at 6:30pm, as part of our monthly speaker series Whitefish Bay TALKS, we'll have Dr. Margaret Rozga and Fred Reed, participants of the Milwaukee Fair Housing Marches of 1967-1968. Dr. Rozga, a former English Professor at the University of Wisconsin-Waukesha, currently creates poetry from her ongoing concern for social justice issues. She is the author of several books including the newly published *Pestiferous Questions: A*

*Life in Poems*. She writes monthly columns for the *Los Angeles Art News* and *Milwaukee Neighborhood News* and is serving as a poetry and civil rights consultant to organizations dedicated to empowering young writers and artists. Dr. Rozga is the widow of the late Father James Groppi, an instrumental figure to civil rights for African-Americans throughout the 60's and 70s.

Fred Reed was a member of the Milwaukee NAACP Youth Council Commandos who led the struggle for open housing legislation in the 60s. He has continued to be affiliated with the adult branch of the NAACP

since 1968. Most recently, Reed was the recipient of the Milwaukee Times 2017 Black Excellence award. Both Mr. Reed and Dr. Rozga are helping to organize events commemorating the 50th anniversary of the open housing marches. To read more about Dr. Rozga and Mr. Reed, and to register for this event, please visit the library's website at [www.wfblibrary.org](http://www.wfblibrary.org).



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## NEIGHBORHOOD RECIPE

By Chelsea Scott



### Chocolate-Hazelnut Spread Hot Chocolate

The chocolate hazelnut spread that swept the nation, is even better as hot chocolate. Here's how to make it:

**Ingredients:**

- 1 cup whole milk
- 2 tablespoons chocolate hazelnut spread
- 1 tablespoon caramel sundae topping
- 1 tablespoon unsweetened cocoa powder

In a small pot set over medium heat, add the milk, the chocolate hazelnut spread, sundae topping and cocoa. Whisk frequently until mixture is almost at a simmer. Serve hot.



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## NORTH SHORE HEALTH DEPARTMENT

Submitted by Sanja Miljevic, RN, BSN

# New Blood Pressure Guidelines

February is known as American Heart Month, a time to raise awareness of cardiovascular diseases, including heart disease and stroke. Heart disease is the leading cause of death for men and women in the United States. Uncontrolled high blood pressure can damage the heart. The American Heart Association released new blood pressure guidelines in November. Whereas high blood pressure used to be defined as 140/90 mm Hg, according to the new guidelines, readings exceeding 130/80 mm Hg qualify as high blood pressure. The change means 46% of adults in the US are identified as having high blood pressure, compared with 32% under the previous definition.

Blood pressure categories in the new guideline include the following systolic (top number) and diastolic (bottom number) measurements:

- Normal: < 120/80;
- Elevated: Systolic 120-129 or diastolic < 80;
- Stage 1: Systolic 130-139 or diastolic 80-89;
- Stage 2: Systolic  $\geq$ 140 or diastolic  $\geq$ 90;
- Hypertensive crisis: Systolic  $\geq$  180 and/or diastolic  $\geq$  120, with patients needing prompt changes in medication if there are no other indications of problems, or immediate hospitalization if there are signs of organ damage.



Changes you can make to lower your blood pressure and keep it down:

- Lose extra pounds and watch your waistline
- Exercise regularly
- Eat a healthy diet
- Reduce sodium in your diet
- Limit the amount of alcohol you drink

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.

For the February Clinics, please go to the website for current locations:  
<http://www.nshealthdept.org/Clinics.aspx>

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### Thurs., Feb. 1

#### KOHL'S THANK YOU THURSDAY

@Milwaukee Public Museum

All visitors receive free admission to Milwaukee Public Museum thanks to Kohl's.

Time: 9am-8pm

Cost: Free

[www.mpm.edu](http://www.mpm.edu)

### Thurs., Feb. 1

#### 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](http://www.mam.org)

### Sat., Feb. 3

#### MITTENFEST

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Save the date for the sixth annual MittenFest!

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### February 16 from 5:30-7pm

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#### FISH FRY AND SILENT AUCTION

United Methodist Church (Silver Spring Dr.)

Annual fundraising event to support the troop's activities throughout the entire year. Dinner and dessert is prepared and served by the with all proceeds benefiting Troop 400. Over 80 years in Whitefish Bay, Troop 400 has actively served the community with over 100 Eagle Scouts to its

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**Sat.-Sun., Feb. 17-18**

**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](http://www.cedarburgfestival.org)

**Sat.-Sun., Feb. 24-Mar. 4**

**GREATER MILWAUKEE AUTO SHOW**

@Wisconsin Center

New cars, trucks and SUVs will fill the Wisconsin Center for the 2018 Greater Milwaukee Auto Show!

Time: Sat. 10am-10pm; Sun. 10am-6pm; Mon.-Thurs. 3-9pm; Fri. 1-9pm | Cost: Adults \$12; kids \$6 (6 & under free)

[www.autoshowmilwaukee.com](http://www.autoshowmilwaukee.com)

**Sun., Mar. 4**

**KETTLE MORAINNE SYMPHONY: A NEW AMERICAN FRONTIER**

@Our Savior Lutheran Church, West Bend American composers are celebrated in this afternoon of lighter musical fare with the feel of days gone by. Also featured is the student winner of the Moraine Area Private Music Teachers Organization's annual Concerto Competition, Senior Division.

Time: 2pm pre-concert talk; 3pm concert

Cost: \$18

[www.kmsymphony.org](http://www.kmsymphony.org)

**Saturday, March 24, 2018**

**PANCAKE BREAKFAST WITH THE EASTER BUNNY**

Come celebrate Spring at the North

Shore Kiwanis Pancake Breakfast with the Bunny on Saturday, March 24, 8:00 to 11:00 a.m.

The event will take place at the St. Monica Parish Hall, 5900 N. Santa Monica, Whitefish Bay. Guests may enter at Door #1 from the parking lot on Lakeview Avenue.

Enjoy photos with the Bunny, raffles, face painting, and a delicious breakfast featuring pancakes, sausage, juice, milk & coffee. Tickets are available at the door, from Kiwanis members or at Winkie's - just \$7 per adult (10 & up) and \$5 per child (over 2 years of age).

Kiwanis is a global organization of volunteers dedicated to changing the world, one child and one community at a time. All proceeds will benefit Kiwanis youth charities.

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## WHITEFISH BAY GARDEN CLUB Growing Herbs for Herbal Tea

By Jill Griffiee Ross, Publicity Chairperson

The public is invited to our meeting on Tuesday, February 13, 2018 at the Whitefish Bay Public Library meeting room on the second floor. Join us for a social time at 6:15 pm, with meeting starting promptly at 6:30 pm. We will be learning about growing herbs and making herbal teas. More information can be found at [www.whitefishbaygardenclub.com](http://www.whitefishbaygardenclub.com), and follow us on Facebook: [www.facebook.com/whitefishbaygardenclub](http://www.facebook.com/whitefishbaygardenclub).

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# REAL ESTATE — PROPERTIES IN WHITEFISH BAY

Brought to you by Ilissa Boland of Shorewest

## PENDING

| Address               | DOM | List Price  |
|-----------------------|-----|-------------|
| 4622 N Woodruff Ave   | 28  | \$214,900   |
| 301 E Chateau Pl      | 72  | \$219,000   |
| 5732 N Lydell Ave     | 81  | \$219,900   |
| 317 E Hampton Rd      | 64  | \$235,000   |
| 5109 N Elkhart Ave    | 84  | \$259,000   |
| 346 E Lake View Ave   | 195 | \$329,000   |
| 130 W Belle Ave       | 109 | \$375,000   |
| 5149 N Hollywood Ave  | 31  | \$399,900   |
| 6209 N Lake Dr        | 91  | \$454,900   |
| 1230 E Courtland Pl   | 329 | \$789,700   |
| 1038 E Circle Dr      | 64  | \$925,000   |
| 740 E Beaumont Ave    | 80  | \$1,199,000 |
| 4619 N Cramer St      | 79  | \$1,300,000 |
| 825 E Lake Forest Ave | 122 | \$1,300,000 |
| 857 E Lake Forest Ave | 100 | \$1,325,000 |
| 4724 N Wilshire Rd    | 121 | \$2,450,000 |

## PENDING

| Address                | DOM | List Price |
|------------------------|-----|------------|
| 5128 N Hollywood Ave   | 80  | \$347,000  |
| 5012 N Shoreland       | 19  | \$379,900  |
| 5232 N Shoreland AveE  | 6   | \$399,000  |
| 4903 N Cumberland Blvd | 102 | \$589,900  |
| 4795 N Cramer St       | 23  | \$599,000  |
| 4855 N Ardmore Ave     | 46  | \$649,000  |
| 4626 N Wildwood Ave    | 2   | \$849,900  |

## SOLD

| Address                  | DOM | List Price | Sold Price |
|--------------------------|-----|------------|------------|
| 1000 E Lancaster Ave     | 5   | \$199,900  | \$190,000  |
| 4646 N Woodruff Ave      | 3   | \$219,900  | \$222,000  |
| 4628 N Woodruff Ave      | 20  | \$225,000  | \$222,000  |
| 5742 N Lydell Ave        | 88  | \$229,000  | \$220,000  |
| 4723 N Elkhart Ave       | 4   | \$245,000  | \$245,000  |
| 225 E Montclair Ave      | 4   | \$259,900  | \$259,900  |
| 6238 N Santa Monica Blvd | 104 | \$274,900  | \$261,000  |
| 4766 N Berkeley Blvd     | 21  | \$290,000  | \$280,000  |
| 6255 N Lydell Ave,       | 156 | \$314,900  | \$303,500  |
| 4918 N Hollywood Ave     | 46  | \$317,500  | \$317,500  |
| 5056 N Santa Monica Blvd | 31  | \$319,500  | \$315,000  |
| 5517 N Shoreland Ave     | 48  | \$379,900  | \$377,000  |
| 703 E Lexington Blvd     | 74  | \$489,900  | \$470,000  |
| 5050 N Larkin St         | 7   | \$499,999  | \$500,000  |
| 6068 N Kent Ave          | 68  | \$970,000  | \$950,000  |
| 4780 N Diversey Blvd     | 119 | \$169,900  | \$169,900  |
| 5640 N Lydell Ave        | 253 | \$214,000  | \$214,000  |
| 5011 N Kent Ave          | 87  | \$299,900  | \$299,900  |
| 5024 N Hollywood Ave     | 181 | \$329,900  | \$329,900  |
| 1540 E Fairmount Ave     | 103 | \$499,900  | \$499,900  |
| 6311 N Lake Dr           | 116 | \$599,000  | \$599,000  |
| 5939 N Shoreland Ave     | 58  | \$350,000  | \$350,000  |
| 6020 N Bay Ridge Ave     | 75  | \$560,000  | \$560,000  |

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

  
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