Global Haddock Family Thankful for WFB Education
EXPERT CONTRIBUTOR: ESSAM ELSAFY

Why Your Realtor® Wants to Stage Your Home

They say you never get a second chance to make a great first impression. This couldn’t be more true when selling your home. The evolution of Pinterest, Houzz, and HGTV have raised the expectations of modern buyers.

Online is the first place most buyers will see your home. Good staging results in eye-catching photos, which are the first step to getting buyers in the door. According to the National Association of Realtors®, 77% of buyer’s agents said staging made it easier for a buyer to visualize the property as a future home.

Home staging no longer means cookies baking in the oven. Staging helps prospective buyers imagine your home as theirs. Whether you’re selling your home while it is occupied or vacant, staging is a vital first step. It gives purpose to the rooms in otherwise empty home and draws attention away from the flaws. Furniture placement can optimize your space and help buyers see the full potential of the room. Proper staging can take the focus off of the ‘stuff’ and accentuate its best features.

Not every home needs a full scale stage. For many sellers, it means doing simple things like de-cluttering, deep cleaning, packing up personal items, and paring down unnecessary accessories. Taking the “Less is More” approach will increase your home’s appeal. Think of it as a first step in your moving process. A professional home stager can develop a plan that runs from a simple step-by-step checklist to a color consultation to a full scale home stage.

Simple preparation tasks will help your presentation. Paint is one of the easiest changes that can completely transform the space. Remember - the goal is for buyers to see themselves in the space. Keeping the palette neutral but interesting will appeal to a broad range of tastes. The right color can also enhance beautiful woodwork or make a room feel larger. Changing light fixtures is another relatively inexpensive way to update. Well-lit rooms always have a positive impact on potential buyers.

If you’re thinking of selling in the near future, it’s never too soon to start preparing. Reach out to a real estate professional early to discuss what you can do to make more and sell faster.

If you need home coverage, I can help.

I live and work right here in our community. I know what the homes are like in the area. So I can offer advice you can trust to help you get the protection that fits your needs.

If you’re ready to talk home insurance or need some advice about protecting all that’s important to you, call me today.

McCabe Agency
414-961-1166
4010 N. Oakland Ave.
Shorewood, WI 53211
andrewmccabe@allstate.com

Your home is a big investment. Protect it.
Dear Residents,

They say people enter your life for a reason, a season, or a lifetime. This past February I was contacted by Pat Graham, a local resident who had lost his wife of over 50 years to cancer in January. Pat was looking for things to fill his days, and as the former editor of the Milwaukee Journal Sentinel for 30 years, he thought our publication might have some tasks for him to do. Obviously I jumped at the opportunity to have a seasoned editor review my work. We have since entered a routine where I e-mail him my monthly articles, he reads them and then we meet at his house to review, because of course he has to edit the old fashioned way using pen and paper. Here is a photo of us reviewing the November feature family article on the Haddocks, who have traveled the world, and all three of their children were born in a different country. I did fib a little to Pat about the reason for the photo session, but I couldn’t possibly tell the story of Pat and not show our readers just how adorable he is. It’s been a pleasure working with Pat, and I am thankful for the friendship we have formed.

Happy Thanksgiving,

Christine McBride
Content Coordinator
cmcbride@bestversionmedia.com

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IMPORTANT PHONE NUMBERS

Emergency .................................................. 911
Police ........................................................ (414) 962-3830
Police (non-emergency) ......................... (414) 964-9990
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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EXPERT CONTRIBUTORS:
To learn more about becoming an expert contributor, contact Kathy Durand at (262) 716 4788 and kdurand@bestversionmedia.com, or Christa Banholzer at cbanholzer@bestversionmedia.com

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VILLAGE OF WHITEFISH BAY WISCONSIN

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

Bay Leaves is mailed directly to your home through the courtesy of our advertisers at NO COST to you or the Village of Whitefish Bay. We encourage you to thank them with your support.
Department of Public Works

Thanksgiving Garbage and Recycling pick up dates:
Normal garbage/recycling pickup scheduled for Thursday, November 23rd will be picked up Tuesday, November 21st.
Normal garbage/recycling pickup scheduled for Friday, November 24th will be picked up Wednesday, November 22nd.

Curbside Leaf and Yard Waste Collection:
Crews will collect leaves and yard waste weekly placed on the pavement in the curb and gutter in front of their homes through the week of November 13-17th.
Starting Thanksgiving week please bag or containerize leaves and yard waste for collection.

Water Utility Billing Improvement:
Please note: Changes to Water Utility Billing are coming soon. Beginning January 2018, utilities will be billed quarterly instead of three times per year.

Village Hall Renovation:
Whitefish Bay Village Hall will be closed through fall of 2018 for renovations. The Following Customer Services will be handled at the DPW Customer Service Window, located at 155 W. Fairmount Ave, with the entrance on Lydell, closest to the parking lot.

Financial Services:
M-F 8:00am-4:30pm
All services will remain the same with the exception of Utility and Tax Payments. See below.

Building Services:
M-F 8:00am-4:30pm, Inspector Hours 8:00am – 10:00am
Property records will not be available in person. Please email j.oestreich@wfbvillage.org with your request at least five (5) business days in advance. Archived blueprints will not be accessible during this time.

Police Department and Municipal Court Clerk: M-F 8:00am-5:00pm
- Pay citations or speak with the Municipal Court Clerk in person
  (Online Payment Option at www.wfbvillage.org)
- Have Correction Notices checked and canceled
- Request Open Records
- Obtain parking permits (Night parking, employee parking, daytime residential parking)

Services Relocated to Other Locations during Renovation:
Please continue to access the Village Website for changes.

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

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262-223-3550 cellularsolutions.com
Secure Package Delivery

Holiday season is near and online shopping is convenient for shoppers and it’s convenient for thieves. Like all municipalities, Whitefish Bay residents have had packages stolen from their porches. It’s a quick and easy crime to commit. Our officers are keeping a watch on our streets and your porches but we can’t always be in the right place at the right time. Here are some steps you can take to make it more difficult for thieves to steal your orders.

You can make scheduling requests of the following sources:

The United States Post Office offers the service of signing up for an account that helps you manage your deliveries, go to USPS.com and sign up for a USPS account to manage your deliveries.

FedEx will also help you with deliveries, go to FedEx.com and go to Access FedEx Delivery Manager.

UPS also allows you to schedule deliveries, just go to UPS.com and go to UPS My Choice and sign up for delivery options.

If you’re an Amazon user you can have your packages delivered to an Amazon locker near your work location or your home. The nearest Amazon Locker for Whitefish Bay residents is located at the Boston Store in Bayshore mall.

Other things you can do to safeguard your packages is have them delivered to your workplace if your employer is agreeable. If you have a trusted neighbor that is home during the day; work it out with your neighbor and have the package delivered there. Or you can have the package held at the post office, FedEx or UPS and you can pick up the package there.

When you are out and about please be alert to people that are walking up to random houses in your neighborhood. If you see somebody coming off a porch with a package call our non-emergency telephone number 414-351-9900 right away. Provide the dispatcher with a description of the subject, a description of the vehicle and license plate if possible. Also inform the dispatcher of which way the subject went.

If you follow the above suggestions you increase the likelihood of your gifts being enjoyed by the people of your choosing.
The Winter/Spring Recreation and Community Education Guides are expected to be delivered to homes mid-November, however, LIKE Us on Facebook to follow the Recreation and Community Education Department for the most recent program information and be the first to browse our program offerings before it is delivered to your home!

**Whitefish Bay Senior “55 and Better” Programs**

...In the Community for the Community

**Tuesday, November 14 - 3F Lunch & Entertainment**

- **The Native American Flute!** Presented by Glenn Pastella. Glenn will discuss the history of this Native American instrument as well as construction details. He will entertain us with the sounds and melodies unique to the Native American Flute.

- **Lunch:** Roasted turkey, sage stuffing, potatoes, broccoli, homemade cranberry sauce, pumpkin pie, milk and coffee. Cost: $9.00 per person and pre-registration is required.

**Tuesday, November 14- FREE Blood Pressure Clinic** 1:30-2:30

**Wednesday, November 15 - Free technology class** 1:00-2:30 by David Bartlett. How to work through computer issues, problems and reduce your risk of identity theft.

**Wednesday, December 6 - Free Mind/Body Wellness and Stress Relief for the Holiday Season** 1:00-2:30pm. Find out how to keep calm throughout the holiday season. Presented by Lynne Shaner, PhD of Praxis Integrative Wellness.

For additional program and registration information, Contact Carolyn Noori, WFB Senior Program Coordinator at 963-3992.
Past Grant Awards:
Middle School Fountain / Bottle Filler (Girl Scouts)
Village Park Picnic Tables
Cahill Gas Fireplace
AED Defibrilators @ Schools
Cumberland Tennis Courts
Cahill Baseball Fields
Richard's Athletic Court
Armory Park Memorial
WFB Monuments on Hampton & Santa Monica
WFB Street Banners
Cahill Benches
Cahill Warming House Eagle Scout Project
Community Band PA System
Cumberland Beautification Project
Eagle Scout Project - Buckley Park
Egyptian Festival
Fishing Derby
Historic Medallion Grant
WFB Holiday Stroll on Silver Spring
High School Community Garden
WFB HS Swimming Pool Project
Human Ecology Project
Library Fund
WFB Little Leaguer
Mimi Bird History Collection
Old School House Park Fountain Repair
Opiat Festival
WFB HS Post Prom
Rock Climbing Wall - Richards School
Shoreline Interfaith Older Adult Programs
Silver Spring Clock Repair
Speaker for Bay United / Drug Program
SPED Playground Project
WFB HS Stadium Project
Stryker Chairs
Summer Baseball Sectional

Community Grants

The Whitefish Bay Civic Foundation was established to promote the betterment of the Village of Whitefish Bay and its residents. The Civic Foundation is active in the community by supporting and sponsoring community events, projects, and funding organizations that share the same objectives. Our vision is to undertake projects that lessen the burden to Village government and that follow the mission of the organization.

As part of that vision, a fund has been established to award grants to individuals, groups or organizations to help fund projects, events or causes that fit the mission of the Whitefish Bay Civic Foundation. In order to qualify for a grant, the applicant must submit an application and demonstrate how the request fits within the mission of the Whitefish Bay Civic Foundation. Grant applications can be found on the Whitefish Bay Civic Foundation website at wfbcivicfoundation.org.

Visit the Whitefish Bay Civic Foundation for more details. wfbcivicfoundation.org. Or follow us on Facebook. https://www.facebook.com/whitefishbay.civicfoundation/

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Whitefish Bay Civic Foundation

Gregory D. Bell, DDS, MS

3 CONVENIENT LOCATIONS

CEDARBURG
Web N7030 Washington Ave.
Cedarburg, WI 53012
(262) 377-7410

PORT WASHINGTON
1000 Wisconsin Center
Port Washington, WI 53074
(262) 284-5080

GLENDALE
5300 N. Port Washington Rd.
Glendale, WI 53217
(414) 332-3840

The Civic Foundation depends entirely on contributions from Whitefish Bay residents and businesses to fund the events that have become Village traditions.
Lung Cancer: Lower Your Risk

Submitted by Lori Ahrenhoerster, PhD, CLC,
Public Health Manager

Lung cancer is one of the most common cancers, and is the leading cause of cancer death among men and women. You can lower your risk of lung cancer by quitting smoking, getting your home tested for radon, avoiding exposure to cancer causing chemicals, and eating a healthy diet with a lot of fruits and vegetables.

Some common symptoms of lung cancer include:

• A cough that does not go away/coughing up blood
• Chest pain/shortness of breath
• Weight loss
• Infections (bronchitis, pneumonia) that keep coming back

The best way to reduce your risk of lung cancer is to quit smoking. About 36.5 million Americans still smoke cigarettes, and tobacco use is the single largest preventable cause of disease and premature death in the United States. Quitting smoking has immediate and long-term benefits at any age. Quitting is hard, but you can increase your chances of success with help.

To help stop tobacco use, the American Cancer Society has set aside the third Thursday of November for the Great American Smokeout event. This event encourages smokers to make a plan to quit, or to plan in advance and stop smoking that day. By quitting, even for 1 day, smokers will be taking an important step toward a healthier life and reducing their cancer risk. Take the first step on November 16th.

Call the Wisconsin Tobacco Quit Line at 1-800-QUIT NOW (800-784-8669) for more information and resources on quitting. For more information on lung cancer visit www.cancer.org
November Clinic Dates

Upcoming Immunization Clinics
Appointment required

Thursday, November 9th
3-4:00pm-Shorewood

Tuesday, November 14th
10-11:00am- Brown Deer

Wednesday, November 15th
3:30-4:30pm-Brown Deer

Tuesday, November 21st
7:30-9:00am - Shorewood

Tuesday November 28th
3:30-4:30pm-North Shore Library

Upcoming Adult Health Clinics
Appointment required

Wednesday, October 18th
8:00-10:00am – Brown Deer

Tuesday, October 24th
8:00-10:00am – Shorewood

Upcoming Blood Pressure Screening
Walk-ins Welcome – No Appointment Necessary – No Charge

Wednesday, November 1st
12:15-1:00pm-Lois & Tom Dolan Community Center
(4355 W. Bradley Road, Brown Deer, WI 53223)

Tuesday, November 14th
1:30pm-2:30pm - Lydell Community Center
5205 N Lydell Ave, Whitefish Bay

Wednesday, November 22nd
3:30-4:30pm - Shorewood

For the most up-to-date information on upcoming clinics and screenings, visit the Clinics page of our website at: http://www.nshealthdept.org/Clinics and for appointments please call 414-371-2980.
ARE YOU READY TO BEGIN YOUR QUINTESSA STORY?
There’s nothing more beautiful than celebrating who you are inside. No matter who you are or where you’re from, experience our open, welcoming atmosphere, and start your journey to unique, ideal beauty you can celebrate. Our industry leading experts will determine your unique needs and develop a comprehensive plan that utilizes the most advanced industry technologies and techniques to reveal that newfound youth you have been searching for.

HEAD-TO-TOE REJUVENATION OPTIONS FOR FACE & BODY
INJECTABLES | LASERS | FACELIFT | RHINOPLASTY | BREAST AUGMENTATION | TUMMY TUCK | MOMMY MAKEOVER | COOLSCULPTING | VAGINAL REJUVENATION | LIPOSUCTION | & MORE

Whether you are looking for someone to help an aging parent a few hours a week, or need more comprehensive assistance, Home Instead can help.
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• Shopping and Errands
• Personal Care
• Dementia Care

Call for a free, no-obligation appointment
414.239.9612
HomelInstead.com
Kiwanis Pancake Breakfast with Santa

Saturday, December 16

Celebrate the Holiday at the Kiwanis Pancake Breakfast, 8:00 to 11:00 a.m., St. Monica Hall, 5900 N. Santa Monica, Whitefish Bay. Enter Door #1 from the parking lot off Lakeview Ave. Enjoy visiting and pictures with Santa, raffles, face painting, story-telling and breakfast, including pancakes, sausage, juice, milk & coffee. Tickets are available at the door, at Winkie’s Variety Store, or from a Kiwanis member - $7 per adult (10 & up) and $5 per child (over 2 years of age). Proceeds benefit Kiwanis charities. •
Save the Dates!

November 21 early release for students
November 22-23 no school for students

November Events:

November 7, 7:30 PM
Middle School Orchestra Concert

November 16, 4-8:00 PM
Middle School Holiday Boutique

November 16, 7:30 PM
Middle School Grade 6 Band Concert

November 30, 7:30 PM
Middle School Grade 8 Band Concert

Are you a Whitefish Bay Alum? If you have good news to share we would love to hear from you! Please email: districtnews@wfb-schools.com

Share The Beauty and Warmth of the Season! Help support the Whitefish Bay High School Choir Program by purchasing a locally sourced, premium Poinsettia! They make a great holiday gift for grandparents, host/hostesses, teachers, co-workers and neighbors. Delivered directly from the Germantown Nursery, these poinsettias continue to bloom during the holiday and beyond. Carefully selected coffee beans-whole or ground- come fresh from the Milwaukee Stone Creek Coffee roasting facility. Choir Friends Booster volunteers are happy to directly take you order and answer any questions. Please contact Chris Armstrong (carmstrong@wi.rr.com) or Julie Wellenstein (stulies@wi.rr.com). The sale goes from November 1 - 17th and pick up is Friday, December 1st at the high school Fieldhouse.

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EMAIL Contact@MotivationTutoring.com
Book lovers and bargain hunters, mark your calendars now. The Fall Book Sale sponsored by Friends of the Whitefish Bay Library will be held on Saturday, November 4 from 9:30am – 3:30pm and Sunday, November 5 from 12-3pm. Friends members get a preview of the sale on Friday from 5-7pm. Not a Friend? You can sign up at the sale.

This year there is a very great selection of vinyl albums, cookbooks and foreign language books, in addition to the regular collection of novels and nonfiction for adults. We’ve also got a lot of children’s books and books for young adults.

Proceeds from the Friends book sale go to supplement the wide range of activities at the Library. In the past, they have funded such projects as reading programs, computer equipment purchases, speakers, furniture and much more.

Donations are also accepted for the Library Book Sale. All books; CDs, DVDs and other media; artwork; puzzles and other slightly-used games can be dropped off throughout the year at the Library. Receipts for tax purposes can be provided. Keep your Whitefish Bay Public Library in mind when you tackle your fall or spring cleaning.

View the full calendar of events at the Library at wfblibrary.org.
Weekend mornings filled with soccer games are a familiar scene to many Whitefish Bay families, and the Haddock family has had its share of soccer games and practices for over a decade. Although the Haddocks have only called Whitefish Bay home since 2011, their two sons made quite a name for themselves as integral parts of the Whitefish Bay high school soccer team winning the state championship the last two years.

Ron and Layla Haddock have lived all over the world and first met in Germany when Ron was based there as a Lieutenant in the US Army in 1987 upon his graduation from the US Military Academy, West Point. Although raised mainly in France, Layla was living in Germany to earn her degree as a French-German translator in economics and business. After Ron’s time in Germany was up several years later the couple moved back to the US where he received his MBA from Harvard Business School, and then moved to New York City. The couple then welcomed their first child, Eloise, now 21 and a student at UW-Milwaukee. The family then relocated to Mumbai, India where a second child, Jeremy (18) was born and then moved to Saudi Arabia where a third child, Elian (17) was born. Ironically Jeremy and Elian have the same birthdate just one year apart. When the family continued to move around the boys were eventually placed in the same grade during their transition from an English speaking school in China, to a German speaking school in Switzerland. Most people think that they are twins, especially considering the exact same birthday, but in fact they are a year apart age-wise. Currently both boys are seniors at Whitefish Bay high school.

Over the course of many years, Ron’s work assignments moved the family to Seoul, South Korea; Shanghai, China; and Zurich, Switzerland. Eventually a position with Johnson Controls is what brought the family to Milwaukee. “We love the neighborhood feel in Whitefish Bay,” said Ron. “It is a walking community with sidewalks where multiple generations can come together regularly from kids, parents and grandparents. We feel very lucky that all three of our children went through the Whitefish Bay school system for their high school education.”

The boys began soccer at young ages with Elian taking an interest in goalie and Jeremy as a center back defender. Both boys and another classmate, Shawn Azcueta are co-captains of the varsity soccer team this season and hungry for another state championship. With Elian being extremely self-motivated to play soccer in college, he began reaching out to universities the spring of his sophomore year, writing per-
personal letters to over 30 coaches. Elian was recruited by numerous schools, but he ultimately pursued and received offers from Yale, Notre Dame and Brown. “The pressure to make a decision was pretty intense from the coaches because they were all keen to lock in their goals for the class of 2018,” said Elian. “I visited all three schools and determined that Yale was the right fit for me both academically and soccer-wise. After my decision was made I called all of the coaches to thank them for the opportunity and their support throughout the lengthy recruiting process.”

Their other star soccer player, Jeremy, is also interested in playing soccer in college and is currently exploring options. Jeremy is known for scoring goals through headers, a rather tricky soccer maneuver to pull off.

With their children quickly entering adulthood, Layla has found more time to pursue her lifelong passion of art and photography, currently working to earn her bachelors of fine arts from the UW-Milwaukee Peck School of the Arts. “During our time in India and China I developed an interest in the arts and began taking photos in the streets of Mumbai,” said Layla. “When in China I joined a photography group that would go on photo-shooting trips to villages near Shanghai. I am particularly inspired by a very limited color palette with a strong focus on texture, without a focus on explicit forms. In the future I would love to have a home studio for my art and eventually display and sell my amateur art in boutique stores.”

While the family is clearly very well-traveled and global, they enjoy that Whitefish Bay offers a wonderful mix of families. Of their time here Ron notes that, “It is a very harmonious place to live with a great social life from Farmers Markets to holiday celebrations. Having lived all over the world we have come to appreciate the value of a world full of diversity and local character, while believing that fundamentally people are quite similar to each other at an individual level.”
Thankful for YOU this Thanksgiving!

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

Like many, we have so much to be thankful for this Thanksgiving. Most of all, we are thankful for YOU, the community that we are proud to serve each and every day. Together, to date, we’ve trained more than 1222 residents in cardio-pulmonary resuscitation (CPR) and automated external defibrillator (AED) use, installed more than 118 child safety seats (car seats), and conducted more than 125 home safety assessments in 2017. These are numbers to be proud of.

As a community, we have made safety and risk-reduction a priority. As your fire department, we will always be there to respond in your time of need. But beyond your emergency needs, we are proud to be one of the only fire departments in the area with a robust Community Risk Reduction Bureau, aimed at preventing your emergency before it occurs. Here is a list of just some of the services offered by our Community Risk Reduction Staff:

• FREE-CPR/AED/First Aid Training
• FREE-Home Safety Assessment and Smoke/Carbon Monoxide Alarm Installation
• FREE-Business and Home Escape and Evacuation Planning
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• FREE-Fall Prevention and Safety Presentations for Elderly Residents
• American Heart Association Certifications (for a fee)
• Plus so much more….

To learn more about these services, please visit our website, www.nsfire.org or follow us on Facebook and Twitter. You can also reach our Community Risk Reduction staff by calling (414) 357-0113 ext. 1512.

Again, we cannot thank you all enough for your support over the years. You can be proud of the work your community leaders have done to provide fiscally responsible and consolidated fire and emergency services across the seven North Shore communities. From our entire family to yours, we wish you a healthy, blessed and Happy Thanksgiving!
Contact us to schedule an appointment to start your remodeling project.

Cream City has done multiple projects for us and we have been very happy with the process and results!

- Whitefish Bay Resident

Contact us to schedule an appointment to start your remodeling project.
As we age, our bodies become less resilient and we aren’t as quick to “bounce back” after a particularly tough workout or a long run. People in their twenties might think that people who are older than them are just being dramatic when they complain about new aches, pains or a sudden flare up of an injury that was far less severe 10 years ago. In actuality, our bodies really do become less efficient in repairing damaged tissue at a cellular level, leading to prolonged soreness, higher risk for injury and general muscle tightness.

The good news is that it is not all downhill as we age. With more experience comes greater muscle memory, so your body will be familiar with proper form, regular exercises and will know when something feels “off” or when proper form is lacking. This means that technically, when we get older, we will see better results in a shorter amount of time if we have conditioned our bodies properly for exercise. Here is a guide of what to incorporate into your exercise routine and when.

**20s**

In your 20s, it is common to not have had many major injuries, but also to not have yet found an exercise routine that is the right fit. There’s an abundance of energy to try out different (and fun!) exercises, whether it’s a group class, a long bike ride, hike or a 10k run. Try it all! Now is the time to really find what you think can keep you interested and active enough for days, weeks and months in a row. Don’t limit yourself to just one type, either: choose a variety of exercises that you can rotate through each week. It’ll keep you from getting bored and, most importantly, will keep your body from hitting a plateau, which will halt any positive results you were previously experiencing.

This is also the time to learn the proper form of each exercise you have chosen. Think prevention, prevention, prevention. If you hurt yourself now, you might recover quickly, but that bad knee will haunt you later in life. Listen to your body, know when something isn’t right and consult a professional trainer or physical therapist so you can ensure proper form.

**30s**

By now, hopefully you’ve had success with your exercise routine. Maybe you’ve really gained a passion for distance running, yoga or the classes at your local cycling studio. These are all great! If you haven’t started forming any exercise habits, it’s not too late. Your body will still learn new exercises relatively quickly and you can get into a groove in no time.

Ideally, in your 30s, you will begin incorporating both cardio and strength training to help maintain cardiovascular health. Work in regular interval training (switching between cardio and strength exercises in the same workout) to help lower your risk of heart disease. Already hit cardio hard in your 20s? Even better. Endurance athletes peak in their 30s because strength and coordination finally come together to achieve optimal performance.

The main hindrance in your 30s when it comes to exercise is time. In balancing a career and likely a family, finding time to hit the gym is a lot more difficult. This is your chance to work out smarter, not longer. Rely on your knowledge of your body to focus on what works for you!

**40s**

Most people dread turning 40 for a variety of reasons, many of them fitness and health-related. However, if you started an exercise routine in your 20s or even in your 30s, you only need to make a few tweaks in order to ensure continued health and activity.

Muscle and bone mass decrease quickly in your late 30s and into your 40s, especially if you do not exercise. The more muscle you have, the more calories you burn, and in keeping your both your bones and muscles strong, you help fight off diabetes, heart disease, arthritis and cancer. Focus a lot on what you feel when you perform your go-to exercises. If your shoulders start to hurt when you’re doing push-ups or your neck aches when doing sit-ups, this is a sign that some muscle groups are weaker than others, sacrificing your form. Now is the time to strengthen muscles that you notice are weaker. Not only will this help all your exercises be most effective, but it will help you maintain good posture and
Did you take a break for the last couple years? You can absolutely start again in your 40s. Your body will remember all your activities (even from years ago!) and it will be just like riding a bike (maybe even literally). No matter your age, one thing is for certain: it’s never too early or late to start exercising.

50s & Beyond

Consider entering your 50s as the start of a new era rather than the decline of a former one. Now is the time to find lasting enrichment and value in what you do each day, including exercise and diet choices. Take the time to listen to your body as you enter your 50s and beyond. What fuels you and what tires you? Once you learn the answer to each part of this question, choose to spend more time fueling your body and mind with proper exercise, nutrition and overall positive experiences.

A big part of staying fit in your 50s (and older) is accepting that your body is fundamentally changing; building muscle and burning fat does not happen as quickly as it did 5, 10 or 20 years ago, but the benefits of exercise are all the same, if not more important in your 50s. A healthy body weight, balanced blood sugar levels, lowered risk of heart disease and added mental clarity will all enrich your life in more impactful ways as you age.

When we age, we lose muscle at a faster rate. With decreased muscle, the metabolism gets slower, leading to weight gain. To combat muscle loss, it’s important to incorporate resistance training in your exercise routine. Focus on simple, strength-building moves with proper form. Enjoyment of exercise and diet is more important now than ever. As you age, you want to spend your time finally doing what brings you the most fulfillment.

Though form and routine are best mastered in your 20s and 30s to take with you into your 50s and beyond, it’s never too late to start working to become your best self—at every age!
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Farmer’s Market Thank You

Thank you to everyone who attended and participated in the Farmers Market this year. I believe that the new location in the Aurora parking lot not only increased visibility and space but created a meeting place for family and friends each weekend.

Thank you to all the WFB Students and the Village Band of Whitefish Bay who volunteered their time to share their talent with music. Thank you to all the vendors who got up early every Saturday to be there on time with their goods. It was so enjoyable adding to the market and having different offerings each week. We enjoyed adding the artisans for two of the dates—let me know if you have any more ideas.

Thank you to my friends, family and everyone else for supported the vendors—I look forward to seeing you next year. Make sure you like us on Facebook at Whitefish Bay Farmers Market!

Whitefish Bay Holiday Stroll

Fri., Nov. 24, 5-8pm, Parade at 6pm

This time of year, we love to give thanks for health, community and friends, neighbors and families. The Whitefish Bay Business Improvement District looks forward to our traditional Whitefish Bay Holiday Stroll on the Friday after Thanksgiving! We welcome new groups to join us in this parade as well as for seasonal activities all through December.

Holiday promotions and shopping specials will be offered throughout the day on Fri., Nov. 24, in downtown Whitefish Bay. The evening features a tree lighting ceremony, music, and entertainment, including the annual holiday parade which is scheduled to start at 6:00 pm. The shops of Whitefish Bay stay open late, offering specials and treats. Kids will enjoy pony rides, a live DJ and a visit with Santa and his reindeer. And with a wide array of distinctive shopping in a relaxed atmosphere, everyone can conveniently cross things off their holiday list.

New this year there will be 4 drawings, one per week, for 4 themed prize basket with the donations received from businesses on the street. Love Local, Date Night, Family Fun and Welcome Home are just some theme ideas. One basket will be drawn per week, with the first basket containing only entries from the Holiday Stroll/Small Business Saturday weekend. Each store will have drawing entry forms. Participants must be 18 years or older to enter and can enter only 1 time per store per week with purchase. Drawing winners will be announced on Mondays (Nov. 27, Dec. 4, 11, 18) for entries received from the previous week.

“The year’s Holiday Stroll will build on our incredible tradition,” notes Jeff Commer, President of the BID Board of Directors. “The Business Improvement District produces this great event as a ‘Thank You’ to the community and so many people come out every year to enjoy the evening. Our shops put out their best and our streets are filled with spirit. It’s a wonderful way to start the season.”

Enjoy live scenes in store windows by dancers in full costume from the Milwaukee Ballet School.

The Holiday Stroll is made possible by donations and support from many people and organizations.

New Website Please refer to our Facebook Page Shop Whitefish Bay or our new website www.merchantsofwhitefishbay.com for additional details, including shopping specials as they are announced.
UPCOMING EVENTS

Saturdays at Stritch
November 11, 2017 • 9:45 a.m.
17th Annual Brother Booker Ashe Urban Ministry Program
November 14, 2017 • 6:30 p.m.
Visita en Español
November 15, 2017 • 5:45 p.m.
Holiday Musical Spectacular
December 1-10, 2017 • Showtimes vary

For more events and to RSVP, visit: www.stritch.edu/events

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Please contact Adam: hipcrete@gmail.com
The much-anticipated book *Historic Whitefish Bay: A Celebration of Architecture and Character*, by yours truly, went on sale at Milwaukee booksellers October 16, and at Winkie’s, Fitzgerald’s, Village Ace, and other fine stores. It is also available at the Whitefish Bay Library at a 20% discount.

Composed in celebration of the 125th anniversary of the Village’s incorporation in 1892, *Historic Whitefish Bay* guides readers through the Bay’s 182-year history from when the first settler arrived in 1835 to modern-day, telling the tale through the historic homes of our predecessors.

But this book goes well beyond architecture – it narrates the stories of those who lived here.

- Meet the early families who shaped our Village’s destiny, the architects who designed our handsomest homes, and Alice Curtis, our first school teacher.
- Visit the homes of the Lake Drive business titans whose achievements put Milwaukee on the map.
- Scandals Exposed! The beer business baron infuriated by his black sheep daughter whose scandal went national. Capt. Frederick Pabst’s niece who triggered a sensational family sex scandal – and memorialized it in her home with an image of deceit. The day Anna Pandl was busted for running a speakeasy – and the Village’s efforts to close Pandl’s down. The Whitefish Bay High School cheerleader who landed on the FBI’s “Ten Most Wanted” List.

With more than 120 photos, maps, and images, *Historic Whitefish Bay* describes the 12 residential historic districts eligible for the National Register of Historic Places whose homeowners could qualify for 25% income tax credits. Each individual property in the districts – nearly 2,000 – is identified, and hundreds more outside the districts, many eligible for the National Registry, are discussed. Is your home one of them?

Jefferson J. Aikin, a former journalist for the Milwaukee Sentinel and the Associated Press, is president of the Whitefish Bay Historic Preservation Commission and a member of the Whitefish Bay Historical Society.

Thomas H. Fehring’s previous work with Arcadia Publishing and the History Press includes *Images of Whitefish Bay* and *Chronicles of Whitefish Bay*. He is co-founder of the Southeastern Wisconsin chapter of the Society for Industrial Archeology and a member of the Historic Preservation Commission, as well as the Whitefish Bay Historical Society.
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HOLIDAY TEA

You are invited to attend one of the most popular holiday luncheons in the North Shore on Wednesday, December 6 at 1:00 p.m. You will be served a delicious plate of specialty tea sandwiches with tea/coffee, and you may purchase a glass of wine from our house selections. To complete the fare, a generous variety of delectable holiday treats will draw you to our desert table!

Reservations for the event are required and can be made by either mailing a check for $20.00 to the club or registering directly at our club house, 600 E. Henry Clay Street. For answers to any additional questions, please call Karen at 414-332-7781.
You are invited to our public meeting on Tuesday, November 14, 2017, at the Whitefish Bay Public Library meeting room located 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 Teens Grow Greens a 501 (c)(3) non-profit where Teens “learn, grow, and go.” During a nine-month paid internship, Teens develop life skills through hands-on experience. The internship immerses interns in experiences in the classroom, garden, and kitchen, in the community, at farmer’s markets where they sell what they grow, and in public where they market their own organic products. Please join us to learn more about this organization and the teens it develops. More information can be found at www.whitefishbaygardenclub.com, and like us on Facebook: www.facebook.com/whitefishbaygardenclub.

Photos provided by the organization Teens Grow Greens which will make a presentation to our group in November.
REAL ESTATE — PROPERTIES IN WHITEFISH BAY
Brought to you by Ilissa Boland of Shorewest

**PENDING**

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| 5037 N Lake Dr              | 54  | $535,000   | $560,000   |
| 4781 N Cumberland Blvd      | 49  | $559,000   | $500,000   |
| 4701 N Lake Dr              | 71  | $569,000   | $549,000   |
| 609 E Lexington Blvd        | 6   | $575,000   | $580,500   |
| 5241 N Berkeley Blvd        | 0   | $585,000   | $589,000   |
| 4787 N Cumberland Blvd      | 31  | $649,000   | $650,000   |
| 607 E Day Ave               | 2   | $660,000   | $675,000   |
| 4611 N Lake Dr              | 54  | $695,000   | $670,000   |
| 2221 E Glendale Ave         | 37  | $699,900   | $655,000   |
| 1012 E Sylvan Ave           | 99  | $775,000   | $745,000   |
| 6215 N Berkeley Blvd        | 34  | $825,000   | $820,000   |
| 4851 N Larkin St            | 4   | $960,000   | $925,000   |
| 4720 N Lake Dr              | 22  | $1,600,000 | $1,400,000 |
| 5762 N Shore Dr             | 103 | $1,899,000 | $1,695,000 |

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