

October 2020

BayLeaves



Party At The Papes

FUNDRAISING
FOR RALLY
FOR ALY

(SOCIALY DISTANT, OF COURSE)

Photo by Boutique Photographer



IN JULY KRISTIN SCHOENECKER, Watershed Coordination Manager, Southeastern Wisconsin Watersheds Trust (Sweet Water), Inc. inspected and approved the drainage system added to the bioswale at Silver Spring Park. Sweet Water awarded the Whitefish Bay Garden Club \$4,500 to complete the drain installation to manage runoff during heavy rain events.

The Whitefish Bay Garden Club collaborated with the Village of Whitefish Bay to improve Lake Michigan water quality by reducing stormwater runoff to the lake. The club secured funding to install a bioswale and raingarden at Silver Spring Park from the Fund for Lake Michigan and the Milwaukee Metropolitan Sewerage District to reduce water runoff through sustainable green infrastructure. Funding from Sweet Water completed the water management goals for Phase 1 of the project.

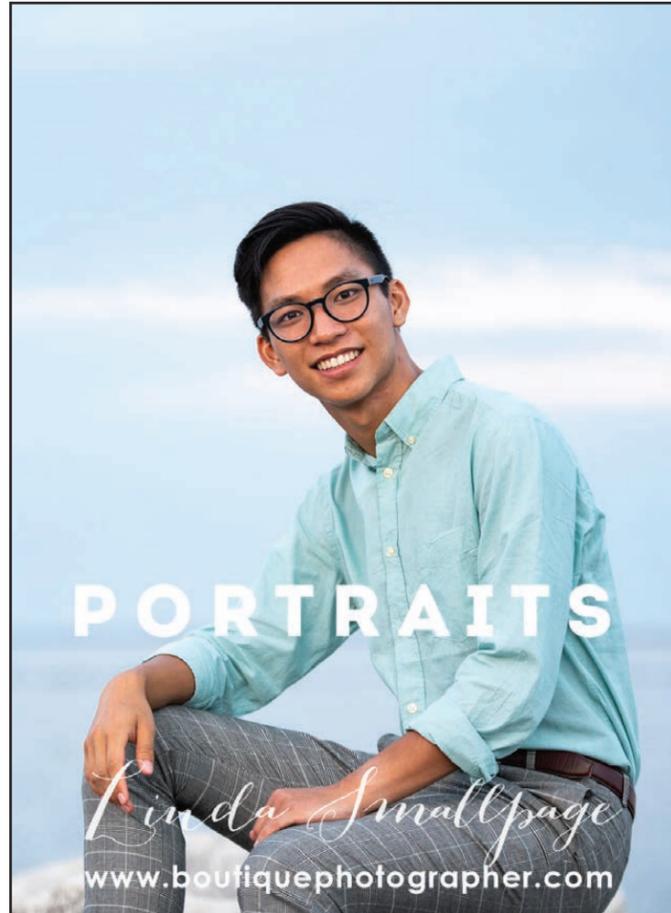
Visit the park to see Phase 2. The upper portion of the park is covered with black geothermal fabric to smother a wide swath of persistent invasive Reed Canary Grass. The fabric will be rolled back to treat the plants with horticultural vinegar then reinstalled to let the vinegar treatment "cook" and kill the roots.

For more information, volunteer opportunities or to help support this and other Whitefish Bay Garden Club environmental projects contact wfbgardenclub@gmail.com.

BY MARLENE JAGLINSKI, PHOTO BY MARLENE JAGLINSKI



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April 20	June
May 20	July
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July 20	September
August 20	October
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DEAR RESIDENTS,

We've all had to adapt and find new ways to connect with friends and family while still keeping our distance and safety measures in place. With the perfect summer weather, there have been plenty of opportunities to gather outside with others. Read on to find out how our feature family, the Papes, created a great way to have socially distant interactions with friends, while also fundraising for a cause near and dear to their hearts. My own family enjoyed attending "parties" at the Papes this summer. Read on to find out more about their fundraising efforts for the charity Rally for Aly.



CHEERS,
Christine McBride



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Party At The Papes

FUNDRAISING FOR RALLY FOR ALY

(SOCIALLY DISTANT, OF COURSE)

While joyful and happy situations typically bring people together, unexpected blessings may also come from heartbreak and sadness. For Mary and Andrew Pape, a lifetime of family friendships including two funerals and multiple weddings ultimately grew their friendship into a successful marriage.



Mary and Andrew both attended Pius XI High School where Mary became good friends with Andrew's younger brother. This friendship allowed Mary to get to know the Pape family quite well including Andrew's sister, Alyssa, the youngest and only girl of the family of five children. Alyssa was born with a connective tissue disorder called Loeys-Dietz syndrome. Because of the diagnosis, Alyssa was a regular patient at Children's Hospital of Wisconsin (CHW) including surgeries, hospital stays, and treatments all to find the answers for her rare diagnosis. The goal was to keep her life as normal as possible. In June 2005, at the young age of 16, Alyssa passed away from vascular complications due to her syndrome. "We all knew that Alyssa was on borrowed time so my parents tried to always focus on the family moments when she was alive," Andrew said.

As a friend of the family, Mary attended Alyssa's funeral, and again mourned with the family when tragedy struck a second time in 2009, as Andrew's father suddenly passed away from an aortic aneurysm. "I

like to think that in some strange way my dad actually brought Mary and I together as a couple. For years, he would always say 'Why don't you date that Mary girl - she's really nice.' In some ways, it took seeing her again at his funeral to really see how loving and supportive she was. I definitely knew she had something special, and I had to hold on to her," said Andrew.

Given their family history, Andrew and his brothers were tested to rule out any possibilities of another life cut short. Even after Andrew completed testing, it wasn't until years later, during a physical exam for a new job, he learned that he had an aortic aneurysm. His doctor, at CHW, Herma Heart Institute's Adult Congenital Heart program, told Andrew that it was a 'ticking time bomb' and should be operated on immediately. "I'm forever grateful for that physical exam, because I was an otherwise healthy-looking 27 year-old guy," said Andrew. "It was only because of their findings and connecting it to my family history that I had open heart surgery," said Andrew.

After Alyssa's death, the family wanted to memorialize her. Because Children's Hospital of Wisconsin was, and still is, integral to the Pape Family, they formed a team for the annual Al's Run and Walk to honor her memory. This was especially fitting because even during her weakest of years, Alyssa was a proud Children's Champion and would walk or be pushed in a wheelchair during the annual charity run/walk. In Aly's honor, they named the team "Rally for Aly." "Over the last 15 years our team has raised over \$188,000 and our big goal for 2020 is to reach the \$200,000 mark," said Mary.

While the family had big plans for fundraising in 2020, that came to a halt with COVID-19 limiting the ability to host large events. However it was important to Mary and Andrew to find a way to fundraise for Children's Hospital of Wisconsin because both of their children, Oliver (7) and Ruby (4), are currently being monitored and treated alongside their father at the Herma Heart Institute. All three have the same genetic condition that caused Andrew's aortic aneurysm.

"We wanted to find something that would be safe, family friendly, and could be held outside in a manner to get people together to support a cause they might have been unfamiliar with otherwise," said Mary. The solution was hosting a weekly Friday evening outdoor movie night with donations benefitting Rally for Aly. Every family would

set up their own blankets, socially distanced from other families, and enjoy the classic crowd-pleasing movie played that evening. "For our own family, what was great about hosting these movie nights was our kids helping with set up and clean up, so it really became a whole family affair," said Mary. "We always had a fun turn out because unlike most summers, people aren't going to sporting events or concerts, so calendars are more open to attend backyard events like this, even at the last minute." To date, their movie nights have raised over \$2,000 for Rally For Aly.

When the Pape family isn't busy hosting a movie night, they enjoy socializing with the families on their beloved block. Oliver loves playing the piano, and Ruby is always perfectly accessorized with her signature hair bow. While Mary didn't grow up in Whitefish Bay, her mother and three of her four siblings all live here now. "It really started with my brother, Matt, who moved here with his wife. We all realized how walkable the community is and wanted to be closer to family so now I have my mom, sister and brother all living within a mile of each other and it's great," said Mary.

The Papes did a full renovation of their house in 2017. Andrew also set up their house to be a 'smart home' where everything is programmed from outdoor lighting to indoor entertainment - all of which relies



on a strong Wi-fi network. After realizing , because of COVID-19, there is a greater need for virtual work and school, he began the company Start with Smart, which does in-home consultations including installation and maintenance for smart home technology and home networks for local residents. "We love living in Whitefish Bay and appreciate all the friends, family and neighbors that helped support our fundraising efforts this year," said Andrew.

For more information on Rally for Aly or Children's Hospital of Wisconsin please visit www.rallyforaly.org.

BY CHRISTINE MCBRIDE,
PHOTOS BY BOUTIQUE PHOTOGRAPHY





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

November 3rd, 2020 General Election

In response to COVID-19, the Village of Whitefish Bay is urging ALL voters to request an absentee ballot for the November 3rd election by mail. Voting through the mail reduces public contact with our poll workers, many of whom are senior citizens. Offices to be elected for the November 3rd election include President of the United States, State Senator, Representative to Assembly, District Attorney, and Milwaukee County Clerk, Treasurer and Register of Deeds.

How to Request an Absentee Ballot by Mail

You may request a ballot online at myvote.wi.gov or download an absentee ballot application under election information via our quick links section on our homepage; www.wfbvillage.org. You also may request a ballot be mailed to you by emailing elections@wfbvillage.org. (Your request must include a copy of WI photo ID and be received no later than 5pm on October 29th).

Deadline for Returning your Absentee Ballot

Your completed absentee ballot must be received by 8:00pm on Election Day.

If you would like further information about elections or registering to vote please contact Village Hall at (414) 962-6690.

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Tips For Parenting

DURING COVID-19

BY ROGERS BEHAVIORAL HEALTH



ADAPTING TO THE FLUIDITY of the COVID-19 environment has been a challenge for many families. For parents, it's important to know not only how to support your own mental health, but the mental health of your children.

HOW PARENTS CAN HELP THEMSELVES WHEN THEY FEEL OVERWHELMED

"Children are watching their parents to see how they should react, especially during stressful situations like COVID-19," explains Peggy Scallon, MD, medical director of Focus Depression Recovery adolescent residential care at Rogers Behavioral Health. "That's why it's critical for parents to manage their negative feelings and find ways to manage their own mental health so they can provide the support their children need."

When parents feel overwhelmed, it's important to acknowledge those feelings and find healthy ways to alleviate them, including staying active, practicing mindfulness, prioritizing sleep, and adequate nutrition and hydration.

HOW PARENTS CAN HELP THEIR CHILDREN

"I encourage parents to be positive and flexible during all of the unknowns, and to offer support whenever possible," says Dr. Scallon. Dr. Scallon provided a few supportive strategies parents can try with their children.

- ▶ **Validate your child's feelings.** Whether they are in school virtually, in-person, or a combination, they're likely worried about some aspects of the new school year. "Parents should acknowledge their child's feelings and reactions. Let them know that's all 'normal', and you accept them with all the emotions they're experiencing. Children need to know that you are a safe place for them to go when they can't sort it out themselves."
- ▶ **Answer questions honestly.** Be honest and upbeat, but avoid making unrealistic promises. If your child is worried about contracting COVID-19, reassure them with the ways your family is being safe, but point out that you can't promise there won't be cases in your community. If your child asks when everything will go back to normal, it's okay to say "I don't know" but also emphasize that this is only temporary.



- ▶ **Maintain structure.** Keep the same bedtime and wake up time, restrictions on screen time, healthy nutrition, and regular exercise. Maintain consistency with wearing masks, washing hands, social distancing, and other CDC recommendations. Point out the positives when you can; for example, having more family time.
- ▶ **Encourage social connections.** It's important that children maintain friendships even though they may not be able to physically see their friends as much as normal. If your child is missing their best friend, suggest calling to catch up or using digital apps to connect with friends.

Rogers provides evidence-based treatment throughout Wisconsin and nationwide for children, teens, and adults. For more information call 1-800-767-4411 for a free screening or request a screening online.

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Fall is upon us
ON SILVER SPRING DRIVE

CONGRATS TO Olivia Eckes and Chloe Winney who were the first recipients of the \$1000 Merchants of Whitefish Bay Banner Scholarship! We are very proud of all the incredibly talented submissions.



As the Merchants of Whitefish Bay continue to be #SilverSpring-Strong this October Guide is perfect for you. Bypass the chains and shop local!

- ▶ **Pet Supplies** - Hounds Around Town, a family owned businesses since 2007.
- ▶ **Watches, engagement rings, estate jewelry and more** - try Schwanke-Kasten a family owned business for over 125 years or Thiet Jewelers another family owned business for over 70 years.
- ▶ **Specialty Breads** - The Breadsmith independently owned since 1998
- ▶ **Groceries, flowers, catering and more** - Sendik's Food Market a family owned business since 1926.
- ▶ **Sporting Goods and more** - try Yellow Wood a family owned business since 2015.
- ▶ **Popcorn and a movie** - Fox Bay Cinema Grill opened in 1951 and their marquee is an icon on Silver Spring Drive.
- ▶ **Pizza, Pasta, steak, burgers, sweets, martinis and more** - City Market, Moxie Food + Drink, Trouble & Sons, The Bay all independently owned and operated.

- ▶ **Party and school supplies, gifts and games** - shop Winkies Toys & Variety and Winkies Hallmark and Gifts they a family owned business for over 90 years.
- ▶ **Framing and original artwork** - The Great Frame Up and Gallery 505 a family owned business since 1993.
- ▶ **Capture special moments with Boutique Photographer** - Linda opened in 1991
- ▶ **Furniture, candles and more** - Fringe Home Furnishings, Jess and John opened in 2015.
- ▶ **Designing a kitchen and/or bath** - Gerhard's Kitchen & Bath is your resource.
- ▶ **Lily Pulitzer and more** - The Navy Knot, a mother-daughter duo since 2016.
- ▶ **Exercise/Healthy options that are unlimited** - Arthur Murray, Burn Boot Camp, Elements Massage, Empower Yoga, Fitness Together, Parkview Pilates, and Pure Barre, StretchXperience and Sunset Massage all independently owned.
- ▶ **Keep your skin and hair healthy** - Citrine + Sage, Enliven, Fringe Hair, Great Clips, High Brow Boutique, Honeycomb Salon, Indulge Salon + Skin, Just Kidding Kids Cuts, Refresh Aesthetic Center, Romaine's Hair Images, Salon Rex, The Cutting Group.
- ▶ **Healthy Teeth & Braces** - Bayshore Dental, Barden Orthodontics, Modern Touch Dental all individually owned and operated.
- ▶ **Did you know that rugs are really considered art?** - Orley Shabahang, Persian Rug Gallery, Rustam's Rug Gallery of Fine Rugs - all individually owned since 2011.



Whitefish Bay Farmers Market continues until October 17th, 2020

Aurora Parking Lot - Corner of Silver Spring and Santa Monica, Saturdays 8 a.m. - noon

The farmers keep harvesting, and the local food keeps coming to the market! There is so much goodness at the market now - from fresh local produce, apples, pumpkins, cauliflower, cabbage, zucchini, baked goods, maple syrup, honey, eggs and more!

Thank you for continuing to support the farmers market! Find us on Facebook: <https://www.facebook.com/wfbfarmmkt/>

Stay healthy everyone!

Don't forget to follow and Like us on Facebook at <https://www.facebook.com/ShopWFB/>.

Also, visit our website at www.MerchantsOfWhitefishBay.com



BY KATIE COMMER

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Is Your Child In The Right Car Seat?



One of the many services offered by North Shore Fire/Rescue is child safety seat fitting. A study conducted by the American Automobile Association (AAA) in 2012 found that, "child restraints, or car seats, reduce the risk of injury by 71 to 82 percent and reduce the risk of death by 28 percent in comparison to children in seat belts alone. In addition, the use of booster seats reduces the risk of nonfatal injury by 45 percent among the 4 to 8 year-old population".

In addition, according to the National Highway Traffic Safety Administration (NHTSA), various reports indicated that field car seat, booster seat and seat belt misuse rates vary from 74 to 90 percent. Commonly, caregivers diligently place newborns and very small infants in their seats but the proper restraint use declines as the child gets older because they appear to be less fragile and require less protection, but this could not be further from the truth.

The reality is that the appropriate use of vehicle and child safety seat restraint systems can help to prevent injury by:

- ▶ Helping to keep you in the vehicle during a crash
- ▶ Keeping contact with the strongest parts of the body
- ▶ Spreading forces over a wide area of the body
- ▶ Helping the body to slow or "ride down" the crash forces
- ▶ Protecting the head, brain and spinal cord.

Besides the fact that using restraint systems can prevent injury and save lives, their use is also law in Wisconsin. State law however, is even less stringent than best practice. The following chart, provided by the Safe Kids Wisconsin Coalition, provides guidance to caregivers regarding the various types of child safety restraints:

CONTINUED ON PAGE 12



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Community E-Newsletter

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BY MCKENNA SHAFFER - EXECUTIVE ASSISTANT TO THE DISTRICT ADMINISTRATOR & THE BOARD OF EDUCATION





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TYPE OF SEAT	WISCONSIN LAW	BEST PRACTICE
Rear-facing car seat	Children must be rear-facing in a car seat until age 1 and 20 pounds.	American Academy of Pediatrics recommends children stay rear-facing until at least age 2 or longer if they are still within the weight and height restrictions of their rear-facing seat.
Forward-facing harness seat	Once a child is in a forward-facing car seat, he or she must remain in a harness until age 4 and 40 pounds.	Some seats have harness weights up to 50-80 lbs., allowing children to stay in a harness longer. Children are much better protected when restrained in a harness.
Booster seat	A booster seat is required once a child has graduated from a forward-facing harness seat, until the child reaches one of the following: 8 years old or 80 pounds or 4' 9" tall	Children should stay in a booster seat until they are tall enough to sit on the vehicle seat without slouching and the seat belt fits snugly across the hips, chest and shoulder. This is usually 4'9".
Seat belt	A seat belt is required once a child has outgrown the requirements of a booster seat.	Always use a lap and shoulder belt instead of a lap belt only.
Back seat	If there is a back seat, children 4 and younger need to be restrained appropriately in the back seat.	Children 12 and younger should sit in the back seat.



SAFE KIDS WISCONSIN ALSO OFFERS THE FOLLOWING TIPS:

Is your child in the correct seat?

- ▶ Read the owner's manual carefully to make sure your child fits within the height and weight limits.
- ▶ Most car seats have a lifespan of six years from the manufacture date.
- ▶ Fill out and send in the registration card or call the manufacturer to be sure the seat is not recalled.
- ▶ Once a car seat has been in a crash, it should not be used. There may be damage you cannot see.
- ▶ Avoid used car seats. Second-hand seats from a rummage sale or resale shop can have damaged or missing pieces that can't be seen.

Are you using the seat correctly?

- ▶ Your child should wear thin, layered clothes. Thick clothing can prevent the harness from fitting correctly.
- ▶ Never use anything that does not come with the seat, including headrests, buntings and padding. These items are not crash-tested with your seat and could be harmful in a crash.
- ▶ Secure or store items in the trunk. Unsecured items can fly around and injure your child in a crash.
- ▶ Spot clean the seat only with mild soap and water. Let it air dry. Detergents and heat can decrease the effectiveness of the harness and cover.

Is the seat in the vehicle correctly?

- ▶ The seat moves one inch or less from side to side at the belt path.
- ▶ The seatbelt or the LATCH system is being used correctly.
- ▶ Check the vehicle owner's manual for installation specifics.
- ▶ Check the car seat owner's manual for installation specifics.

Are you using your seat belt?

- ▶ Children are more likely to buckle up if they see parent and caregivers buckled up.
- ▶ In a crash, unbuckled passengers can be a danger to everyone in the vehicle.
- ▶ Wearing a seatbelt is the law in Wisconsin.

Free child safety seat installation/inspection is available, by appointment, from certified child safety seat technicians to residents of all seven communities served by North Shore Fire/Rescue. The number of certified technicians is extremely limited and appointments are scheduled on a first come first served basis using the NSFR website at www.nsfire.org. For questions about the car seat program or any other programs or services offered by NSFR, please visit our website.



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BY BATTALION CHIEF DAN TYK





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Cold Weather Bringing You Indoors? Community Fitness Center Memberships Available!

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

Meet Your Fitness Goals with Personal Training!



Get a jump start on your New Year's resolutions with our Personal Training packages. Register solo or in pairs for a 30, 45, or 60-minute session. Solo sessions available up to packages of 18. In-person registration is required so please stop by the Recreation Department to schedule your appointments.

Evening Classes Now Offered at The Fitness Center.

Join our Community Fitness Center Personal Trainers, Olivia and Rachel for evening fitness classes. HIIT Strength and Cardio on Tuesday/Thursdays and Muscle & Hustle on Monday/Wednesdays. Contact the Recreation Department for more information and don't forget to bring a towel as these classes are sure to burn calories. Classes will be conducted under the most current CDC and NS Health Dept. safety guidelines.

Boys and Girls Recreational Basketball League Registration Deadline is Oct. 16th

Have a basketball player at home looking for a fun and competitive league? We offer league opportunities for boys and girls in grades 1-6th. All leagues play at either the High School Fieldhouse or Lydell Community Center and are parent coached. League play starts early November and ends with play-offs in February. All players must be registered with the Recreation Department by October 16th. Register today to secure your spot on a team! Games will be conducted under the most current WIAA, CDC, and NS Health Dept. safety guidelines.



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TUESDAY, OCTOBER 13

Safe gathering of food, fellowship and fun!

- ▶ **Welcome back!** It's a new kind of socializing (from a distance) but still in person! See dear friends and enjoy visiting! *All luncheon attendees will be required to wear cloth face coverings when not eating or drinking and will practice a social distance of 6 feet apart.
- ▶ **Presenter:** Carolyn Noori, Senior Coordinator, Whitefish Bay School District. Come in for a discussion lead by Carolyn Noori on the new aspects of life that has gracefully positioned all of us to be in as a result of COVID-19. Learn ways to maintain your physical and social health to stay strong during the pandemic.
- ▶ **Delicious menu:** Swedish meatballs with parsley noodles, vegetable medley, fresh salad and apple pie, milk and Starbucks coffee.
- ▶ **Cost** \$9.00 per person
- ▶ **Pre-registration is required.** By Mail: If you would like a luncheon form mailed to you, please contact Carolyn Noori or register in-person during at Lydell Community Center.

New! Senior Coffee Klatch

- ▶ **Day:** Mondays **Dates:** September 14-December 21
- ▶ **Time:** 9:40-11:00am
- ▶ **Drop-in social time!** Enjoy catching up with friends
- ▶ **Free:** Donations accepted
- ▶ *All attendees are required to wear cloth face coverings when not eating or drinking and will practice social distancing.

Blood Pressure Clinics

OCTOBER 12, NOVEMBER 10 AND DECEMBER 8TH.

- ▶ Free blood pressure clinics, sponsored by the Northshore Health Department.
- ▶ 1:30-2:15pm

For additional program and registration information, Contact Carolyn Noori, WFB Senior Program Coordinator at 414-963-3992.



BY CARIN KELAND,
DIRECTOR OF RECREATION AND
COMMUNITY EDUCATION

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REAL ESTATE Q AND A

Q: What year was the Whitefish Bay Woman's Club founded?

A: 1917...the 19th amendment was ratified 100 years ago in 1920.

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PET OBESITY EPIDEMIC

Pet obesity is becoming more prevalent. This is an incredibly important issue because pets with obesity are at increased risk for developing serious weight related disorders such as diabetes, arthritis, high blood pressure, kidney disease, cancer, and more. We must do better.

How do you know if your pet is overweight? First, you should be able to easily feel – and count – your dog’s ribs when you lightly run your fingers across the side.

Next, when you look down on your pet from above, you should see an hourglass figure or an indentation near the midsection. If your pet looks like a blimp from above, it’s likely overweight.

Finally, when you observe your pet from the side as it stands, you should see a slight tuck or upward slope of the tummy. If

the abdomen hangs low and drags near the ground that indicates the most dangerous and biologically active form of fat, abdominal fat, is present.

Feeding your pet the proper amount of proper food and avoiding lots of treats and human food is key to keeping their caloric intake in check. The general recommendation is that dogs need at least 30-minutes of physical activity a day and cats should strive for three 5-minute intense play periods. Make your outings enjoyable, entertaining, and interactive.

The few minutes you spend on diet and weight could be the difference between two additional years of high-quality life or a shortened, suffering final stage of life.



BY KAREN SPARAPANI,
MILWAUKEE AREA DOMESTIC
CONTROL COMMISSION

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Ananda Citta

**HELPING PEOPLE AND PETS CONNECT
TO THE HIGHEST VERSION OF THEMSELVES**

DURING THE STRESSFUL YEAR that 2020 has been for everyone, Ananda Citta ~ Spiritual Care for People and Pets hopes to ease the anxiety people have felt throughout this year. At Ananda Citta, owner Michelle Boening focuses on three main services: Reiki, Intuitive Tarot Readings, and Animal Communication, to help both people and animals on their paths of life.

- ▶ **Reiki** uses the power of energy to address physical, emotional, and mental pain.
- ▶ **Intuitive Tarot Readings** can help you identify key steps along your journey so you can move forward with more peace and understanding for yourself and others.
- ▶ **Animal Communication** can deepen the connection you have with your pets and empower you to give them the best life possible.

All three of these services are aimed at helping people and pets connect to the highest version of themselves.

Michelle Boening opened Ananda Citta in 2018, and moved to her current location on Silver Spring in 2020. Her last name may sound familiar because her husband, Paul Boening, is the Village Manager of Whitefish Bay. "We both love Whitefish Bay and are thrilled to be a part of the Whitefish Bay family and community," said Michelle.

"I have always felt the need to provide spiritual care for others and to contribute to the happiness and well-being of those

around me," said Michelle. "My goal is to support you or your pet on the journey from where you are to where you want to be."

When Michelle was in the process of opening her business, the name Ananda Citta seemed like a natural fit because it comes from two Sanskrit words: Ananda meaning bliss, and Citta meaning mind. "These two words together represent my mission, which is to work with people and animals to foster peace, love, and connection to all life."

Most pet owners want a way to communicate with their beloved animals. Michelle prides herself on fostering that relationship between pets and their owners. "I believe that oftentimes there is a disconnect between animals and humans, but that anyone can communicate with animals to build a positive and respectful relationship," said Michelle. "I will share your pet's thoughts, feelings, fears, and joys in a way that is clear and direct. Through our work together, we will deepen the spiritual connection you have with your pet and the Divine."

When clients leave a session with Michelle they have a sense of peace, calm, and clarity. Right now Michelle is offering sessions in person, via e-mail, Zoom, or Google Hangouts. Ananda Citta is located within Enliven at 412 East Silver Spring Drive, Suite 103. Michelle can be contacted at michelle@acspiritualcare.com or 414-690-1443. For more information please visit <https://www.acspiritualcare.com>.

BY CHRISTINE MCBRIDE



"You are a light being, made of stars"

— ANONYMOUS —

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BY SCOTT LENSKI,
 HEAD OF ADULT SERVICES

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BACK TO SCHOOL

Advice



BY CHRIS CORDOVA



Back to school this year looks much different than what we are used to, and school districts have spent endless hours planning how they can best educate their students and provide a safe environment for students, teachers and staff. Depending on the school or district, the mode of education may differ based on what is feasible for them and the burden of COVID-19 in their community. Despite these differences, it is important as community members to stay diligent with preventive measures to minimize the spread of COVID-19 and preserve the health and safety of our communities and schools.

These mitigation strategies are important for everyone to follow:

- ▶ Practice proper hand hygiene and respiratory etiquette.
- ▶ Wear a cloth face covering in public settings and stay physically distanced (at least 6 feet) from non-household members whenever possible.
- ▶ Stay home if you experience symptoms, seek testing for COVID-19 and remain home until results are known.
- ▶ If you live with someone who tested positive or have been identified as a close contact, please self-monitor and self-quarantine for 14 days after last contact with the person while infectious. This is the best way to contain the spread, as people are considered contagious 2 days prior to symptom onset.
- ▶ Keep your social circles limited and avoid large gatherings, especially indoor gatherings where physical distancing is not feasible.
- ▶ Limit non-essential trips to minimize risk of exposure to COVID-19.

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