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LIVING

APRIL 2025

PHOTO BY OLIVIA GONZALEZ & CAILLYN COSTELLO

Peace Corps:

**OLIVIA GONZALEZ &
CAILLYN COSTELLO**

2016 CLASSMATES REUNITED IN MALAWI
TO SERVE IN HEALTHCARE



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Dear Residents,

I just returned from an incredible adventure with my daughters, Isabella and Sofia, which I received for Christmas. The gift also came from my son, Nico, but as a master's student in his last semester in Madison, he couldn't join us.

That gift was a trip to Golden, Colorado, to attend GoldenFest in Golden along with our golden retriever, Kya, and thousands more golden-loving humans and their fluffy dogs from all over the United States – and beyond! It was such an amazing experience in so many ways. But more importantly, it proved to me that a gift of “experience” holds so much more power than a gift of something tangible.

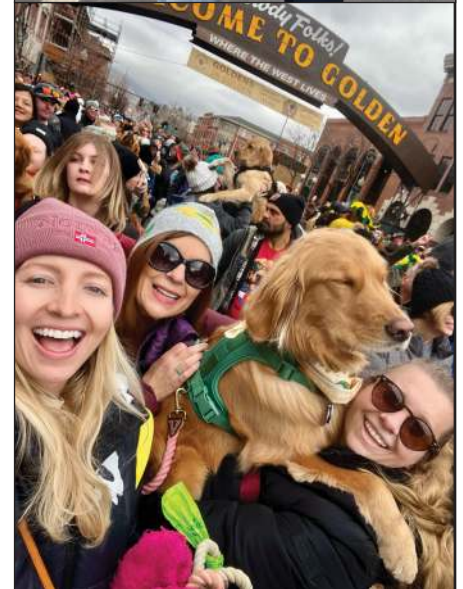
When I opened the envelope at Christmas, I was so elated that a dream of mine would come true and that my adult children would join me for that dream. Granted, it was something they wished to do as well – but it was always me bringing it up! In fact, I had it on my calendar, thinking that if it was in my phone, it might actually happen.

Now that my daughters are edging toward 30, I understand that their lives are becoming more complicated, especially this year as Isabella is getting married. For that reason, our time in the car and adventures along the way will be etched in all our memories. Besides our awesome day in Golden, we also visited family, explored picturesque mining towns in the mountains, and I finally experienced Boulder. It was another gift that it was 60 degrees and sunny that February day – and we dined outside on Pearl Street!

I still haven't come back to earth yet after being home for the second day, which also says a lot about the gift itself. So, think about that next time you're trying to come up with the perfect gift. Maybe it's not something you hold in your hands or wear but rather something you'll hold in your memories.

Those gifts far outshine all others because they're a gift of time together and shared experiences – absolutely priceless.

Julia



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Peace Corps:

CAILLYN COSTELLO & OLIVIA GONZALEZ

2016 CLASSMATES REUNITED IN MALAWI
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Olivia and Caillyn's Note to High School Students

We challenge you to think beyond what you know, explore what you don't, and change what you can. Never underestimate your ability to be a kind, ethical and responsible human in the world.

Our advocacy may feel like a small blip in the span of time, but we know – just as those around us do – that the work we dedicate ourselves to extends far beyond us. It leaves an impact that's greater than any one person, stretching across communities, generations and histories yet to be written.

I RECEIVED A MESSAGE from Olivia Gonzalez's mother that her daughter and Caillyn Costello, both 2016 graduates of Whitefish Bay High School – both nurses – landed in the Peace Corps in the same village in Malawi, Africa, the seventh poorest country in the world.

Caillyn grew up in the 4900 block of Larkin Street in Whitefish Bay. "Some of my fondest memories include playing outside with neighborhood friends, walking to school together and growing up alongside people who became like family," she recalls. "I have one sister, Nora, who graduated in the Class of 2020 and is currently studying at the University of Limerick, Ireland."

Olivia feels that growing up in Whitefish Bay was an ultimate privilege. "While the community still has progress in fostering equity, diversity and inclusion, I'm beyond grateful for the sound education Whitefish Bay provided that shaped my foundation," she states. "I have my lovely parents, Victoria and Roland, who still live in Whitefish Bay, an older sister Ava, who lives in Cleveland, and an older brother, Travis, who lives just north of Whitefish Bay."

"Olivia and I first met in middle school in sixth grade, later sharing classes and mutual friends in high school," explains Caillyn. "I remember sitting next to her in tenth-grade history – she was always kind, outspoken and deeply principled."

After high school, Caillyn says the two only stayed connected through Instagram. "While completing my doctoral work in Minneapolis, I noticed that Olivia worked for USAID. Knowing I was heading to Malawi, I reached out to Olivia. I was shocked to learn that Olivia had also just accepted a position in Malawi – at the same nursing and midwifery school where I would be teaching!"

"We met up on a connecting flight in Ethiopia, the start of a chapter together that neither of us will forget nor take for granted," notes Olivia. "Everyone we tell is utterly amazed. We're still in disbelief, too!"

Since arriving, the two have leaned on one another for support – sharing the responsibilities of daily life, navigating cultural differences and processing the challenging but rewarding work they do.



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Caillyn's Experience in Her Words

Caillyn M. Costello,
DNP, CNM, RN-C

Peace Corps
Nurse-Midwife Educator
Lilongwe, Malawi

Education and career path

While many people see birth as something to fear or avoid talking about, I felt the opposite – it fascinated me. Knowing that I was brought into the world by nurse-midwives and growing up watching my mother care for others as a nurse practitioner made birth feel powerful, not frightening. For me, it felt like a calling.

After earning my BS degree in nursing, I pursued my Doctorate of Nursing Practice with a specialty in nurse-midwifery from the University of Minnesota. As a Certified Nurse-Midwife, I specialize in normal labor and birth, which means that along with delivering babies, I also provide prenatal and postpartum care – and offer sexual and reproductive healthcare.

In the U.S., nurse-midwives attend only about 9 percent of births. However, midwifery is the standard of care globally, with physicians stepping in only for complications. Midwives are critical in reducing maternal mortality.

Midwifery is so much more than delivering babies – though that will always be my favorite part. It's about empowering individuals to lead healthy lives, equipping them with knowledge and advocating for their right to bodily autonomy. It's about standing beside people in their most vulnerable moments and ensuring they feel heard, supported and respected.

Joining the Peace Corps

Seventy percent of maternal mortality occurs in low-resource settings like Sub-Saharan Africa, but research indicates that high-quality midwifery care could prevent approximately 60 percent of these deaths. Investing in midwifery is one of the most cost-effective ways to reduce maternal mortality. My role in the Peace Corps includes initiatives to build capacity and strengthen midwifery education while also teaching student midwives, ensuring long-term, sustainable improvements in maternal healthcare.





My career as a nurse-midwife has taken me from India to Guatemala, Ireland to the U.S.-Mexico border. I want to empower students with the same skills that were once entrusted to me, and help cultivate safe maternal and neonatal healthcare in their communities.

Life in the Peace Corps

I began my work in Malawi on September 8, 2024, and my contract lasts six months until March 9, 2025.

We live in the small village of Nkhoma, about an hour from Lilongwe. When we first arrived at our house, all we had were our mosquito nets, fabric for curtains and the bags we'd brought from home. We were greeted not just by the weight of our new reality but also by the chirping of bats – our neighbor casually reassured us, “Oh, don't mind the bats.”

Slowly, after weeks of swatting away bugs, dealing with bats, navigating power outages and adjusting to water scarcity, we began to settle into life. But honestly, I don't even remember September through November – it was a blur.

Daily life depends on our access to food, water, electricity and other resources. Most mornings start with lighting a fire to boil water for coffee, followed by a cold bucket bath. Then, I hike up a rocky hill to reach the school and hospital – doing my best to avoid slipping in mud or stepping in goat poop, especially during the rainy season's torrential downpours. Electricity is sporadic, sometimes available only a few hours a week, and WiFi is unreliable.

My impact here

My primary role is lecturing, teaching and mentoring final-year midwifery students. I guide them in the classroom and in clinical settings, where they practice hands-on skills. The hospital's labor ward only has 10 beds but sees around 500 births per

month, so it's a high-pressure environment where students are often thrown into difficult situations. My job is to bridge the gap between theoretical knowledge and practical application, ensuring students gain confidence and competence.

I teach around 90 students. We often don't have enough desks, so some sit on the floor. If we're lucky, electricity is available so I can use a projector. I also lead skills-lab sessions, where students practice essential techniques like suturing and delivery maneuvers. Additionally, I'm conducting qualitative research on student midwives' exposure to traumatic births. This will be the first research of its kind to be published and completed in the setting of Sub-Saharan Africa.

This work is not glamorous – it's physically and emotionally demanding. We deal with power outages, water shortages and medication scarcities – all while working in extreme heat. Many Westerners romanticize life in Africa, but the reality here is stark. Poverty and inequality disproportionately affect women and children.

It would be so easy to throw in the towel and quit. The work environment is incredibly challenging at best. You're far from family, navigating a different language and constantly under a microscope. Every action, every mistake, every triumph is on display. But for me, it's my students who keep me going. Watching them grow into confident midwives, witnessing the moment they successfully conduct a delivery, seeing the pride in their eyes – it still gives me chills, even months into this work. In those moments, every hardship fades, and I'm reminded exactly why I'm here.

[CONTINUED ON PAGE 8](#)

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Olivia Gonzalez in Her Words

**Olivia Gonzalez,
MPH, BSN, RN**

Peace Corps
Response Nurse Educator
Nkhoma, Malawi

Education and career path

After high school, I attended UW-Madison, where I pursued my BS degree in nursing. Through my undergraduate coursework, I grew curious about global health, leading me to study healthcare systems abroad in Ghana. My fascination with the intersection of health and culture augmented, and I soon found myself interning in Kenya with an NGO centered on menstrual health, hygiene and women's empowerment.

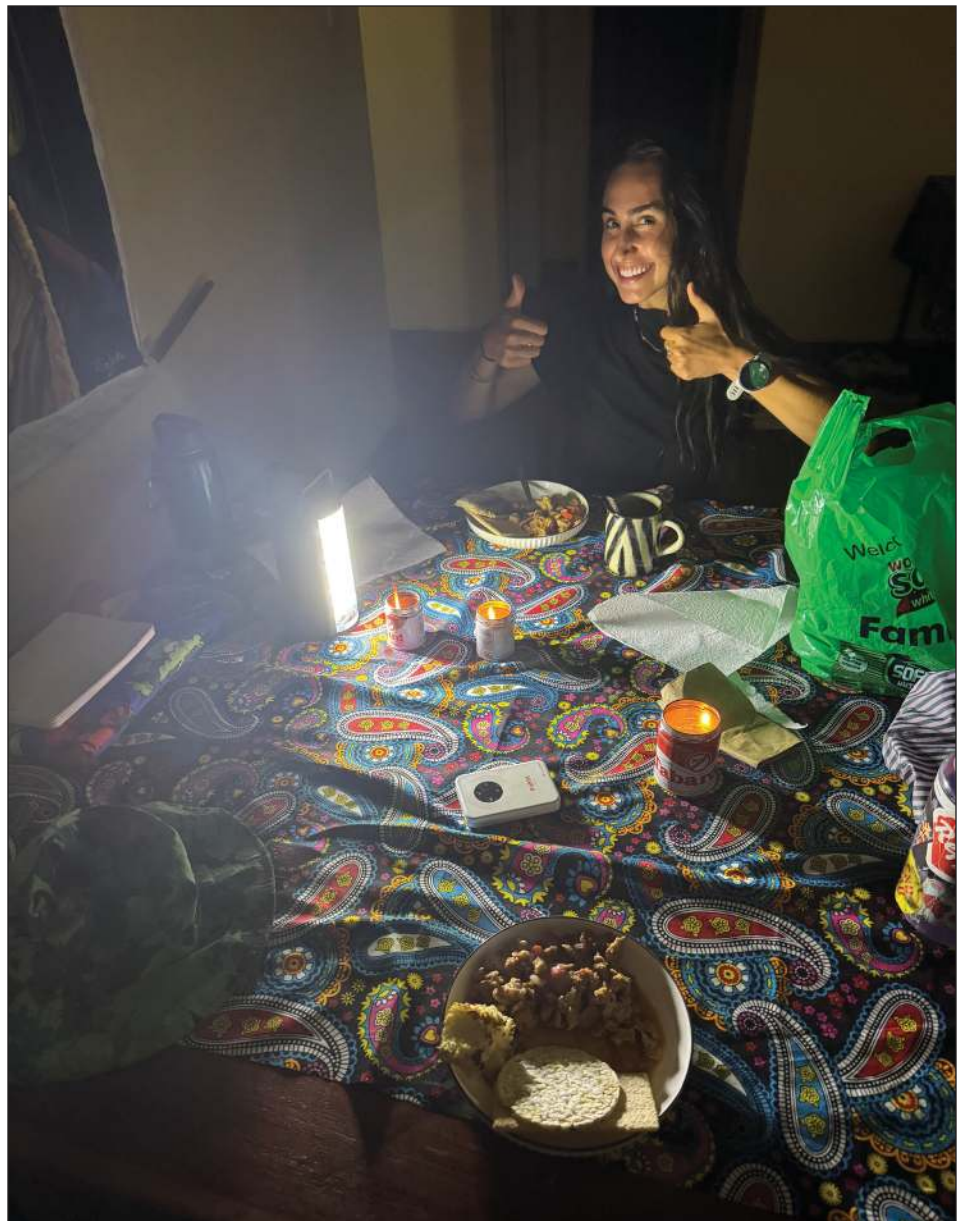
Knowing I eventually wanted to work in health programming and policy development internationally, I immediately completed my Master of Public Health at the University of Wisconsin School of Medicine & Public Health as I worked as a trauma nurse at Froedtert & Medical College of Wisconsin.

Despite the ongoing COVID-19 pandemic, I cared for a disproportionate number of young, black men who survived gun violence, exposing critical gaps in targeted prevention programs. Frustrated by this disparity, I partnered with 414 Life, a nonprofit organization addressing retaliatory gun violence like an infectious disease. Working in the violence prevention space reinforced that my passion lies in public health.

Joining the Peace Corps

I eventually moved to Charlotte, North Carolina, where I began working as a public health nurse supporting family planning, sexually transmitted infections and HIV/AIDS prevention, yet I was eager to transition back into the global health space. Eventually, I worked as an intern and later consultant at the United States Agency of International Development (USAID) Office of HIV/AIDS in Washington, D.C.

After working on pediatric and adolescent prevention, care and treatment programming for Sub-Saharan Africa, I craved more on-the-ground in-country experience. I sought Peace Corps Response to apply my professional skills in a low-resource setting.





Life in the Peace Corps

I wake up to the crow of roosters, minutes before sunrise. I unravel myself from my mosquito net to start the day, often without power. I shuffle around my room to find my headlamp to prepare for my daily run around 5:30am (I'm training for a self-made 50-mile run around my village in April). I head out the door, scaling the unavoidable hills. A mile into the run, I meet Mrs. Chimemwere, who greets me in Chichewa, the local language, and inquires if I will buy bananas from her today. I proceed through the village, traversing more hills, and soon find myself sprinting with young children carrying a tattered plastic bag with a single notebook on their way to primary school, often miles from their homes.

After endless laughs and countless trips from the rocky roads, I return to my house – 6 miles in the 80-degree heat before 6:30am. I proceed to shower, but I am met with a trickling tap, for we have no water today. After a steep learning curve, I learned to store buckets of water for mornings like these.. I proceed to the kitchen for breakfast to find Caillyn has graciously started the mbaula, our charcoal stove, for coffee.

Caillyn and I head up the hill to start our work day. I primarily lecture anatomy and physiology and medical and surgical nursing to approximately 250 students. However, with the intermittent fuel crises, some of our colleagues cannot commute, so Caillyn and I often fill in where necessary. Our small team of eight Malawian lecturers is highly adaptable, well-experienced, and has a palpable passion for teaching.

My impact here

According to the WHO, Malawi has one qualified nurse for every 2,000 citizens. For context, the U.S. has one nurse for every 85 Americans. I take my job quite seriously, knowing what and how I teach my students will directly impact the quality of healthcare in Malawi.

After lecturing for about 2 hours per day, I prepare for upcoming lectures or teach in our school skills lab. When I'm not working with students directly, I'm leading my quality improvement project for our nursing school to adopt Google Drive to enhance collaboration and efficiency.

When the work day concludes at 5pm, I head across the village to teach my exercise class where nurses from the local hospital, deaf neighbors, some of our students, and children join in for 45 minutes of movement. We share smiles and sweat as we conquer jumping jacks, sit-ups, and burpees as one. I often find myself looking down at my participants' feet, as many sprint barefoot across our rocky soccer field.

At dusk, my neighbors recount their days to me as we return to our homes. We see our illuminating outdoor lights, and suddenly, the conversation celebrates our restored power. I can cook an egg on our stove or easily sauté some tomatoes. Yet, before I head to bed, I reflect on my day and revisit a reoccurring internal question: What am I doing in Africa?

I recall my students and their laughs as I dance to Malawi pop music while we wait for the power to return. I think about how they've endured endless sociocultural and financial obstacles to have a seat in our classroom and share that laugh with me. I crawl under my mosquito net to sleep, knowing I am exactly where I am meant to be.

With the despondent public and global health climate in the United States, I'm unsure of my next professional move. I am hopeful to start a doctoral program in social, behavioral, and community health in the fall. Regardless, I will temporarily resume nursing while I navigate my next position.



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PREPARE

for the Approaching Cooling Season



BY JEN UTTKE
OWNER | UTTKE
HEATING & COOLING



SPRING IS UPON US, which means transitioning from the heating to the cooling season. Air conditioner maintenance is essential to ensure your system runs efficiently, prolongs its lifespan, and keeps your family cool. Here are some important maintenance tasks you should consider:

1. **Clean or replace the air filter**

- Furnace filters should be checked every 1 to 3 months, depending on usage. Dirty filters reduce airflow and efficiency, leading to higher energy costs.

2. **Clean the coils**

- The evaporator and condenser coils can get dirty over time. Clean them to prevent reduced efficiency and system failure. You can clean the evaporator coil yearly, while the condenser coil may need more frequent cleaning.

3. **Check the refrigerant level**

- Low refrigerant levels can indicate a leak. Make sure the refrigerant is at the proper level for efficient cooling. This should only be done by a certified technician.

4. **Inspect the condensate drain**

- Ensure that the condensate drain is free from clogs. If the drain is clogged, excess moisture can build up, leading to potential water damage and mold growth.

5. **Check the thermostat**

- Make sure the thermostat is functioning properly and accurately reading the temperature. Consider upgrading to a programmable thermostat for energy efficiency.

6. **Check for leaks**

- Inspect the AC unit for any leaks, particularly around ducts and seals. Seal any gaps to improve efficiency.

7. **Inspect insulation**

- Ensure the insulation around the ducts is intact to maintain the desired temperature and reduce energy waste.

8. **Schedule professional maintenance**

- It's a good idea to have a professional technician inspect your system annually to check for potential issues. They can perform more detailed checks and tune-ups to keep your system running smoothly.

By doing regular maintenance, you can avoid costly repairs and ensure that your air conditioner is always ready to perform when the heat and humidity roll in.



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PIERCING THE CORPORATE VEIL

ONE OF THE MAIN REASONS people organize their small business as a limited liability company (LLC) or a corporation (Inc.) is to avoid personal liability. Because the entity is separate and distinct from its members or shareholders, individual owners and investors merely risk their investment and are generally immune from the obligations of the business.

As with any rule, there are exceptions. Generally called “piercing the veil,” courts can disregard a company’s separate legal existence under various circumstances. Aside from signing contractual guarantees, certain environmen-

tal and consumer protection laws could hold individuals responsible for violating rules that govern their businesses. Most often, attempts to pierce the veil arise when a business is unable to pay a debt. Under this scenario, a creditor will sue the business. When it can’t pay, the creditor asks the judge to pierce the veil – thereby holding its members or shareholders personally accountable.

Courts apply various tests to decide whether to pierce the veil, depending on the situation. The two most common are a “unity of interest test” and a “vicarious liability test.” With the first test, a court will seek to determine if the business is actually acting separately and distinctly from its shareholders or members. By weighing the evidence of three elements: control, injustice, and causation, the court will decide if the separate existence of the business was adequately kept and if the harm was caused by an abuse of the business form to accomplish a wrongful purpose or an unjust advantage.

Other times, a court will seek to determine if an individual is using the business merely to avoid the consequences of his or her own actions. While it is true that individuals are not liable for obligations of the business solely because he or she is a member or shareholder, that protection does not shield a person from exercising ordinary care when conducting himself or herself (or from intentionally harming others). Our court of appeals recently decided that a local business owner could be personally responsible for substantial damage that occurred while conducting his business. The owner of a pool maintenance company argued that he should not be accountable for injury to a pool because it occurred during work caused by his company; however, the court held that he could be responsible for work he negligently performed himself regardless of his position as owner of the business.

While this recent decision serves as a reminder that the corporate veil will not insulate small business owners from everything they do, piercing the veil remains an exceptional remedy and courts may allow it under certain circumstances. Small business owners and investors alike are reminded to:

- Ensure the business is adequately capitalized
- Maintain corporate formalities and fully disclose the authority of those acting on its behalf
- Review and update contracts to make certain they contain clear liability limitations
- Ensure that proper and adequate insurance coverage is maintained (including personal umbrella)
- Take steps to ensure that all work is completed properly, especially if completing it yourself



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Finding Structure Amid Uncertainty



■ BY JULIE ELLENBECKER-LIPSKY,
CFP®, CDFA® | PRESIDENT & SENIOR
WEALTH ADVISOR | ELLENBECKER
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IN A WORLD THAT FEELS PERPETUALLY UNCERTAIN, restful sleep can be elusive. Whether it's worrying about finances, health or the broader state of the world, the lack of control can leave us restless. But while we can't predict the future, we can take steps to create stability and peace of mind, even in turbulent times.

The human brain is wired to seek patterns and predictability. When uncertainty looms, whether from economic shifts, personal challenges or global events, it can feel like the ground beneath us is shifting. This unpredictability fuels anxiety, disrupting not only our sleep but also our overall well-being. By establishing placemarks – mental and physical anchors – we can create a sense of stability in the face of uncertainty. Here's how:

Set financial foundations

- Set financial foundations that will help you feel a sense of control. Consider growing your knowledge by attending EIG events or reading financial materials. Boost up your available cash and savings account so you don't worry about unexpected expenses. Building your awareness of where your money goes provides a sense of control. Plan for the long-term and work with your financial advisor to create a plan that aligns with your goals, accounting for uncertainty while focusing on growth.

Establish daily routines

- Establish a daily routine to provide structure and reduce mental chaos. Find a few things in your life that can help establish a routine, such as waking up and going to bed at the same time or dedicating time for movement, mindfulness, and self-care.

Reframe your mindset reframe "what-ifs" into "what-is"

- Focus on the present moment rather than spiraling into hypothetical scenarios. Write down three things you're grateful for each day. This helps shift your focus from fear to appreciation. When you're feeling stressed, give yourself a reality check. Ask yourself, "What's the worst that could happen?" Often, even the worst-case scenario is more manageable than we fear.



Set boundaries

- Set boundaries on worry. Schedule "Worry Time" by allocating 15 minutes daily to write down concerns. When the time is up, set them aside. Limit news consumption and choose reliable sources. Overexposure to negative news amplifies anxiety.

Cultivate community

- Cultivate meaningful connections. Share your fears with trusted friends, family or a counselor. Talking things out can provide clarity and support. Engage in community or spiritual practices to foster a sense of belonging and purpose.

Financial uncertainty is one of the biggest contributors to sleepless nights. To adjust your perception, focus on what you can control. You can't predict market fluctuations, but you can control your spending, savings and investment habits. While we can't eliminate life's uncertainties, we can learn to navigate them with grace. Ultimately, better sleep comes not from having all the answers but from trusting our ability to face whatever comes. The world may be in flux, but with intentionality and structure, we can find peace in the present moment – and rest well.



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MARIA GARCIA established MG Cleaning Services in 2017, offering both commercial and residential cleaning services to the community.

MG Cleaning offers sparkling-clean and healthy spaces to both residential and commercial customers. "We use safe and high-quality products and promise our customers' satisfaction," explains Maria, owner/CEO of MG Cleaning Services.

Cleaning services offered, but not limited to:

- Regular cleaning
- Deep cleaning
- Move-in & move-out cleaning
- Post-construction cleaning
- Airbnb cleaning
- Senior citizen home cleaning

Vast experience to serve you

Maria has gained work experience in various roles, from waiting tables to operating machinery for a plastic molding company. "I had been cleaning offices in downtown Milwaukee since 1998 when I decided to return to school to become a K-3 teacher. However, in 2002, my father fell ill and could no longer work. As a result, I chose to leave school and work part-time at a daycare center while working full-time at another plastic molding company. During my time at the factory, the owner offered me the chance to clean the company's offices before my shift for extra pay.

It was then Maria chose to make cleaning her primary profession. "At this time, my father's nurse shared that he was getting worse and may lose his home. So, decided to go all-in and open my own cleaning company."

Efficient, detailed and professional

MG Cleaning Services provides quality, efficient, detailed, and professional services. Maria ensures satisfaction by understanding customer needs and fostering trust. "We hold a strong work ethic and treat everyone, including our employees, with respect," she explains. "We train our employees using proven techniques so we can deliver efficient, trustworthy and competitive service."

Maria says she's inspired in her work by helping others and learning from everyone she meets.

Professionally, she's also inspired when customers give the company positive feedback and share what a great job they did in their homes.

A strong love of animals

Maria's family loves animals so much that she has five cats in her home. This love of animals inspired her to try something special. "In 2022, we asked permission from our regular customers to send us their favorite picture of their pets or let us take a photo. We used the photos to create a 2023 calendar, which we gifted to all our clients. The clients who gave us photos were so happy and surprised that some even shed a few tears."

In addition to quality cleaning services, MG Cleaning Services is fully insured, and certified to clean Covid-19-infected households and offices. "We're also active on social media, where we share cleaning tips, post reviews, and share examples of our work."

To learn more about MG Cleaning Services and how Maria and her staff can help you feel great in your space, visit mgcsllc.com or call 414-243-7114.

■ BY JULIA JAEGERBERG

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6108 N Shoreland Ave	\$989,900
810 E Glen Ave	\$1,995,000

ADDRESS	LIST PRICE	SOLD PRICE
914 E Lancaster Ave	\$425,000	\$360,000
4623 N Idlewild Ave	\$375,000	\$390,000
611 E Lake View Ave A	\$439,900	\$435,000
6053 N Shoreland Ave	\$480,000	\$480,000
5244 N Shoreland Ave	\$525,000	\$535,000
5042 N Larkin St	\$599,900	\$617,500
5931 N Santa Monica Blvd	\$600,000	\$652,830
5431 N Diversey Blvd	\$1,999,999	\$1,952,000

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JESS DURRETT founded Down the Road Education to support diverse learners, their families and schools – as they navigate education. “Wraparound educational support sets students and families up for success now and down the road,” explains Jess. “Our team works with schools, students and families to help understand a range of learners and ways to tap into their potential.”

Her team is very specialized and works from locations across the country. The practice is online for student sessions, but they do travel for observations and school professional development.

Since 2020, Jess has served the learning community through a private practice, working with children since 2005. “In 2005, after I earned my bachelor’s degree from the University of Kansas, I worked at a child-centered summer camp in Maine. I then decided to pursue a master’s degree in childhood and special education at New York University.”

Jess and her husband remained in New York, where Jess worked for eight years at a therapeutic school for students with speech-language impairments. “My husband’s job then took us to California, where I worked as a learning specialist. Next, I started working in private practice with students, families and schools. Now, we’re moving our family back to Milwaukee to raise our two children, and I’m eager to deepen our already deep ties to Milwaukee.”

Her family includes her husband and their two children – two dogs and two cats. “We’re homebodies and caretakers by nature, and we love to rescue animals,” shares Jess.

Educational therapy

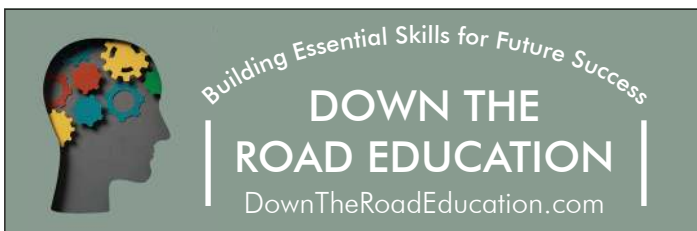
Today, Jess hopes to empower children to advocate for their needs. “The part I enjoy most is also the part I enjoy least: saying goodbye to students when it’s time for them to take over,” Jess admits.

People often ask Jess: What’s educational therapy and how does it differ from tutoring? “It’s a unique approach to learning about the interconnectedness of academic, social-emotional, language, cognitive, and motor development that guides our approach to teaching and learning,” she explains.

- **Holistic teaching.** This approach considers all areas of development. Jess carefully weighs accommodations and subgoals to guide students in learning the necessary skills.
- **Dynamic, flexible and tailored.** Instead of following a single curriculum, Jess designs learning and shifts based on an individual’s needs. She navigates how to balance age-appropriate skills with foundational skills.
- **Intentional relationship building.** This work requires a deep connection to the learner. By listening and creating work tailored to the student’s interests, Jess works on the most challenging skills for them.
- **Team approach and school collaboration and advocacy.** Creating partnerships with the adults in a child’s life is at the core of her work. Collaborating on goals and expectations helps children feel supported.
- **Parent guidance.** Ranging from how to talk to a child about learning differences to support with advocacy at school, Jess believes this piece is critical. She facilitates healthy communication between the child and parent about school, homework, emerging independence and social development.

A core value that drives Jess’s work is that she believes humans are good and children want to do well. And she firmly believes that children can thrive given the proper support and setting.

Learn more by visiting DownTheRoadEducation.com.



Balsamic Veggie Steak Roll-ups



BY PATTY GALANTE
 Taylor Kelley Photography

HERE'S A GREAT DISH for the grill that's low-cal, low-carb, low-fat and tastes *incredible!* And wait until you've tried this herb-garlic balsamic glaze. You'll want to use it often on everything else!

These tender, juicy steak rolls are stuffed with sauteed bell peppers, onions, zucchini and mushrooms, then grilled and drizzled with this wonderful herb-garlic balsamic glaze. Eye-catching in presentation and drop-dead scrumptious to the taste. My husband's words: "Those were exceptionally good."

Enjoy!



Ingredients

- 8 thinly sliced pieces of sirloin steak, about 1/8-inch thick (if your steak is thicker, it will still work, it will just cook longer)
- Himalayan pink salt
- Coarsely ground black pepper
- Fresh herbs of your choice, rosemary, cilantro, Italian parsley
- 1 each: small yellow onion, small red bell pepper, small green bell pepper, small zucchini sliced into thin strips
- Olive oil
- Fresh mushrooms

Balsamic Glaze

- ¼ cup balsamic vinegar
- 1 clove garlic
- ½ tsp Himalayan pink salt
- 2 Tbsp red wine
- Fresh herb sprigs
- 1 tsp cornstarch dissolved in ¼ cup beef broth
- 1 Tbsp dark brown sugar
- ½ tsp freshly ground black pepper

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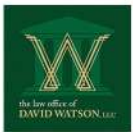


Instructions

1. First, get the balsamic glaze going while you prepare the steak and veggies. Place all the ingredients in a small bowl and bring it to a boil over medium-high heat for 2 minutes. Reduce the heat and simmer for about 10 minutes. Discard the sprigs of herbs. Stir in the cornstarch/beef broth mixture for about a minute until the sauce is thickened. Watch this carefully as it goes quickly!
2. While the glaze is simmering, cook the vegetables in a skillet with a little olive oil, salt and pepper until crisp-tender.
3. Lay the sirloin slices on a cutting board and lightly rub all sides with olive oil. Sprinkle with some salt, pepper and herbs. Divide the veggie slices among the steak strips, lining them up vertically on one end of each steak. Start with that end and roll the steaks, securing them with a string or toothpick.
4. Cook the steaks on a grill or in a frying pan for about 3-4 minutes on each side or according to desired doneness. Serve immediately drizzled with the rosemary balsamic glaze.

Notes:

- I've tried this with chicken; I had to thinly slice the chicken and pound it between pieces of parchment paper. It was also very good!
- If you use string, please soak it in water for a few minutes. Then it won't char.
- Like the nice grilling marks? Invest in a grill pan with ridges.
- Feel free to add other veggie options, such as asparagus or cherry tomatoes. And go ahead and lay in feta!
- **Bonus:** You can make this ahead of time for ease at dinner time!



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Candlelight Concerts bring the magic of a live, multi-sensory musical experience to awe-inspiring locations in Milwaukee. Get your tickets now to discover the music of Taylor Swift, Queen, Beyonce, Abba, under the gentle glow of candlelight. The Abbey at St. James 1868 is a historic Gothic-revival style church built in 1867 in Milwaukee. Its stunning stained-glass windows and beautifully renovated interiors make it the perfect backdrop for this concert series.

Dates: Continual concert dates

Location: The Abbey at St. James 1868, 833 W Wisconsin Ave, Milwaukee
Tickets: Visit StJames1868.com

MAR
26
-
MAR
27

Into the Wild

Leave those winter doldrums in the rear-view mirror – this March, hear the beat of a different drummer! We'll take you on a wild ride through influences from Turkey, the Caribbean and points unknown, with two major premieres from madly inventive composers Andy Akiho and Kamran Ince. It's an off-road adventure with twists and turns, humor and some outlandish surprises. Tickets: PresentMusic.org/events.

Dates: Mar. 26 & 27

Time: 7:30pm

Location: Jan Serr Studio, 2155 North Prospect Ave, Milwaukee

APR
04
-
APR
06

The Midwest Gaming Classic

The Midwest Gaming Classic is a 350,000-plus-square-foot trade show featuring more than 10,000 games on free play, 200-plus vendors and hundreds of industry guests. It's the largest and longest-running all-encompassing gaming event. Celebrate gaming, try new things, learn about the gaming hobby, meet others who share the love of gaming, and have fun doing it!

Dates: Apr. 4-6

Location: Baird Center, 400 W. Wisconsin Ave, Milwaukee

APR
05

Pancake Breakfast with the Bunny

Come celebrate spring at the North Shore Kiwanis Pancake Breakfast with the Bunny. Enjoy photos with the Bunny, raffles, face painting, and a delicious breakfast featuring pancakes, sausage, eggs, juice, milk and coffee. Tickets are available at the door, from Kiwanis members or at Winkie's. Proceeds benefit Kiwanis youth charities.

Date: Sat., Apr. 5

Time: 8-11am

Location: Dominican High School, Whitefish Bay

Cost: \$10 per adult (10 & up) | \$6 per child (over 2)

APR
24
-
MAY
08

Milwaukee Film Festival

Take a deep dive deep into the film scene and enjoy the 2025 Milwaukee Film Festival. Learn about all films offered and how to purchase tickets by visiting MKEFilm.org.

Dates: April 24-May 8

MAY
03

Green Day in the Bay

Join the community for a spectacular, eco-friendly extravaganza at Klode Park, packed with everything you need to become a sustainability superhero! Dive into the Eco Fair and attend how-to clinics to master water conservation techniques. Also, join Run the Bay, then swing by Recycle Day at Dominican High School to give your unwanted items a new lease on life.

Date: Sat., May 3

Location: Klode Park, 5960 N Lake Dr, Whitefish Bay

MAY
03

Run the Bay

Run the Bay is an annual community-oriented event that truly has something for everyone, whether it's a casual family walk, kids' races, or a competitive 5K run – all to benefit the Whitefish Bay Public Education Foundation serving district students. To register, please visit: RunSignUp.com/runthebay.

Date: Sat., May 3

Time: 5K Run 8:30am | Kids' Run 9:30am

Location: Klode Park, 5960 N Lake Dr, Whitefish Bay

MAY
03
-
JUN
07

Plein Air:

A Paint Cedarburg Event

Come enjoy a plein air celebration as 165 plein air artists roam the charming city of Cedarburg and areas in Ozaukee County, capturing favorite historical structures, coffee shops, and the picturesque countryside. Artists from all over work with oils, watercolors, pastels and more. Plein Air: A Paint Cedarburg Event is nationally recognized as the largest gathering of artists in Wisconsin. Artists leave the comforts of their studios and spend six days painting outside ... rain or shine. You're encouraged to interact with the artists as they work and watch as their paintings come to life!

Dates: May 3-June 7

Location: Cedarburg and areas in Ozaukee County

MAY
26

Memorial Day

You're welcome to join the community for Whitefish Bay's Memorial Day Ceremony. The Veterans Monument and Memorial Garden at Armory Park honors the rich history of men and women who served and fought valiantly for our nation. Located on the original site of Whitefish Bay National Guard Armory, you'll find the monument located at the southwest corner of Henry Clay Street and Ardmore Avenue.

Date: Mon., May 26

Time: 11am

Location: Whitefish Bay Armory Park, 1225 E Henry Clay St, Whitefish Bay





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with Laura's Granna



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WE'RE EXCITED TO SHARE some of the upgrades at our new Glendale station, including a significant improvement to our Fleet Maintenance Facility. This upgrade is a milestone in our ongoing commitment to enhancing efficiency and service quality. Some key features are:

Rotary mobile lifts

- The new mobile lifts enable faster, safer and more reliable fleet maintenance. These lifts allow our Master Mechanic to make repairs to any NSFD vehicle from anywhere in the shop. Unlike the previous shop, which had a fixed lift and wooden ramps that raised vehicles only a couple of feet, the new mobile lifts can elevate vehicles high enough for the mechanic to stand underneath, providing better access.

Larger maintenance area

- The 29-foot ceiling in the maintenance area provides ample space for ladder trucks to be extended and to open the cab fully.

Dedicated repair bay for ambulances

- With a 4,000-square-foot shop, we have the space to dedicate a repair bay exclusively for ambulance maintenance. Our EMS vehicles are critical to emergency response. Having this repair bay ensures that maintenance can be carried out promptly without competing with other vehicles for space.

Advanced equipment

- Our new tire-mounting machine and balancer can handle tires for most fleet vehicles – from staff cars to ambulances – eliminating the need for an outside tire service.


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If you have questions or want more information about North Shore Fire/Rescue, visit NSFire.org or call our Community Risk Reduction Bureau at 414-357-0113 ext. 1515.




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NORTH SHORE SCHOOL FOR SENIORS

Term 2 Kicks Off in April

■ BY BETH STAFFORD | BOARD MEMBER AND PUBLICITY COORDINATOR | NORTH SHORE SCHOOL FOR SENIORS

CLASSES AT North Shore School for Seniors (NSSS) for Term 2 begin April 14, with registration ongoing. Classes meet Monday or Tuesday at United Methodist Church of Whitefish Bay, 819 E. Silver Spring Drive in Whitefish Bay.

Term 2 runs Monday, April 14 through Tuesday, May 6. Find class info and online registration by visiting NSS4S.org and you may pick up catalogs at the church.

Term 2 classes include "Entertainers with Wisconsin Ties," "Our Adventure in India," "Senior Fitness," "Bob Dylan," "Classical Music's Great Romantic Composers," "Dances through the Ages," "In Search of Rare and Unusual Animals," "Invasive Species in Wisconsin" and "History of the New Deal."

Email questions to nssbxt@gmail.com or call 414-292-0960. Classes are open to all. NSSS is an adult outreach program of the United Methodist Church of Whitefish Bay.



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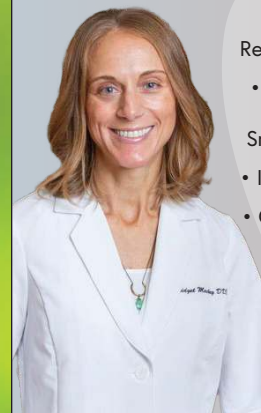
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■ BY LEXIE DEBLITZ | EXECUTIVE DIRECTOR
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- **Dates:** Thursdays June 19 | July 17 | August 21
- **Time:** 5-7pm

Check out our calendar at [MerchantsOfWhitefishBay.com](https://www.merchantsofwhitefishbay.com) and follow us on Facebook at @ShopWFB and Instagram @WFBID.



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School District News

■ BY JULIE PITEL | EXECUTIVE ASSISTANT/COMMUNICATIONS SPECIALIST | WHITEFISH BAY SCHOOL DISTRICT

2025 WFBHS GRAD GRAMS

Time for Grad Grams! Who do you know who's graduating from Whitefish Bay High School this year? For \$1 each, you can send a quick note of congratulations that will be bound in a special book for each senior. Orders will be taken April 14 to June 2.

You may purchase Grad Grams from WFBHS Parent Association members:

- The Carew Family, 5152 N. Woodburn St. (front door)
- The Sarnowski Family, 5226 N. Hollywood Ave. (front door)
- or The WFBHS Main Office, 1200 E. Fairmount Ave.

All completed Grad Grams are due Monday, June 2, 2025.

New to the District? 2025-26 Enrollment Information

Families who are new to the district for the 2025-26 school year are welcome to visit our website for enrollment information. Find enrollment information by selecting "Prospective Families" and "Enroll in WFB Schools."

Please reach out directly to your school if you have additional questions.

- Cumberland: 414-963-3943
- Richards: 414-963-3951
- Middle School: 414-963-6800
- High School: 414-963-3928





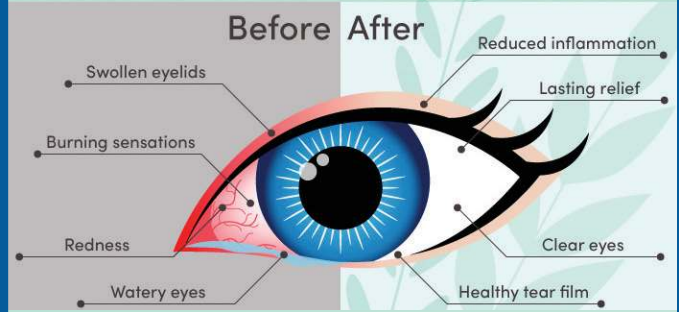
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Upcoming Famers' Markets – All Year long!



■ BY LATOYA BATES | MARKET MANAGER
WHITEFISH BAY FARMERS' MARKET

THE TRADITIONAL MARKET is open on Saturdays from June 14 to Oct 25, 9am to 1pm. The WFB Night Market returns on June 28, July 26, August 23 & September 20 from 5 to 9pm. The 2025/26 Whitefish Bay Winter Market will be open the second Saturday of each month – November through October from 11am to 2pm. We also have a variety of specialty markets and are planning at Taste of the Bay Tuesday market on select days, TBA.

We have a few vendor promotions as well:

- Returning vendors will receive a \$25 discount on vendor fees when they apply and pay for the full season by Feb 28
- Returning vendors will receive a \$10 discount on vendor fees when they apply and pay for the half-season by Feb 28
- Farmers and growers who register and pay for the full season by February 28 will have a \$50 discount
- Teambuilder Bonus: Full-season vendors with perfect market attendance will receive a \$100 bonus at the end of the season
- Community groups/nonprofits – We will offer a free vendor booth for at least one community group/non-profit in each market. Make sure to select Community group/Nonprofit in the products section of your Vendor Application.
- Sprouts returns, so kiddos age 19 and younger can have a free booth at the market and support to start their own small business over the summer.

We're looking for vendors, sponsors and entertainers. Find applications by visiting WFBFarmersMarket.com and find more information at info@WFB-farmersmarket.com.

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FOR YOUR SAFETY IN THE NORTH SHORE AREA

■ BY BECKY ROLAND | HEALTH OFFICER | NORTH SHORE HEALTH DEPARTMENT

WE'RE EXCITED TO WELCOME LaTasha Howze as the new case manager for the North Shore of Milwaukee County. LaTasha is passionate about supporting our community and is here to help individuals navigate immediate needs related to public health, fire and emergency medical incidents, non-fatal overdoses and other crises. She's resourceful and approachable, and focuses on each person's unique needs and goals, providing guidance to access vital resources, benefits, and services.

With years of experience, LaTasha brings a wealth of knowledge to this role. She specializes in helping residents navigate complex systems, connect with essential tools, and gain the education needed to stay safe and independent in their homes. She also offers expert advice on creating safe living environments, identifying potential hazards and linking individuals to helpful resources.

First responders, community agencies and village staff can refer you to LaTasha's services, so you may hear from her soon! You're also welcome to contact her directly at 414-418-7072 to schedule a home safety visit or get support for your needs.

LaTasha, along with the Health and Fire Departments in the North Shore, are dedicated to empowering our community by providing the tools and information everyone needs to live safely and independently at home.

TARPEY FRANZ TEAM

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EHO



Exercise Outside!

Tips, Recommendations and Health Benefits

■ BY AVERY PETERS | INTERN | NORTH SHORE HEALTH DEPARTMENT

WITH WARMER WEATHER, spring is a great time to enjoy outdoor exercise, which benefits both mental and physical health. Starting can feel overwhelming if you're new to exercise or managing a chronic condition. Make sure to check with your healthcare provider before starting any new exercise program and review some guidelines below to start exercising safely.

The two types of exercise & benefits

1. **Aerobic (cardio):** Increases endurance and heart rate, reduces depression symptoms, lowers the risk of chronic diseases (e.g., type 2 diabetes, heart disease) and enhances social well-being
2. **Anaerobic (strength training):** Builds muscle, reduces risk of injury and helps prevent chronic conditions as well

Recommended exercise frequency

The U.S. Department of Health and Human Services recommends:

- 150 minutes of moderate-intensity aerobic exercise per week
- 2 days of muscle-strengthening anaerobic exercise

You can break this into smaller sessions that fit your schedule.

What counts as exercise?

Exercise isn't limited to the gym – any movement counts! Activities like yardwork, dancing, climbing stairs, swimming, playing with pets or brisk walking contribute to physical activity benefits. If time is tight, make small changes: take the stairs, park farther away or walk with a co-worker during breaks to build healthy habits.

Outdoor exercise safety tips

- Wear bright colors for visibility
- Stay alert at night, keep your phone charged and avoid loud headphones
- Use reflective gear if cycling or running in the dark
- Seek shelter if lightning appears
- Stay hydrated – don't wait until you feel thirsty

For more detailed information, visit the U.S Health and Human Services' latest edition of the Physical Activity Guidelines for Americans: <https://odphp.health.gov/> under the "Physical Activity" tab.

Sources

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