

# HIGHLIGHTER

WASHINGTON HEIGHTS NEIGHBORHOOD MAGAZINE

FALL/WINTER 2024



**SPOOKTACULAR**  
page 10

**SOLO CAR CAMPING**  
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**KNOW YOUR NEIGHBORS**  
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WHNA.net

**SHAR BORG TEAM**

**61**  
TRANSACTIONS TO DATE

**\$18.1M+**  
TOTAL SALES VOLUME

Sourced via MetroMLS based on career listings and sales by Shawn Nemitz.

## Shawn Nemitz

YOUR WASHINGTON HEIGHTS EXPERT



**SOLD**  
1751 North 49th Street  
\$460,000



**SOLD**  
1828 North 48th Street  
\$397,000



**SOLD**  
1728 North 52nd Street  
\$340,000



**SOLD**  
1505 North 48th Street  
\$315,000



**SOLD**  
2124 North 55th Street  
\$270,000



**SOLD**  
1419 North 52nd Street, #1421  
\$250,000



**SOLD**  
1915 North 53rd Street  
\$246,000



**SOLD**  
1822 North 48th Street  
\$210,000



**SOLD**  
2326 North 55th Street  
\$289,000



**SOLD**  
5809 West Washington Blvd  
\$435,000

Living in Washington Heights provides me with expert, hands-on knowledge of the area, market trends, and demand.

Reach out to me for a free market analysis of the Washington Heights neighborhood!



### Shawn Nemitz

Member of Shar Borg Team  
shawn.nemitz@compass.com  
845.548.7555

Shawn Nemitz, a member of The Shar Borg Team, is a real estate licensee affiliated with Compass, a licensed real estate broker and abides by Equal Housing Opportunity laws.

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## 2024 NEIGHBORHOOD EVENTS

*Unless noted, please visit [whna.net](http://whna.net), our Facebook or Instagram Pages for more details on each event.*

**October 1**  
Citywide Fall Leaf Rake Out Begins

**October 19 • 10AM-Noon**  
Spooktacular Registration  
St. Sebastian Parish Gathering Space  
1725 N. 54th Street

**October 22 • 4PM-7PM**  
Spooktacular Registration  
St. Sebastian Parish Gathering Space  
1725 N. 54th Street

**October 25 • 6PM to Close**  
Halloween Costume Karaoke  
Venture Brew Co.  
5519 W. North Ave.  
[www.venturebrewco.com](http://www.venturebrewco.com)

**October 26 • 10AM-Noon**  
Spooktacular Registration  
St. Sebastian Parish Gathering Space  
1725 N. 54th Street

**October 26 • 4PM-7PM**  
Spooktacular Registration  
50th Place at Vliet Street

**October 26 • 6:30PM-8:30PM**  
Spooktacular Nighttime Trick-or-Treating

**October 27 • 1PM-4PM**  
Milwaukee Citywide Trick-or-Treating

**November 2-3 • 9AM-11:30AM & 1PM-3:30PM**  
Kidpreneur Fair at Cloud 9 Workshop  
5205 W. North Avenue  
[www.cloud9workshop.com/kidpreneur](http://www.cloud9workshop.com/kidpreneur)

**November 5 • 7AM-8PM**  
Election Day  
Get Out and Vote!  
[www.myvote.wi.gov](http://www.myvote.wi.gov)

**November 15**  
Citywide Fall Leaf Rake Out Ends

**November 15-16**  
Vliet Street Holiday Happenings  
[www.meetonvliet.com](http://www.meetonvliet.com)

**November 29 • 10AM-3PM**  
MKE Plaid Friday Holiday Pop-Up Market  
Denizen MKE • 4227 W. Vliet St.  
[www.jamessteeno.com](http://www.jamessteeno.com)

**November 30**  
Small Business Saturday  
Shop Local in the Neighborhood on Vliet Street & North Avenue

**December 1**  
City of Milwaukee Winter Parking Regulations in Effect  
[www.cityofmilwaukee.gov/Parking/ParkingRegulations](http://www.cityofmilwaukee.gov/Parking/ParkingRegulations)

## 2024-25 WHNA BOARD OF DIRECTORS

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## From the President



Of the many different things I have done for WHNA, this is my first letter as board president. I'm honored and humbled to hold this position that numerous other legendary neighbors have held before me, some of whom I have had the pleasure of volunteering for the neighborhood with and who have become lifelong friends, mentors and a shoulder to lean on – past presidents Sabrina Eder, Mary Gibeaut, Larry Kilmer, Beth Lappen and Ed Szopinski.

I look forward to leading WHNA for the next 2 years and am thrilled to work with the current board members and committees to build upon the foundation that began over 30 years ago in 1991. Together we will write WHNA's next chapter and build upon what numerous neighborhood-committed individuals began before us. Turn the page to get to know the current board. On behalf of the entire board, please reach out to any of us with your ideas, suggestions or questions; we'd love to hear from you and get to know you.

Recently, I spent some time connecting with past Spooktacular organizers. Their passion for the event is as fresh as when they held the position of "head witch" of Spooktacular years ago. Thousands of hours and hundreds of volunteers have selflessly given their time and energy over the past 3 decades to Spooktacular and so many other WHNA events. I encourage and invite you to volunteer a few hours at Spooktacular in October or at a future WHNA event. This organization was built by volunteers and will continue to thrive as long as we have volunteers.

Spooktacular is right around the corner and one of the most anticipated events of the year. Anne DeLeo, Patrick Schley and I have been organizing Spooktacular since 2019 and are excited to lead the Spooktacular charge again this year, and welcome you to the biggest and best Halloween event in all of Milwaukee – Spooktacular 2024 on October 26.

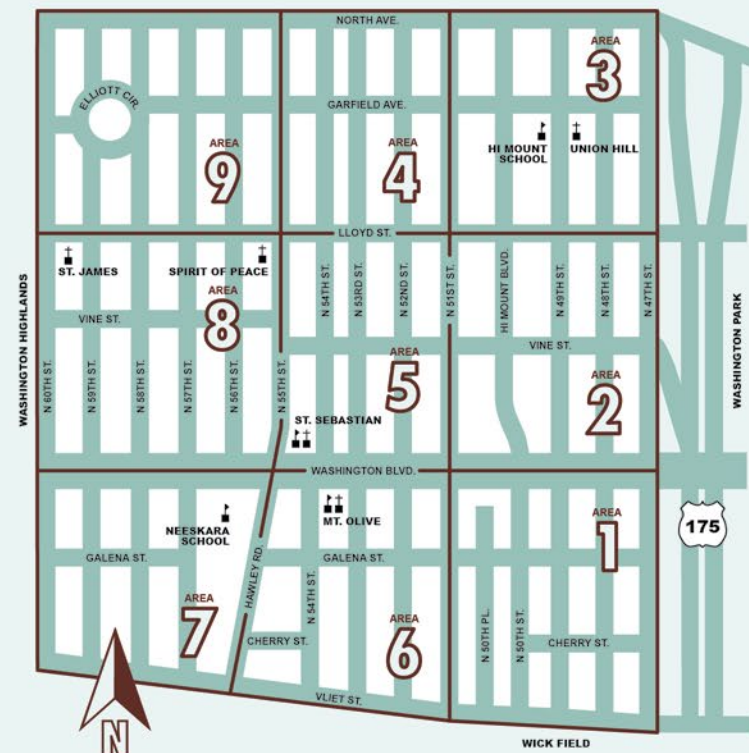
This issue is packed with highlights from the past few months of events around the neighborhood (the Boulevard Bash and Washington Park Wednesdays) and a look forward at all the good things that are yet to come – from events to new businesses to outstanding neighbors. On the pages ahead you'll get to know neighborhood artist Maria Knier, new Vliet Street business Biersal Tavern, hear about Jane Konkel's travel adventures and find out about starting a block watch. I hope these articles and interviews introduce you to new people and businesses, inspire new ideas and adventures, and give you more things to add to your "Why I Love the Heights" list.

Last, two years ago, the WHNA executive board members (Sabrina Eder, Kinard Dozier, Kevin Driscoll and myself) had a vision for the future of WHNA and began the process of applying for 501(c)(3) status. At long last, WHNA has been granted tax-exempt status. This means that your donations and membership are now tax-deductible, and this status gives us access to so many other helpful perks like grants and non-profit pricing for rentals and purchases. This status also gives our organization much more credibility.

There are so many other events, things and people deserving attention, but space constraints are forcing me to wind this up. Fortunately, this issue of the Highlighter spotlights what is wonderful in and around our neighborhood. Reach out anytime I'd love to hear from you.

*Heidi*

**Heidi Steeno**  
President  
Washington Heights Neighborhood Association  
[president@whna.net](mailto:president@whna.net)



Stay Connected with WHNA Everyday



# Meet Your Washington Heights Neighborhood Association Board of Directors



Our board members are a blend of residents who live in Washington Heights and are some of the neighborhood's most passionate and dedicated volunteers. The Board of Directors sets the course of WHNA and ensure its financial well-being. Board members meet monthly on the third Thursday of each month (January through November) and are dedicated to organizing special events and activities to promote greater community involvement.



**Heidi Steeno**  
Board President, At-Large Representative,  
Spooktacular Chair, Highlighter Editor  
president@whna.net • 920-639-1476

Volunteering isn't something to be afraid of; it's the best way to get involved and create the community you want to live in. I've made it my mission to be an "official" unofficial ambassador of Milwaukee and Washington Heights, sharing my love for the city wherever I roam. I'm one half of the husband and wife artists and art events duo known as James Steeno Gallery and spend my spare time in my flower garden, tending to my massive houseplant collection, experimenting with new vegetarian recipes or bicycling the streets and trails of Milwaukee County.



**Catherine Creighton**  
Board Vice President, Area 1 Representative, Membership Chair  
catherinecreighton@gmail.com

Born and raised in Milwaukee, followed by a decade plus stint in northwestern Michigan, I recently returned to the Good Land and feel so fortunate to have purchased a home here in the Heights. I immediately connected with the happenings of the neighborhood association and felt compelled to immerse myself in this community by joining the board. I like to help make things better, am fulfilled by being creative and curious, adore being a parent to my two kids, sweet fur-ball of a cat, partner to my bagpipe-playing husband, and enjoy caring for our new-to-us 101 year old home.



**Kate Niemer**  
Board Secretary, At-Large Representative  
kate.niemer@gmail.com

I moved to the Heights last year and have fallen in love with our vibrant community. Spooktacular, Bastille Days West, our very own neighborhood newsletter... What more can a gal want? My recent hobbies include graphic design, embroidery, upholstery, and loving old homes. Catch me walking my dog, Bailey, in Washington Park most mornings.



**Sabrina Eder**  
Board Past President  
Sabrina.D.Eder@gmail.com

Our family has lived in the Heights since 2016, and we absolutely love this neighborhood! The growth and positive change brought about by WHNA and other community groups help to attract and retain residents to this area. We're grateful for local businesses who've established a presence and leaned into our amazing community!



**Zach Madlan**  
Area 2 Representative  
zachallenmke@gmail.com

I am happy to serve on the WHNA Board! I live on 47th Street with my wife McKenzie and our dog Bean (who you might see out running with me in the Heights!). We have lived here since 2018 and love the neighborhood. I joined the WHNA Board because I wanted to contribute to continuing the legacy of the Heights and help it grow as a community.



**Charlie Bowen**  
Area 3 Representative  
cbowen767@gmail.com  
678-232-0384

My wife Jaime and our three kids, one dog and one three-legged cat have lived in Washington Heights since 2016. We love raising our family here and look forward to being involved in the community and doing what we can to help it grow. Bucks in six.



**Olivia Smidel**  
Area 5 Representative  
oliviamsmidel@gmail.com  
920-255-2012

As the proud Area 5 representative for the Washington Heights Neighborhood Association, I'm thrilled to bring my passion for event planning and design to our vibrant community. I joined the association to connect with my neighbors and help bridge any gaps. My partner and I like to take our two cats, Daisy and Dexter, on walks to admire the unique charm of all the houses. Let's work together to make Washington Heights an even more wonderful place to live!



**Erin Nimmer**  
Area 6 Representative  
Erinreising@gmail.com

I love connecting people, sparking ideas, and making things happen. Happily, this often unfolds on my bike while sharing experiences and making memories with friends. Off the bike, you'll find me crisscrossing the neighborhood with my two Border Collie rescues. As a nine-year resident of the Heights, I'm excited to see how our community continues to blossom!



**Zach Wambold**  
Area 8 Representative  
zwambold@gmail.com

My name is Zach, and I've lived in the Washington Heights neighborhood with my family for 4 years. I love the community environment and supporting the various businesses in the neighborhood. Glad to support the organization and looking forward to continued growth in the community.



**Nicole Rodgers**  
At-Large Representative  
nicolerodgers@gmail.com  
414-426-7328

As a resident of Washington Heights since 1988, I am very proud to call this neighborhood my home! My sister and I own a duplex on Hi Mount and our fave event is casual yard parties out front. My son and I love trips to Swoon, eats at Paloma and a drink at the Draft. I have a career in motorsports marketing, and currently work at Northern Ground - a digital agency founded by another WH resident. I run our WH Neighborhood Facebook group and Buy/Sell group. See you around!



**Anna Krajcik**  
At-Large Representative  
Anna.k.krajcik@gmail.com

**Meet Your Washington Heights  
Neighborhood Association Board of Directors**

I've recently returned to Washington Heights after a long stint in Bay View. As a first-time homeowner, I was looking for a part of the city that was a walkable and lively neighborhood with a lot of community connections. The thing I love the most about the Heights is its community, and I want to be a part of keeping that rolling. As a graphic designer, my day job is problem solving, and that translates well to planning and strategizing how to keep the Heights as vibrant and connected in the future as it is right now. When I'm not managing my team and solving those daily visual puzzles at Core Creative, I'm playing a sport you've probably never heard of (Hurling, Roller Derby & Gaelic Football), making art at Anchor Press Paper & Print, or working on and riding my vintage motorcycles (and probably about 18,000 more DIY home projects).



**Joanna Frączek**  
At-Large Representative  
joannafraczek@gmail.com

Advocate for women in government, and cats, especially those in local shelters. I've lived in the Washington Heights neighborhood for 8 years, and I still can't get used to how pretty and enchanting it is. My partner, Joe, our 5-year-old daughter, Frankie, and I often ride our scooters around the area, stopping at playgrounds, grabbing gelato, or watching koi fish in our favorite neighborhood front yard. Fun facts: I am an attorney for the City of Milwaukee and a Polish native. I'm also an enthusiast of jogging in the warm months and polar plunges during the cold.



**Jane Monfre**  
At-Large  
Jane.monfre@gmail.com

Born and raised in Wauwatosa, I've always seen the Heights as a cool neighborhood filled with incredible houses and beautiful gardens. After spending time over the years across various parts of Wisconsin and Minnesota, I moved to Washington Heights in 2019 and have since gotten to know many of the neighbors here. I enjoy reading, baking and taking walks around the Heights. I am the pet mom to two very vocal and personable cats, Gizmo and Frankie.

**ADDITIONAL BOARD MEMBERS**



**Kinard Dozier**  
Treasurer, At-Large Representative  
treasurer@whna.net

**Area 4 Representative**  
Vacant

**Area 7 Representative**  
Vacant



**Steve Roeder**  
Area 9 Representative  
bigrigproducer@yahoo.com

**Join the WHNA Board of Directors  
Area 4 and 7 Representatives Needed!**

Currently, we are recruiting residents who live in Area 4 and 7 of the neighborhood to fill vacant area representative positions. Area 4's term runs through June 2026 and Area 7's term runs through June 2025. Both positions have the option to run for an additional 2-year term on the WHNA board. Additional board positions will be open for our next election cycle in spring of 2025.

**Commitments**

- Participate in the decision-making process by attending all board meetings and relevant committee/event meetings.
- Collaborate and build positive relationships neighborhood wide.
- Support WHNA events and initiatives through volunteering.
- Share your professional skills and ideas.



Scan for More Information  
and to Submit Your  
Application of Interest

Submission Deadline:  
November 1, 2024

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**FRIDAY**  
POP-UP HOLIDAY MARKET

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**Friday, November 29  
10AM-3PM**

Featuring handmade giftable goods from MKE's best artists and makers

Free Admission • Food Trucks  
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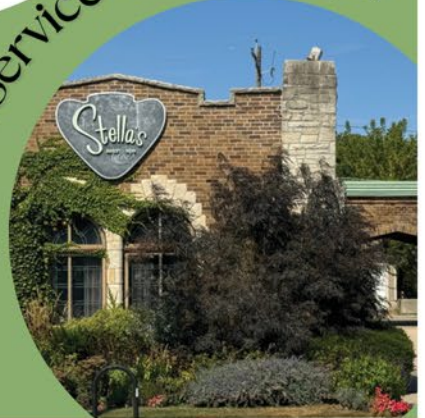


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# spooktacular

By Heidi Steeno

**OCTOBER 26, 2024**

**A** long, long time ago in the last century (gasp!), several neighbors had the idea that the neighborhood needed a Halloween event. In the late 1980s Spooktacular was born when WHNA hosted a Halloween party at Hi-Mount School and hosted the first nighttime trick-or-treating event the City of Milwaukee had seen in over 25 years. Spooktacular founder Suzanne Matenaer reminisced about Spooktacular's early beginnings. "We were two girls who grew up in small towns in Wisconsin with memories of Halloween and trick-or-treating that we longed to relive here in Milwaukee. We talked and laughed for hours about those great childhood memories. The more we talked, the easier it became for the idea to come to life. The first Spooktacular was held in 1988 in Area 3 of the neighborhood at Hi-Mount School. It was an experiment that took hold!"

Why, many have wondered, was the location of Spooktacular kept a secret every year for over 25 years? Suzanne shared that it was unheard of to have nighttime trick-or-treating in the 1980s due to safety concerns with tampering with candy. The organizers decided that keeping the area a secret would keep any characters who were up to no good out of the area. They decided to purchase all the candy so they could ensure it wasn't tampered with.

Over the years, neighborhood volunteers have stepped up to take on the "head witch" of Spooktacular position. Mary Gibeaut headed up Spooktacular for 15 years beginning in 1996 and recently shared her favorite memories from her 15-year tenure. "Year after year, I am always impressed that Spooktacular continues to be a strong-builder of community spirit and pride. Spooktacular returned to Area 3 for the second time while I was running it, and I still remember the pride Area 3 residents took in hosting the event since they were the host of the very first Spooktacular."

And let's not forget the decorations. Every year it seems impossible to top the previous year. Mary's favorite decorating memories include the Cherry Street pirate ship with the bow extending out into the front yard with the second-floor porch "crow's nest" filled with pirates. Everyone has their favorite decorations from over the years like the Hi-Mount Zombie Apocalypse or the year Tropical Storm Olga brought torrential rains to Spooktacular but didn't dampen the Spooktacular spirit.

Fast forward 36 years and Spooktacular is the neighborhood's longest running annual event and one of the most loved events in all the Heights. For some, Spooktacular is their first taste of the neighborhood that keeps families coming back for generations. Others who come as Spooktacular guests, decide to stay and make Washington Heights their home.

Thousands of WHNA members and neighborhood volunteers have committed extraordinary amounts of time and talent to the Spooktacular effort since its beginning, and this year will be no exception. The Spooktacular committee is excited to continue the Halloween traditions that began over three decades ago and can't wait to see everyone in spooky costumes and homes and front yards decorated for the best night of the year in Washington Heights.



## Spooktacular Registration

All youth who wish to trick-or-treat and receive candy must register for Spooktacular and use the 2024 official Spooktacular trick-or-treat bag. At registration all participants will receive detailed information about the Spooktacular Zone location, safety information and instructions.

We welcome all youth to participate and do not want financial obstacles preventing your children from participating. Please send an email to [spooktacular@whna.net](mailto:spooktacular@whna.net) if your family needs financial assistance. We'll keep all communications confidential.

## Pre-Registration Events

\$5 / trick-or-treater for current WHNA members  
\$10 / trick-or-treater for non-members  
Cash, credit card or Venmo accepted.

Saturday, October 19 • 10AM-Noon  
Tuesday, October 22 • 4PM-7PM

St. Sebastian Parish Gathering Space  
5400 W. Washington Blvd.  
Enter from 54th Street through the double doors.

## Day of Registration Events

\$10 / trick-or-treater for both members and non-members  
Cash, credit card or Venmo accepted.

Saturday, October 26 • 10AM-Noon  
St. Sebastian Parish Gathering Space  
5400 W. W. Washington Blvd.  
Enter from 54th Street through the double doors.

Saturday, October 26 • 4PM-7PM  
50th Place at Vliet Street

## Spooktacular FAQs

Saturday, October 26, 2024  
Trick-or-treating takes place from 6:30-8:30PM within the Spooktacular Zone. We'll provide detailed information on the location of the Spooktacular Zone when you complete your registration.

## Rainbow Booksellers Costume Contest

6PM Sharp!  
Located at the intersection of 50th Place and Vliet Street.  
No registration required. Prizes awarded in a variety of age categories, adult and group themes. Be on time or you'll miss entering the contest.

## VOLUNTEERS NEEDED

We need help from over 75 volunteers to make Spooktacular a success. Learn more about volunteering and sign-up using a QR code below. All in-person Spooktacular volunteers will receive a free Spooktacular t-shirt and drink token, redeemable on October 26 at Vennture Brew's on-site Spooktacular beverage tent.

Pumpkin Carvers



In-Person  
Volunteers



Crossing Guards  
Registration Events

In-Person  
Volunteers

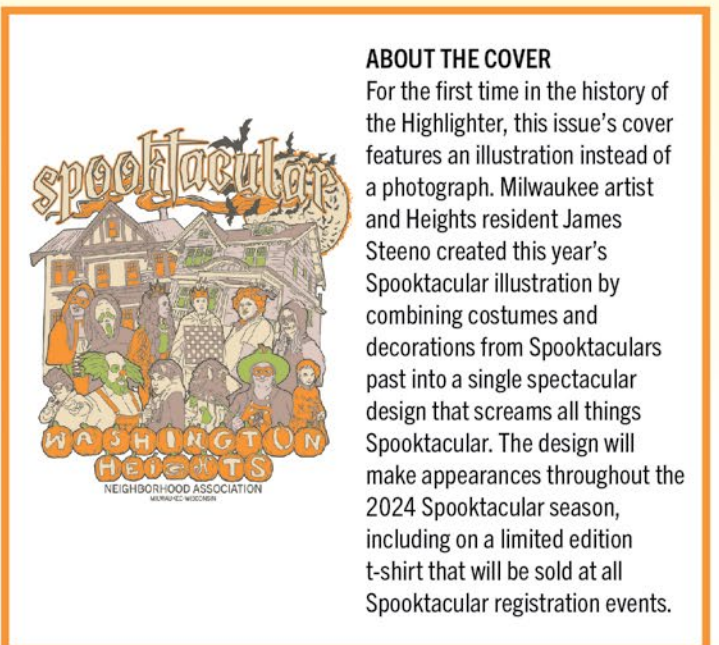


Candy Sorting

## SPOOKTACULAR DONATIONS WELCOME

Donations will be used for families who need financial assistance with registering their children for Spooktacular. Donations will be accepted at all Spooktacular registration events. All contribution amounts welcome. WHNA is a registered 501(c)(3) non-profit organization. Your charitable contribution is tax-deductible to the extent allowed by law.

- Visit [www.whna.net](http://www.whna.net) and click the donation button to donate online.
- Donation checks may be made out to WHNA and mailed to WHNA, PO Box 080140, Milwaukee WI 53208. Please note "Spooktacular Donation" on the memo line of your check.



### ABOUT THE COVER

For the first time in the history of the Highlighter, this issue's cover features an illustration instead of a photograph. Milwaukee artist and Heights resident James Steeno created this year's Spooktacular illustration by combining costumes and decorations from Spooktaculars past into a single spectacular design that screams all things Spooktacular. The design will make appearances throughout the 2024 Spooktacular season, including on a limited edition t-shirt that will be sold at all Spooktacular registration events.



# Wonder No More Biersal Tavern Is Open

By Colleen DuVall

Eric Gutbrod, the proud new owner of Biersal Tavern, had much news to share on the transformation of this historical bar on the corner of Hawley and Vliet. Read on to find out what's going on at Biersal, and what you can look forward to...

**Colleen:** Biersal Tavern is a welcome addition to our neighborhood. When did it first become a "twinkle in your eye?"

**Eric:** That's a good question... I've been in the hospitality industry for a very long time. Owning my own place has always been the end game. I started looking at properties around Milwaukee before the pandemic. Obviously, I paused the search during that time. Then, in the fall of 2023, I was at Vennture, and Simon (McConico) mentioned that he heard a rumor that George (former owner of Wonder Bar) was thinking about retiring. A few days later, a friend and I went to Wonder Bar to check out the space. I had a very specific checklist of what I wanted. Not only did the space check most of the boxes but so did Washington Heights! By the end of the year, we made an offer to purchase.

**Colleen:** I know you had a lot to do in fixing the place up when you took it over (great job, BTW)! I also noticed you are giving the older building facelifts recently. I love that you're working to restore its 1896 exterior. Can you share how things are going and what the next phases of the transformation of the space will be?

**Eric:** Yes, the goal is to bring the exterior back as close as we can to its original look. Phase One of the restoration is going well. The big storefront windows on the intersection totally exceeded my expectations! They make the space feel livelier.

The next phases will happen over the next few years. The AC that we inherited was way outdated, so that is going to be the first priority before next summer. Eventually, we want to add some cool, ornate woodwork around the big windows and get new doors, all keeping with the building's original look. Then we'll redo and expand the patio and resurface the parking lot. We'll also figure out how to reconfigure the parking lines to make it a little easier to get in and out.

**Colleen:** Great to see that you are also bringing live music back. Do you hope to have a regular music calendar in place with local bands and DJs? How about that 1972 jukebox too?

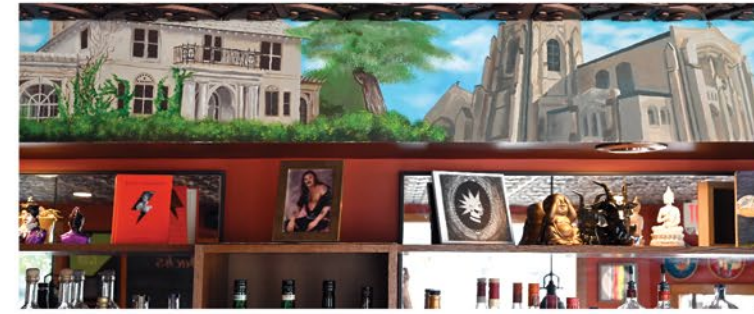
**Eric:** There will definitely be lots of live music going forward! If you've been in the bar, you can easily tell that everyone here is a giant music nerd. Even the decor is very music-themed.

Thursdays will be Live Music Night. Mea Jima and Gypsum Sunflower will have a monthly residency. I'm currently working on filling the rest of the Thursdays. I'd like to have some rotation and variety.

I am also working with a friend to figure out the logistics and setup for DJ Nights. TBD if that will be every Friday or Saturday night. I don't want it to be a super loud club atmosphere. Could be a night of jazz, punk, funk and soul, metal, etc. Once we figure out the logistics for DJs, I also want to bring back something fun that I did when I was managing another bar, BYOV (Bring Your Own Vinyl). Each week I'll pick a theme. Could be female punk singers, albums with colors in the name, etc. Then anybody who has records at home that fit the theme is welcome to bring them in. We had a lot of fun when I've done this in the past and got to hear some great tunes!

The Jukebox has been tough, and I'm itching to get it running. Without trying to sound morbid, unfortunately all the people who used to work on them are no longer around. If anybody knows somebody who knows how to fix vintage jukeboxes, please send them my way.

**Colleen:** You already have quite a few attractive selections on your bar menu with your beers and craft cocktails. I noticed you've also been holding "Food Truck Fridays," just outside the tavern. Do you have plans to expand the menu and eventually include some bar food nibbles?



**Eric:** We're not able to add a kitchen. We just don't have the space. However, you are welcome to bring food in from other places. We've also partnered with Lush Popcorn located in Riverwest and now carry some of their amazing, pre-packaged popcorn. Over time, we'll expand that selection.

By the time we opened and started trying to schedule food trucks, it was already springtime. Most of the food trucks had their summer schedules planned. That means that we are only able to have them as frequently as their schedules allow. In the future, I'd love to have a more consistent and regular rotation.

**Colleen:** The artwork displayed inside and the painted murals really are a welcome breath of fresh air in this space. Could you tell us more about who you feature on the walls (can local artists come to you if they'd like to be considered for a rotation)? Also, please give credit to your mural artist.

**Eric:** Shortly before we opened, I put out an ISO post on our social media. It was overwhelming how many artists reached out! I've always been around art but am by no means an art critic. I simply picked out pieces that I thought were cool. The walls are pretty full now. But, if any artists want to get in the future rotation, they can reach out via the Biersal Tavern's Facebook page.

The mural above the bar is being created by our very own Laura Karraker. She is not only a wonderful person and bartender but also an AMAZING artist. She has done several art projects for me over the years. Heights has such a rich history. The mural will start with images significant to the neighborhood, then branch out from there. We have plans to do a second mural on the patio, but that will come down the road.

**Colleen:** What resonates for you in the Washington Heights neighborhood?

**Eric:** The thing that I love the most about Washington Heights, and the reason I chose to open a bar here, is that it is an actual neighborhood and community. I can speak for all of us here and say that our favorite thing about being bartenders is getting to build friendships with the folks that come into the bar. And we have already done so. There are so many wonderful people who live and own businesses in Heights. We have felt welcomed by everyone from day one!

There is also a great mix of diverse people. Young families and professionals who have moved here blended with folks that have been here for decades. So many of the people who live here are not only vested in the neighborhood but are also involved with all the events and other happenings that go on around the area. This was very important to me when researching neighborhoods, because everywhere I have

worked in the past, I have also gotten involved. It's great to see so many people who live and work here volunteer and help grow the neighborhood. You don't see that everywhere.

**Colleen:** How did you like participating in Bastille Days West this year?

**Eric:** Bastille Days West was soooooo much fun! We got our butts kicked that day and had a blast the whole time. We already can't wait for next year. And now that we've had our first taste of what the event entails, we have even bigger ideas going forward.

I'd also like to thank Tony and Honore from Charles E. Fromage for not only being friends and advocates for us, but for also putting on such a great event. They made sure to let everyone know that we are just a block away, and we definitely noticed their efforts!

**Colleen:** Anything else you'd like readers to know about you and Biersal?

**Eric:** I don't normally like to put out too much info before things get closer to reality (kind of a cart and horse thing). A lot can happen in the meantime. However, we do have ideas for a street event, maybe something in our parking lot, lots of charitable events and more.

We've partnered with The Litas and Toppling Goliath Brewing Company for monthly motorcycle rides that start and finish at Biersal. They are planned for August 17th, September 14th & October 19th. Details coming very soon.

I guess since we are already into August now, we can make this the exclusive announcement for Nightmare on Vliet Street! For the entire month of October, Biersal will be completely decorated for Halloween. We'll have spooky-themed drinks and music. Mea Jima is already planning a John Carpenter-themed setlist when they play that month. Costumes during the entire month are very much encouraged. This is going to be a ton of fun!



For updates on Biersal Tavern news and happenings, you can visit their Facebook page, Instagram or website. Biersal is located at: 5520 W Vliet St, Milwaukee, Wisconsin. Hours are Saturday and Sunday Noon to Midnight and Monday through Friday 3PM to Midnight.



## Sculpting the Soul of the Wild:

Meet Washington Heights Artist Maria Knier

By Kate Niemer

Washington Heights resident of more than 24 years, Maria Knier, infuses her art with the magic of the natural world, creating sculptures that resonate with a deep "soul connection." Her home and garage have transformed into an artistic haven, where clay and stone whisper stories waiting to be unearthed.

Knier's *The Bezert* book series holds a special place in her artistic journey. Inspired by a book she wrote and illustrated at the age of 26, it was left to brew before being published in 2014, and it exemplifies the transformative power of her artistic vision. This fantastical tale, fueled by the wisdom of a former teacher who shared "As long as you have a beginning and end to your story, you can make it complete," blossomed into a vibrant world. *The Bezert* not only became a published book and audiobook, but also served as the catalyst for her current artistic phase, *Totum Fauna*, Latin for "the totality of all creatures." *Totum Fauna* are wild and mystical creatures that Knier creates that change with the seasons.



Maria's artistic process is a beautiful collaboration with the unexpected. Inspired by the space around her – the fauna, the unseen, the elements of the earth itself – she allows her sculptures to emerge organically. Clay and lake rocks, often from our very own Lake Michigan, become her canvas, taking shape with the guidance of her hands and the language of her dreams.

More than just form, Maria imbues her creations with a captivating blend of elements. The natural world finds its voice in the textures of scales and feathers, meticulously sculpted. A touch of humanness, most notably through anthropomorphized eyes, peeks through, evoking a sense of personality and connection with the creatures she portrays. Her use of acrylic paints brings these figures to life and grants them a soulful depth. Alternative healing practices also influence her work, imbuing it with a sense of groundedness and spiritual connection.

An advocate for staying present in the creative flow, Maria finds her greatest reward in the reactions of her audience. When someone lights up at the sight of her artwork, an instant connection is sparked, a conversation ignited. Her ultimate desire is for her sculptures to evoke emotions, to bridge a gap between the observer and the wild world she celebrates.



Maria's story is a testament to the transformative power of art, a beacon of inspiration for anyone who dares to embrace their own creative spark. For a glimpse into Maria's enchanting world, explore her love letters to the animal kingdom through her online newsletter ([thebezert.com](http://thebezert.com)). Witness the transformation of her 48th Street driveway into a magical venue at upcoming events like the Wisconsin Craft Tour (October 5 and 6) and the Enchanted Wild (October 19). She's currently displaying her work along with longtime art cohort, Melissa Muller, at Dan Schley's corner (Library) gallery, on 57th & Vliet, and her work can also be found at James Steeno Gallery's 2024 Holiday Show, Plaid Friday (November 29th at Denizen MKE on Vliet Street) and online on her website ([thebezert.com](http://thebezert.com)) and Instagram (@TheBezert).

## The History and Popularity of Pickleball

By Sabrina Eder

Pickleball, a unique blend of tennis, badminton and ping-pong, has emerged as one of the fastest-growing sports in the United States. It was invented in 1965 on Bainbridge Island, Washington, by three dads—Joel Pritchard, Bill Bell and Barney McCallum—who were trying to create a game that the entire family could enjoy. They improvised with a badminton court, a perforated plastic ball and paddles, quickly developing a game that was easy to learn but challenging to master.

The origin of the name "pickleball" has two competing stories. According to one, it was named after Pritchard's dog, Pickles, who would chase after the ball. Another version suggests it was named after the "pickle boat" in crew, where oarsmen were chosen from the leftovers of other boats, reflecting the sport's mixed origins. Regardless of the true story, the quirky name has stuck and become synonymous with a sport that emphasizes fun, accessibility and community.

### Popularity and Growth

The sport's popularity began to grow beyond Bainbridge Island during the 1970s and 1980s as the game spread across the United States. By the 1990s, pickleball was being played in all 50 states, with dedicated courts popping up in parks, schools and recreation centers. The formation of the USA Pickleball Association (USAPA) in 1984 was a key milestone, helping to standardize the rules and promote the game nationwide.

What sets pickleball apart is its accessibility. The rules are straightforward, making it easy for beginners to pick up, yet the strategy involved can challenge even the most seasoned athletes. The smaller court size means less running, which appeals to older players or those looking for a less physically demanding alternative to tennis. Its social aspect also contributes to its popularity—players of all ages can enjoy a game together, creating a sense of community and camaraderie.

The COVID-19 pandemic further accelerated pickleball's popularity. With social distancing and outdoor activities being prioritized, pickleball's smaller courts and adaptable play styles made it a perfect fit for safe, yet engaging, exercise. Today, it's not uncommon to find pickleball leagues, tournaments and even professional players, with the sport being featured in major media outlets and discussed among top athletes.

### 2024 Boulevard Bash Pickleball Tournament A Smashing Success!

The First Annual WHNA Boulevard Bash Pickleball Tournament was a smashing success with 8 teams of two competing in a thrilling double elimination format! Huge congratulations to all of our teams and especially to our top three finishers who took home fantastic prizes. We're already looking forward to next year's tournament.

- 1st Place The Hammers (Anna and Jed Terc)
- 2nd Place Tim Sumiec and Keaghan Schmitt
- 3rd Place Alley Boyz (Patrick Simonis and John Teppler)



### Where to Play Pickleball in Milwaukee, Wisconsin

Milwaukee, like many cities across the country, has embraced the pickleball trend with enthusiasm. The city offers numerous venues for both casual and competitive play.

- Milwaukee Recreation Centers: Various centers across the city offer indoor pickleball courts, particularly during the colder months. These include the King Community Center and the Beulah Brinton Community Center, which host regular open play sessions.
- Milwaukee County Parks: Several parks have dedicated pickleball courts. McCarty Park and Whitnall Park are popular spots, offering outdoor courts where you can enjoy the game surrounded by nature.
- Elite Sports Clubs: For those looking for a more structured environment, Elite Sports Clubs have locations across Milwaukee that offer pickleball facilities, including lessons and leagues.
- The West Suburban YMCA: Located in Wauwatosa, this YMCA has pickleball courts available to members and non-members alike, with regular pickup games and classes for beginners.

Whether you're a seasoned player or a curious beginner, Milwaukee has plenty of options to get involved in the pickleball community. The sport's blend of simplicity, strategy and social interaction continues to attract a diverse range of players, contributing to its meteoric rise in popularity.



## Washington Heights Housing Market Update: A Snapshot of our Neighborhood

By Amy Berger

The housing market in Washington Heights is vibrant. Nestled in the heart of Metro Milwaukee, we have a charming and historic neighborhood known for its tree-lined streets, beautiful parks and diverse community. With easy access to the cultural amenities of downtown and all that the surrounding areas have to offer, who wouldn't want to live here?

### Market Overview

The real estate market in Washington Heights remains robust, with great demand and not enough supply. Our neighborhood offers a mix of architectural styles, from stunning historic homes to charming bungalows and investor-friendly duplexes, catering to a wide range of preferences and budgets. Home prices have seen a steady increase in recent years, reflecting the desirability of the area.

### Home Prices

The median home price in Washington Heights is currently around \$268,000. But the prices do vary considerably, with the highest currently listed at \$585,000.

### It's a Seller's Market

In real estate, the number of months of inventory is a crucial indicator used to determine whether it is a seller's market or a buyer's market. The months of inventory represent the number of months it would take to sell all the listings on the market. Generally, a seller's market is considered present when there are less than 6 months of inventory available. In Washington Heights we have averaged 1.4 months of inventory available. This low inventory leads to properties selling quickly and often above the asking price. Additionally, low inventory can create competition among potential buyers, leading to bidding wars and driving prices up.

### What About the Buyers?

Buying a house in Washington Heights can be a challenge due to various factors. One reason is the high demand for housing in this area. As a result, there is often limited inventory available, making it competitive for buyers to find a property that meets their needs. Additionally, housing prices in our neighborhood can be relatively high compared to other parts of Milwaukee. Overall, the combination of high demand, limited inventory and relatively high prices can make buying a house in the Heights a challenging process. It often requires patience and persistence.

When will it be a buyer's market again? The real estate industry is cyclic, and it will change, but it doesn't look likely to happen anytime soon.



### Future Outlook

As Milwaukee continues to grow and develop, Washington Heights is poised to remain a coveted destination for homebuyers and renters alike. The neighborhood's strong sense of community, convenient location and beautiful surroundings make it a standout choice for those looking to put down roots in the community.

In conclusion, the housing market in Washington Heights is thriving. It is a seller's market, and prices are high. If you're looking to sell, you'd be hard-pressed to find a better time. If you are looking to buy in Washington Heights, it can be a challenge and take some time—but most current residents, myself included, would tell you it is fully worth it.

### RECENT WASHINGTON HEIGHTS HOME SALES

|         |           |                 |
|---------|-----------|-----------------|
| July 2  | \$155,000 | 2150 N 55TH ST  |
| July 12 | \$249,900 | 2176 N 49TH ST  |
| July 16 | \$348,000 | 2162 N 53RD ST  |
| July 31 | \$404,700 | 1908 N 49TH ST  |
| Aug. 1  | \$270,000 | 2124 N 55TH ST  |
| Aug. 15 | \$225,000 | 5422 W LLOYD ST |
| Aug. 19 | \$235,000 | 1906 N 56TH ST  |



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*Editor's Note: Jane Konkel is a longtime Washington Heights resident and volunteer. She has held positions on the WHNA board of directors, is a past editor of the Highlighter magazine, 2013 WHNA Volunteer of the Year awardee and a longtime Spooktacular safety volunteer. Currently Jane is a Library Support Teacher at Milwaukee Academy of Chinese Language and co-leads the neighborhood non-profit Friends of Washington Park that organizes Washington Park Wednesdays concerts.*

# Solo Car Camping and Swim Through The South Adventure

by Jane Konkel



Recently I returned from my 2,000 mile, 15 day, 9 pool, Maiden Solo Car Camping and Swim Through The South Adventure in SubieBlu, my 2017 Subaru Crosstrek. I'm six feet tall. It can be done!

My head was nearly resting on the dashboard, but I was able to lay flat on a four-inch air mattress. SubieBlu has a sun/moonroof. I purchased a screen for it and for the two back windows. Sleeping in my car would probably not be doable without a sun/moonroof. The backrest of the front passenger seat was reclined almost flat, and my leveling pillows and mattress were on top.

It's likely stuff stored in the footwell interfered with the airbag and seatbelt sensors. My creative solution for the three and a half hours – yep 250 miles – I drove with the seat belt chiming was: earplugs, cranked up tunes and extra loud singing. One of the first songs I belted out was, "Girls Just Wanna have Fun!" It was an omen. Car Camping is da bomdiggity! Aside from placing Dashboard Buddah up front on the dash, I also deflated and pulled the mattress back and again tried a YouTube hack. The hack didn't work two days prior, but after a night of rest and a reboot, the chiming stopped, and I was once again a happy camper. To think, I almost gave up and returned to Milwaukee.



It's a right of passage to camp in a Walmart parking lot. My first car camping stay was in the Walmart lot in Waukegan, Illinois. Woke up to a wet pillow. It rained through SubieBlu's opened sunroof, and pour-over coffee got poured over the back seat! The next morning, I bought ear plugs to drown out the sound of rain. I've since added earplugs to my list of car camping necessities.

## Car Camping Locations

Brown County State Park in Nashville, Indiana has amazing vistas and there's a 50M pool plunked right down in the middle of it!

University of Indiana in Bloomington, Indiana is a quiet campus during the summer. I camped in a parking lot, near the pool.

Cumberland Falls State Park in Corbin, Kentucky has roaring waterfalls and picture-perfect, pricey campgrounds. I parked right down the hill from the pool – a place so nice, I camped there twice!

Fort Wood Historic Neighborhood in Chattanooga, Tennessee is a neighborhood of majestic homes, frat houses, old growth trees and "No Parking" signs throughout, so I camped in an alley. It was 86 degrees when I turned in for the night. (Grateful for those fans!)

Turkey Run State Park in Marshall, Indiana has hiking trails, a lovely inn, an amphitheater, and, of course, a pool. Oh the amazing fragrance here, and the temperature was ideal for sleeping; snoozed until 9:40!



So many birds in the Willow Slough Fish & Wildlife Area in Morocco, Indiana that I needed earplugs in the early morning hours. This was probably my favorite night of car camping. So peaceful. The hatch stayed open until the insects became too much!

Tiny but mighty, SubieBlu allowed me to get into some premium unofficial free camping spots, such as in the historic Fort Wood neighborhood in Chattanooga. I backed SubieBlu into the dead end of an alley, lined by a block of modest homes. A man was busying himself in his yard. At one point, he left, returned, and to my horror, pulled an ax out of his trunk. As I prepared my car for sleeping, I continued to keep one eye on him. This is a "no-no." It's best to get your car ready for sleeping in a different location than where you actually intend to sleep, but I was tired from swimming twice that day and it was hot.

On the last day of my adventure it happened. There had been a tiny fender bender right on the other side of the pool fence. The police were out there for more than an hour. I followed GoogleMaps as I left the pool, and slowly maneuvered around the scene. The siren went on. He introduced himself and asked, "Why did you think it was okay to drive through an accident scene?" It didn't seem like an accident scene to this MKE woman. He eventually released me with a condescending warning.



## Car Camping Necessities

My "girlcott" of Amazon officially ended when I needed to outfit my tiny rig for this adventure. Amazon is just so convenient, and the videos and reviews are helpful. I also received a \$200 Amazon gift card, after spending \$500, so I couldn't pass it up. Before I car camp again, I will get two more screens for the front two windows. Here is a list of other car camping supplies I recommend:



## Power Station

A Jackery 1000 had enough power to charge my water boiler, phone, laptop, two fans and a headlamp, and still had 40% charge after six days of use. It can be recharged by plugging into a wall outlet, a 12v car lighter, or solar panels.

- Air Mattress & bedding
- Windshield & window darkening/insulating panels
- Rain guards for windows
- Mesh sleeves/insect screens for windows & sun/moonroof
- Rechargeable fan or two. Mine has a light and can swivel into the desirable position
- Female urinary device, puppy pads and a leak proof receptacle
- Baby wipes
- Headlamp
- Water jug with drinking water. 3 gallons was more than enough for a week
- Three items that I forgot that I added to my list for my next trip: car manual, rain jacket, warm hat – believe it or not, one night my ears were cold.
- Water mister for hot nights
- Vinegar & water mister & cloth for washing dishes
- Water boiler & pour over coffee cone & filters
- Bowl, flatware, sharp knife, scissors, water bottle, paper towel
- High protein food
- Cooler & Ice. I replaced ice every other day.
- Earplugs
- Toiletries & clothing
- Camping Chair & table (optional)

Friends have encouraged me to get a dog, but I want the freedom to leave my car unattended, visit friends, and possibly stay where dogs are unwelcome. For now, I'll remain solo.

Post social media updates only after you've left your current location. Cuz, well, there're weirdos out here.

If you are a senior white woman, embrace your superpower of invisibility! Seriously! Folks hardly realized I was there. I paid for camping just one night.

It's long been my dream to buy a camper and hit the open road. I went solo car camping to see if I, indeed, want to invest in a travel van. After my adventure, getting 38 miles per gallon, and being able to stealthy camp, I really bonded with SubieBlu (in fact my car didn't have a name before I left) but I'm no closer to making a decision. I am, however, more confident and I learned some big life lessons.

car camping continued →



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### Jane's Solo Car Camping Tips

Before leaving home, be sure to have vehicle registration, insurance card and car manual (forgot mine at home and could've used it for chiming seatbelt issue).

Set up your car in a different location than where you intend to sleep. Then pull into your sleep spot right before you're ready to turn in for the night.

When traveling to higher altitudes, it may be best to partially deflate your air mattress and re-inflate it when you're ready to sleep.

Back your car into your camp spot and keep your keys in the same location and within reach each night, just in case you need to make a quick exit.

Practice an escape plan along with an escape phrase in a very deep voice. I practiced backward somersaulting from a lying position to the driver's seat so, if needed, I could get away without exiting SubieBlu.

A headlamp can be used to shine, and vinegar and water can be used to spray into the eyes of a predator.

Group supplies that are used together in see-through containers.

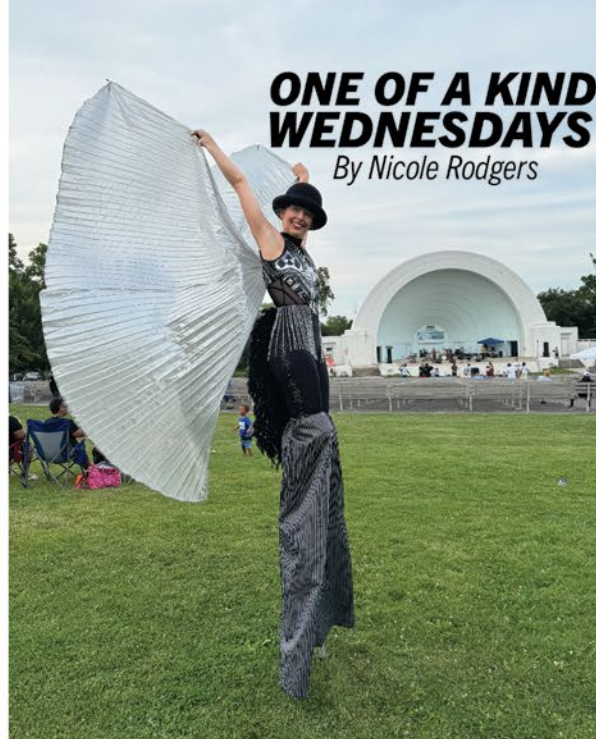
Avoid feminine style bedding and camp accessories. No one needs to advertise you're a woman traveling alone.

At a designated campground, consider putting two camping chairs at your site, to give the illusion of camping with a companion.

Leave nothing outside of your car at night.

### Lessons Learned:

- Trust technology
- Stay the course
- Believe people are inherently good
- Learn and practice Diaphragmatic Breathing
- Look for all the flags, not just the red ones
- Listen to your body for safety alerts
- Be "Wisconsin Nice" – we have a reputation to uphold!



### ONE OF A KIND WEDNESDAYS

By Nicole Rodgers

In a city filled with "music at the park" options throughout the summer, here are a few things to love about our neighborhood's very own Washington Park Wednesdays that combine music, art, fun and food.

**Art Intersection MKE** kicks off each Wednesday at the smaller stage near the Goethe and Schiller statues (I bet you've always wanted to know their names). This stage hosts solo/duo acoustic acts, spoken word and other smaller acts from 5-6pm as an opener to the large bandshell acts that begin at 6pm. Their mission is to create spaces and opportunities where people connect, learn and celebrate through art and community. What a great way to kick off the night!

**Artists Working in Education, Inc. (AWE)** has a different hands-on craft every week as a pop-up art studio, welcoming all ages to participate for free! AWE artists guide children through the process of transforming the ordinary into the extraordinary, right here in our park. Hello, puppet lunch bags! This organization sponsors professional artists who nurture the imaginations of Milwaukee youth by bringing creative visual arts experiences directly to schools, community centers and informal settings such as parks, playgrounds, libraries and community events.

**Washington Park Media Center** Many of the amazing photos you see every week were captured by Teddy Wroten and the WP Media Center team. Their mission is focused on providing space and equipment for filming, photography, podcasting, live streaming, hybrid events and multimedia installations. What a natural connection to our neighborhood park!

**Hands of Henna by Anita** is live, free art, every week! This talented henna artist is local and their designs are absolutely beautiful. All natural and handmade.

Each of the WPW events brings our community together. From hosting innovative local bands, Milwaukee's finest food trucks and unique activities, this weekly summer mainstay brings energy and entertainment to fill the park each Wednesday.

Washington Park Wednesdays is an organization within our neighborhood that connects, organizes, fundraises and executes the summer series. The 2024 series ran from July 10 to August 28 at the Bandshell in Washington Park. Looking forward to 2025!

### Heights Night at the Shell

By Heidi Steeno

Washington Heights Neighborhood Association has been a longtime supporter of Washington Park Wednesdays. In 2024 WHNA donated \$3,000 to the weekly summer concert series and celebrated Heights Night at the August 21 Farm to Park themed concert. WHNA board members staffed a membership tent and met with neighbors throughout the evening. The evening's musical acts featured Washington Heights bands Hyperbolic and the Paul Spencer Band and Alderwoman Charlen Moore emceed the concert.



# INCREDIBASH

By Nicole Rodgers and Heidi Steeno  
At-Large WHNA Board Members

On August 24, the Washington Heights Neighborhood Association (WHNA) hosted one of the neighborhood's popular summer social events: The Boulevard Bash. Packed with local food trucks, small local businesses, artists, a (Vennture!) beer garden and live music, it's a neighborhood block party and street festival combined.

Officially closing down the city streets, the Bash stretched along both sides of Washington Boulevard from 52nd to 54th streets. Steve Roeder, WHNA Board member and Bash organizer, noted that our 2024 footprint was made to feel more cozy to encourage neighbors to have a closer sense of community. Based on the attendance this year, it definitely worked.

This year also brought our first ever Pickleball tournament! With Mount Olive hosting in their back lot, we brought the national craze right to our own neighborhood. "The First Annual WHNA Boulevard Bash Pickleball Tournament was a smashing success with eight teams of two competing in a thrilling double elimination format! Huge congratulations to all of our teams and especially to our top three finishers who took home fantastic prizes. We are already looking forward to next year's tournament" said Sabrina Eder, WHNA Board Member and tournament organizer.

Popular food truck vendor Flour Girl & Flame was back this year, serving up fresh wood-fired pizza goodness. Artists Working in Education brought crafts to life for kids (ok, adults too) with their local artist educators and pop-up Truck Studio. Participants created a magical glitter jar. Mount Olive hosted more creative make-and-take projects for neighborhood youth including princess/prince crown decorating, rock painting and magnet painting. Our neighborhood's own James Steeno Gallery was back again with their Milwaukee art. Kaybee Kitch (my personal fave) brought the handmade jewelry game! Did you see their tiny sweaters? The Boulevard Bash market included nearly 20 artists, makers and small businesses for shoppers to browse and visit.

The first ever Boulevard Bash Beer Garden was hosted by Vennture Brew Co. Simon McConnico, owner and Heights' resident said "We were super excited to be able to be part of the Boulevard Bash again. The idea came up about having a beer garden and it just made sense for us to host it. We love our neighborhood that has supported us (Vennture) for the past six years and are always looking for opportunities to gather our neighbors together for a good time with a good local beverage in hand." The beer garden featured Oktoberfest decorated tables and seating, the Vennture beer trailer close by and traditional beer garden games and yard games sprinkled though out the area.

The ever-popular Boulevard Bash Silent Auction was back this year and raised over \$2,000 for WHNA. This year's auction featured 35 unique gift certificates, experiences, baskets and art donated by our generous neighborhood artists, WHNA board members and neighborhood businesses. Popular auction items included a Biersal Tavern Basket, a framed James Steeno Milwaukee Neighborhoods Map, Vennture Brew Co. Mug Club Membership and a Milwaukee People's Flag. A bidding war broke out over a highly coveted authentic Washington Heights Neighborhood light pole sign with the final bid coming in at \$325.

A street fair wouldn't be a street fair without live music. The Bash kicked off with live music from Bocas Breeze, a talented steel drum act featuring traditional Caribbean music along with island versions of well-known popular tunes like "Margaritaville" and "Under the Sea." The Bash musical headliner, Hyperbolic, a cover band made up of talented rockin' neighborhood teens and St. Sebastian alums Luke Murray (guitar/vocals), Teddy Keppler (drums) and Solomon Koppa (bass) drew a large and enthusiastic crowd. They provided three hours of musical entertainment in the beer garden area of the Bash and played well-known Beatles tunes, hits from Tom Petty, classics from The Clash and more.

The sun shined all day on Washington Heights for this year's Bash until the sun went down. Thank you to all our neighbors near and far who attended the Bash, supported the vendors, artists/makers and silent auction. We are very excited to have this event every year and thank all the volunteers who make it happen. Bring on the Bash in 2025! Save the date for August 23, 2025.





**Imagine building a snowman. Yes, a snowman. Let's face it...winter is coming.**

If you place three large snowballs directly on top of each other, you will create a tall and happy snowman. However, if even one snowball section is not centered well, the snowman will lean and eventually fall over.

Now apply that concept to your posture. There are 5 vertebrae in our lumbar spine, 12 in our thoracic spine and 7 in our cervical spine. That's 24 snowballs that we need to appropriately stack on a daily basis. However, unlike our leaning snowman, our bodies are less likely to just fall over. Instead, the muscles and ligaments that hold us up all day have to work extra hard to hold us up. Eventually, they get tired and are overworked – and that's when pain sets in. Pain from poor posture can happen in the neck, shoulders, mid back, low back, hips and more.

To further complicate things, our daily tasks aren't doing us any favors. We are often shifting our bodies forward in our day-to-day activities, and when combined with the effects of gravity, that poor posture becomes further compressed. These posture-killing daily activities include working on the computer, doing the dishes, driving, folding laundry, taking care of our kids, reading a book, gardening and more. We may not be able to change our daily tasks, so what can we do about improving our posture?

We can build improved postural awareness; we can stand more during the day; we can go for walks; and we can strengthen the muscles that need to work harder and stretch the ones that get tight.

How else can good posture aid in a better quality of life? Standing tall and upright opens our rib cage, allowing for improved lung expansion during breathing, thus improving pulmonary health. Posture can allow proper healing from injury. Our bodies have an amazing ability to heal, but poor posture limits this. Improved posture can help with circulation and blood flow which can deliver vital oxygen throughout our cells. Proper posture can also protect the discs between each vertebra, prolonging spine health as we age, and even help to relieve chronic headaches. The list goes on and on.

If you feel like many years of poor posture have taken a toll and you are not sure where to start, that's where MKE Physical Therapy can help. We address posture on a regular basis for many patients who sit at a desk all day, for athletes who are looking for less pain and improved performance, and for patients who just want to enjoy day-to-day activity without being limited by pain.

During a physical therapy session, we perform extensive hands-on manual work to these overworked posture muscles. This can include soft tissue massage, dry needling and other hands-on techniques. We follow this up with proper posture exercises to not only get you feeling better but to also keep you feeling better. For video demonstrations of exercises to get you started on your journey to better posture, scan the QR code on this page.

Better posture makes for a better life. This winter, stand tall and build a happier snowman!

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mkephysicaltherapy.com  
rebeccanault@mke-pt.com  
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- Running Gait Analysis
- Therapeutic Exercise and more

## MKE Mobile Action

Request services, file reports, and follow up from your mobile device.

Available on Android & iOS  
**DOWNLOAD NOW**

Brush Collection Ended Nov. 30  
Brush collection is over for 2020. Take brush to a Drop-Off Center - info here.

Drop-Off Centers Winter Hours Start Nov. 29  
Nov. 29, 2020-Apr. 10, 2021, Drop-Of

**MKE Mobile Action App**  
Residents can use MKE Mobile Action to locate, photograph and provide supporting information to ensure speedy resolution of issues. Issues that can be reported include Abandoned Vehicles, Graffiti, Litter, Potholes or other issues.

## #MKEALERT

REGISTER TO STAY INFORMED

TEXT: #MKEALERT TO 24639

- Missing Children or Persons
- Special Events / Road Closures
- Extreme Weather Conditions
- Shelter in Place
- Public Health Warnings
- Evacuation Orders
- Fires and more

milwaukee.gov/MKEALERT

**MKE Alert Emergency Notification System**  
The City of Milwaukee has launched its MKE Alert emergency notification system! Receive alerts for missing persons, special events/road closures, extreme weather, public health warnings, and more.

## MILWAUKEE MAKERS MARKET 2024

**FREE ADMISSION**

April 14th - Discovery World  
May 19th - The Ivy House  
June 16th - Discovery World  
July 28th - Discovery World  
August 18th - Discovery World  
September 15th - Discovery World  
October 20th - THE SOCIETY  
November 17th - The Ivy House  
November 30th - Discovery World  
December 15th - Discovery World

*\*Dates Subject To Change\**

The Ivy House  
906 S Barclay St  
MKE, WI 53204

THE SOCIETY  
910 N Dr M.L.K. Jr Dr.  
MKE, WI 53203

Discovery World  
500 N. Harbor Dr  
MKE, WI 53202

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- All-You-Can-Eat Fried or Baked Fish
- Salad Bar, Milk, and Coffee Included
- Shrimp Chowder
- Chicken Nugget Kid's Meal (dine in only)

**2024-25 Dates**

| Dine In & Carry Out | Carry Out Only |
|---------------------|----------------|
| October 4           | March 14       |
| November 1          | March 21       |
| December 6          | March 28       |
| January 10*         | April 11       |
| February 7          | April 18       |
| March 7             |                |
| April 4             |                |
| May 2               |                |

\* Adjusted for Christmas break

**4:30—7:30 p.m.**  
St. Sebastian School Cafeteria  
1740 North 55th Street  
FOR MORE INFORMATION  
Call 414-453-1061



## Relax & Create: Discover the Joy of Watercolor A Cloud 9 Workshop Tutorial

Try this Watercolor Exploration activity and practice a relaxing habit right at home! We recommend using watercolors for their easy clean-up, portability and vibrant hues. The way they blend and mix is incredibly satisfying if you stay loose and playful.

At Cloud 9 Workshop, we love to share art-making tips to help you enjoy the process and find your creative flow. It's no secret that art-making isn't always relaxing! Sometimes materials, techniques or timing can be frustrating. For watercolor, embrace a curious approach to painting and let go of the pressure for perfection! Start small and be open to new ideas as you paint.

Here are some questions to get your ideas flowing:

- What colors are relaxing to me today?
- What colors do I enjoy together?
- What type of design can I play with today, without needing it to be exactly how I imagine?



## MATERIALS NEEDED

- Watercolor paper (try 6x9" to start)
- Assorted stickers (to be removed, shapes create a resist)
- Watercolor paint tray
- A pinch of table salt
- 1-2 watercolor brushes (soft bristles)
- Old magazines or cut-out letters/words
- Water cup
- Glue stick
- Roll of masking tape
- Thin marker or gel pen

### Steps for Grown-Ups

For younger makers, assist with cutting paper to size and taping the edges with masking tape to create a white border.

## PREPARE

**GATHER** supplies and set up a space to create.

**TAPE** the edge of the paper to the table to create a ½ inch border (leave tape until finished).

**FILL** a jar ¾ full with water (refill when dirty).

## PROCESS

**PAUSE** for a moment, take a deep breath, and let yourself relax through the painting process.

**SELECT** several sticker shapes and stick them to the paper to create areas that will stay white (a "resist").

**IMAGINE** key colors that you will use—2 or 3 colors that blend well ("neighbors" in the rainbow).

**ACTIVATE** your dry paints by adding a drop of clear water to each.

**EXPLORE** watercolor painting by dipping your brush into water, then applying paint to paper. Wet colors will blend and bleed into one another. What happens when you layer over dry?

**NOTICE** what happens when colors touch.

**REPEAT** using various colors and brushstrokes—experiment and have fun!

**EXPERIMENT** with salt! Pour salt into your palm, pinch small amounts, and sprinkle onto wet areas of your painting.

**LET DRY**, then gently remove tape and stickers to reveal the paper.

**CUT** out words that express your painting and glue them to empty spaces.

**DRAW** or doodle in the white spaces with a thin marker or gel pen.

**PLAY** around with ideas to create more paintings—landscapes, abstract designs, night skies, anything you can imagine!

Visit us at Cloud 9 Workshop for more art adventures, inspiration and guidance! We invite you to try projects at our Maker Studio on weekends (ages 6-adult) and Art After Hours on Friday nights (adults only). Learn more about our classes and schedule at [www.cloud9workshop.com](http://www.cloud9workshop.com). We are located at 5205 W. North Avenue in Washington Heights.

# Fall Leaf Collection October 1 to November 15

City of Milwaukee residents may rake leaves into the street from October 1 through November 15. No special request for leaf collection is necessary until the city has completed collection of the route after leaf rake out. Leaf collection operations cycle through the city systematically beginning mid-October. Once leaf rake out ends on November 15, DPW makes one final collection sweep across the city. To be collected, ensure that leaves have been raked out by the leaf rake out deadline. Leaves raked out after the deadline will not be collected.

More Information



Residents should rake their leaves into the curb lanes for collection to be composted to make a rich soil amendment. Sanitation Services offers these tips for successful leaf collections:

- Rake leaves loose into the curb lane. Leave a one foot gap between the leaves and the curb.
- The one foot gap helps ensure the equipment can collect all of the leaves and protects the equipment from being damaged and helps prevent flooding by allowing storm water to move to the storm drains.
- Keep piles away from sewer grates, storm drains, and low hanging trees.
- Include yard debris such as flowers, garden trimmings, and weeds on top of leaf piles.
- Do not include grass clippings, pumpkins, litter or bagged material.
- Do not put brush in the leaf piles. Keep brush separate and located between the curb and sidewalk. Call 414 286-CITY or request a brush collection online.

## STIFEL CONGRATULATIONS The WM Group



Pictured left to right: **William G. Morse, CFP®**, Senior Vice President/Investments, Branch Manager; **Andrew Wizarde, CFP®**, Senior Vice President/Investments

for being named to

### Forbes' 2024 Best-in-State Wealth Management Teams

**William G. Morse (262) 240-3901 | Andrew Wizarde (262) 240-3902**  
11201 N. Port Washington Road | Mequon, Wisconsin 53092

*Forbes' Best-in-State Wealth Management Teams rankings are based on the 12-month period ending March 31 of the year prior to publication and selected by SHOOK Research, LLC from a pool of nominations as indicated in the methodology. The rankings may not be representative of any one client's experience and are not indicative of the financial advisor's future performance. For more information, see [www.stifel.info/award-disclosures](http://www.stifel.info/award-disclosures).*

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# Know Your Neighbors in Washington Heights



By Shirley K. Tiedjen

Block watches are one of the original foundations of community policing and the eyes and ears of law enforcement. Members look out for neighbors and their property and report suspicious activities for to the Milwaukee Police Department (MPD). However, block watches are more than looking out for suspicious activities. A block watch encourages neighbors to watch out for each other. This not only helps the police keep your neighborhood safe, but also improves the overall quality of life for everyone. A block watch program will also help you meet your neighbors and work together. You are the best judge of what is “normal” activity on your block.

I have been the Block Watch Captain in the 1700-1800 block of N. 52 Street since 1986 when we purchased our house. It doesn't matter if you form your block watch under the direction of the MPD or initiate your own method of communicating with your neighbors.

How does a block watch work? The police cannot be everywhere at once, and that is where you come in. By keeping an eye out for unusual or suspicious activity and then calling, you will help police be in the right place at the right time. This works best when organized throughout the neighborhood to ensure maximum effectiveness.

The City of Milwaukee website includes a document entitled “Block Watch Manual.” Scan the QR code to read the manual. The block watch manual explains that a neighborhood block watch is a crime prevention program that brings together citizens, local law enforcement, city officials and city departments to reduce crime. It promotes neighbors getting to know each other and working together. Neighbors recognize and report suspicious activities in their neighborhoods and implement crime prevention techniques for home, garage and personal safety and security.

Get to know your neighbors by creating a phone/email list, create a private Facebook group, host an annual block party or an informal get together. Be alert, observant and caring and begin sharing information and concerning activity with your neighbors. Together we can make Washington Heights an even better place to live.



Neighborhood Resources  
Block Watch Manual

- **Milwaukee Police Non-Emergency**  
(414) 933-9444
- **MPD District 3**  
2333 N 49th St, Milwaukee  
Main Line: (414) 935-7234  
Community Liaison Officer: (414) 935-7972  
Email: mpd3@milwaukee.gov

Don't know who else to contact? Your Community Liaison Officers may be able to help you help yourself. Your Community Liaison Officers can help you start a Block Watch program or deal with a long-standing nuisance issue.

- **MPD District 3 Crime and Safety Meetings**  
Meet some of your neighbors, business owners and organizations to learn about safety topics each month. The community liaison officer and partnership officers will be available at each meeting to answer questions. The remaining meetings for 2024 take place at MPD District 3 Station (2333 N. 49th Street) at 5:30PM on October 31 and November 21 (no meeting in December).
- **Alderwoman Sharlen Moore – 10th District**  
(414) 286-3763  
(414) 286-3456  
Sharlen.Moore@milwaukee.gov
- **Alderman Russell W. Stamper, II – 15th District**  
(414) 286-2221  
(414) 286-3456  
russell.stamper@milwaukee.gov

## Marquette University Law School Researcher Analyzes Heights Population

A recent Marquette University blog showcased how the Washington Heights neighborhood is shrinking despite rising home prices – but how the city's new draft zoning reform plan, Growing MKE, could help grow the housing supply. According to John D. Johnson, a research fellow in the Lubar Center for Public Policy Research and Civic Education, the decline is due to smaller household sizes and

outdated land use regulations. Proposed zoning reforms aim to encourage more housing construction, including accessory dwelling units, which could help stabilize the neighborhood.

Scan to Read Article



### What is Growing MKE?


The Department of City Development (DCD) is leading an effort called Growing MKE. Growing MKE is a citywide planning effort that is setting a framework for housing growth and choice in Milwaukee. The project will result in a proposed amendment to the Citywide Policy Plan and updates to the City's Zoning Code.

Growing MKE advances the goals and recommendations from several recent City of Milwaukee planning efforts. These plans were shaped through stakeholder and resident input and include recommendations to increase housing supply within the city of Milwaukee. Goals also include supporting new housing that creates walkable urban neighborhoods, increasing transit options and access to jobs, and

Scan to Learn More About Growing MKE



providing more quality, affordable housing choices for all Milwaukeeans. This project also advances Mayor Cavalier Johnson's vision for economic prosperity, which includes updating the City's Zoning Code to support new development and growth.



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saintjames-mke.org | 414.453.5770



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play & grow preschool

# An Update from Supervisor Sky

by Sky Z. Capriolo

Hello Amazing Washington Heights Residents. October 15th will mark six months for me as the Milwaukee County Supervisor for District 15. Being totally new to “elected official land” and government in general, I’ve learned a lot, met incredible people and seen both the struggles and the triumphs of our community. In case you want to come along on this ride with me, here are some key takeaways so far:

- There are many civic-minded residents in Milwaukee – it’s great to witness.
- Neighborhood groups, like the WHNA, provide huge value to communities.
- I have yet to meet a County employee who hasn’t been kind and dedicated to the greater good of Milwaukee – I hope I don’t run across one that’s neither.
- Small wins, like getting a park swing replaced or connecting a constituent with the appropriate County department, are rewarding.
- Everything takes more time than I expect.
- There are worthy issues that need solutions around every corner – it can be overwhelming.

Because of the last two points, I am trying to focus on a few big picture projects. I’m sure more will be added to this list, but as of right now here are some things I’m hoping to have a positive impact on:

- Washington Park Pool Reopening for 2025 – it needs work and will also need a robust budget
- Safety in our Parks
- Reckless driving
- Introducing a County-wide volunteer incentive program
- Securing more money for the County budget



I enjoyed meeting many WHNA members at the May 2024 meeting!



I was thrilled to step in to emcee the first Washington Park Wednesdays concert this summer!



Not only did I get to emcee the first Washington Park Wednesdays concert, County Executive David Crowley joined me on stage for some exercise.

As of this writing, in early August, the County is projecting a roughly \$20 million dollar budget deficit for 2025. I am dedicated to looking for creative ways to fund critical programs and projects. I believe collaborating is far better than criticizing and is the only way to find viable solutions.

I don’t want to end on a sad note, so I’ll tell you my favorite part of being your County Supervisor. It’s meeting the people who live here and are engaged with their community! There are so many great success stories to highlight in the County. I’ve had the pleasure of attending at least eight neighborhood associations’ meetings and gotten an inside look at places like the Urban Ecology Center and Concordia 27. I look forward to meeting more of you and celebrating achievements both big and small. Every step forward counts toward the goal.

Speaking of celebrating, if you know someone who has done something fantastic, please let my office know so we can recognize the person with a citation of achievement. You can connect with me on my Milwaukee County Supervisor Sky Z. Capriolo Facebook page too.

Sky.Capriolo@milwaukeecountywi.gov  
Office: (414) 278-4255

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**Do you know about Promise Pay? Promise Pay gives you choice and control so you can catch up on your past due bills (water, sewer + fees) to the City of Milwaukee.**

**Learn More and Sign Up**

**IMPORTANT ANNOUNCEMENT**

We are thrilled to announce WHNA is now officially a 501(c)(3) non-profit.

**WASHINGTON HEIGHTS NEIGHBORHOOD ASSOCIATION**

[whna.net](http://whna.net)

**WASHINGTON HEIGHTS NEIGHBORHOOD ASSOCIATION**  
EST. 1991

*invest in your community*

**BECOME A MEMBER**

QR Code

**TOSA**  
locally made  
**HOLIDAY POP-UP**

**DEC. 7**  
10AM-3PM

**30 Artists & Makers**

**THE LANDING AT HOYT PARK**

Free Admission  
Free Parking  
Beer Garden  
Food Truck



## Greetings From Your School Board Director

by Erika Siemsen

Hello Neighbors! As I write, we are winding down a fantastic summer filled with many amazing community events! I hope you had an opportunity to get out and enjoy them. By the time you read this, we will be well into fall in the Heights. I don't know about you, but when fall comes, I am always so excited about our very own Spooktakular.

With all the recent news about Milwaukee Public Schools, I want to share with you some updates and actions taken by the School Board that make me excited about our next steps.

We have recently welcomed a new Board Clerk, Dr. Tina Owen-Moore, to the Office of Board Governance. Her role is crucial in ensuring the Board is regularly updated with important information, and we are thrilled to have her on board.

We also have an Interim Superintendent, and I deeply appreciate the work done by Mr. Edwardo Galvan, who has stepped in as we begin the search for a new Superintendent. I encourage you to watch the MPS homepage for opportunities to participate actively in the selection process. This is an important decision for MPS and the city of Milwaukee, and I look forward to engaging with the community to make the best possible choice.

I take MPS's finance matters very seriously and am confident about the process moving forward. The Board is working closely with our auditors and the Department of Public Instruction to implement the Corrective Action Plan and address staffing issues in the Department of Finance. With the assistance Governor Evers has provided, I am optimistic about the future of our Department of Finance and the positive changes we can make. We are committed to this process and the improvements it will bring.



With all these changes, I have to compliment the teachers and our staff for being unwavering in their dedication and commitment to our students and their families.

Enjoy the fall and all the beauty it brings to our neighborhood!

Erika Siemsen is a retired MPS teacher serving as the School Board Representative for Milwaukee Public Schools in District 2. She lives in Washington Heights with her husband and two dogs.  
Phone: (414) 475-8284  
Email: [governance@milwaukee.k12.wi.us](mailto:governance@milwaukee.k12.wi.us)



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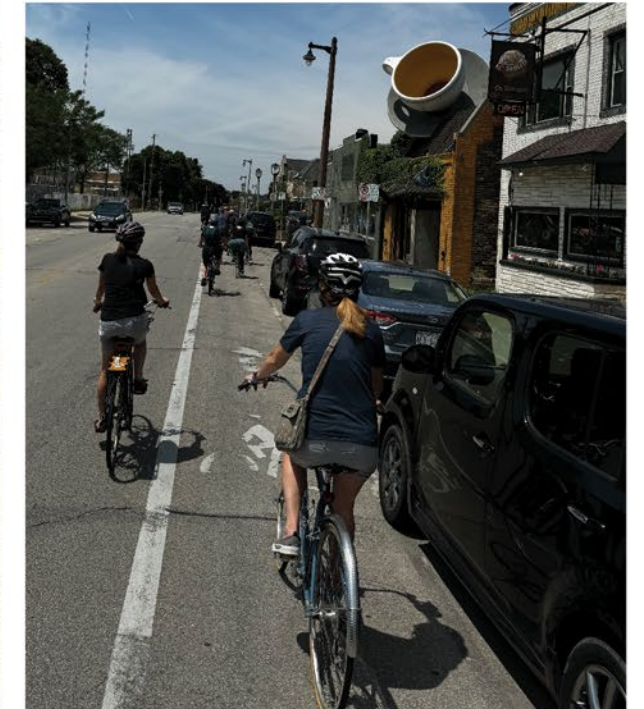
6734 W. North Avenue, Wauwatosa, WI 53213 | [TosaYoga.com](https://TosaYoga.com)

## Heights Event Scrapbook



### BIKE THE HEIGHTS

Over 40 cyclists and 2 walkers slow rolled (and fast walked) through the Heights in mid-June with stops at McBob's, O'Briens, Neighborhood Draft and Vennture Brew Co. Relationships were initiated, great conversation was complemented by delicious eats and just enough spirits all around with the best June weather to boot!



### CLOTHING SWAP

Denizen MKE was transformed into a pop-up boutique on a sunny April Sunday and was filled with baby to adult clothing in a variety of styles and brands, many new with tags or very gently used for our inaugural Washington Heights Clothing Swap. Participants dropped off and donated clothing and shoppers filled a shopping bag with as many items as they wanted for \$10. Proceeds benefitted WHNA.



### NEIGHBORHOOD PUZZLE COMPETITION

Our inaugural Washington Heights Neighborhood Puzzle Competition took place in mid-spring at the North Avenue Market. Six teams (4 members per team) competed in a timed competition to assemble a 500-piece puzzle. The winning team assembled their puzzle in 40 minutes, with the second place team only two minutes behind. Competition was fierce, friendly and fun.

# DELICIOUS ENDINGS: FRENCH APPLE CAKE



Adapted from Olives & Thyme ([www.olivesnthyme.com](http://www.olivesnthyme.com))

Who doesn't love an easy, rustic and delicious apple recipe at this time of the year? French Apple cake is a sweet and buttery cake filled with chunks of apples. It is simple and fast to make after spending the day at a local apple orchard or a quick trip to a local farmers market. This recipe requires just a handful of simple ingredients to make and you'll probably have them in your pantry and refrigerator already. Serve after a Sunday evening family dinner or impress your guests at a holiday gathering.

## Ingredients

- 1 cup all-purpose flour leveled-off
- 1 teaspoon baking powder
- ¼ teaspoon salt
- 1 stick (1/2 cup) unsalted butter, at room temperature
- 2/3 cup granulated sugar, plus more for sprinkling over cake
- 2 large eggs
- 1 teaspoon vanilla extract
- 3 tablespoons dark rum
- 2 baking apples, peeled, cored and cut into 1/2 -inch cubes (Honeycrisp, Fuji or Granny Smith) 3-1/2 to 4 cups chopped
- Confectioners' sugar for decorating cake

## Directions

1. Preheat the oven to 350 degrees and set an oven rack in the middle position. Grease a 9-inch springform or regular cake pan with butter or nonstick cooking spray. If using a regular cake pan, line the bottom of the pan with parchment paper and grease again.
2. In a small bowl, whisk together the flour, baking powder and salt. Marinate in refrigerator for 6-8 hours or even overnight.
3. Using a handheld mixer with beaters or a stand mixer with the paddle attachment, cream the butter and granulated sugar until light and fluffy, about 3 minutes. Add the eggs, one at a time, beating well and scraping down the sides of the bowl after each addition. Beat in the vanilla and rum. Don't worry if the batter looks grainy. Add the flour mixture and mix on low speed until just combined. Using a rubber spatula, fold in the chopped apples.
4. Scrape the batter into the prepared pan even with the top. Sprinkle evenly with 1 tablespoon of granulated sugar. Bake for about 40 minutes, or until the cake is golden and a toothpick inserted into the center comes out clean. Allow the cake to cool on a rack in the pan. Once cool, run a blunt knife around the edges of the cake pan, carefully invert the cake onto the rack, remove the parchment paper, then gently flip the cake over and place right-side-up on a platter. Using a fine sieve, dust with confectioners' sugar (if using). Serve warm or at room temperature, plain or with whipped cream or vanilla ice cream.

**Recipe baked, taste-tested and approved by the Highlighter team Heidi, James and Anne!**



# WASHINGTON HEIGHTS NIGHT MARKET

~ ART ~ FOOD ~ MUSIC ~

## 2nd Thursday

May - Sept 4:00-8:00pm

Washington Blvd between 53rd & 54th



**WANT TO BE A VENDOR OR VOLUNTEER?**

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