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women + style + substance

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School of Medicine
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UNIVERSITY OF WISCONSIN-MADISON

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WITH
JULIE ROTHAMER CRUZ

FREE EVENT AT DREAMBANK

Thursday, November 30

6:15-7:30 pm

Are you confused by the daily messages you receive about the latest and greatest ways to achieve wellness, improve your health, and increase your energy? These messages can lead us to believe that the key to our wellbeing is to change ourselves on the outside. What if the vibrancy, health, and energy you desire is already inside of you? Join Julie Rothamer Cruz, health coach and consultant, as she guides you on a journey to awaken the fire in your belly, to feel your best, and to live the life of your dreams.

*"When you awaken your fire,
you ignite your dreams."*

Julie Rothamer Cruz



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Our Infinite Love Story

Dan and Karina Devins and their daughter Talena, born at SSM Health St. Mary's Hospital - Madison in April of 2016



When Karina Devins told her mother that she was pregnant, the first thing her mom wanted to know was where Karina was going to have the baby.

Karina was born at SSM Health St. Mary's Hospital - Madison and her mom always remembered the outstanding care she received, so she was hopeful that her daughter would make the same choice.

"I was already familiar with St. Mary's Hospital and knew they had a great reputation, so there was never a doubt that I'd be having my baby at St. Mary's," said Karina.

As Karina and her husband Dan prepared for the arrival of their baby, the staff at St. Mary's was always available to answer any of their questions.

"Dr. Lori Wendricks-House was my obstetrician and she was so helpful during all my prenatal appointments. I felt like she gave me all the information I needed," said Karina. "We talked about everything from my baby's development to what would happen when I arrived at the hospital."

When the big day finally came, Karina felt like she had all the "book knowledge" she needed, but as a first-time mom, she didn't know what to expect as the labor process began. Those fears were quickly alleviated when she met the team at the Family Birth Suites at St. Mary's Hospital.

"The nurse I had during labor had great energy. She was positive and encouraging," said Karina. "She was informative, but gave me control over how I wanted to labor. I felt very respected and supported during the process."

Dan and Karina were very excited to welcome baby Talena to their family, and both are adjusting to their roles as first-time parents - and loving every minute of it.

When asked when they'll be ready to have another child, Karina joked: "I had a great experience and I loved my nurses so much so that I'd consider having another baby just to spend more time with them."

SSM Health St. Mary's Hospital - Madison is a Women's Choice Award® winner for Obstetrics in Wisconsin.





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YOUR LIFETIME
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POTENTIAL.**

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WHILE YOU
WORK.**

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WITH A
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**TOGETHER
FORWARD®**

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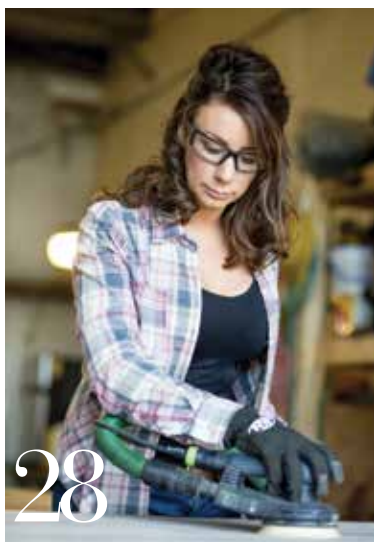
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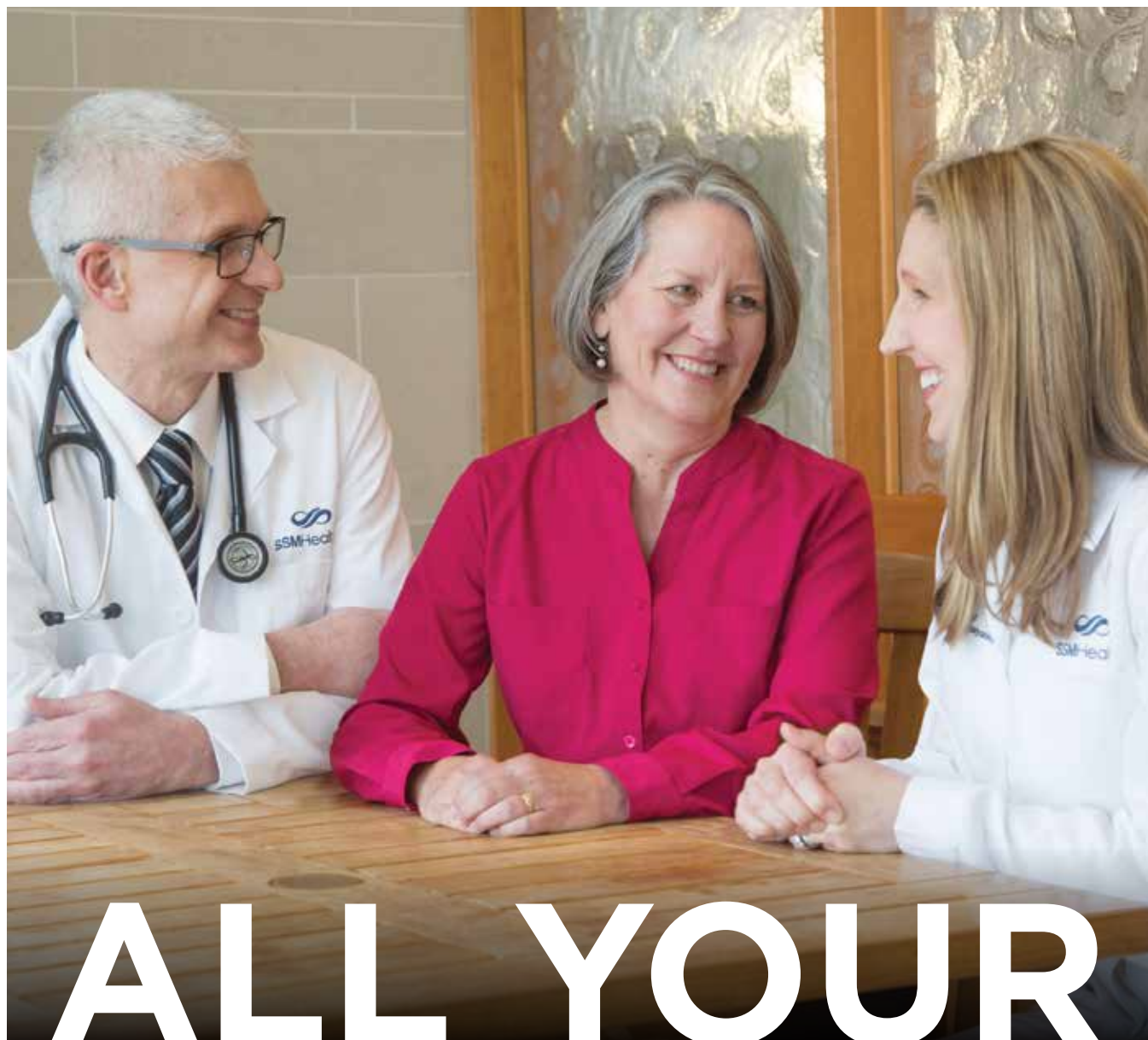
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PHOTOGRAPHED BY SHANNA WOLF (MIDDLE LEFT), KAIA CALHOUN (MIDDLE RIGHT), SHANNA WOLF (BOTTOM LEFT), SUNNY FRANTZ (BOTTOM RIGHT) AND PHOTO COURTESY LODGE KOHLER (TOP).



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Retirement planning for couples

Your financial life encompasses more than your assets. It includes your goals for the future and how you want to live right now. When it comes to retirement, the decisions you make today can have a huge impact on what retirement will be like. And, since retirement involves both you and your spouse or partner, it's important that both of you be involved in planning for it.

Planning together has proven benefits

According to a *UBS Investor Watch* survey,* when both spouses are involved with key retirement decisions, they're happier and more optimistic about their future. But if you're like most couples, just one of you is making most of the decisions, and that often causes the less involved spouse to feel anxious about retirement.

Putting in a little extra effort now can pay off for both of you. If you're not already planning for your retirement together, here are some tips to help you get started.



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ubs.com/fa/paulvosburgh

Three suggestions to help couples plan for retirement

1. Decide what's important

A good first step is to come to an agreement about your goals in retirement. Ask yourselves, what do you want your wealth to accomplish? What do you dream about doing one day? And, here's one question that couples often forget to consider: What's happening now that can impact your financial future? For example, are you helping support adult children or your parents? You can think through these important questions together and create a plan to pursue your goals once both of you agree on them.

2. Find a risk tolerance you both can embrace

According to *Investor Watch*,* women are often more conservative than men when it comes to investing. Work together to find a comfortable balance between your spouse's risk tolerance level and your own. Couples report that this is the most satisfying approach when it comes to planning for retirement.

3. Don't forget long-term care planning

Life expectancy continues to grow, and many of us are spending more years in retirement. This makes issues like healthcare and eldercare more important than ever. Start having conversations now about developing a long-term care plan for both of you. For example, do you envision staying in your home as long as you can? How heavily will you rely on family to provide your care? How do you intend to fund future health and long-term care costs?



* 2Q 2014 *UBS Investor Watch: Couples and Money*.

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With so many factors beyond your control, it isn't easy to plan for retirement, especially if you're between 50 and 70. But now with iRetire® by BlackRock®, your UBS Financial Advisor can illustrate where you stand today—and ways to help you get closer to what you'll really want. It takes just a few minutes to get your answer—and help find a possible solution.

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—The Washington Post

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november
17, 18, 19

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John DeMain, *Conductor*
Sharon Isbin, *Guitar*

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for Guitar and Orchestra

Rodrigo | *Concierto de Aranjuez*

Falla | *The Three-Cornered Hat*

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december 1, 2, 3

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Join us for a beloved community tradition.



BRAVA

MAGAZINE



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JOIN US!

NOVEMBER ALWAYS FEELS CRAZY—BUT in a good way. At BRAVA, it's our busiest month, as we're putting the polish on our 2018 plans while also putting forth our biggest annual event of the year!

You're hearing from me in RELATE this month because, as BRAVA's events director, I want to extend a personal invitation to Madison Women's Expo, Nov. 18–19, to you and to all women.

Before I worked at BRAVA, I would see the ads and wonder what the expo was and whether it was for me. Somehow I thought I had to be part of an organization, know someone or be specially invited to attend—and that's simply not the case.

Everyone is invited! BRAVA's Madison Women's Expo is about celebrating all women, across ages, backgrounds, careers and personal styles. What Madison Women's Expo offers each of us is an entire weekend to explore new ideas, engage with other women, experience a new workshop, creative opportunity or just enjoy a day of shopping, brought right to you without distractions, and all in one fun, place.

BRAVA's ultimate girls' weekend offers:

- Over 100 exhibitors, from services and resources you need for life and home, to trendy boutiques and home décor.
- Shopping! Look for jewelry, books by the weekend's presenters, clothing, holiday gifts—and more!
- Dozens of delicious samples, tasting of local wines, morsels from Melting Pot fondue restaurant, and Baileys latest Irish cream flavors.
- 28 presentations that inspire you to craft a life you love—plus live entertainment and creative inspiration.
- Free presentations, services and samples—all of them! Connect with per-

sonal coaches, astrologists, psychics and specialists in massage, hair, make-up and more.

- Great advice. Access expert tips—topics include money management from sponsors Summit Credit Union and SafetyNet.

You'll also walk away from Madison Women's Expo with a sense of power—our inspiring speakers will ensure it.

Dr. Jasmine Zapata invites you to bring all of the women in your life to hear her message about the power of inner beauty, self-esteem, resilience and courage. She partners with the amazingly uplifting teen R&B group, Trilogy, with songs they've written about female empowerment and anti-bullying. Zapata wants all daughters, granddaughters, mothers and grandmothers to come listen together—and take the powerful message out into the world.

Tina Paulus-Krause also explores women's strength in her presentation "The Power of Words." Speaker Katie Goodale brings us her "Power Positioning" talk—and then three powerful rockers, Beth Kille, Shawndell Marks and Jennifer Farley of Gin, Chocolate and Bottle Rockets, perform live music for us on Sunday, letting us know that women, indeed, rock.

For more details on the weekend's fabulous events and exhibitors, see our Madison Women's Expo guide, starting P. 13 and at MadisonWomensExpo.com.

Hope you'll join us—and bring your gal pals, too!

Kris Foust

Kris Foust

Director of Marketing & Events

ON THE COVER

It's the season of welcome, with the holidays upon us. Styled and photographed by Shanna Wolf. See ideas throughout the issue!



CARING

November is National Family Caregivers Month—apt time to share local women's personal stories and scientific strides related to Alzheimer's disease. Story P. 60.

PRESENTED BY:

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Madison Women's
EXPO

NOVEMBER 18 & 19, 2017

10 a.m. - 4 p.m.

ALLIANT ENERGY CENTER

Explore, Engage, Experience...Enjoy

Engage

WITH DYNAMIC
PRESENTERS AS YOUExplore
Experience
AND EnjoyTHE ULTIMATE GIRLS'
WEEKEND EVENT!NOVEMBER
18 & 19,
201710 AM - 4 PM DAILY
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CENTER

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\$7 Online

\$10 Door

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Womens
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SSM HEALTH STAGE

*Listen to empowering talks and
rockin' live entertainment all
weekend long!*

SATURDAY, NOV. 18

11 A.M.

Beyond Beautiful with
music from Trilogy
Dr. Jasmine Zapata

1 P.M.

Pleasure is Your Birthright
Hot Pink YOUniversity

2:30 P.M.

The Power of Words
Tina Paulus-Krause

3:15 P.M.

Power Positioning
Katie GoodaleMETCALFE'S
THRIVE STAGE*Enjoy food and wellness talks
that inspire you to prioritize your
wellbeing!*

SATURDAY, NOV. 18

11:45 A.M.

Botanical Solutions
for Any Skin
Lisa Brill
Qēt Botanical

1:45 P.M.

SupperTime SuperHero
Lisa Grudzielanek
Metcalf's

3:15 P.M.

Physical Therapy for
Breast Cancer Recovery
Dr. Julie Lombardo
Capitol Physical Therapy

SUNDAY, NOV. 19

11 A.M.

The Power of Words
Tina Paulus-Krause

1 P.M.

Beyond Beautiful with
music from Trilogy
Dr. Jasmine Zapata

2:30 P.M.

Live Music
Gin, Chocolate &
Bottle Rockets

SUNDAY, NOV. 19

10:15 A.M.

Holistic Health
Jen Rudis
Jenerate Wellness

11:45 A.M.

Resolve Thyroid Health
with Chiropractic Solutions
Steve Puckette,
Puckette Chiropractic

1:45 P.M.

Rotisserie Chicken Rockstar
Lisa Grudzielanek
Metcalf's

3:15 P.M.

Be Ready to Feel Confident
Joy Lane, PA-C
SSM Health

FITNESS STAGE

Learn about the latest fitness trends and get movin'!

SATURDAY, NOV. 18

10:15 A.M.

Tai Chi
Terri Pellitter
GHC

11:45 A.M.

Chair Yoga
Klarbrunn's Übr
Athlete Kristin McGee

1:45 P.M.

Burn Boot Camp
Cody Burns and
Colton Woyak

3:15 P.M.

Anytime Fitness
Kari Montie

SUNDAY, NOV. 19

10:15 A.M.

Burn Bootcamp
Max Thompson
and Demi Busch

11:45 A.M.

**Supreme Health &
Fitness Class**
Luanne Vogel

1:45 P.M.

Yoga/Pilates Mix
Klarbrunn's Übr
Athlete Kristin McGee

3:15 P.M.

Forever Fit
Cassy Vieth
Lexington Fitness

CRAFT BAR

Get your D.I.Y on with hands-on crafts and interactive art sessions!

SATURDAY, NOV. 18

10:15 A.M.

Instructor-lead Painting
Corey Larson
Paint Bar

11:45 A.M.

Instructor-lead Painting
Corey Larson
Paint Bar

1:45 P.M.

Milk Paint 101
Kate Baldukas
Kate & Co.

3:15 P.M.

DIY Wood Sign Workshop
Lindsay Bauer
Board and Brush, Mt. Horeb

SUNDAY, NOV. 19

10:15 A.M.

DIY Wood Sign Workshop
Gina Gaspardo
Board and Brush
Sun Prairie

1:45 P.M.

Instructor-lead Painting
Corey Larson
Paint Bar





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What are you grateful for: energy, advice, friends or family? Connect those to moments of grace, helpful folks or random coincidences that have helped you pursue your dreams. DreamBank is your next muse—a place to be inspired, pursue passions and achieve dreams!



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Group Health Cooperative of South Central Wisconsin complements traditional medicine with integrative therapies to ensure our members have the tools they need to stay healthy. Visit our booth to meet our Complementary Medicine team and relax with chair massages, reflexology and more!



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SSM Health has delivered exceptional, compassionate care to our communities for many years. Inspired by our founding Franciscan Sisters of Mary and guided by our mission: "Through our exceptional health care services, we reveal the healing presence of God—we cherish the sacredness and dignity of each person as demonstrated through our values of compassion, respect, excellence, stewardship and community."



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Baileys is a perfect marriage of fresh dairy cream, Irish whiskey and a proprietary recipe of great tasting flavors from Chocolate Cherry to the irresistible Salted Caramel. Don't miss the limited-edition Baileys Pumpkin Spice and the new dairy- and gluten-free Baileys Almande—made with real almond milk.



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Turn wishing and wanting into planning and doing. At Summit, we have a passion for empowering women to improve their financial wellbeing. We can help you save more, pay off debt, set goals and reduce your stress.



THRIVE STAGE SPONSOR

Metcalf's is a family-owned and operated market stocked with good eats. Our Hilldale and West Towne locations offer an abundance of local and quality food. Visit our booth for ideas on creating flavorful meals—and sample products sure to fit your healthful life.

willy street co-op

THRIVE SPONSOR

Willy Street Co-op is a grocery cooperative specializing in local, natural and organic foods. Anyone can shop and you can join to save at one of three locations in the greater Madison area: Willy East, Willy West or Willy North!



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Financial security is at the core of SafetyNet's mission to help hardworking Americans and their families achieve greater financial wellness. Visit the SafetyNet booth to learn more about how their innovative programs can help improve your financial wellbeing.



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A Spice Above	LipSense by Senegance
ADIO Chiropractic	LSM Chiropractic
Advanced Chiropractic	LuLaRoe
Neurology & Pediatric Centers	Madison Maximized Living
Advanced Pain Management	Mary Kay
AHT Wisconsin Windows	Melting Pot
Alliance for Animals	Merry-Go-Strong
American Family DreamBank	Metcalfe's Market
An's Fashions Jewelry	Middleton Travel
Andler Dental	MSCR
Anytime Fitness	My Choice Family Care
Back in Action	Natural Balance Chiropractic
Badger Basement Systems	Ndudge N. Life Activewear
Baileys	New Glarus Chamber of Commerce
Bergamot Massage	Norwex
Bobbie Harte Photography	Nspire Network
Brass Egg Studio	Outlets at the Dells
Burn Boot Camp	Perfectly Posh
Capitol Physical Therapy	Pro Health Chiropractic
Champion Windows & Sunrooms	Profile by Sanford
Clear Captions	Puckette Chiropractic & Kinesiology, S.C.
Company Store	Q&T Botanicals
Dane County Sheriff's Office	Rodan & Fields
Dazzle Me Jewels	Roseville Visitors Association
Dental Health Associates	SafetyNet
Discover Life Chiropractic	Sam's Club
Dr. Jasmine Zapata	Scentsy
Dwellings	Senior Medicare Patrol
Eagan Convention & Visitors Bureau	Sky Zone Trampoline Park
Edward Jones Investments	Spring Green Chamber of Commerce
Elizabeth Disch Counseling, LLC	SSM Health Care of WI
Ever Skin Care	Stori Anne Co
Everdry Waterproofing	Summit Credit Union
Expedia Cruise Ship Center	Tastefully Simple
Finding Harmony	The Opal Man
First Choice Dental	The Salt Room
Float Madison	The Sheet People
Fred Astaire Dance Studio	The Soap Opera
Fudgeraiser - The Rainbow Confection	Thirty-One Gifts
Ganser Company	Touchstone Crystal
GHC	Tundraland
Gilda's Club Madison	Tupperware
GIRLS'BIZ	UnityPoint Health - Meriter
HeD Peace	U.S. Cellular
Ho-Chunk Gaming	Vitamin Shoppe
Holistic Home Health & Wellness	Walgreens
Homestead Wisconsin	Water of Life
Hot Pink YOUiversity	Waunakee Remodeling
Insight for Health and Healing	Waxing the City
I Heart Media	Willy Street Co-op
Jenerate Wellness	Wisconsin Sleep
Jewelers Workshop	Wisconsin State Journal
Kate & Co Gifts	Zerorez Madison
Klarbrunn	
L'BRI Skin Care & Cosmetics	
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*Exhibitor list current as of 10/19/2017
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BY RACHEL WERNER

JASMINE ZAPATA, M.D.

BEYOND BEAUTIFUL: UNLOCKING THE POWER OF INNER BEAUTY, SELF-ESTEEM, RESILIENCE AND COURAGE

Saturday, Nov. 18 | 11 a.m.

Sunday, Nov. 19 | 1 p.m.



Embrace feminine strength in this interactive and empowering workshop for women and girls of all ages as Zapata delves into the concepts of inner beauty, self-esteem—and what it takes to be a “phenomenal woman.”

Teen R&B group Trilogy joins her on stage for a dynamic performance. The young women’s music conveys the themes of Zapata’s talk—from anti-bullying to girls’ empowerment—through positive and uplifting lyrics.

Zapata is a dynamic author, physician, speaker, former collegiate athlete and health educator on a mission to heal, uplift and inspire. She is also the founder and CEO of Motivational M.D. Enterprises, LLC—a health empowerment, educational and event-planning consulting firm focused on youth and families.

She graduated summa cum laude from Marquette University in 2009 with a biomedical sciences degree. In 2013 she earned her medical degree from the University of Wisconsin School of Medicine and Public Health, and is currently completing a master’s degree in public health and preventive medicine, a dual medical certification. As a physician, Zapata specializes in pediatrics, preventive medicine and public health. And she is committed to scouting and developing opportunities to get outside the clinic walls to impact health outcomes on a community-based level.

Aside from her passionate commitment to improving the health outcomes of minority groups throughout Wisconsin, Zapata has served as Madison Elite Track Club’s team physician and assistant coach; co-directed the Madison Inspirational Youth Choir and also co-founded Brown Girl, Green Money—a financial literacy group for women of color. Her fierce desire to help others also inspired her to write two books “Multiple Streams of Income” and “She Conquered.” Both are coaching and motivational resources Zapata created to guide other women toward achieving economic stability and mental and emotional resiliency.



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TINA PAULUS-KRAUSE POWER OF WORDS

Saturday, Nov. 18 | 2:30 p.m.

Sunday, Nov. 19 | 11 a.m.

Use your voice to get results, personally and professionally!

True You owner Tina Paulus-Krause explains the powerful impact words have in many areas of our lives and how to create safe spaces to open conversations. She will outline the importance of a "no judgment zone" to dig deep, create community and walk together in love and growth, with the goal of forging more meaningful relationships.

Paulus-Krause is a speaker, life coach, Huffington Post blogger and the co-host of "Our Focus is You," a local access TV show taped in Sun Prairie. She is committed to self-development, leadership training and continues to grow herself and others by promoting her deep belief that the components every woman needs to be her optimal self, each woman already possesses in a unique capacity. And that with the right tools, we can reprogram internal dialogues to reach our fullest potential.



ANN MURGATROYD-SOE AND CHRISTIE GAUSE-BEMIS, HOT PINK YOUNIVERSITY PLEASURE IS YOUR BIRTHRIGHT

Saturday, Nov. 18 | 1 p.m.

What if the key to balance, relationships, parenting and joy in one's career revolved around one concept—pleasure? In this empowering talk, we explore the word 'pleasure' and the thoughts and feelings it invokes via audience participation and taking a moment to reflect on personal desires: little, middle and big!

As co-creators and owners of Hot Pink YOUNIVERSITY, Ann Murgatroyd-Soe and Christie Gause-Bemis share their knowledge as psychotherapists with women wanting to reignite lost dreams and desires. Through events, one-on-one mentoring and group programming, Gause-Bemis and Murgatroyd-Soe help their clients craft a "pleasure map" aimed at moving beyond external blocks and self-imposed limitations toward sparking dream fulfillment. Their recently released book, "Ignite Your Life: Live Life with Passion, Purpose and Play," shares four core elements and tools to create a life that feels alive and plugged in.

GIN, CHOCOLATE & BOTTLE ROCKETS

LIVE MUSIC

Sunday, Nov. 19 | 2:30 p.m.

Chicks rock! Gin, Chocolate & Bottle Rockets combines the musical styles of three solo-artists-turned-bandmates, Jennifer Farley, Shawn-dell Marks and Beth Kille, into a rich blend of harmony and clever pop-rock songwriting, ranging from edgy to outright fun.

In September 2013, Kille and Marks, two local solo artists, took the stage with a "new girl" in town, Jennifer Farley, at a showcase for female singers in Madison. There was instant chemistry. The trio began compiling songs, both originals and covers. They booked some shows, and received rave reviews along with standing ovations.

In November 2014, they released their first EP and took home the Madison Area Music Association (MAMA) Award for Ensemble Vocalists of the Year in 2015. Their tight 3-part harmonies; the honesty in the music, the strong-yet-simple presentation of acoustic guitar/piano/percussion and vocals; and the clear loving bond these three women share through music—and life—captivate listeners. 🌟




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CONTRIBUTORS

OTHER CONTRIBUTORS

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WRITERS | Shelby Deering, Candice Wagener



APRIL EDDY | "POST-GESTATIONAL DIABETES HACKS," P. 32

April is an advance practice nurse prescriber, clinical nurse specialist and a certified diabetes educator in the Center for Perinatal Care at UnityPoint Health—Meriter. She supports women in managing gestational diabetes and pre-existing diabetes from pre-conception through post-partum care with a goal of optimizing health for themselves and their babies. She is a member of the American Association of Diabetes Educators, the American Diabetes Association and CASCADE, a Madison-area group of diabetes educators.



SHANNA WOLF | PHOTOS THROUGHOUT

Shanna is a freelance photographer with a background in advertising and communications, specializing in portrait, documentary and interior photography. Her photography aesthetic is modern with simplicity and balance. She loves the storytelling of still photography and being a contributor to publications with meaningful messages. Her personal work is focused on travel and wandering, using her camera as her sketchbook.



AMY PFLUGSHAUPT | "CULTURE COMMUNITY," P. 97

While covering the hard-hitting topics as a part of the NBC 15 news team, some of Amy's favorite stories connect with her agricultural roots. She loves to attend area county fairs and Future Farmers America events while showcasing the importance of the family farm. She has also been recognized by the Wisconsin Broadcasters Association for Best Live On-Scene reporting four times, is a Friend of Alice award recipient and was nominated for an Emmy as a producer for her role in covering the Dale and Leilani Neumann trial.



KAIA CALHOUN | PHOTOS THROUGHOUT

Kaia means "earth" in Norwegian, a name she lives up to by tree hugging, dog loving and nature walking. She shoots honest photography—real people, real colors and real life.



LISA BAUER | "STORIES AND STRIDES," P. 60

A writer, editor and content strategist, Lisa lives in Madison with her husband and two teen daughters. She enjoys serving diverse clients who work to further the causes of equity, sustainability and social justice.

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Hosted by: The Droster Team

Guest speaker: Dave Gordon – Eaton Vance/Calvert

Date and time: Tuesday, November 28, 2017 | 5:30 – 6:30 p.m.

Location: TBD

RSVP by November 15 to Victoria Cagnon at (608) 252-7523 or victoria.cagnon@rbc.com.

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CONNECT



PHOTO COURTESY MADISON'S CENTRAL BUSINESS IMPROVEMENT DISTRICT

DOWNTOWN BLITZ | Shop and celebrate during a six-week community event hosted by Madison's Central Business Improvement District, downtown businesses and local orgs. The inaugural "Shine On Madison" kicks off with a holiday lighting ceremony of State Street retailers Nov. 17 and a winter carnival on its 200 block Nov. 18. The festivities continue with the Madison Museum of Contemporary Art's Art and Gift Fair (Nov. 18-19), restaurant specials and the annual tree lighting ceremony in the Capitol Rotunda (Dec. 1). visitdowntownmadison.com.

OUT + ABOUT

BRAVA-SPONSORED EVENTS

NOV. 9 | BRAVA NIGHT OUT WITH CARBON WORLD HEALTH

Be thankful for fresh, younger-looking skin this Thanksgiving! Your \$150 registration includes an IPL photofacial, anti-aging facial, wine and hors d'oeuvres, plus special savings on anti-dryness kits, \$25 cryotherapy sessions, \$10 Botox units and buy-one, get-one-free dermal fillers. 5 p.m. Carbon World Health, Madison. RSVP: (608) 709-8089.

NOV. 9 | MARCH OF DIMES SIGNATURE CHEF'S AUCTION

Indulge in a taste of Madison and savor an evening of creative local cuisine and fine spirits. Help fund local research and programs to give every baby a fighting chance and allow the sweet flavor of accomplishment to linger on your palate. 5:30 p.m. The Edgewater, Madison. Tickets: signaturechefs.marchofdimes.org.

NOV. 13 | WOMEN'S ENTREPRENEURSHIP DAY WISCONSIN

The day is part of a global movement to inspire women to be change agents and lift up girls living in poverty through economic and social good initiatives around the world. The daylong Madison conference celebrates that mission. Attend, and you'll grow your network, learn how to get your ideas funded, find new approaches and knowledge and gain tools to achieve your business and leadership goals. 8 a.m.-5 p.m. Monona Terrace, Madison. Tickets: wedwisconsin.org

NOV. 14 | DRESS TO IMPRESS NAVIGATING WORKPLACE FASHION WITH MADISON MAGNET

Wondering how to dress for success in any given business scenario, from smart casual to business formal? Find the tips you need at this event. Mario Monetti Tailoring and Marina Botros of Blue Beetle Blog answer fashion questions for women and men, discuss quality attire and tell you how to best accessorize for maximum impact. Bring in your wardrobe to learn what works and what doesn't—and immediately donate what doesn't to Dress for Success, on-site. 6-8 p.m. Industrious co-working space, Madison. Tickets: madisonmagnet.org.

CORRECTION

BRAVA CULPA

Shalicia Johnson photographed the BRAVA Night Out at Hilldale, featured in the October issue's HAPPENINGS department.

SAVE THE DATE

BRAVA EVENTS



Nov. 8 | BRAVA THRIVE CAREER WORKSHOP BECOMING THOUGHTFULLY FIT: LEADING WITHIN YOUR RELATIONSHIPS WITH DARCY LUOMA

Do you want more meaningful relationships, better connections, and less conflict in your personal and professional life? In this workshop life coach Darcy Luoma teaches us the skills we need to lead relationships in a Thoughtfully Fit, mindful manner. You'll identify your "unfit" habits and patterns, and work to create new habits, and actions and reactions to every situation. 8 a.m.-11:45 a.m. Madison Museum of Contemporary Art, Madison. Tickets: BRAVAmagazine.com.



Nov. 18-19 | MADISON WOMEN'S EXPO BRAVA MAGAZINE'S ULTIMATE GIRLS' WEEKEND EVENT!

Don't miss a fabulous weekend with your gal pals at this signature women's experience. Engage with dynamic presenters. Explore and shop hundreds of exhibitors and pop-up boutiques focused on all that's relevant to women's lives. Experience fitness classes, creative projects, expert advice on beauty, fashion, wellness, home—and more. 10 a.m.-4 p.m. daily. Alliant Energy Center, Madison. Discounted tickets: madisonwomensexpo.com.



Jan. 19-20, 2018 | WELL EXPO HEALTHY LIVING IN MADISON PRESENTED BY BRAVA MAGAZINE

This one-stop shop for wellness and healthy living is filled with inspiration! Enjoy classes, presentations and demonstrations, and talk with local health-related businesses with tips, tools and ideas to help you achieve your health-related goals. Friday 3-8 p.m., Saturday 9 a.m.-4 p.m. Monona Terrace, Madison. Tickets and free admission details: wellexpomadison.com. 🌟



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BARK & WINE

SEPT. 23 | DANE COUNTY HUMANE SOCIETY

Over 250 supporters, sponsors and friends celebrated the Dane County Humane Society during the 15th annual Bark & Wine event. Attendees explored the shelter, enjoyed bites from Liliana's Restaurant and sipped cocktails prepared by the local mixologist group Spirited Women. A festive evening was had by all raising funds for the shelter and snuggling animals up for adoption.



BRAVA NIGHT OUT

SEPT. 20 | INTERIORS BY JW

More than 100 guests shopped and mingled throughout our September BRAVA Night Out at Sun Prairie's newest home décor boutique, Interiors by JW. Trendy designs, gifts, accessories and helpful decorating tips kept visitors entertained while savoring tasty appetizers and desserts from Buck & Honey's.

PHOTOS COURTESY DANE COUNTY HUMANE SOCIETY (TOP), AND SHALICIA JOHNSON (BOTTOM).

ASK THE EXPERT



THINKING ABOUT DENTAL INSURANCE?

ASK MOMENTUM INSURANCE PLANS

Q How do I know what type of dental insurance coverage I need?

It is always best to discuss your unique situation and needs with a licensed insurance agent. The agent will help you evaluate your overall dental health and look at plan options that best fit your needs and budget. You can select a plan that covers your two preventive dental visits each year or more comprehensive plans that cover crowns, root canals, and bridges.

Another factor to consider is whether to get individual or family coverage. If you have children, their dental health is very important. At age three they should begin brushing their teeth with a small amount of fluoride tooth paste (under supervision) and start seeing a dentist on a regular basis. The dentist and hygienist will provide some tips to help make brushing teeth fun. Developing good habits at an early age will benefit your child throughout the rest of their lives.

Q What if my employer already offers dental insurance, should I still compare other options?

That would depend on how the plan your employer is offering works for you and your family. Most employer plans provide excellent coverage, but if the plan results in paying a lot of money out-of-pocket, it might make sense to see if you can improve your coverage by adding an individual or family plan. A licensed agent can help you evaluate the cost and benefits to see if it would benefit you.

Q What if I want to keep seeing my current dentist?

Momentum Dental Insurance is owned by the dentists of Dental Health Associates of Madison. They have six clinics in Madison and over 27 dentists to choose from. In addition to the Dental Health Associates clinics, Momentum has a nationwide network that your current dentist may already be participating in.

Q How long does it take to get Momentum Dental Insurance?

You can enroll in a Momentum Dental plan that can start as early as the first of next month. The actual process of enrolling only takes about four minutes on our website www.momentumplans.com

Q What if I enroll in a plan, but later move or my employer decides to offer coverage?

Momentum, unlike many other carriers does not lock you in to a 12-month contract. If your situation changes after you enroll in one of our plans, just send us an e-mail with the date you want to cancel your coverage. It is just that easy. If you move but are still a Wisconsin resident, you can continue to use your Momentum Dental benefits. Just contact us with your new address and we will provide you a list of providers in your new location.

Q Why should I consider purchasing a dental insurance plan?

Too many people go without dental insurance. Whatever the reason, this is a serious problem. Dental insurance allows you to get the care your teeth need without paying outrageous prices. People without dental insurance often forgo their twice-yearly preventative check-ups to save money. These check-ups are essential in preventing major dental problems from developing and in the long run, can save patients thousands of dollars.

The value of dental insurance goes beyond just maintaining your oral health. With regular dental care, your dentist may also be able to catch signs of diabetes, leukemia, heart disease, oral cancer and other serious diseases before more obvious symptoms appear. For many of these diseases, subtle symptoms appear in the mouth first. Other diseases, such as heart disease, can actually be caused by bacteria that originates in the mouth. Regular professional dental cleanings may prevent a serious disease or catch it early enough for you to receive treatment before it gets worse.



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A TIARA AND A TOOL BELT

CUSTOM WOOD WORKER JAMIE BRADFORD BUILDS HER OWN FUTURE.

BY RAE SANDERS

JAMIE BRADFORD STARTED her wood furniture and home accessory business under the pretense that she was just a mom with a hobby. But Bradford's Wisconsin Farmhouse has become a thriving design hub for modern farmhouse style enthusiasts.

Bradford, a former Mrs. Wisconsin, was first inspired to create her own designs while she perused a Pottery Barn catalog just after she had her third, and youngest child. "I was like, 'I love this stuff!'" Bradford remembers thinking.

In the catalog, she'd found a corner bed and desk unit for her daughters, but decided it was too pricey. So Bradford decided to build it herself, with a little help from her dad, Rich Eberle, a custom home builder who'd introduced her at an early age to construction. "I basically grew up with him taking me around job sites and houses, so I was never afraid to build stuff or get my hands into it," Bradford says.

After that first project, Bradford was hooked. Learning on her own from trial and error, and by watching the occasional YouTube video for technique, she found herself looking for more projects to create for her home. Eventually, she started posting her creations on her personal Facebook page and people asked about buying them.

Bradford was wary about her instant success. "When you make your own stuff, all you can see are the imperfections." But with every project her confidence grew, even as her workplace seemed to shrink.

"All this time I was doing it in the garage at my house while having my kids at home," Bradford says. Now, she's got a workshop in Middleton, with room to grow. She does custom work for individuals and has worked several commercial jobs including chocolatier CocoVaa, Perennial Yoga, CFL for Duluth Trading and Longtable Beer Café. (See one of her tables on P. 56).

CocoVaa owner Syovata Edari hired Bradford to create a chocolate display, menu frame and butcher block style cash register table for her chocolate shop, all made from repurposed barn wood. Edari,



PHOTOGRAPHED BY SHANNA WOLF

who was a full-time lawyer before she launched her business, took to Bradford immediately.

“Meeting another woman that breaks barriers and breaks stereotypes and challenges us to look at ourselves in a different way has been so satisfying because it is a lonely place to be in, so to meet her, it normalized my experience, which was inspiring,” Edari says. “She had all of these utilitarian ideas for my business, and how to create pieces for my business with such a small space that would allow me to make such efficient use of the space. Had I not met Jamie, I don’t know what this place would’ve looked like, but it wouldn’t have looked this good.”

Bradford christened her business Wisconsin Farmhouse because of her love for farm house style and her roots as a Wisconsin native from the Mount Horeb and Middleton areas. The style that Bradford has crafted varies from project to project. Her customers think of her style as rustic, but she is hesitant to put a label on it. The one theme in her style is that everything is custom built and made of wood.

Although her success came quickly, Bradford had to overcome obstacles. She’d shown an affinity for building and design at a young age, but in high school, she says, a male architectural drafting teacher questioned her work. She was just one of only two girls in the class, and the teacher thought her father had helped her do her work. “The [doubt] from my high school teacher is just a small memory, and I don’t talk about it much just because I feel like we all have moments when we say things that are wrong out of ignorance or jealousy...it’s not negative in my mind and I don’t dwell on it, and it definitely didn’t hold me back at that time or now,” Bradford says.

Support from her spouse, Joe McDonald, who works in construction as a rough framer, helps keep her on track. He helps Bradford move and install her pieces, but she designs and builds everything herself. Her three children, Ellie, 10, Dane, 8, and Izzy, 6, join her on occasion in her shop to help with ideas and small projects.

Bradford has some advice for women pursuing their dreams, especially in non-traditional fields. “You have to have confidence in yourself. You can’t be afraid to fail, make mistakes or embarrass yourself. It’s going to happen, and when it does, you pick yourself up, reflect on what you learned and move forward.” 🌸



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PHOTOGRAPHED BY SHANNA WOLF



DR. MOM

POST-GESTATIONAL DIABETES HACKS

GESTATIONAL DIABETES HAPPENS in women who do not have diabetes before pregnancy, but fortunately in 95 percent of cases, the same women will no longer have diabetes after giving birth. During pregnancy, women with gestational diabetes are advised to focus on healthy eating strategies like having smaller meals more often, getting enough exercise and adequate sleep. And these are the same habits which are crucial post partum—even though exercise may seem at the bottom of the priority list while caring for a newborn. Prioritize resuming activity because women with gestational diabetes have a higher risk of developing gestational diabetes with future pregnancies and developing Type-2 diabetes later in life, making it imperative to begin prevention strategies right away.

Losing so-called “baby weight” is on the minds of many new moms, but it’s especially important for those who’ve had this diagnosis. These women should try to lose weight gained during pregnancy as soon as possible, and those who were overweight prior to pregnancy should try to lose even more. Breastfeeding can help with this. Among its many benefits, for most women, breastfeeding can lead to faster weight loss.

Managing stress is another tool recommended for women not only during pregnancy, but also after the baby arrives. Again, exercise may not be appealing, but it can be huge stress reducer. It produces endorphins and can improve sleep quality, which adds to stress relief. Carving out alone time is also vital. It might seem impossible, but try to allocate a few minutes for quiet each day. Ask a spouse, partner or family friend to spend a little time with the baby while you have some ‘me time.’

Having a health issue, like gestational diabetes, that can impact the mother’s and the infant’s health can trigger feelings of guilt and worry. These feelings don’t automatically disappear after the baby is born, especially if mom or baby experienced complications or a delivery experience different than what the woman originally expected. Remember that you’ve done nothing wrong. In fact, you’ve successfully made it through your first big challenge as a mom. Now you’re ready to take on sleepless night and dirty diapers with the best of them!

—April Eddy is a nurse practitioner at UnityPoint Health – Meriter’s Center for Perinatal Care.



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NUTRITION

WHAT TO ADD IN?

NOT ALL SUPPLEMENTS ARE CREATED equal. And for the average consumer, assessing any additional nutritional needs means trying to discern between fact and fiction among the latest diet fads. Apple Wellness owner Tim O'Brien stresses the importance of doing the research. "Our lives are made up of a 1,000 choices," he says. "Getting the right nutrients is like fitting a plug into the correct socket—the light just comes on."

O'Brien suggests a few focal points to help hone in on possible deficiencies. Reflect on:

- Current energy level
- Sleep patterns
- Digestive issues
- Key areas of struggle (physically or mentally)

Once baseline concerns are determined, O'Brien thinks it's important to reach out to a trusted health care provider or nutritional expert for a proper consultation. "Don't just settle for status quo. Often what people just grab off the shelves in big box stores

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isn't really what their bodies need," he warns. "Mass-produced vitamins and minerals can be hard to process—and in the long run, may end up doing more harm than good."

Another possible starting point is establishing a solid nutritional foundation, which sets up the body to combat the daily toxins we all encounter in the modern world. "Like a car produces exhaust, the human body produces inflammation due in large part to the various chemicals in our food, clothes . . . even in the walls in our homes," he explains. "And almost all disease or pain is either rooted in or influenced by inflammation of a particular area within the body."

He advises using the "Foundational 5" as an initial daily supplementation guideline:

1. An anti-inflammatory (curcumin; ginger)
2. An antioxidant (R-Lipoic Acid; prunes)
3. An Omega-3 (fish oil; flaxseed)
4. A multivitamin (Preferably, one labeled as "bio-available")
5. A probiotic (a probiotic capsule; yogurt).

O'Brien is also frank that not all natural supplements are created equal. "One would need to eat about 80 cups of yogurt a day to ingest the same amount of good bacteria contained in a quality probiotic pill," he states. "I also think it's helpful for most people to have one complete protein shake a day no matter whether you're a carnivore, vegan or paleo—it can improve one's strength, endurance and focus."

And while prioritizing our health is key, be realistic about possible budget constraints, too. "Like with anything, there's a spectrum in regard to products available that range from bad to good to better to best," O'Brien says. "Work within your means to ensure you're set up not just to get by, but to thrive." —Rachel Werner 🌸

HEALTH

BRAIN BOOSTS

"MEMORY BOOSTERS" CONJURE IMAGES OF crosswords or Sudoku. But you control the real keys to keeping your memory sharp as you age, according to Dr. Nathaniel Chin, a UW Madison expert in geriatric memory.

Exercise. Chin recommends 150 minutes per week of moderate activity, broken down to fit your lifestyle. A 15-minute walk over your lunch hour and when you get home will do it, as long as you pass the "talk test." Talking, but not singing, is achievable at the moderate level.

Diet. The MIND diet, an American version of the Mediterranean Diet, slows down the effects of aging. Strive for lots of fruits, vegetables and whole grains, and smaller amounts of lean meats, proteins and (even) cheese.

Sleep. Research shows that seven to eight hours are ideal. To maximize high-quality sleep, turn off screens at least two hours before bedtime and have a consistent routine.

While "brain games" won't hurt, Chin's advice is to "focus on the modifiable risk factors. When our memory and thinking changes, that is our identity." —Candice Wagener

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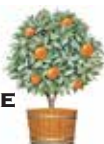
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SELF-INSPIRED CREATIVITY REIGNS AT THE CRAFTY PROJECT.

BY RACHEL WERNER

CREATIVITY FLAGS FLY HIGH at The Crafty Project. Each wall is covered floor-to-ceiling with handcrafted projects completed by previous customers and Crafty Project staff and owner Jenny Gatzke.

"When I started The Crafty Project I was just making reclaimed wood signs and giving them away. But as someone who loves a good party, it dawned on me that sign making would be much more fun if it were happening as a party with friends," Gatzke recalls. "I posted the idea on my Crafty Project Facebook page, which at the time had about 100 likes (that were mostly friends). After posting pictures online from the first real event, the idea snowballed and I haven't looked back."

Gatzke expanded this initial concept into a small business by opening a craft boutique on Madison's near East Side in July 2015. The open studio space with community worktables managed by Rachel Morey (shown right) is a welcoming setting for customers who craft customized projects using stencils and paint during crafty happy hours, monthly kid events and private parties.

"What really drives our business I believe is the idea of personalization paired with being creative without the stress. Our customers join us for a class and make something fabulous—taking the stress of the process out," she says. "The look of reclaimed and rustic is trending now as customers love the idea of repurposing and reusing wood from pallets and barns. The pieces become special and filled with character." thecraftyproject.com. 🌟

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- 74°F and up: super lightweight, which is ideal for warmer climates, summer sleeping, or for those who prefer the bare minimum
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As colder weather approaches, cozying up is not only comforting but also practical; according to Good Housekeeping, for every degree you decrease your home's temperature in the winter, you'll save 1 to 2 percent on your heating bill. Over a year that adds up, and could ultimately save more than 10 percent of your energy use. As you can see, purchasing a comforter is an investment, and, like all investments, it pays to do it correctly the first time. Let our local, expert advice help you choose the best bedding for your needs.

Information cited from the Division of Sleep Medicine at Harvard Medical School. Stop in to The Company Store for great deals on bedding for the whole family.





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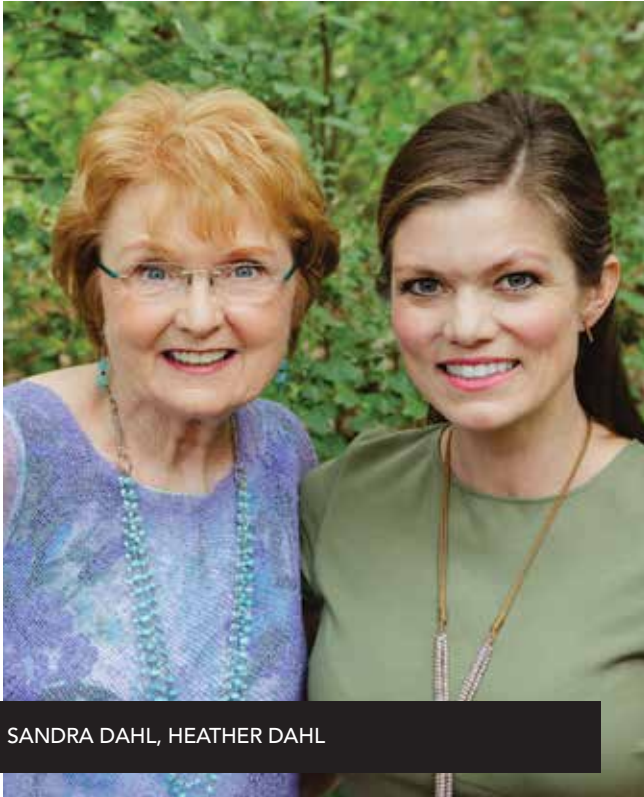
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(Clockwise from Left) Reclaimed Ironbolt table by Jamie Bradford of Wisconsin Farmhouse, handcrafted of local barnwood beams;

Wisconsin Farmhouse. (Read more about her on P. 28). Puro grey mist bowl by Juliska, \$26, Berry and Thread salad plate by Juliska, \$38, Berry and Thread dinner plate by Juliska, \$40, galvanized charger, \$18; plaid napkin, \$8; The Home Market Quinta natural cork candlestick by Juliska, \$68; The Home Market Braid charcoal ceramic and wood bowl by Terraforma, \$77; The Home Market Galvanized steel pot, \$16, rosemary tree, \$24; Metcalfe's Floral Studio. Gold-dipped cement pears, small \$4, large \$5; Orange Tree Imports. Low casserole dish by Sophie Conran, \$60; Orange Tree Imports. Harvest foliage runner by Tag, \$30; Orange Tree Imports. 🍁

PHOTOGRAPHED BY SHANNA WOLF

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A HEROINE'S NARRATIVE

ERIKA JANIK
RESURRECTS
FEMALE PIONEERS

BY RACHEL WERNER

WRITING PROVED TO BE A means to an end author Erika Janik had never envisioned. Her postgraduate study of colonial history at UW-Madison had her on course to a lifelong career in academia, but a major detour took place when she started volunteering at Wisconsin Public Radio.

"I really thought I would spend years in a basement or an office somewhere writing papers that almost no one would ever read," Janik says. "But after a year, they hired me because I knew how to find people and tell a story. All they had to do was teach me how to push the buttons."

As the producer and biweekly host of *Wisconsin Life*, Janik's passion for obscure facts and local trailblazers—past and present—shines through. And listeners will find a similar narrative in her nonfiction books like *"Pistols and Petticoats: 175 Years of Lady Detectives in Fact and Fiction,"* which debunk the narrow historical niche to which females have been relegated.

"My primary inspiration has been sharing my love of and enthusiasm for history, and telling stories of women in what I sometimes call 'unexpected places,' she says. "These places are really only unexpected because the history most of us learned is so male, political, military—and white. I hope that by finding and telling these stories, it helps us all remember the stories we think we know about our past are often missing a lot of voices and faces." erikajanik.com. 🏠



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- Dotty Dumpling's Dowry
- Ella's Deli • Essen Haus
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- Harvest • Ian's Pizza
- Imperial Garden
- jacs Dining & Tap Haus
- Liliana's • Lombardino's
- Manna Cafe • Mariner's Inn
- Nau-Ti-Gal • Nitty Gritty
(all three local locations)
- The Old Fashioned
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- Short Stack Eatery
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- Topsy Cow • Tornado Club
- The Wonder Bar
- Wisconsin Brewing
Tap Haus

STORIES AND STRIDES

*Facing the struggle, finding solutions:
Madison-area women confronting
Alzheimer's Disease*

BY LISA BAUER
PHOTOGRAPHED BY KAIA CALHOUN



*"I want to be with people, listen to people, learn things from people, as long as I can."
-Jane Ellen Donovan, recently diagnosed with Alzheimer's*

*A*fter 30 years in corporate training, Jane Ellen Donovan began finding it difficult to understand basic conversations. She often couldn't find her keys or purse or do simple tasks at home. The first doctor she saw said it was just a part of getting older, but she knew something was wrong.

She switched to UW Health for tests in November 2016. "They showed me my brain scan, and I saw all kinds of beautiful colors on the left side," she says, "but you don't want that. It was Alzheimer's."

Donovan, 68, decided to sell her home and move into a retirement center. She and her children are considering a future for her at Attic Angels as the disease progresses. An avid reader who loved book clubs, she can now only read children's books. A social butterfly, she's lost friends who have a hard time understanding her disease. She has a chef for seniors cook for her. She's driving less and less.

But Donovan is youthful, spry and determined. She's an advocate and activist. "How do I keep positive? That's just who I am," says Donovan, smiling. "I want to be with people, listen to people, learn things from people, as long as I can."

There is no cure for Alzheimer's, a degenerative brain disease and the most common form of dementia. According to the Alzheimer's Association, more than five million Americans are living with the disease. By 2050 this number could rise to 16 million. Women get Alzheimer's more often than men. African-Americans are twice as susceptible, and Latinos are 1.5 times more likely to get the disease. One in three seniors dies with Alzheimer's or

another dementia. Alzheimer's kills more people than breast and prostate cancer combined. In Wisconsin, the disease took 2,085 lives in 2016.

Alzheimer's can start with symptoms of dementia such as difficulties with memory, language and problem solving that affect the ability to perform everyday activities. It's not just forgetting your keys. As more nerve cells in the brain are damaged and destroyed, you can't carry out basic bodily movements and functions, such as walking and swallowing. People in the final stages require round-the-clock care.

Alzheimer's is one of the most expensive diseases in America. According to the Alzheimer's Association, in 2017, Alzheimer's and other dementias will cost the nation \$259 billion and is expected to reach a staggering \$1.1 trillion by 2050.

"We are doing what we can to end Alzheimer's," says Jane Mahoney, director of UW's Wisconsin Alzheimer's Institute. "We need research, we need to educate people and we need to understand health disparities. On a community level, we need to make sure people with dementia are not separated from their communities. But with the work that is going on nationally and internationally, we're optimistic and beginning to ask the question, 'When will we have the first survivor?'"



"In the last five years we've seen a sea change in research. It may take 15 or 20 years, but we are optimistic we can find treatments and a cure."

—Jane Mahoney, director of UW's Wisconsin Alzheimer's Institute

UW: A HUB FOR ALZHEIMER'S RESEARCH AND SUPPORT

We don't know what causes Alzheimer's, why it progresses at different rates and how to treat, prevent, slow or cure it. Pioneering scientists at the University of Wisconsin are racing to find answers.

"What we're doing is unique and recognized," says Mahoney. UW has two main centers studying the disease—the Wisconsin Alzheimer's Institute and the Wisconsin Alzheimer's Disease Research Center. "In the last five years we've seen a sea change in research. It may take 15 or 20 years, but we are optimistic we can find treatments and a cure."

Scientists are honing in on plaques and tangles in the brain as prime suspects in causing Alzheimer's. Amyloid protein builds up and clumps together between cells causing plaques, while Tau protein builds up inside cells creating tangles. These two abnormalities wreak havoc. (Take a tour to learn how Alzheimer's affects the brain at alz.org/brain.)

"We weren't even able to see plaques and tangles in brain scans until the last decade," Mahoney says. Often once symptoms occur, plaques and tangles may have been doing damage for a decade or more. Finding evidence of these culprits early is key as treatments come down the pike.

Along with brain imaging, UW scientists like Barbara Bendlin are analyzing proteins in fluids around the

brain and studying loss of brain connections. Research is done on adults who get annual exams, imaging and lumbar punctures. “A big part of this story is the super committed volunteers involved,” Bendlin says.

The world’s largest longitudinal research study on adults with parents who were diagnosed with Alzheimer’s disease is at the institute: the Wisconsin Registry for Alzheimer’s, or WRAP. Scientists have followed 1,550 people for 16 years to study biological, health and lifestyles factors that affect the disease. The study, funded by the National Institutes of Health, aims to identify Alzheimer’s early and uncover risk factors.

“One of the most interesting things we found is regarding insulin resistance,” Bendlin says “Blood glucose and insulin levels are related to brain changes. This doesn’t mean diabetes causes Alzheimer’s, but there’s a possible link.” They’ve also found that people reporting poor sleep showed evidence of plaques and tangles. There may also be a relationship between microbial gut bacteria and the brain. Exercise and healthy eating seem to be associated with brain benefits.

“We don’t want to say you get Alzheimer’s if you don’t exercise or follow a healthy diet,” she says, “but it may be that lifestyle changes in mid-life could help delay the onset of Alzheimer’s.” She suggests people explore the MIND Diet, which focuses on foods that are healthy for the brain, or the Mediterranean diets.

Friends and family may even decrease your risk. As Bendlin says, “Even if you’re developing plaques and tangles, if you have a higher level of networking with people, it can be protective of cognitive function.”

Other research has shown connections between Alzheimer’s and cardiovascular disease, fewer years of formal education, lack of social and cognitive engagement, traumatic brain injury and excess tobacco and alcohol use. UW’s Amy Kind is studying how living in a disadvantaged neighborhood—one with substandard housing, poverty, low education and high unemployment—impacts Alzheimer’s risk. Age, family history and genetics also come into play.

There’s no single test for Alzheimer’s disease. Treatments focus on alleviating symptoms and improving quality of life. Medications may help lessen memory loss and confusion, for a limited time. Doctors also use memory training, light therapy, exercise, cognitive stimulation and music.

Wisconsin scientists—many of them women—lead the way in Alzheimer’s research (visit bravamagazine.com to read “The Science”), and the state is also pioneering in its clinical support for Alzheimer’s patients and their families. A pillar program at the Alzheimer’s Institute is 31 innovative memory clinics across Wisconsin that offer state of the art diagnostic, treatment and social services to more than 3,000 new patients annually, many from rural, underserved parts of the state.

“The science is advancing very quickly,” says Bendlin, “We have a greater understanding of Alzheimer’s, new advances in technology and people working in a lot of different fields to bring novel insight to a huge problem.”

FIND LOCAL SUPPORT

ALZHEIMER’S ASSOCIATION SOUTH CENTRAL WISCONSIN CHAPTER

Kari Paterson, executive director, says 120,000 people suffer from Alzheimer’s in the state of Wisconsin with 7,000 in Dane County. These numbers—and those nationwide—are expected to triple in 15 to 20 years.

The Alzheimer’s Association—with 80 chapters across the country—works globally, nationally and locally to eliminate the disease. It can provide care and support to those affected by Alzheimer’s, advocate for research, prevention and care initiatives at the state and federal level and raise awareness and educate. The Association is the largest nonprofit funder of Alzheimer’s research in the world.

Each year it publishes a hefty “facts and figures” report to bring the latest research, updates and data to the forefront.

“I get pumped up seeing families that have benefitted from our education and support. And I get excited thinking about the momentum of research in our state and across the world,” Paterson says. “I hope we find a game changer in the next few years.”

Join the Association’s local Walk to End Alzheimer’s fundraiser each fall. Go to alz.org for more information.

ALZHEIMER’S AND DEMENTIA ALLIANCE OF WISCONSIN

In 2009, the Alzheimer’s Alliance began as a grassroots effort to serve families in south central Wisconsin.

Kristin Larson, of the Alliance, says its focus is to “support people at any and every stage,” from diagnosis to end-of-life care. The Alliance focuses on rural areas that don’t have access to care. They provide support specialists who help with diagnosis, accessing resources, working with challenges and planning for care needs.

The Alliance also offers programs for those with Alzheimer’s and their caregivers, including “memory cafes,” social gathering places for people with early Alzheimer’s or other dementia and their family and friends.

“We firmly believe this is a disease that people should not address alone,” Larson says. “We’re here to make the journey a little easier.”

Visit Wisconsin Brewing Company from 4 to 7 p.m. on Nov. 9 for Ales for Alzheimer’s, a happy hour and silent auction to benefit the Alliance.

For more information, visit alz.wisc.org.

TOLL ON CAREGIVERS

Haley Boyle left a job in Chicago to care for her mother Mary who was diagnosed with Alzheimer's at age 57. For several years before diagnosis, doctors said Mary's symptoms were due to anxiety, even though Mary couldn't put sentences together, got lost going to her sister's house and had to leave her job as a dental hygienist.

Boyle helped her father care for her mom at home until five years ago. "My mom was the nicest person in the history of the world," Boyle says, "but her personality took a 180." She became violent when they helped her bathe. They made the hard decision to move her out. Now, Mary lives in a nursing home and doesn't know the names of her children. She doesn't recognize her husband—Boyle's father—who still has lunch with her every day.

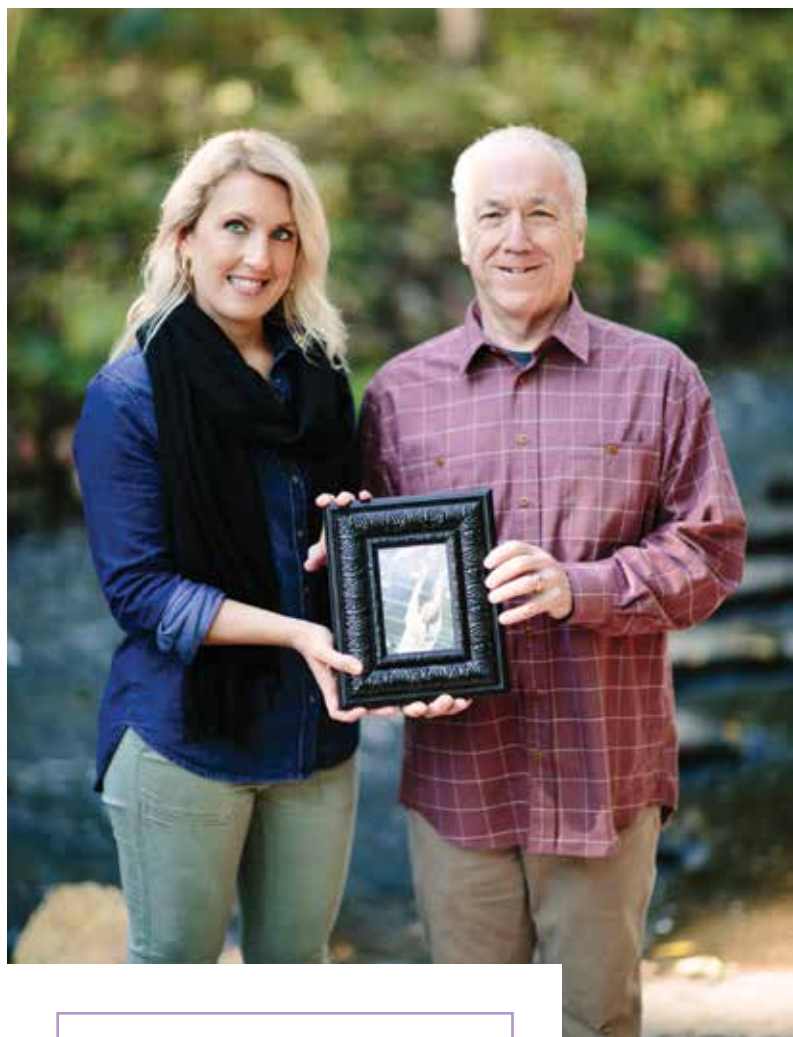
More than 15 million Americans provide unpaid care—from helping in the household and with finances to managing aggressive and dangerous behavior—for people living with Alzheimer's or other dementia. In 2016, caregivers provided an estimated 18.2 billion hours and \$230 billion of care. Approximately two-thirds of caregivers are women; more than one-third are daughters. According to the Alzheimer's Association, women caregivers often experience higher levels of burden, depression and impaired health than men.

"Caregivers are the unsung heroes of this disease," says Kari Paterson of the Alzheimer's Association. "They need validation, support and respite." Organizations like the Alzheimer's Association and the Alzheimer's Alliance provide support groups, hotlines, referrals and clinics.

"Sometimes, we just help with communication," says Kristin Larson of the Alzheimer's Alliance. "For example, if someone with Alzheimer's asks about her mother and her mother died 20 years ago, we talk about how to address that. 'Your mom is not here right now, but tell me more about her. I remember she loved to bake.'"

The Alzheimer's Association's Kari Paterson says, "We try to get families involved in our programming in early stages. Social circles really shrink as the disease progresses. We want caregivers to learn to take care of themselves."

Boyle says the decision to move her mom into a nursing home had to do with the toll caregiving was taking on her father. She's had to scale back on caregiving to take care of herself, too. Her message to caregivers: "Talk to people. Get help. Get involved." She serves on the Alzheimer's Association South Central Wisconsin chapter board and heads up fundraisers, including having started a blondes vs. brunettes football game to raise money for the cause.



Haley Boyle returned to the area to help her father care for her mother, Mary, who was diagnosed with Alzheimer's at age 57.

In October, Boyle got engaged. It was bittersweet. "My mom would have been the first person I would have told, but now she wouldn't know or care what it means," she says. "But I've heard stories of this disease ripping people apart. As painful as it's been, it's brought us together. My family is closer than we've ever been."



Jewelline Wiggins cared for her mother, Cornelia, for 15 years and today participates in UW's research study to better understand health equity around Alzheimer's in the African-American community.

BATTLING THE DISEASE IN AFRICAN-AMERICAN COMMUNITIES

Jewelline Wiggins has a personal reason for getting involved in Alzheimer's research. She took care of her mother for 15 years, nearly 10 of which her mother suffered from dementia. For seven years, Wiggins, an African-American, has had annual brain scans, blood tests and lumbar punctures as part of UW's WRAP research, one of the richest studies in the nation on Alzheimer's that specifically addresses health equity issues.

"I had a bit of fear when I first decided to join the study," Wiggins says. "But if it's in my community, I want to know about it, and I would love to be a part of the cure."

Older African-Americans are about twice as likely to have Alzheimer's and other dementias as older whites.

Researchers don't know why the disease is so prevalent in certain races, but they are exploring things such as cardiovascular disease, stress, socioeconomic factors and health disparities.

Fabu Carter, outreach specialist for the UW's Alzheimer's Disease Research Center, works to recruit and retain research volunteers from groups that are traditionally underrepresented in medical research. Carter's efforts have resulted in a substantial increase in the number of African-Americans participating in Alzheimer's research at the UW.

"There's a tragic intersection between research and far too many people of color," Carter says. "Historically, they have been treated very badly, take for example the story of Henrietta Lacks or the Tuskegee syphilis study."

Lacks' cells were taken, without her knowledge, in 1951 and were crucial in developing important medical advances. The Tuskegee study was of African-American males with syphilis who were never treated for the disease, even after the advent of penicillin.

"But in order to find a cure" for Alzheimer's disease today, Carter says, "you have to have people of all kinds involved in research," adding that those involved and their caregivers get early access to resources and cutting-edge information.

Carter also helps reduce the burden of dementia in the African-American community through the research center's programming. It offers free computer and exercise classes and helps with financial management and social support, a key cultural feature in African-American communities.

Susan Flowers Benton's research in health disparities "really tapped into the tradition of the black community helping each other," she says. As a post doc in UW-Madison's Department of Family Medicine and

POLICY CHANGES ADDRESSING THE CRISIS THROUGH LEGISLATION

Nearly 1 in 5 Medicare dollars is spent on a person with Alzheimer's. It's creating an enormous strain on state and federal budgets, driving home the need to fight the disease on all fronts.

"Alzheimer's research is drastically underfunded nationwide," says Kari Paterson of the local chapter of the Alzheimer's Association. Fatou Ceesay advocates for the association and owns Cairasu Home Care, adding, "The NIH requires \$2 billion to go into research for this disease, and not even half of that is now going annually. Unless that gap closes, we will continue to struggle with this and our government will spend more on care and fixing a catastrophe."

Ceesay has done home health care for more than 15 years. She works primarily with U.S. Rep. Mark Pocan to get more funding. "He and U.S. Sen. Tammy Baldwin are champions for supporting Alzheimer's legislation," she says.

Ceesay is currently following an act to create a national strategy to support caregivers and one that would ensure high-quality professional care for those with Alzheimer's.

In October, Wisconsin State Assembly legislators announced a package of seven bills aimed at improving the care of those affected by Alzheimer's, related dementias, life-threatening illnesses and the lives of their caregivers. The bills are being circulated for cosponsorship, and authors hope they receive bipartisan support.

Wisconsin State Rep. Dianne Hesselbein, of Middleton, received a 2016 advocacy award from the Alzheimer's Association. For her, the work is personal—her father died from the disease. She joined a special Alzheimer's task force that resulted in 10 bills, three of which became laws to increase funding for respite care, train mobile crisis teams and create a pilot dementia care crisis unit. They also got \$50,000 in grants for research at UW.

"We toured the state and talked to a lot of people affected by this disease," Hesselbein says. "It's dire in rural Wisconsin. This disease is tackled by being connected to resources, and some places don't have rural broadband or a library." She says she was disappointed more of the task force's bills didn't pass, but "we'll still move forward to fight this disease."

Ceesay adds, "I love the nitty gritty work I do in people's homes, spending time with seniors and families. But I see so much potential in creating laws to address Alzheimer's. I can't turn a blind eye to that"

Community Health, Benton studied how to make a chronic disease health management program more culturally competent.

Benton invited three cohorts of African-Americans with cardiovascular disease—a risk factor for dementia—to participate in a modified Living Well series. She found several ways to empower and engage older African-Americans: have African-Americans teach the courses and make home visits, and include lots of social support. Benton's study, for example, offered "memory partners" and group meetings. She wants to continue the groups, adding, "I hope it becomes a bridge between the black community and health care institutions."

Wiggins found that her mother's social network sometimes kept her disease at bay. With a large family in town, people were always visiting, telling stories and asking her mom to share memories. When grandchildren would show up, "she would light up like it was Christmas," says Wiggins. During her 93rd birthday party, surrounded by her large family, her mom smiled and even cracked a joke.

LIVING AS WELL AS POSSIBLE WITH ALZHEIMER'S

"You can't change the course of this disease," says Kristin Larson of the Alzheimer's Alliance. "But you can make things better or worse depending on how you respond to it."

Jane Donovan is responding with love. In a September walk for Alzheimer's, Donovan called her team Love your Life, "because that's how I want to feel," she says. "When I get up in the morning, I want to love my life."

Communities around the country, including those in Dane County, are making strides in supporting people with Alzheimer's and their caregivers. First and foremost, it's about fighting the stigma.

Joy Schmidt, a Dane County Dementia Care Specialist, works to increase awareness and create Dementia Friendly Communities. "This is not a casserole disease," she says, "When someone has cancer, people come together to support them. With dementia, people often pull away. We're working on changing that. It's our hope that people feel safe and accepted and that we are all more comfortable talking about Alzheimer's and dementia."

A Dementia Friendly Community is aware of the needs of citizens who live with dementia and helps them remain active and involved. Schmidt says 16 communities and more than 300 business and organizations in Dane County have been trained on becoming dementia friendly. Banks, libraries, dentist offices, police departments, restaurants, hospitals and museums are just a few examples.



**"I see so much
potential in creating
laws to address
Alzheimer's.
I can't turn a blind
eye to that."
-Fatou Ceesay,
advocate and owner
of Cairasu Home Care**

"Right now, we're working with Madison Metro to train all bus drivers," Schmidt adds.

Training helps people understand signs of dementia, breaks down myths and offers communication tips, e.g. slow down, make eye contact, be patient, have compassion. Groups that complete training display a DFC window cling.

Donovan serves on the dementia friendly Middleton group and often speaks publicly about her disease. "Alzheimer's is not hard for me to talk about," she says. "No secrets here. It's important for people to know I'm still me."

Schmidt says caregivers and those with Alzheimer's can socialize in nontraditional support groups called "memory cafes" that take day trips, bring in speakers and do group activities. The Alzheimer's Alliance and the Alzheimer's Association both offer classes, consultations and support groups. The Wisconsin Alzheimer's Institute sponsors the Amazing Grace

chorus in Milwaukee for people with Alzheimer's and their caregivers. Many can no longer hold conversations but still connect with music.

Fabu Carter, Alzheimer's Disease Research Center outreach specialist and former Madison poet laureate, says art of all kinds can be therapeutic. She brought the Alzheimer's Poetry Project to Madison to "affirm people, stimulate memory and help create something beautiful." People with Alzheimer's are invited to hear poetry and then write it as a group. "We focus not on what they have lost," she says, "but on what is meaningful to them, and what they love."

In her bright apartment with tall ceilings, art work and sliding doors overlooking leafy green trees, Donovan shows off colorful children's books, elaborate sticker books and adult coloring books she's found to keep her mind active. "I'm very calm when I do these things," she says. "I love to find new things to do. I love to be happy." 🌸



1



2



3



4



5

1. Fur trim tweed zip coat, \$425; Pendleton | 2. Blue mohair coat by Greenstone, \$495; Terese Zache Boutique
 3. Lapel neck coat by Sita Murt, \$335; Chauette | 4. Stand collar jacket; \$100; Lands End
 5. Belted faux suede coat by Carre' Noir, \$168; Chauette | 6. Stripe taupe coat by Waverly Grey, \$335; Chauette
 7. Louise coat by Itala Testino, \$919; Terese Zache Boutique | 8. Long buffalo plaid wrap coat, \$379; Pendleton

That's a **WRAP**

COAT COUTURE

BY RAE SANDERS

PHOTOGRAPHED BY SHANNA WOLF

Trends from the 60s are again gracing our closets, offering retro ways to bundle up in style this winter. Shift coats decorated with fur trim, dramatic lapels and minimal fasteners let you sashay freely down the avenue. Timeless trenches whisper a hint of classy mystique. Solids, stripes and color blocks feature colors as warm as your wrap—from butter-rum tans to dynamic grenadine reds. 🌸

6



7



8



RAVES & FAVES

2017

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SPECIALTY FOOD & DINING OUT

GROCERY STORE

1. Willy Street Co-op
2. Metcalfe's
3. Miller & Sons Supermarket

BEER, WINE OR LIQUOR SHOP

1. Steve's
2. Woodman's Food Market
3. Barriques

CRAFT BREWERY

1. Ale Asylum
2. New Glarus Brewing Company
3. Wisconsin Brewing Company

BAKERY

1. Bloom Bake Shop
2. *Tied:* Batch Bakehouse, Greenbush Bakery
3. Madison Sourdough

CHOCOLATIER

1. Gail Ambrosius Chocolatier
2. *Tied:* Chocolaterian Café, Candinas Chocolatier, The Chocolate Caper
3. Infusion Chocolates

RESTAURANT

1. Eno Vino Wine Bar & Bistro
2. RED
3. *Tied:* Cento Café, Graze, Short Stack Eatery

GIRLS' NIGHT OUT SPOT

1. Eno Vino Wine Bar & Bistro
2. Toot + Kate's Winebar
3. *Tied:* Lucille, Revel

BREAKFAST OR BRUNCH SPOT

1. Short Stack Eatery
2. Marigold Kitchen
3. Hubbard Avenue Diner and Bakery

BURGER JOINT

1. Dotty Dumpling's Dowry
2. *Tied:* DLUX, Nitty Gritty
3. Blue Moon Bar & Grill

PIZZA PLACE

1. Salvatore's Tomato Pies
2. Ian's Pizza
3. Glass Nickel Pizza

FOOD CART

1. Good Food
2. Banzo
3. El Grito Taqueria

FISH FRY

1. Toby's Supper Club
2. *Tied:* Jacs Dining and Taphouse, Oakcrest Tavern
3. Quivey's Grove

COFFEE SHOP

1. Barriques
2. Colectivo
3. Moka

FAVE

BEST GIRLS DAY OR NIGHT OUT

Wi-yaking...kayaking with wine! Group of neighbor girls get together once or twice a month.

— Suzan Cook, Waunakee

COFFEE ROASTER

1. True Coffee Roasters
2. Colectivo
3. Barriques

BOUTIQUE FITNESS STUDIO

1. Flyght Cycle
2. Gym 608
3. Dragonfly Hot Yoga

SPA

1. Kneaded Relief Spa & Wellness
2. Rejuvenation Spa
3. The Edgewater Spa

LOCALLY BREWED BEER

1. Spotted Cow (New Glarus Brewing Company)
2. Fantasy Factory (Karbon4)
3. Hopalicious (Ale Asylum)

PRIMARY CARE CLINIC

1. UW Health
2. SSM Health Dean Medical Group
3. Group Health Cooperative of South Central Wisconsin

LIFE OR EXECUTIVE COACH

1. Sarah Young, Zing Collaborative
2. Darcy Luoma, Darcy Luoma Coaching & Consulting
3. Chariti Gent, Chariti Gent Coaching & Consulting



FITNESS, HEALTH & WELLBEING

VISION CLINIC

1. Sokol Advanced Eyecare
2. UW Health Eye Care
3. Isthmus Eye Care

CLINIC FOR SKIN HEALTH OR COSMETIC PROCEDURES

1. Robertson Cosmetic Center
2. Radiance Skin Therapy & Laser Center
3. Aesthetica Skin Health Center

DENTIST

1. Dr. Jana Gyurina, Oak Park Dental
2. Dr. Nicole Andersen, Artisan Dental
3. Dr. Scott Johnson, Dental Health Associates of Madison

DENTAL CLINIC

1. Oak Park Dental
2. Dental Health Associates of Madison
3. First Choice Dental

HAIR SALON

1. RZ & Co.
2. Anui Salon & Spa
3. Ecco Salon

GYM OR HEALTH CLUB

1. Princeton Club
2. Gym 608
3. Harbor Athletic Club

YOGA STUDIO

1. Dragonfly Hot Yoga
2. Inner Fire
3. Bliss Flow

FAVE

SWEET TOOTH FIX

La Michoacana.
The flavor options are endless and the workers are always so helpful and cheerful!

– Elizabeth Johnson,
Madison



BOUTIQUE & SHOPPING

WOMEN'S SHOE BOUTIQUE

1. Cornblossoms
2. Morgan's Shoes
3. Shoo

THRIFT CONSIGNMENT SHOP

1. St. Vincent de Paul's
2. The Pink Poodle
3. Simply Savvy

WOMEN'S CLOTHING BOUTIQUE

1. Terese Zache Designs
2. *Tied*: Karen & Co. / Sassafras, The Purple Goose
3. *Tied*: Rupert Cornelius, Twigs

EYEWEAR BOUTIQUE

1. Ulla Eyewear
2. *Tied*: Eyeopia, Madison Optometric Center
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— Rhonda Thompson, Madison

FAVE

FITNESS INSTRUCTOR OR GURU

Alecia Jacobson, owner/trainer at Gym 608! She is a beautiful combination of tough yet caring. She truly pushes her clients to work hard and give their all, while always being in tune with "what's going on" in their lives. She provides so much encouragement and support. I adore her smaller class sizes and personalized attention. Alecia is the best!

— Stacy Wepking, Verona

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FAVE

THE MADISON-AREA WOMAN WHO INSPIRES ME MOST

Sherie Hohs is an amazing Madisonian. She works for the Madison Metropolitan School District as a district LGBT liaison. Formerly, she was a social worker. Students love her and trust her. They know that she will always accept them, but she will also push them to be their best selves. Also, she is a former badass roller derby player on the Reservoir Dolls, and she is an avid world traveler. No matter where she is, she is seeing the best in people and helping them achieve.

– *Stephanie Beckman, Lodi*

FAVE

FITNESS INSTRUCTOR OR GURU

Bekah Grant at Dragonfly Hot Yoga is a kind, compassionate and inspiring yoga instructor. She makes the yoga class physically, mentally and spiritually enriching and always greets you with a smile when you come into the studio.

– *Hannab Nowalkowski, Madison*



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– *Carrie Sandstrom, Fitchburg*

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FAVE**FAVORITE WAY TO SPEND THE DAY WITH VISITORS IN MADISON**

Olbrich Gardens is great, walks by the lake, visit to farmer's market, picnic at the beach... and of course viewing the perfect sunset from Tenney Park or James Madison Park. Maybe a music festival to top it off!

– *Brenda Bernstein, Madison*

A hike in the Arboretum or at Governor Nelson State Park; walk down State Street; dine at one of the restaurants there, then head to the Union Terrace for a beer and sunset.

– *Katbi Kemp, Oregon*

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TRAVEL

GO PACK!

Game day warm-ups include frolicking on the green in the new Titledown District—an active hub in which to pass the time before heading across the road to Lambeau Field.

Check out the other swanky additions to Green Bay's "Packerland" quadrant in *JAUNT*, p. 85.



DINNER AND A SHOW

A FINE DINING EXPERIENCE AT RARE

BY MARNI MCENTEE

DINING AT RARE STEAKHOUSE MAKES you feel rich. Not gold-toilet-seat, your-name-on-a-high-rise rich, but elegant, mahogany trim, leather booths and chandelier rich, with an extra side of pampering by a captain-server duo aiming to anticipate your needs.

"The amount of time and service we give to our guests requires two people to make sure things are running smoothly and in a timely fashion," says Genevieve Visse, who until recently was the only female captain at Rare in Madison. "Dining is an experience and we've found that the culture has very much come back to that sense."

In Rare's inky interior, the steaks are the stars but the seafood is no slouch, either—

flown in daily. To start, try the Oysters Rockefeller—as long as we're on the rich theme—which have a surprisingly sea-fresh taste considering we're landlocked here. Prepared with butter and a touch of Pernod, garnished with spinach and local Nueske's bacon, this is a seriously comfort-inducing appetizer. It pairs well with one of Rare's signature cocktails, like the Mad Man, featuring Death's Door gin and the dry breath of Yzaguirre Vermouth, along with a spritz of Dalmore 18, leaving a film of fine Scotch on top.

Or, order from Madison's largest wine list, which includes 400-plus different kinds of wine—some with breathtaking price tags but many accessible to the masses, or by the glass.

For a bit of a show, choose the Classic Caesar's Salad, prepared in a wooden bowl tableside by the captain, who weaves a story about the dish's invention, surprisingly by a California ex-pat in Tijuana, Mexico. She smashes the garlic cloves in the bowl, then adds an emulsion made fresh daily of black, salt-cured French anchovy, Dijon mustard and Worcestershire Sauce. An egg yolk comes next, followed next by fresh lemon juice to "cook" the egg. Lastly the chopped Romaine is tossed with the mixture, topped with a sprinkling of SarVecchio Parmesan by local maker Sartori Cheese, and voila!

"It's a flavor bomb," Visse says.

Don't hesitate to try the house made, ultra-light popovers, baked with 40 egg yolks

PHOTOGRAPHED BY SUNNY FRANTZ



per batch in a cast-iron pan and brought to the table warm, accompanied by both fresh, house made whipped strawberry butter and Maldon sea salt butter.

Chefs are putting together Rare's fall/winter menu, including some new seafood options, Sous Chef Joshua Pickering says. But standouts and menu regulars will remain, such as the fresh Scottish salmon, pan roasted to Omega-3 releasing perfection, finished with butter and served with crispy asparagus and a barely sweet orange reduction sauce.

Rare's signature steaks, procured from Whittingham Meats near Chicago, are dry-aged in the restaurant's custom-made cooler, which desiccates the outside of the beef, leaving moist and tenderized meat inside, Pickering says. "Dry-aged

steak is really concentrated and the most tender meat that's just out of this world when cooked."

Steaks, including phenomenal wet-aged filets of various weights, are broiled in a custom-made Montague broiler, which heats to 1,800 degrees and quickly sears the meat. They're served with raw au jus or a demi glace, so guests have the choice of several "enhancements," including sauteed mushrooms, foie gras butter, bacon or bleu cheese.

Entrees come side-free, so guests choose from a variety of them, including a rich and plentiful Potatoes Au Gratin that's easily enough for two—and maybe more. Such dishes, says owner Jack Sosnowski, are part of Rare's effort to encourage dining family style, sharing sides around the table. Sosnowski, whose Nobel Chef Hos-

pitality group includes Freiburg Gastro Pub and Capital Tap Haus in Madison, is in the process of opening the newest Rare Steak and Seafood in Washington, D.C. A third is already open in Milwaukee.

To end the meal at Rare as you began it—with a show—order the Bananas Foster, made from a ripe banana, high-proof white rum, banana liqueur and a buttery caramel sauce by your captain at the table. It comes with a fiery end as the rum is set alight to braise the bananas and bubble up the sauce just so. A sprinkle of cinnamon into the flames adds a sparkly climax before the sauce is poured over three scoops of vanilla ice cream from The Chocolate Shoppe,

"It has a sticky, rich, bubbly deliciousness," Visse says. 🍷



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GOLDEN ERA TITLETOWN BLINGS OUT GREEN BAY

BY RACHEL WERNER

ALL THAT GLITTERS IS DEFINITELY GOLD ACROSS Titledown Park in Green Bay. Situated on over 5 acres and a pigskin's throw directly across South Ridge Road from Lambeau Field, the outdoor recreational area and contemporary event venue occupies the same property as Lodge Kohler, Hinterland Brewery's new digs and Bellin Health's sleek sports medicine and orthopedics' facility.

The massive expansion of "Lambeau's corridor" is flanked by outdoor foosball and ping pong tables, a book corral, a 40-dash obstacle course activity for tykes and a regulation-size football field designed for year-round recreational use. After logging a few sprints on artificial turf, strap on skates to glide around the fire pit in the ice rink's center or duck underneath the three-level

el event center for hot chocolate or toddies in the warming den. Then promptly quench the need for speed on the 300-yard tubing hill sloping down the building's roof.

Once the sun starts to set and the temps drop, the warmth and luxury of Lodge Kohler beckons. This smaller sister boutique to five-star The American Club located an hour south, is decked out in both historical Packer memorabilia and true Kohler fashion—complete with bell service, luxe décor, plush linens and an in-house spa.

The lodge's Kohler Waters Spa offers an expansive list of services and meticulous attention to guests' tranquility. Hydrotherapy treatments for face and body are worth the splurge so prepare to relax under a state-of-the-art Vichy shower, which plies you

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with a continuous flow of warm water while a therapist also applies gentle pressure to the skin.

Post-pampering, kick back in comfort on the top floor at Taverne In the Sky. The restaurant's menu fuses gourmet tastes with game day fare cranking out inventive appetizers such as tempura veggies, Artichoke Lemon Fritters and Smoked Sturgeon Dip, prepping diners to feast like champions during the second course on Cracker-crusting Walleye, BBQ Baby Back Ribs or rotisserie chickens available in three different sizes. Dessert is best had in a liquid form thanks to an array of cocktails incorporating Kohler's signature chocolate brandy—try the chocolate Old Fashioned, Chocolate Mint or White Russian.

Though the day may be done, end the day on a high note: Tuck into bed and gaze upon the twinkling lights of Lambeau, grateful the yellow brick road led to Green Bay, and not Oz, after all.

packers.com/lambeau-field/title-towndistrict.html. lodgekohler.com.

More on Green Bay at BRVAmagazine.com. For a shopping JAUNT see P. 94. 🍷



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Keep Your Back and Joints Healthy

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BY SUE SVEUM

WHAT YOU SHOULD KNOW ABOUT BACK AND JOINT HEALTH

If it sometimes feels like you're going nonstop, you aren't alone. But all of that coming and going, bending and lifting, walking, standing and even driving can take its toll on your body. From athletes to grandmas, everyone is susceptible to the aches, pains and injuries of our back and joints. It's so common that if you've never experienced it yourself, you probably know someone who has. So BRAVA turned to Dr. Ann Stitgen, an orthopedic surgeon with SSM Health, for some expert advice on how to maintain good joint health—or treat the condition once pain appears.

JOINT HEALTH DECODED

Arthritis is the No. 1 cause of chronic pain, experts say. Adults are generally more active than they were a generation ago, so while there may be more injuries caused from sports and exercise today, the most frequent cause of joint pain is still arthritis.

"Fractures, sprains and strains are common," says Stitgen, "but the number of people with arthritis—especially osteoarthritis—is increasing as people live longer." She says 50 million people in the U.S. have arthritis—a number that's expected to increase to 67 million by 2030.

"Most often genetic, arthritis can also be caused by injuries (ACL tears, hip fractures, etc.) as well," she explains. So while staying active is a great idea, don't let that fool you into thinking it will keep arthritis at bay. In fact, according to Stitgen, who cites the statistics with ease, "arthritis is the most common cause of disability among American adults, with about 172 million workdays lost each year due to arthritis."

The condition can affect anyone, but is generally more prevalent among older adults, and affects more women than men, reports Stitgen, who has some pretty impressive statistics of her own. While just 5 percent of orthopedic surgeons are female, Stitgen became the fourth woman to be accepted into her program in 44 years—and the first female orthopedic surgeon at Dean Medical Group.

According to Stitgen, you may not be able to prevent arthritis—or injury—entirely, but there are some things you can do to lessen your chances of breaks and sprains as well as minimize the pain of injury or arthritis.

First off, she says, "Drop those extra pounds!"

"The force across your knees when walking is about three times your body weight—and when doing other activities, like squatting or lunging, it can be six to 10 times your body weight!" So the heavier you are, the more stress you're putting on your joints. And over time, that trauma can lead to arthritis and chronic pain. Obesity, she says, is one of the major contributors to the growing number of arthritis cases in the U.S. today.

In addition to watching your weight, there's one other thing that Stitgen recommends to reduce your risk of developing joint health issues. And it's an easy one. "Take calcium and vitamin D," Stitgen advises. "These supplements can help prevent osteoporosis and decrease the chance of fragility fractures."

And there's more good news. Treatment is better than ever before. When it comes to joint replacement surgery, she says, some of the recent advances involve postoperative pain management. "New combinations of pain medications and anesthesia can significantly cut down on recovery time," she explains. "In the past, patients would stay in the hospital for over a week, but now they're walking the same day of surgery and going home after only one to two days."

Ann Stitgen, MD

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- Ann Stitgen, MD



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3-5 | TIMES VARY

"CARMEN"

Set in Seville in 1820, a gypsy is determined to live life on her own terms, whatever her fate may be. *Overture Center, Madison. overture.org.*

3-18 | 7:30 P.M.

"WAIT UNTIL DARK"

Susan Hendrix, a blind yet capable woman, is imperiled by a trio of men in her own apartment. As the climax builds, Susan discovers that her blindness just might be the key to her escape. *Bartell Theatre, Madison. madisontheatreguild.org.*

10-12 | TIMES VARY

"BEAUTIFUL ISOLATION"

Experience the unique vision of iconic American choreographer Anna Sokolow, from the stark simplicity of her "Lyric Suite" to her meditation on alienation in the modern world in, "Escape." *Overture Center, Madison. overture.org.*

12 | 7 P.M.

"A NIGHT WITH JANIS JOPLIN"

This sensational show is a musical journey celebrating Joplin and her biggest musical influences. *Overture Center, Madison. overture.org.*

17-19 | TIMES VARY

"TROUBADOUR: TWO FACES OF THE CLASSICAL GUITAR"

Renowned for her extraordinary virtuosity and lyricism, Sharon Isbin's versatility is on display. *Overture Center, Madison. madisonsymphony.org.*

ENTERTAINMENT

2-5 | TIMES VARY

LADY LAUGHS COMEDY FESTIVAL

The second annual Lady Laughs Comedy Festival offers diverse acts packed with laughs. This year, Mary Kennedy from Showtime's hit show *Shameless* will be headlining. *Plan B, Madison. LadyLaughsComedy.com.*



3 | 7 P.M.

LUMINESCENCE: A SPECTACLE OF FIRE & LIGHT

Performed by Pyrotechniq Productions, the troupe will make their Madison debut, showcasing their powerful and mysterious acts that include dance, fire, glow, LED props, costumes, choreography and sound. *Monona Terrace, Madison. mononaterrace.com.*

7 | 7 P.M.

TUESDAY NIGHT MOVIE CLUB

This screening will feature "A Town Called Panic," previously shown at the 2010 Wisconsin Film Festival. *The Marquee at Union South, Madison. wifilmfest.org.*

17 | 6 P.M.

BOOK LAUNCH READING: HEATHER SWAN

Swan's new book, "Where the Honeybees Thrive: Stories from the Field," encompasses issues with bee sustainability and how to improve it worldwide. *A Room of One's Own, Madison. roomofonesown.com.*

17 | 7:30 P.M.

CONCERT: CLAUDIA SCHMIDT

With four decades of touring as a professional musician in North America and Europe, Schmidt is a folk force to be reckoned with. *Our House, Madison. claudiaschmidt.com.*

FAMILY

16 | 11 A.M.

EASTERN HOLISTIC HEALTH FOR FAMILIES

Parents and children will practice the fundamentals of yoga, family shiatsu healing and Buddhist meditations. *Tao Sangha Center, Madison. taosangha-na.com.*

18 | 10 A.M.

WISCONSIN SHIPWRECKS FOR KIDS

Learn how some of the 700 ships in Wisconsin's waters sank and discover what sailor and passenger life was like on these vessels. *Wisconsin Historical Society, Madison. wisconsinhistory.org.*

22 | 7:30 P.M.

DR. SEUSS' HOW THE GRINCH STOLE CHRISTMAS! THE MUSICAL

Discover the magic of Dr. Seuss' classic holiday tale as it comes to life on the stage. *Overture Center, Madison. overture.org.*

24-25 | TIMES VARY

PICTURES WITH SANTA

Head to DreamBank with the family for free hot cocoa, a holiday crafting workshop and photos with Santa! Crafting and cocoa will also be available all day. *DreamBank, Madison. dreamfearlessly.com/dreambank/events/.*

SAVOR

4 | 9 A.M. HERB FAIRE

Join in the 35th annual Herb Faire to experience herbal vendors, workshops and demonstrations. There are free herbal presentations in the Atrium as well. *Olbrich Gardens, Madison. madisonherbsociety.org.*

4 - 5 | TIMES VARY WISCONSIN CHEESE CAMP

Explore the cheesiest camp ever with farm and creamery tours, a Cheesemaker Gala, a "Cheddar Dinner," and educational seminars. *The Edgewater, Madison. wisconsincheeseoriginals.com.*

7 - 8 | TIMES VARY WINTER BRAISING COOKING CLASS

Engage in a hands-on cooking class and dining experience with a gourmet chef to learn the techniques associated with braising and slow cooking with comfort food classics. *vomFass, Madison. madison.vomfassusa.com.*

JAUNT

4 | 6 P.M. BARN DANCE

A pot luck and barn dancing for the entire family will be hosted by Folklore Village. Traditional American dances like old-time squares, New England contras, and Appalachian, Southern and Midwestern big circles will get you on to the dance floor for more. *Folklore Village, Dodgeville. folklorevillage.org.*

11 | 1 P.M. LOVE, HOPE AND HEALING

Shop natural body and home products handcrafted by women survivors of trafficking, prostitution and addiction and listen to a moving talk by a survivor leader. *Fort Atkinson Club, Fort Atkinson. business.fortchamber.com.*

17-19 | TIMES VARY HOLIDAY FOLK FAIR INTERNATIONAL

This year's theme, "Celebrate the Culture of Welcome," provides attendees the opportunity to learn traditions and symbolism of cultures as it relates to welcoming individuals. *Wisconsin State Fair Park, West Allis. folkfair.org.*

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DEC 2, 2017-APR 15, 2018

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mmoca.org

Jaume Plensa, *Talking Continents*, 2013. Stainless steel, 19 components, dimensions variable. © Jaume Plensa. Courtesy Galerie Lelong & Co.

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NBC15 Share Your Holidays Campaign The Power of One to Raise 3.86 Million Meals



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We need your help to raise 3.86 million meals this year! During the televised Phoneathon on Dec. 6 from 6 a.m. to 10:30 p.m., your donation will be matched all day! Call 844-8-HUNGER (toll-free) or go online at www.SecondHarvestMadison.org/SYHDonate that day to donate.

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December 6th at 6 am -- 10:30 pm

NBC15 Share Your Holidays Campaign
844-8-HUNGER

SecondHarvestMadison.org/SYHDonate



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17 | 6 P.M.

2017 BARABOO WINTER WINE WALK AND SHOP

Hosting its 20th Wine Walk and Shop in downtown Baraboo, participants will embark on a wine tasting tour. *Downtown Baraboo. downtownbaraboo.com.*

THRIVE

7 | 5:30 P.M.

RED SHOES EVENT: WOMEN & ENTREPRENEURSHIP

Join in celebration of the first ever Women's Entrepreneurship Day in Wisconsin. Showcasing enterprising women with a lively Q&A and quick money tips for women in business. *Park Hotel, Madison. summitcreditunion.com/events.*

15 | 5 P.M.

SALVATION ARMY LIP SYNCH BATTLE

Compete for a \$1,000 grand prize for your favorite charity at Salvation Army's second annual Lip Synch Battle, singing to end the cycles of homelessness and poverty in Dane County. *Brink Lounge, Madison. salvationarmydaneconomy.org.*

16 | 6:15 P.M.

DREAM BIG: BECOMING MORE "YOU" BY BUILDING COMMUNITY WITH KIMBERLY ZAHASKY

Join registered nurse Kimberly Zahasky of Blue River Chiropractic and the Professional Optimist and learn to create a life that is fulfilled by giving. *DreamBank, Madison. dreamfearlessly.com/dreambank/events/.*

17 | 6 P.M.

WINE, WOMEN AND SHOES

Enjoy complimentary wine and hors d'oeuvres while shopping in the market place. All proceeds support breast cancer research and patient care. *Monona Terrace Convention Center, Madison. winewomenandshoes.org.*

30 | 6:15 P.M.

DREAM BIG: AWAKEN THE FIRE WITHIN YOU WITH JULIE ROTHAMER CRUZ

Join Julie Rothamer Cruz, health coach and consultant, as she guides you on a journey to awaken the fire in your belly, to feel your best and to live the life of your dreams. *DreamBank, Madison. dreamfearlessly.com/dreambank/events/.*



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1. Publication Title: **BRAVA Magazine**

2. Publication Number: **2508-6**

3. Filing Date: **9/29/17**

4. Issue Frequency: **Monthly**

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6. Annual Subscription Price (If any): **\$14.00**

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**951 Kimball Lane, #104
Verona, WI 53593**

8. Complete Mailing Address of Headquarters or General Business Office of Publisher (Not printer):
**NB-Turner Media Group, Inc.
400 Broad St., Unit D
Lafayette, WI 53147**

9. Full Name and Complete Mailing Address of Publisher, Editor, and Managing Editor (Do not leave blank):
Publisher (Name and complete mailing address):
**Barda Krouse
400 Broad St., Unit D
Lafayette, WI 53147**
Editor (Name and complete mailing address):
**Kate Rose
951 Kimball Lane, #104
Verona, WI 53593**
Managing Editor (Name and complete mailing address):
**Marni McGeele
951 Kimball Lane, #104
Verona, WI 53593**

10. Owner (Do not leave blank. If the publication is owned by a corporation, give the name and address of the corporation immediately followed by the names and addresses of all stockholders owning or holding 1 percent or more of the total amount of stock. If not owned by a corporation, give the names and addresses of the individual owners. If owned by a partnership or other unincorporated firm, give its name and address as well as those of each individual owner. If the publication is published by a nonprofit organization, give its name and address.)
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12. Tax Status (For completion by nonprofit organizations authorized to mail at nonprofit rates) (Check one): ☒ N/A
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☐ Has Not Changed During Preceding 12 Months
☐ Has Changed During Preceding 12 Months (Publisher must submit explanation of change with this statement.)

PS Form 3526-A, July 2014 Page 1 of 4 (See instructions page 4) PSN 7530-02-000-8000 PRIVACY NOTICE: See our privacy policy on www.usps.com

13. Publication Title: **BRAVA Magazine**

14. Issue Date for Circulation Data Below: **9-1-2017**

15. Extent and Nature of Circulation: **Local City Women's Magazine, Madison WI**

a. Total Number of Copies (Net press run)		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
(1) Outside County Paid-Requested Mail Subscriptions stated on PS Form 3541. (Include direct writer request from recipient, telemarketing, and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.)		2,918	2,644
(2) In-County Paid-Requested Mail Subscriptions stated on PS Form 3541. (Include direct writer request from recipient, telemarketing, and Internet requests from recipient, paid subscriptions including nominal rate subscriptions, employer requests, advertiser's proof copies, and exchange copies.)		8,638	8,587
(3) Sales Through Dealers and Carriers, Street Vendors, Counter Sales, and Other Paid or Requested Distribution Outside USPS		375	322
(4) Requested Copies Distributed by Other Mail Classes Through the USPS (e.g., First-Class Mail®)		-	-
c. Total Paid and/or Requested Circulation (Sum of 15b (1), (2), (3), and (4))		11,931	11,553
(1) Outside County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources)		2,941	6,026
(2) In-County Nonrequested Copies Stated on PS Form 3541 (include sample copies, requests over 3 years old, requests induced by a premium, bulk sales and requests including association requests, names obtained from business directories, lists, and other sources)		2,731	-
(3) Nonrequested Copies Distributed Through the USPS by Other Classes of Mail (e.g., First-Class Mail, nonrequested copies mailed in excess of 10% first-class mail at Standard Mail® or Package Services rates)		-	-
(4) Nonrequested Copies Distributed Outside the Mail (include pickup stands, trade shows, showrooms, and other sources)		200	-
d. Total Nonrequested Circulation (Sum of 15d (1), (2), (3), and (4))		5,772	6,026
e. Total Distribution (Sum of 15c and d)		17,703	17,579
f. Copies not Distributed (See instructions to Publishers #4, page #3)		441	315
g. Total (Sum of 15f and g)		18,144	17,894
h. Percent Paid and/or Requested Circulation (15c divided by 15f times 100)		67%	66%

* If you are claiming electronic copies, go to line 16 on page 3. If you are not claiming electronic copies, skip to line 17 on page 3.

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a. Requested and Paid Electronic Copies		Average No. Copies Each Issue During Preceding 12 Months	No. Copies of Single Issue Published Nearest to Filing Date
(1) Requested and Paid Electronic Copies (Line 15c)		-	-
(2) Total Requested and Paid Print Copies (Line 15c) + Requested/Paid Electronic Copies (Line 15c)		-	-
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☒ I certify that 50% of all my distributed copies (electronic and print) are legitimate requests or paid copies.

17. Publication of Statement of Ownership for a Requester Publication is required and will be printed in the **November 2017** issue of this publication.

18. Signature and Title of Editor, Publisher, Business Manager, or Owner: **Barda Krouse** Publisher Date: **9-29-17**

I certify that all information furnished on this form is true and complete. I understand that anyone who furnishes false or misleading information on this form or who omits material or information requested on the form may be subject to criminal sanctions (including fines and imprisonment) and/or civil sanctions (including civil penalties).

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DESTINATION SHOPPING

CHARMING BOUTIQUES: HOP IN THE CAR AND GO!

BY SHELBY DEERING

WE HAVE OUR BELOVED SHOPPING SPOTS here in Madison. Meandering down Monroe Street can easily turn a well-intentioned hour into an afternoon of browsing. But it's fun to explore shops that lie beyond Madison, especially with friends. If you're up for a quick jaunt, these are the shops to see.

- Milwaukee has its cult favorites. **Mainstream Boutique**, a nationwide destination, has found its place on North Broadway, specializing in oh-so-wearable staples. **Sparrow Collective** is a handcrafted devotee's dream, with wares from over 100 independent designers.
- The Fox Cities has grown into a shopping destination, featuring **Appleton's Hey, Daisy!** known for its vibrant clothing and décor, and **Menasha's Wild Apple Gallery & Gifts**, teeming with work created by regional artists.
- Head to Edina, Minnesota and visit **Fringe**, the place to go for adorable, affordable accessories, **Luxury Garage Sale**, offering designer consignment (Chanel, anyone?) and Parc, brimming with minimalist wardrobe essentials.
- Several shops call Wausau home, like **Evolutions in Design**, a modern take on a flower shop complete with striking home accents, and the town's first cupcakery, **Sweet Lola's**. Savor delectable brownies, pie and—what else?—cupcakes.
- Galena, Illinois has bountiful boutiques. Don't miss **Bella Vintaj** where jewelry is personalized with charms and diffusers for essential oils. **Galena Candle & Bath Company** crafts natural, local candles and bath products. And **Simply Elegant Boutique** is a lovely hybrid of Insta-worthy clothes and home items.
- Kohler calls the **Shops at Woodlake** its own. A couple stand-outs? **Wisconsin Trader**, honoring our state's traditions through apparel and North Woods-inspired décor. **Kohler Gardener** is for those who like to get their hands dirty—topiaries, pretty pots and plants aplenty.
- Nearby Cedarburg boasts a wonderland for the vintage clothing collector—the famous **Dime a Dance**. And your head will spin with décor inspiration at the beautiful **Bohemia Home Design**.



LEAH ROE - FOUNDER OF
CULTURE COMMUNITY

CULTURE COMMUNITY LEAH ROE IS SHAKING UP WORKPLACE CULTURE IN MADISON

BY AMY PFLUGSHAUPT
NBC 15 NEWS ANCHOR

"IT'S OUR MISSION AT CULTURE COMMUNITY TO
FOSTER CULTURE AS A FOCAL POINT OF EVERY
ORGANIZATION REGARDLESS OF SIZE OR INDUSTRY."

-Leah Roe, Culture Community Founder

DO YOU ENJOY GOING TO WORK?

For many of us, the answer may vary on any given day. But one Madison woman is looking to change the work culture environment with a nonprofit called, Culture Community. Leah Roe, the founder, says she wants people to know they don't have to dread going to work.

"You can go to your job and you can be valued as an employee. And you can be heard, engaged and motivated," Roe says.

Roe works at a health IT startup in Madison. She was brought on to be in charge of finance and operation. "On my first day, in true startup fashion, my boss looked at me and said 'Oh, by the way, we have no one doing People Ops or HR. Can you do that as well?' And I was like, 'Sure! Why not?' I'll roll up my sleeves and get my hands dirty. But I had literally no idea what that meant."

So she started researching People Ops and came across the idea of building culture and doing it intentionally. "I just became obsessed," says Roe. She wanted to talk to other people and other companies are doing to build great culture. "What are they doing to value their employees?" she wondered.

She looked on meetup.com and there was nothing about organizational culture. "So in true, startup, entrepreneurial fashion I was like okay—there's a need. It needs to be filled. So I started Culture

Community to really just bring people together to start having these conversations and learning from each other."

The monthly discussion group officially launched in March. It started with about 30 people, but since then it's grown to about 50 "culture enthusiasts."

"We are attracting people from all different industries," says Roe. "It's our mission at Culture Community to foster culture as a focal point of every organization regardless of size or industry. So the people we have coming are from nonprofits, people coming from startups, CEOs—we have bankers, lawyers."

Roe says she feels inspired after leaving the monthly meetings and she knows others do, too. "It's a high energy group and it's very discussion based. People feel motivated and empowered to go back to their workplace—where they spend much of their week—and work with their company leaders or working with their staff to make sure that they are all part of building culture there."

It's free to attend the meetings. Culture Community meets at 9 a.m. on the second Thursday of every month at the Madison Club. You don't have to work in an HR department. Culture, Roe says, is something that everyone has to build and own in a business.

For more information about upcoming events, visit culture.community.com. 🌸

NOVEMBER NONPROFIT EVENTS

8 | 6 P.M. FEAST OF FIVE CHEFS

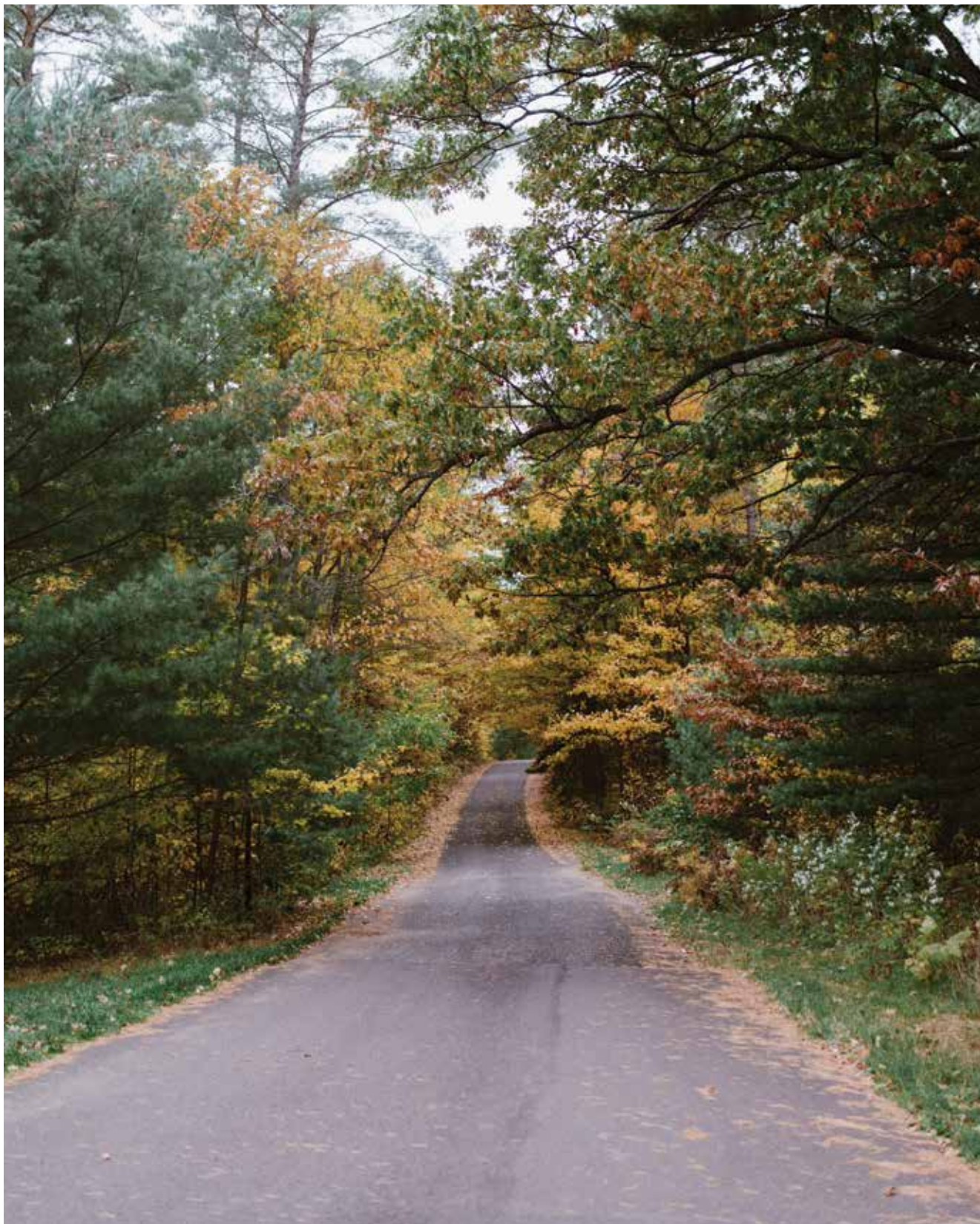
Enjoy an exquisite five-course meal and wine pairings for Food Fight's third annual gourmet dining event to benefit Second Harvest Food Bank. *Johnny Delmonico's Steakhouse, Madison. johnnydelmonicos.com.*

11 | 11 A.M. LINKS COMMUNITY RECOGNITION AND SCHOLARSHIP JAZZ BRUNCH

Join one of the oldest predominately African-American nonprofits in honoring five individuals and a corporation that are making a difference in our community while raising funds to provide scholarships to local students. *Madison Crowne Plaza, Madison. madisonlinksinc.org.*

12 | 5:30 P.M. HARVEST GALA

Enjoy an elegant five-course meal highlighting local ingredients prepared by a local chef. All funds raised provide support for the nonprofit REAP's ongoing efforts to build a healthy, just and sustainable local food system. *The Madison Club, Madison. reapfoodgroup.org.*



ONE LAST STROLL | This quiet stretch along Cathedral Point in Boulder Junction is a great place to soak in the last autumn flecks of red, gold and green before white flakes begin to fall. Check out Travel Wisconsin's Fall Color Report for current stats on where to scope out the last vestiges of other prime leaf-viewing locales around the state. travelwisconsin.com/fall-color-report

PHOTOGRAPHED BY APRIL ZELENKA



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