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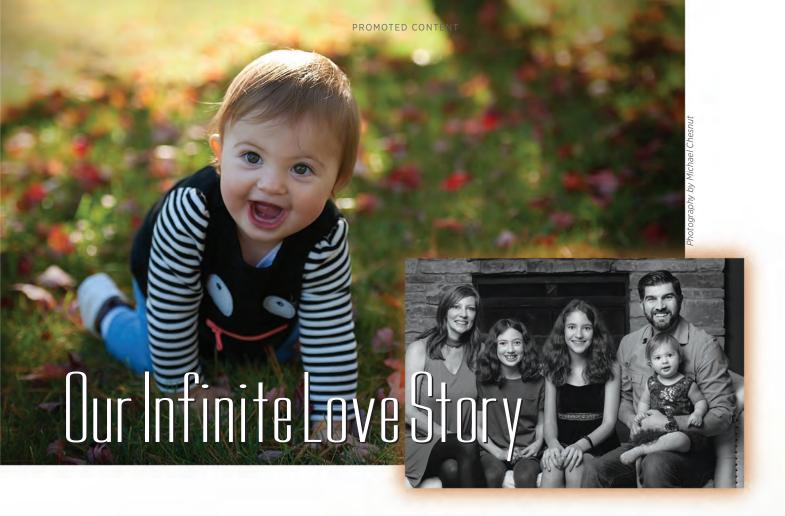






# Wisconsin's Best Shopping





As a nurse practitioner and mother of two daughters who were born at another local hospital, Karen Hanson was interested to see how her experience at SSM Health St. Mary's Hospital - Madison would stack up to her previous birthing experiences.

Needless to say, the staff at St. Mary's Hospital more than lived up to her high expectations.

"The Family Care Suites at St. Mary's are definitely a standout feature," said Karen. "The bed was large and comfortable and there was enough space in the suite for our whole family, without feeling overcrowded."

As her husband Michael was a first time father, the staff at St. Mary's recommended that he take part in Boot Camp for New Dads. This class gives expectant first time dads real-world advice and experience to prepare them for their baby's arrival.

"This class is a great resource for first time dads," said Michael. "All the information provided was both helpful and educational. The take-home book that was included with the class proved to be a great resource after we brought our daughter Emma home."

When the big day arrived three weeks sooner than both Karen and Michael expected, the team at St. Mary's was up to the challenge.

"The doctors and nurses made sure we were comfortable and monitored everything closely. When Emma's heart rate began to drop, they managed it within seconds," said Karen. "The entire staff did a great job of communicating with us throughout the labor and delivery. Everything was seamless."

After a few anxious moments, the delivery went off without a hitch and Michael and Karen were very excited to welcome baby Emma to their family.

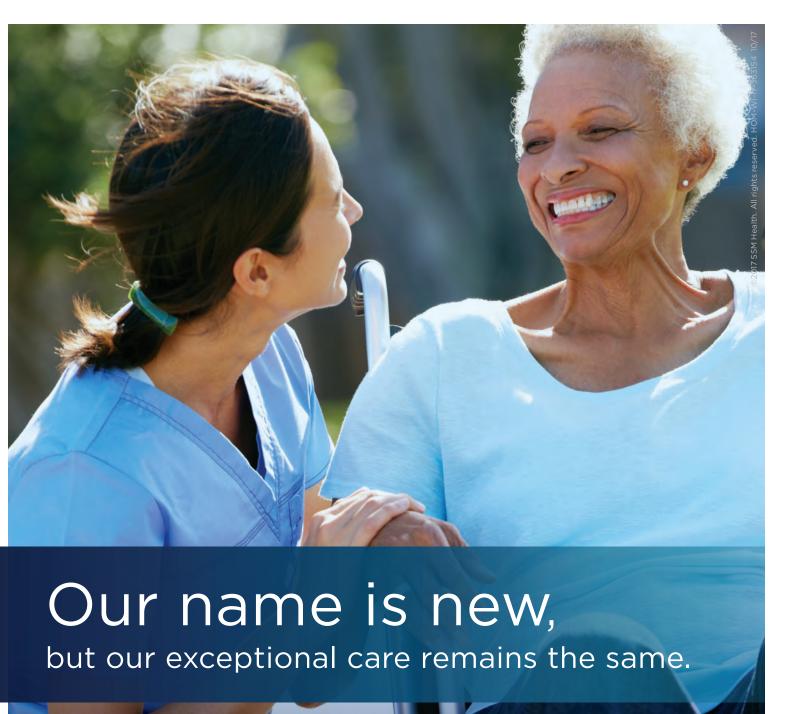
"The Family Care Suite coupled with the excellent staff made this an enjoyable event for our entire family," said Karen. "Literally every person at St. Mary's went above and beyond to make our day special."

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



Stella and Cecilia Kasper, her husband Michael Chesnut, and their daughter Emma Chesnut. Emma was born at SSM Health St. Mary's Hospital - Madison in November of 2016.

Karen Hanson with her daughters



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Beverly Simone for James Ridge Cynthia S. Hiteman for Brian Mani Ann Lindsey and Charles Snowdon for Kelsey Brennan David Myers for Norman Gilliland

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#### **RELATE**



#### **EMBRACING POSSIBILITY**

SPRING HAS OFT BEEN HAILED as the season of new beginnings. With the ideas of freshness and possibility in mind, I have something bittersweet to share. This issue of BRAVA is my last.

I became a BRAVA Gal five years ago, joining the team to re-envision the magazine into its current format and depth of coverage. It has been a wildly fun and fulfilling ride-a true passion projectfull of creative energy and commitment to an ideal in which I so believe: helping women THRIVE in their lives. It has been important, gratifying work. I am so thankful for the opportunities it's brought-especially the chance to connect with each of you at BRAVA events and in these pages every month.

Reflecting back over 60 issues, it is easy, and fair, to say I've loved each for its unique character. There are the stories that you hope transform others, as much as they did you—on imposter syndrome and mindfulness, this issue's thoughtprovoking piece on minimalism, and, of course, all those amazing Women to Watch, who simply leave me in awe.

So many projects moved me deeply. Sagashus Levingston's Infamous Mothers, fighting for possibility for all women, seeing them not despite past lives but because of them.

Photographer Brenda Eckhardt's The Confidence Project, created to help girls unleash their self-assurance.

And then there is the incomparable Heather McManamy. She stole our hearts with her full out embrace of life. She was adamant-she was living, no matterpshaw!-that she had terminal breast cancer. How amazing to share her story on the pages of BRAVA, and then see her publish the book "Letters for Brianna,"

that would go viral around the world. I still keep her emails, inspiring reminders of life best lived. Heather is among the funniest and fun-loving women I've ever met; I speak of her presently, because her influence and spirit remain.

In producing all these powerful stories, I am deeply grateful for the collaboration with such talented contributors, and the remarkable BRAVA staff. How fun-how lucky!-to work every day with people you admire, who share a vision and inspire you as they fill your happiness cup.

I will always be a BRAVA Gal, and you'll see me at all the BRAVA events-truly, my daughter and I couldn't stand to miss one! I am embracing new responsibilities within Nei-Turner Media Group, our parent company, serving as an editorial director in our custom-publishing division. My new passion project? Working on other publications and with businesses to fulfill their missions and visions in print.

And, I am thrilled to welcome Marni McEntee into the role of editor-inchief. Marni has served as our fabulous managing editor for four years and came to BRAVA as a veteran journalist, bringing wit and wisdom with her. She and Rachel Werner, our prolific assistant editor, social media butterfly and digital content editor, will continue to pour their energies and editorial ideas into BRAVA. Can't wait to see how they further BRAVA's important and meaningful mission to inspire, engage and empower us all.

Kate Bast Editor-in-Chief

#### ON THE COVER

Whether you call it essentialism or minimalism, embrace the idea that less is more—and better. Story P. 28. Styled and photographed by Sunny Frantz.



#### **DON'T MISS!**

The 2018 THRIVE Conference will help you find essential tips, tools, ideas and expert advice for an inspired and empowered life. Details: THRIVEwithBRAVA.com

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she is a recipe development consultant, food photographer and food writer. Julie also is a member of the Wisconsin-based food collective. Wisconsin Whisk



MARLA BERGH I "A WEDDING, SIMPLY," P. 34 Marla is a pop culture trivia buff who has a thing for '80s sitcoms and Netflix binge sessions. She's a serial entrepreneur. Foundation of Madison

Public Schools board

member and is passionate about being a force for positive change. When Marla's not adventuring around Madison with her husband and two children, she's busy growing her small businesses Food Court Agency, Borrowed Bar and Marla Bergh Photography.



HILLARY SCHAVE I "YOUR STYLE, YOUR BLISS", P. 38 Hillary is the creative force behind the local business Azena Photography. Her vast experience in documentary and editorial

style wedding photography has helped to create some truly genuine and beautiful portraits of the local women featured in BRAVA Magazine. She loves food, music, travel, books and her little family of three.



KYIRA WACKETT I "MINIMALISM," P. 28 Kvira, a 2017 BRAVA Woman to Watch, is a creator and explorer seeking to unlock the beauty of the world around her. A public speaker, artist and therapist, she is also

the founder of the #ReclaimBeauty project, where her mission is to uncover, celebrate and nurture the beauty and inherent worth in each of us.



#### SHANNA WOLF I **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.





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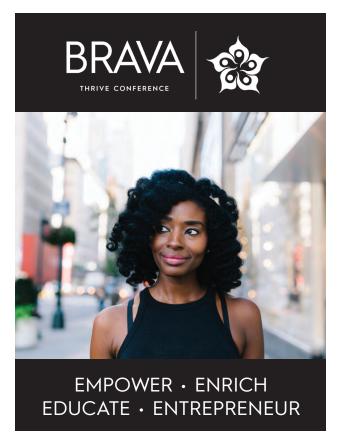




# CONNECT



**COMMUNITY FEAST I** Savor a locally sourced breakfast on March 10 from chefs Lisa Jacobson and Tory Miller prepared by Sherman Middle School students in REAP's Chef in the Classroom program. The seventh graders will showcase the culinary knowledge and skills they are learning by assisting their pro mentors in making breakfast pizza, sweet potato home fries, a seasonal salad and raspberry tiramisu. *Madison Senior Center, Madison. reapfoodgroup.org.* 



#### **GET READY TO THRIVE IN YOUR LIFE!**

Learn, connect and grow with some of Madison's best presenters and other like-minded women seeking to thrive in their personal lives and careers. The BRAVA THRIVE Conference on April 27 is designed for women in all stages of their careers or entrepreneurial plans.

With four topic tracks to choose from-empower, enrich, educate, entrepreneur-there are workshops of interest for everyone throughout the day. Enjoy an inspiring keynote talk about designing your life by UW's School of Human Ecology Dean Soyeon Shim. Work on assertive communication, strategic planning and brand strategies—and more. You'll gain tips and tools from experts, network—and leave feeling empowered to live your potential, in work and life. It's a day you don't want to miss! April 27, 8 a.m.-5 p.m. The Edgewater, Madison. Tickets: THRIVEwithBRAVA.com.

#### OUT + ABOUT

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#### MARCH 12 I ADVOCACY SUMMIT WISCONSIN ALLIANCE FOR WOMEN'S HEALTH

Don't miss this amazing full day of education, engagement, empowerment and networking, with more than 300 individuals all committed to raising the status of women's health, safety and economic security. Enjoy keynote addresses-including one by Monica Simpson of Sister Song, and Kelly Robinson of Planned Parenthood-exhibitors invested in women's health, state health policy updates and self-care tools and information. The Edgewater, Madison. Information and tickets: supportwomenshealth.org.

#### MARCH 13 | ATHENA AWARDS WITH THE BUSINESS FORUM

The ATHENA Award Celebration honors both women and men who have achieved excellence in their profession or life's work, devoted time and effort in their communities to improve the quality of life for others, and actively helped women realize their full leadership potential. Meet this year's winner. 5 p.m. The Madison Concourse Hotel, Madison. Tickets: thebusinessforum.org.

#### MARCH 21 I BRAVA NIGHT OUT SPRING INTO DESIGN WITH DESIGN FOR A DIFFERENCE

Floor 360 invites you to attend this evening unveiling the local nonprofit that will receive a fabulous Design for a Difference makeover of its offices in 2018! Learn how you can be part of the effort. Meet celebrity designer and DFAD spokesperson Mark Brunetz. And enjoy beer, wine and bourbon tastings, gourmet food pairings, live music and a silent auction. 5:30-7:30 P.M. Floor 360, Madison. To register: FLOOR 360.com/DFAD

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#### **BRAVA EVENTS**

#### MARCH 3-4 I MADISON KIDS EXPO AN ENTIRE DAY FOR FAMILIES TO PLAY!

From bouncy houses, tractors, fire trucks and race cars to performances by area kids' groups, there's something to entertain everyone in your family! Plus, find great area resources for parents and kids from area businesses and vendors. 10 a.m.-4 p.m. daily. \$8 adult, \$5 child, free age 2 and under. The Alliant Energy Center, Madison. Advance-purchase tickets and schedule: MadisonKidsExpo.com.

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#### SABRINA MADISON

PUTTING BLACK WOMEN'S NEEDS ON THE MADISON MAP

BY HYWANIA THOMPSON

SHE CAME TO MADISON to give her son a chance at a better life. Now Sabrina Madison is helping create opportunities for others through her many projects—most recently by launching The Progress Center for Black Women.

Madison—also known as HeyMiss Progress, a moniker coined by her father—is becoming a household name in our area as a champion for black women.

In 2007, she moved here from Milwaukee with her young son, hoping to give him the opportunities that other men in her family, some of whom had been in and out of jail, hadn't had. Her son is now in his 20s and working as an application developer at a local insurance company.

While the city had great things to offer, Madison says she soon found out that the city of Madison can be a tough place for people of color. "We moved here for a better life. It's only when we got here and started living here that we were facing some of the disparities, the things that you're not going to learn coming here to stay in the spa and get massages, walk around and shop," she says.

At the same time, she says Madison is a place where you can test ideas and have a chance to create and do things. In March 2016, Madison—a BRAVA Woman to Watch that year—left her job at Madison College to "go work for black women."

"We moved here for a better life. It's only when we got here and started living here that we were facing some of the disparities, the things that you're not going to learn coming here to stay in the spa and get massages, walk around and shop."

She created the Black Women's Leader-ship Conference first. "I got booked for a pretty big organization here and I walked in and I was the diversity again and I was

annoyed. I sat down and asked myself what would a conference look like aimed at black women," Madison says.

The success of that conference and requests from the community have prompted Madison to work toward a leadership conference for black men as well, which she hopes to debut this summer.

Last year, Madison announced The Progress Center for Black Women, which will bring all of her efforts under one umbrella and be housed at the Urban League of Greater Madison. Madison says data on the gender wage gap facing black women, other data on poverty in Wisconsin, and the calls and messages she gets multiple times a week from women seeking help, gave her the push for the center. "I don't want to be the end all to anybody but if I have been an outlet for you to at least tap into resources and get connected, if I can connect you to at least therapy and verify that you're getting help, if I can go to the school district with you to fight for your daughter who's being bullied—then I need to continue to be a resource," she says.

The Progress Center for Black Women will house many of Madison's projects:

Black Women's Leadership Conference: This conference brings together women in all positions-nurses, CEOs, business owners-for three days of workshops, networking and locally and nationally recognized speakers. A leadership award is also presented at the conference.

"My hope is that she is able to expand her work so that she can have a flood of women coming through the doors and really feeling empowered."

- Ruben Anthony, president, Urban League of Greater Madison

Black Business Expo: The expousually held in July and Novemberbrings together black entrepreneurs to sell products like jewelry, art, clothes and food.

AMBITION: A black women's leadership accelerator in which women will go through a nine- to 11-week accelera-

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tor to tackle needs specific to them, such as dealing with micro-aggression in the workplace.

blkCOLLAB: A space for entrepreneurs to work side-by-side with leaders and professionals in marketing, web development and social media. The space is meant to build entrepreneurs' technical skills.

Small Dollar Lending Program for Women of Color: Madison says she is most proud of and excited to create this program, which will offer loans of up to \$1,000 to women facing emergency situations-money they can access without the red tape. The goal is to partner with a credit union on the program.

The Urban League's partnership with The Progress Center for Black Women will certainly help the league empower people of color, Urban League President and CEO Ruben Anthony says. Madison's work with black women entrepreneurs is an important component.

"She has experience in helping women who have small businesses but big dreams," Anthony says. "We need a space in this community where women can be safe and confident about coming in and talking about ideas for their businesses."

Madison has other projects off the starting blocks or in the planning stages as well.

On Martin Luther King, Jr. Day, she held the first Black Excellence Youth Conference, where Madison high school students gathered to hear from speakers and participate in panel discussions. She's assembling a planning team for next year, and is hoping to bring young people on board in conference leadership roles.

Over the last several months, Madison has spearheaded fundraising for the Progress Center. She's close to her \$150,000 goal. And her plans for the center don't stop there. Madison wants to raise \$2 million in five years to buy a building to house the center, with an office, community rooms, a kitchen and spaces that allow for special programming like small plays.

Anthony says, "My hope is that she is able to expand her work so that she can have a flood of women coming through the doors and really feeling empowered." 🎕

For more information, visit centerforblackwomen.com



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# **THRIVE**





#### HEALTH

#### MAKE MY PICKLES A LA MODE, PLEASE

MY NAME IS LISA, AND I'M A CHOCOHOLIC. We all have cravings, right? But get pregnant or start your period and your hankerings bust out like a running back heading downfield.

Local experts-from docs to moms-say that such cravings are wide ranging, from raw potatoes to sushi, and that they're totally normal. (Unless of course, you crave dirt Don't eat dirt That's a serious condition called Pica and should be treated medically. Don't eat dirt. Or Tide pods. Or iPod nanos. This list is not exhaustive.)

Yes, there are always the pickle lusters, but a Facebook survey of friends elicited an abundance of strange responses such as grapefruit juice, hot peppers, cake and Lucky Charms cereal.

Marja Barger, a sophisticated mom of two and a fairly crunchy health nut, surprised herself and horrified her husband when she developed a passion for Cheese Whiz on white bread while pregnant with her son.

"Not just any white bread. It had to be a baquette," she laughs, because a baquette somehow fancied up that orangey blend of processed cheese, emulsifiers and stabilizing agents.

Theories as to why women crave food while pregnant or menstruating include nutritional deficiency as well as changes in a specific area of the brain. But most medical experts agree that it's due to that omnipresent scoundrel when it comes to our emotional health: hormones

Specifically, it's the fluctuation or imbalance of hormone levels that make us crave these new foods, says Karen Hanson, a nurse practitioner and owner of Essential Health, LLC of Madison.

"Hormonal changes can also affect neurotransmitter levels such as serotonin," says Hansen, who has specialized in women's health for over 15 years. "A drop in serotonin, our 'feel good' neurotransmitter, could trigger cravings for comfort foods."

That might explain why some of us go on a bender loaded up with brownies or carbs during hormonal emergencies.

"I've always had the feeling that cravings were partially an excuse to overindulge," says Ann Sensenbrenner, business owner and mom of two in Madison. "You know, the baby wants pizza ..."

Although, when Sensenbrenner was pregnant, a kindly neighbor who grew up on a farm dropped off raspberry tea because pregnant cows always munched on raspberry leaves.

"The cow anecdote made me feel glamorous, like Natalie Portman accepting her Oscar for Black Swan," she laughs. "But I drank the tea, and I've got to say, there's some truth there."

Succumbing to cravings won't hurt you (again, unless it's dirt), but Hanson says no matter what you're hankering after, be it weird or wonderful, make sure you're still eating a balanced diet that includes vegetables, fruit, protein and healthy fat such as avocado or virgin olive oil.

"With pregnancy in general, just go with it, as long as it isn't bad for you," says Hanson (who admits to craving lollipops). "With PMS or a menstrual cycle, then you may want to work on improving your diet. Getting your hormones balanced will be important"

The good news? Once your baby is delivered or your period ends, the cravings go away. Buh-bye. Until next time. -Lisa Schuetz 😭

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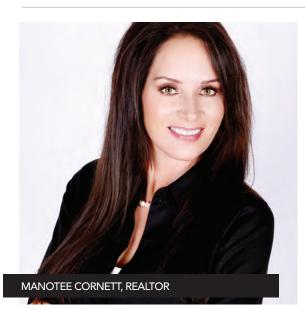
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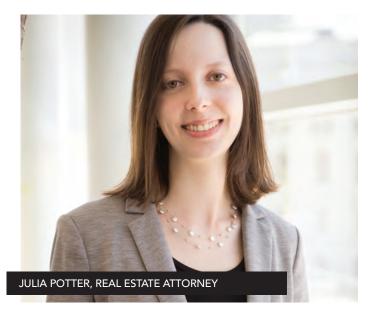
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## Mapping the Best Path Forward

Julia Potter is a real estate attorney with Boardman & Clark. She works with individuals and businesses to bring clarity to their complex real estate issues, helping each client navigate unique legal landscapes to find the best path forward.

Julia's services range from drafting and negotiating purchase and sale agreements, easements, leases, and declarations to assisting clients with development issues, zoning changes and variances, and all manner of disputes regarding real estate. She enjoys finding creative—yet practical—solutions to problems and prides herself on a straightforward approach that includes drafting contracts and other legal documents in plain English.

Julia received her B.A. in International Relations from Brown University and her J.D., summa cum laude, from University of Michigan Law School. Julia is a native of the Madison area and feels privileged to be able to practice law in her hometown.









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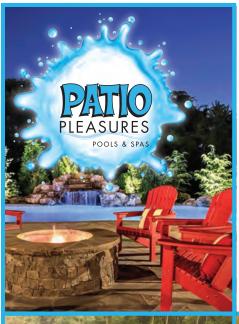
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WHETHER PLACED IN A STARK Scandinavianinspired interior or a lush tropical-themed lounge, the sleek silhouettes of pieces like Eero Saarinen's Womb Chair and Herman Miller's upholstered walnut chair are still found in today's trendiest homes and offices. Mid-century modern décor remains a testament to style and craftsmanship, with the staying-power to be handed down. - Megan Roessler. 🕸

Clockwise from above: CH 445 Wing Chair by Hans J. Wegner, \$5,405, Upholstered Lounge Walnut Chair by Herman Miller, \$1,639; Womb Chair by Knoll, \$4,074; The Century House.







## MINIMALISM

#### A JOURNEY TOWARD LIVING WITH LESS—FOR SOMETHING MORE

By Kyira Wackett, Photographed by Sunny Frantz

Minimalism is a buzzword that's generated a recent cult-like following in our society. When I first learned about it, I thought it was about who could live with the fewest possessions and disconnect from all things technology, never desiring anything new. Concepts like exploring whether an item brought me joy made me uneasy — I carry enough guilt and shame in my life already. I didn't want to add more pressure to that mix.

It seemed like it became this scale of judgment—those with less were doing it right and those with anything deemed unnecessary would never be minimalists. But the physical is just one component of clutter and while I might benefit from owning less, I had to believe there was something more to it than just creating another hierarchy of social judgment. Examining the topic more deeply, I was pleasantly surprised to find a depth I had not yet seen explored before.

According to Joshua Fields Milburn and Ryan Nicodemus of the documentary and podcast, "The Minimalists," "Minimalism is a lifestyle that helps people question what things add value to their lives...and make room for the most important aspects of life: health, relationships, passion, growth and contribution."

This broadens the scope of minimalism. It's about setting an intention to live in a way that leads to greater freedom and flexibility and allows you to feel more productive, focused and free from comparison. To me, it's about learning to live your life on purpose.

#### WHERE DOES THE CLUTTER COME FROM?

Over time, our minds, bodies and physical spaces become ever-expanding dumping grounds and storage. As such, we aren't forced to clear out our "spaces" as often and keep piling things on top of less attractive items. These abandoned and forgotten items then fester and establish deeply held roots within and around us, making it increasingly more difficult to face them. We all have that one drawer or closet we don't want to open, the fears we run from or the memory that's too hard to return to.

But what is it that ultimately causes the most clutter?

Unacknowledged or repressed emotions such as anger and shame grow in silence and contribute to negative self-esteem, isolation and searching for artificial peace and fulfillment. The energy wrapped up in a grudge keeps us fatigued and stuck in our past. When we project our insecurities and feelings onto others, we assume they're holding those same negative feelings about and toward us; this can lead us to compensate by bringing in more "stuff" or people-pleasing. Fear comes in many shapes and sizes and works to keep us tied to the safety of what I call our "predictable sh\*ttyness," holding us back or forcing an outcome because of externally motivated expectations. The mentality of "Keeping Up with the Joneses" and tying our worth to material things still plagues us today and keeps people on the never-ending chase to the top of a mountain I'm not even sure exists.

And the problem is, we don't notice the clutter's impact immediately and, oftentimes, welcome the avoidance of "stuff"-physical or mental-as it works to help us avoid painful realities or difficult work. The insidious nature of clutter is a deep and penetrable drain that leaves us feeling anxious, overwhelmed, frustrated, disconnected and...well, you get the idea. It's not good. But the major impact it has on us is it contributes to what, for most of us, is a deeply held belief of not being good enough: We, alone, aren't worthy unless we have the right phone, car, clothes, personality type, lifestyle, etc. The pressure can become insurmountable, leaving us feeling even more disconnected from our authentic self, stuck ruminating about our past or chasing a future where we might be able to rest long enough to say, "I'm enough."



#### FLEXING YOUR MINIMALIST MUSCLE

By now, many of you are probably thinking, "OK, got it. Minimalism is helpful. So give me the checklist already." Sorry. I can't. There's no right way to do this. It's too personal and has to be done in stages progressing through and eroding the BS built up in and around us. For women, this includes challenging the "shoulds" imposed on us in a patriarchal society about who we are supposed to be, how to act and what is deemed appropriate to wear, do and believe. So the question becomes: Are you okay stepping outside the societally constructed box of approval to live more authentically?

Since you're still with me, I'm assuming you said, "Yes." Now, as we begin, I need to be honest. Minimalism takes work—work that's uncomfortable and timeconsuming. It's not as simple as buying a book and cleaning out your house. It's a complete life assessment. And when we live in a culture of quick fixes, avoidance and fast fashion, investing time in ourselves and addressing the repressed and unresolved can be overwhelming and off-putting. But without it, what's the cost? Do you feel fulfilled right now? Are you clear on your values and dreams? Do you feel like you can pursue them without self-doubt, negative self-talk or distraction? If yes, then you can stop reading. But for most of us, when we are honest with ourselves, we can see the deficit that's been created by our "stuff."

The first step, then, is to candidly assess your life values and priorities. This involves looking at what brings you joy, peace and self-worth. Notice the things you've given too much priority. Have you put too much focus on harmony to the detriment of letting your voice be heard? Do you overcompensate for time not spent with people by buying them things? Do you buy gifts out of social expectations, or because it brings you joy? And vice versa, where have you held back on or distracted yourself from engaging?

Alongside this, identify your shortcomings, stuck points, fears, etc., that could get in your way of pursuing the clearing process. Do you value honesty and connection but frequently ruminate over difficult interactions or avoid hard conversations? Uncovering these patterns of avoidance and baggage is key to understanding the journey ahead.

It's important to try and enter this space with curiosity. Judgment does nothing but keep us tied to the negativity already entrenched within us. And remember, these habits have served you in the past and were necessary at one time-they have just served their purpose and have since become harmful.

During this "uncovering" phase, forgiveness becomes vital-both for yourself and others. Negative emotions, grudges, excess stuff...it's all tied to an incomplete or nonexistent forgiveness process and without it, one may find an inability to let go of some of the most crucial elements or clutter. (If the concept of forgiveness is a newer idea for you, check out "The Art of Forgiveness" in the December 2017 issue of BRAVA.)

#### CLEARING THE CLUTTER

Once you've created your inventory and gotten clear on your values and both past and potential hurdles, you're ready for the next step.

Make a list of all your mental, emotional and physical possessions—items in the home, relationships, roles in your life, memories from your past that keep showing up, etc. Then, look at each item and determine what value they add to your life or how they're creating mental noise, distracting you from your values and priorities.

There is a purpose behind everything we keep, buy or ruminate on. Be honest with yourself about what that is because unless that item or thought moves us forward or serves us in some way, it's holding us back.

The removal can be painful, especially from our past or physical stuff. Without it, we become vulnerable. What if I get hurt again? What if I get rid of this stuff and begin connecting more with people and things end? I wish I could tell you none of this will happen. Unfortunately, it will. But the problem with a cluttered and isolated existence is that, when we are trapped in our clutter, we stop living fully. And while creating openness in our lives might be scary and involves pain, we can also love, connect and feel joy greater than before—it's a trade-off: leaving the limitations of your comfort zone to experience a world more in line with yourself and within which you can thrive.



## THE MINIMALIST IDEA

READS + RESOURCES TO INSPIRE LIVING WITH LESS

THE MINIMALISTS WEBSITE AND PODCASTS: THEMINIMALISTS.COM "MINIMALISM: LIVE A MEANINGFUL LIFE," BY THE MINIMALISTS "THE LIFE-CHANGING MAGIC OF TIDYING UP," BY MARIE KONDO "THE POWER OF LESS," BY LEO BABAUTA "THE JOY OF LESS," BY FRANCINE JOY

For extensive tips and resources to embrace a minimalist lifestyle, visit BRAVAmagazine.com



#### MINIMALISM AS A WAY OF LIFE

There's an inherent privilege in being able to talk about becoming a minimalist. I'm a white, middle-class, American woman who's never gone without having my basic needs met and a sense of security. I live in a culture that often values things over ideals and, as such, I have been given more luxuries and excess than many others in the world.

People living in poverty, immigrants and refugees, and other marginalized identities, on the other hand, have often been forced into a life of material minimalism as a result of their circumstances and cultural oppression as a whole. For example, the average U.S. household has 300,000 things and about one-fourth of Americans with two-car garages don't use them for auto storage, according to a 2014 *Los Angeles Times* article. Globally, 20 percent of the world's population in higher income countries accounts for "86 percent of total private consumption expenditures" with the poorest 20 percent only accounting for 1.3 percent, according to a 2014 article by the nonprofit Global Issues.

My point in drawing awareness to the discrepancies of physical excess isn't to limit the goals or create guilt around adopting a minimalist lifestyle. Rather, I want to create a sense of greater understanding behind the idea of minimalism and implore you to challenge what minimalism has become in its cult-like fashion trend. When we consider that it is about clearing the mental and emotional clutter as well, we acknowledge that we are all bound by some of the same constraints of shame, depression, low self-worth, etc.—regardless of identity and privilege—and can benefit across the board from working more on developing internal peace.

As such, as you begin this process, be open to also acknowledging and exploring the role privilege has played in your life. Find a new way to connect with community—and culture as a whole—that allows you to focus your time, energy and resources on things that matter and expand a global sense of connection and equity. Aligning with a minimalist idea while you consider how you want to be present in this world helps in this process as well: The goal is to make decisions that align with your core values and shed the excess, whether it's material goods, being "busy" or negative self-talk.

As you begin your journey to a more authentic life, be patient with yourself. Remember, this process will take time, as many of us have spent decades building up our walls of clutter. Think of the adage that nothing worth doing is easy or immediate. Hold that space for patience and curiosity to get to know yourself on a deeper, authentic level and you will find that living with less enriches you so much more.







# A WEDDING, SIMPLY

Reported by Megan Roessler Photographed by Marla Bergh

It was a bare wedding. Bare shoulders. Bare feet. Barely any pomp and circumstance. Barely a plan.

Just two people, in love, and sealing the deal on a rocky stretch of Rock Island.

Ash-Dee Stifter and Paul Fenn, lifelong Madisonians and free spirits both, couldn't imagine a church wedding or a big fest. They just decided to load their immediate families and a few close friends on a couple of ferries in Door County to make the crossing to Washington Island, and then to Rock Island, a rustic locale at best but with all the couple wanted: Sunshine, fresh air, open water and silence.

The spot is a favorite for the couple. It's where Fenn proposed to Stifter, and where they'd gone winter and summer for getaways from work—her hectic job as a graphic design maven (she's a former BRAVA art director) and his as a golf pro.

"If we were to pick anywhere to live," Stifter says, "it would be there."

Friends came from Portland, Oregon, Denver, and Berlin to be there last September, over the long Labor Day weekend. Even the couple's pup, Ella, a fluffy, white Westie, made the trek.

The lodging? Tents. The food? Hauled in inside coolers. The venue? A rocky, wind-swept site overlooking Lake Michigan. No running water. Just pit toilets. The lake for pre-festivity "showers." Nary an outlet for cell phones. But, plenty of music, curated by Fenn—a mix of bluegrass and gypsy-swing.

And the couple's French-press coffee maker, because, really, some things you just can't live without.

They almost didn't bring a professional photographer. But, thankfully, the pictures tell the story.











Previous page: Dress by Monica Freng, Monirose Bespoke Gowns, Madison; Ring by Jackie Goetz, Jeweler's Workshop, Madison. Map of Rock Island, designed by Ash-Dee Stifter and Christie Evenson; Beer holder design by Ash-Dee Stifter, Hello.Designs, Madison.

Flowers and greenery by Blossoms Flower House, Sister Bay; Local spirits by Island Orchard Cider, Ellison Bay; The couple's dog, Ella, at Stifter's feet during the ceremony. 🎕



























# YOUR STYLE, YOUR BLISS

By Rachel Werner Photographed by Hillary Schave and Sunny Frantz

Whether it's a posh affair or a nontraditional celebration, brides—to—be can stay true to their roots with trends—and help from local talent—to plan the wedding that reflects their love story. How to make it yours? Don't be afraid to strike a creative balance between style extremes and contrasting fashion trends to craft a personalized bridal narrative.

# THE DRESS

E ffortless is the bridal word of the year: Flowers are wild and whimsical, hair is soft and undone and dresses have movement and flow. "Sleeves, off the shoulder, spaghetti straps, detailed backs—and not mermaid silhouettes—are among the most requested qualities for brides shopping for their wedding gown," says Marah's Elegant Bridal owner Marah Odgers. "The key is achieving a wedding day style that makes you feel like a more elegant version of yourself walking down the aisle." marabselegantbridal.com.

"It is so easy to get wrapped up in being perfectly polished, no hairs out of place. Although we all want to put our best self forward, I also find it incredibly liberating to embrace imperfection," says recycled fashion curator Rachael Nachtwey. "I choose to remind people that wearing a vintage find with a few inconspicuous flaws allows for some reprieve from daily, perceived demands for perfection. If a few beads on the hem are imperfect but the dress is still amazing, I'm reminded that despite internal flaws, each and every bride is pretty amazing too!" evolvestyles.com.

Guipure Lace and Mesh Tulle Wedding Dress by Mikaella, \$2,369; WTOO by Watters, \$1,549; Marah's Elegant Bridal. Seafoam Green & Marble Style Bead Earrings, \$10; Evolve Styles. Tapestry coat, \$208; Mes Amies Boutique.

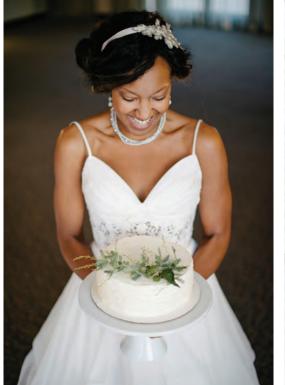
Produced by Rachel Werner

Hair and makeup by Hailey Coy and Katie Semrow, Be Inspired Salon
Floral Design by Kaisa Cummings
Stationery by Flying Rabbit Press
Seasonal Tarts by Tart Baked Goods
Custom tap walls by Borrowed Bar
Wedding Cakes by Rosie's Coffee Bar and Bakery
Shot on location at The Edgewater Hotel and Spa



















# THE DÉCOR

F lowers make statements. Set the tone with lush and wild designs: abundant freeform bouquets and arrangements with a freshly picked look and lots of greenery. Or follow old-fashioned standards with peonies, chrysanthemums, dahlias and garden roses. "Whether you tend toward ultra-romantic bohemian or upscale contemporary," says florist Kaisa Cummings, choose "luscious, natural styling, with asymmetrical shapes, flowering branches, textured greens—and a pleasant mix of the familiar with the unexpected." All floral arrangements by Kaisa Flowers, *kaisaflowers.com*.

# THE DETAILS

What to serve guests? Consider whether high society or country chic is more you. Seasonal tarts and ice cream sandwiches—like those shown from Tart Baked Goods—infuse a homegrown feel to a more intimate affair. Rosie's Coffee Bar and Bakery owner Coz Skaife also reveals, "Every bride comes in with the cakes she has 'pinned' on Pinterest and we come out with something unique just for her," in this case by soaking liquors into the cake to make unique flavors. "I'm definitely whipping up more larger cakes now than ever before," she beams. rosiescoffeebarandbakery.com. tartbakedgoods.com.

Add a dash of Wisco flair by renting a Borrowed Bar. "It truly makes for a unique event and experience that guests will be buzzing about," says creator Marla Bergh. "Self-serve tap wall rentals can run between \$500 and \$1,200 depending on the customization involved, delivery, set-up, pickup and the number of beverages on tap." borrowedbar.com.

And Be Inspired Salon bridal coordinator Hailey Coy is all for ensuring your besties are runway ready, too. "The big trend for bridesmaids this year is banding together for one cohesive look. Meaning, everyone wears an updo style, or everyone adds a braid to their hair. Maybe you all agree on your favorite lip color. The goal is to have a consistent vibe among the entire group." beinspiredsalon.com.

Jackie (2) Hair Accessory, \$7; Be Inspired Salon. Seafoam Green & Marble Style Bead Earrings, \$10; Multi Strand Mini Pearl & Bead Necklace, \$12; Evolve Styles. Guipure Lace and Mesh Tulle Wedding Dress by Mikaella, \$2,369; Marah's Elegant Bridal.

Thanks to The Celebration Society and BRAVA staffers Dena Frisch (not shown here), Kristina Ljujic and Rachel Werner for modeling! For more tips and trends visit BRAVAmagazine.com and our wedding industry sister publication thecelebrationsociety.com.



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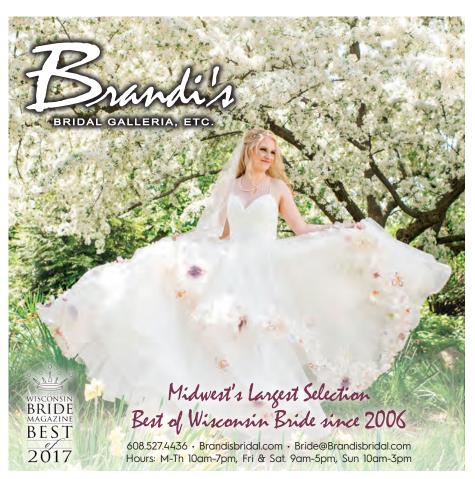


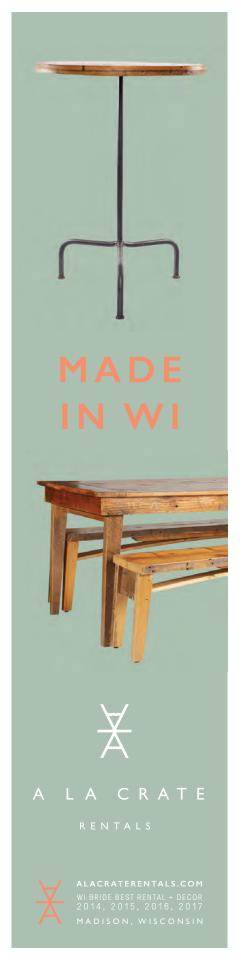




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- Helen Johnson-Leipold Chairman of Johnson Financial Group

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# **TUESDAY, MARCH 13, 2018** 5:30-7:30pm

5:30 pm Networking • 6 pm Program • 7 pm Coffee/Dessert

Deluca Forum, Wisconsin Institutes for Discovery 330 N. Orchard Street, Madison

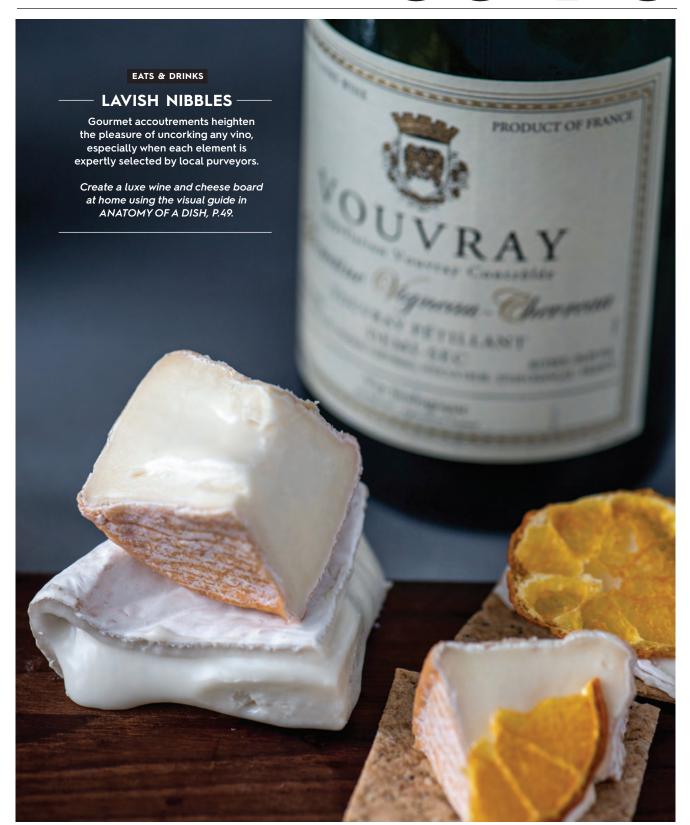
This is a free event. Enjoy hors d'oeurves, coffee and dessert. Reservations: 608-280-2408 or alice.hunter-kelly@journeymhc.org



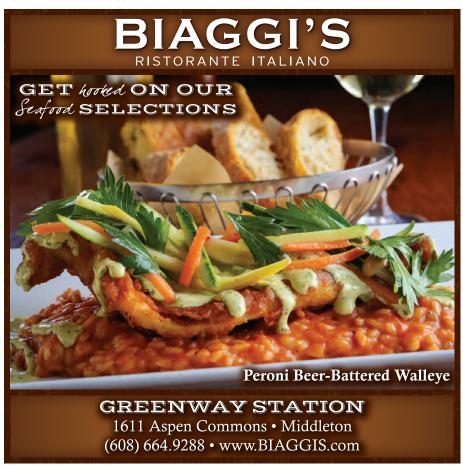


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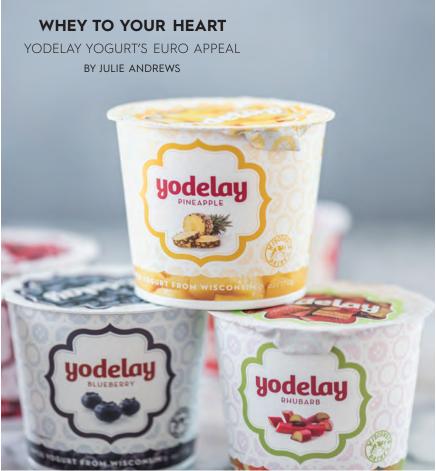
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"WE DON'T ADD ANYTHING TO YOGURT that doesn't belong there, and we don't take anything away," says Yodelay Yogurt co-founder Markus Candinas (of Candinas Chocolatier fame). He and business partner Michael Hull are passionate Swiss-style yogurt makers right here in Madison, and their goal is for others to fall in love with the yogurt Candinas grew up eating. "I wanted to bring really good food to the masses that speaks to consumers in a great way," says Candinas. Critics agree: Last summer Yodelay was honored with a first place showing at the prestigious American Cheese Society Judging & Competition in Denver. Yodelay is available throughout Dane County, and sold in Milwaukee and Chicago.

# **Product**

Unlike typical yogurts, the whey stays in Yodelay, and Swiss yogurt probiotic strains are also added, for a thinner texture and the tartness many connoisseurs crave in a drinkable dairy product Yodelay's milk comes from the New Glarus- based Voegeli Farms' purebred, brown Swiss cows, a fun fact the creators think makes their yogurt extra special. Yodelay comes in six flavors, including tart cherry, rhubarb, pineapple and peach raspberry, each made with only seven ingredients.

# **Passion**

Candinas, an expert chocolatier, spent many years traveling to Switzerland to visit family, and fell in love with Swiss yogurt His approach to both yogurt and chocolate is artisanal: quality over quantity. Ingredients must be top-notch. The goal: to produce all-natural, smooth and refreshing yogurts that are fruit-forward with bright flavors and a hint of sweetness. "Yogurt eating shouldn't be a chore," says Candinas, who believe Yodelay is what consumers have been searching for.

# Philosophy

"Swissconsin" is the duo's motto, an intertwining of the best of both Switzerland and Wisconsin. Candinas spent 14 years perfecting their yogurt recipe before bringing it to market in 2016. Though producing dairy products is challenging, Hull and Candinas say their time has been worth the effort of cultivation. yodelayyogurt.com. 😭



# GIFT GREATLY

THESE MADISON-AREA SHOPS ARE A SHOPPER'S DELIGHT.

BY SHELBY DEERING

**AT TIMES, GIFT-GIVING** isn't an easy business. In fact, if you feel as if you've given the same gift to different people numerous times (yes, candles are nice, but they can lose their luster), you may officially be in a gifting rut.

But never fear. Madison happens to be a haven of gift shops, from quirky to vintageinspired to tasteful.

To cross off those names on your list, set your course for **Three Orange Doors** located on the border between Fitchburg and Verona. Jam-packed with a mixture of antiques, pretty decor and jewelry, jewelry, jewelry, the shop feels more like visiting a favorite aunt's whimsical home. Another treasure trove of gifts is Middleton's **The Regal Find**, the perfect shop if you're in the market for locally made. Don't miss the charming scarves, soaps and artwork crafted by Wisconsin's best

If cheeky is more your speed, look no further than State Street's **Anthology** for handmade gifts that pack a sassy punch—T-shirts, pins, journals and more for your feistiest girlfriends. **Zip-Dang** on Monroe Street purveys quirky-meets-adorable wares like tees and artwork festooned with cute creatures, and you'll find plenty of ra-ra! Madison gifts so your recipients can proclaim their love for their fair city.

For those who have homes swathed in vintage accoutrement, head to the **Red Barn Company Store** in Waunakee, a rustic wonderland filled with lovingly chippy finds, both old and new, along with luxurious jewelry and accessories. And no gifting voyage is complete without a stop at Sun Prairie's **Kate & Co.**, where you'll revel in a selection of sweet throw pillows and chalk-paint creations.

In an age where Amazon reigns, it's comforting to know that there are still near-limitless options for buying your bestie a gift that's both local and heartfelt.









# **Unpack Old Favorites**

# FOR A FRESH DESIGN LOOK

# BY SUE SVEUM

Spring has (almost) sprung and that often prompts the impulse to organize, clean and feel fresh and inspired. You suddenly have the urge to sort, cleanse and even purge. But in the process, you may just discover some overlooked items that have been resting comfortably on a shelf or in a cabinet from seasons past. Not sure what to get rid of—or what to do with what you keep? Luckily Lindsey Blum, interior designer at Interiors by JW, has done this a time or two—and she has some great ideas to take you from spring cleaning to spring decorating.

"Spring is the perfect time to dust those items off and give them a fresh and updated feel," says Blum. "Take some old favorites, mix them with something new, and just like that, you can create a fun fresh look for your home." Many of us tend to compartmentalize—storing similar things together, but Blum suggests gathering a variety of your favorite items and pairing them with an old—or new—basket, pot or tray, creating one focal point. "It may result in a couple new purchases," she says, "but overall you probably have a lot of what you need right at home." When grouped together in an unexpected way, those castoffs can make a big impact.

# WHAT YOU NEED

- A container. Trays and baskets work great.
- · Accessories. Different sizes that can be layered and add height—books are great for this!

- Seasonal Accents. This will keep the centerpiece fresh until Fall. Think of clear and colorful items like vases, candlesticks
- Flowers. Whether faux or fresh, they will add texture and personality.

Still feeling a little unsure? Blum stresses that there is no right or wrong. "Design is personal to each and every one of us," she says. "That's why we end up with so many different types of items over the years." But she does suggest adding a little color, greenery and fun metal tones, chromes and gold accents to the mix. "Whether it's flowers, new pillows or a colorful candle, color will always make your home come alive," she says.

# THINK OUTSIDE THE BOX

- Find fun and unique containers like outdoor planters, lanterns or even everyday glassware to hold the season's prettiest flowers.
- Use bar/serving carts to create a useful and fun designer look for flowers—or drinks.
- Pull your look together. Define your taste as simple, eclectic or bold. Have fun by adding some new textiles and accessories.

Mixing and matching accessories can have a big impact—for a small price. "But if you haven't updated a room or rooms in years, the best place to see the biggest change is with new furniture," says Blum. "Change out your 'loved' sofa or add a new accent chair."

The look is up to you. But the ultimate goal is to freshen up your space while still making sure you feel right at home.







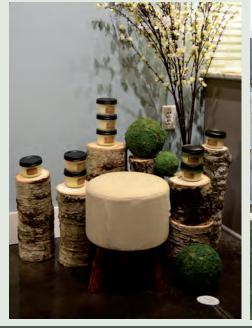














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**EVENTS** 



### PERFORMING ARTS

# 2-4 ITIMES VARY "ARENA" PRESENTED BY LI CHIAO-PING DANCE

The concert will be shown in the round to give each audience member a unique perspective of the performance. Overture Center, Madison. lichiaopingdance.org.

# 2-17 I TIMES VARY "ROCK OF AGES"

A jukebox musical built around classic rock songs from the 1980s, from bands such as Styx, REO Speedwagon and Bon Jovi. Bartell Theatre, Madison. madisontheatreguild.org.

### 4 I 7:30 P.M. JONNY LANG

Since the release of his debut album, the Grammy Award winner has built a reputation as one of the best live performers and guitarists of his generation. Overture Center, Madison, overture.org.

### 10 | 4 P.M. "LÚNASA"

With a quarter of a million albums sold and seven award-winning studio albums, the Irish folk band Lúnasa has revolutionized contemporary Celtic music. Wisconsin Union Theater, Madison. union.wisc.edu.

# 15-17 | 7:30 P.M. "MARCIA LÉGÈRE STUDENT PLAY FESTIVAL"

Student talent and the art of live theatrical performance are celebrated during this one-act play festival. Wisconsin Union Theater, Madison, union.wisc.edu.

# 18 I 2:30 P.M. "BEYOND THE SCORE"

A multimedia experience that reveals the illuminating stories found "inside" the score. Overture Center, Madison, madisonsymphony.org.

# 23 | 7:30 P.M. "MASTERWORKS III"

A concert featuring Brazilian pianist Alexandre Dossin, first prize winner at the 2003 Martha Argerich International Piano Competition. Overture Center, Madison. wisconsinchamberorchestra.org.

# 30-31 | 8 P.M. "RISE"

Dance moves to a new level as classical and contemporary styles blend seamlessly, creating a performance that is fresh and unexpected. Overture Center, Madison. madisonballetorg.

### **ENTERTAINMENT**

# 916 P.M "ON EXILE"

Interdisciplinary artist Jose Carlos Teixeira lectures on the process and ambitions of his work, with attendees treated to an opening night mixer after with hors d'oeuvres from Fresco and live music in the museum lobby. Imprint Gallery, MMoCA, Madison. mmoca.org.

# 10 | 2 P.M. "CIRCLE UP"

See a sneak peek of this forthcoming documentary on restorative justice. Following the preview, director Julie Mallozzi hosts a Q&A session and discussion with individuals working on restorative justice projects. Discovery Building, University of Wisconsin, Madison. danecountytimebank.org.

### 23 I 5 P.M.

# "NEVERTHELESS, SHE PERSISTED"

The exhibition's opening reception will feature a guest lecture from curator Annemarie Sawkins, and the exhibition will remain on display until May 13. Edgewood College, Madison. finearts.edgewood.edu.

# **FAMILY**

# **3 I TIMES VARY** KIDS IN THE ROTUNDA WITH TOM PFASE

The power of reading, the universal language of song and the healing effects of laughter are all messages found throughout Tom Pease's performances. Overture Center, Madison. overture.org.

# 17 | 1:30 P.M. 21ST ANNUAL ST. PATRICK'S **DAY PARADE**

The 2018 St. Patrick's Day parade around Madison's capitol square is a delight for all ages. Capitol Square. stpatsmadison.org.

# 24 | 9:30 A.M. - 12 P.M. STORYBOOK MAGIC! WITH CHILDREN'S THEATER OF MADISON

This action-packed book by Julie Donaldson revolves around the kidnap of a creative and heroic worm whose animal friends use teamwork to come to his rescue. Afterward,

students will make their very own Superworm to take home. DreamBank, Madison. dreamfearlessly.com/dreambank/events.

### SAVOR

# 4-11 | TIMES VARY **MADISON AREA CHEF NETWORK CHEF WEEK**

Madison's finest chefs indulge in competition and collaboration via special celebrations, specialty menus and kitchen takeovers at a variety of Madison restaurants. Locations vary, Madison. madisonchefs.com.

# 18 | 11 a.m. 26th ANNUAL CSA OPEN HOUSE

Meet local farmers, food producers and sample food from CSA vendors with member shares available for veggies, meat, eggs and more. Monona Terrace, Madison. csacoalition.org.

# 18 I 5:30 P.M. **BEER DINNER**

Lake Louie Brewing teams up with the chefs of Graze to create a perfectly paired menu. Dishes are made using brewery favorites and offered alongside limited beer pairings. Graze, Madison. grazemadison.com.

# **JAUNT**

# THROUGH MARCH 4 I TIMES VARY **BELOIT INTERNATIONAL FILM FESTIVAL**

The 13th season of the Beloit International Film Festival (BIFF) offers daily programming and showings around at venues around downtown Beloit, including some of the city's culinary hotspots. Locations vary, Beloit beloitfilmfestorg.

# 2-3 ITIMES VARY VINTAGE SHOP HOP

Nearly 400 shops vintage shops and boutiques across southern Wisconsin and just over the state line offer special deals during a weekend of shopping and savings. Locations vary. vintageshophop. blogspotcom.

# 10-11 I TIMES VARY **WINTER POWWOW**

Visit the marketplace while enjoying traditional food, dance and music during this year's event presented by the Indian Summer Festival. Wisconsin Products Pavilion, State Fair Park, West Allis. indiansummer.org.

### THRIVE

# 9-11 | TIMES VARY CANOECOPIA

Shop canoes, kayaks, and stand-up paddleboards at the world's largest paddling expo, sponsored by Rutabaga. Alliant Energy Center Exhibition Hall, Madison. canoecopia.com.

# 9-11 I TIMES VARY MIDWEST BICYCLE SHOW & SALE

Get ready for spring with deals on bicycles and bike accessories at Madison's largest bicycle sale. Alliant Energy Center New Holland Pavilion, Madison. bikeorama.com.

# 10-25 | 10 A.M. OLBRICH'S SPRING FLOWER SHOW

The Atrium at Madison's Olbrich Botanical Gardens features spring annuals with select flowers available for purchase after the event concludes. Olbrich Botanical Gardens, Madison. olbrich.org

# 15 | 6:15-7:30 P.M. DEFINING MOMENTS OF SUCCESS WITH BRANDON MINGA

In this inspirational session, artist and entrepreneur Brandon Minga shares his story of persistence in recognizing and overcoming his barriers. Leave with the tools and energy needed to harness those defining moments and achieve your dreams. DreamBank, Madison. dreamfearlessly.com/dreambank/events.

# 15-17 | 8 P.M. "WRONG FOR THE PART 2018"

The seventh annual presentation of a fundraiser for the Kathie Rasmussen Women's Theatre, when actors perform speeches and scenes no director would ever choose for them. Bartell Theatre, Madison, krasstheatre.com.

# 29 | 6:15-7:30 P.M. BECOMING A PROFESSIONAL SHENANIGATOR: CREATING EVERYDAY ADVENTURES AMIDST THE BUSYNESS WITH KIM KOTECKI

Join Kim Kotecki, co-founder of Escape Adulthood, as she shares her anti-Adultitis message that life's too short to live another day without some serious "shenanigating." Learn how to savor the little joys in the journey and become willing to be more spontaneous in this lighthearted program. DreamBank, Madison. dreamfearlessly. com/dreambank/events.

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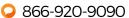
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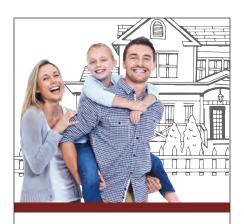
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# **MSCR**

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madisoncountryday.org/ summer-discovery (608) 850-6000

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continuingstudies.wisc.edu/smc (608) 263-2242

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# KINDRED KIDS LOANING EQUIPMENT, **GIVING SUPPORT**

BY AMY CARLSON NBC 15 NEWS ANCHOR

# "IT'S SO CRITICAL TO HAVE DEVELOPMENTALLY CORRECT TOOLS TO DEVELOP POTENTIAL."

-Wendy Simyab, founder of the nonprofit lending library Kindred Kids.

# IT ALL STARTED WITH CHATTING

between other parents of special needs children in physicians' waiting rooms. Wendy Simvab discovered the most difficult challenge they all faced was access to services and equipment for their growing children. So Simyab founded Kindred Kids, a nonprofit equipment lending library to serve these needs. Founded in 2009, the organization lends standers, gait trainers, shower seats, walkers and more at no cost to the families.

"Our fifth child has cerebral palsy. You can wait one to three years to get a piece of equipment and that's if you get approved," says Simyab. Most equipment has to last five to seven years and the children tend to outgrow it.

Kindred Kids, located in Columbus, has restructured and is reopening this month. It will continue to loan special needs equipment and toys to local families. As Simyab says, "It's so critical to have developmentally correct tools to develop potential."

Now funding for the lending library will be provided through children's resale events. "We're moving to event-

based fundraising. It will help the funds go farther," says Simyab. A spring and a fall sale will be held this year to help raise money for the special needs equipment.

Donations of toys, clothes, baby gear, books and anything for kids from birth to age 18 is accepted except for car seats and cribs. Sale dates will be released

New volunteers are always welcome. Kindred Kids will even bring a project to a corporate worksite for employees to help with during the work day. Other volunteers help sort clothing, toys and baby equipment at the warehouse.

Kindred Kids comes from a place of passion from the entire Simyab family. "Our kids have always been very involved with Kindred Kids from face painting to fixing equipment." The oldest Simyab siblings can even share what they've learned from Kindred Kids in their college classes. As Simyab says, "We feel honored to do it." 🎕

For more information about Kindred Kids' services, visit kindredkids.org

# MARCH NONPROFIT EVENTS

# 3 I TIMES VARY **ALL DRESSED UP**

Help Junior League of Madison and Klinke Cleaners give local high school girls the opportunity to "shop" for a free prom dress and accessories. Madison College-Truax Campus, Madison. juniorleagueofmadison.org.

# 6 I TIMES VARY THE BIG SHARE

Give the gift of support to nearly 70 local nonprofits, dedicated to building our community and protecting our environment This annual fundraising social media blitz is hosted by Community Shares of Wisconsin. thebigshare.org.

### 17 I 10 A.M. 2018 MADISON SHAMROCK SHUFFLE

Benefitting the Boys & Girls Club of Dane County and the Children's Dyslexia Center, the Madison Shamrock Shuffle offers a 10K run and 5K run/walk around State Street and the University of Wisconsin campus. Pyle Center, Madison. shamrock-shuffle. squarespace.com.



THE ART OF LESS I What is minimalism? It's about learning to live your life on purpose, and clearing the clutter that gets in the way or holds you back. Learn more about this life philosophy in writer Kyira Wackett's feature on P. 28.



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