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Communicating with Clarity & Confidence

MAY 17 • MARY HELEN CONROY
Significance: How Do We Matter?

MAY 24 • SUSAN YOUNG
Love Languages for Life - Keys to Happy and
Harmonious Relationships

MAY 31 • ALANA MCKEEVER
How to Design a Life of Purpose, Passion, and Pleasure



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Dip your toes into three stunning lake vacation spots

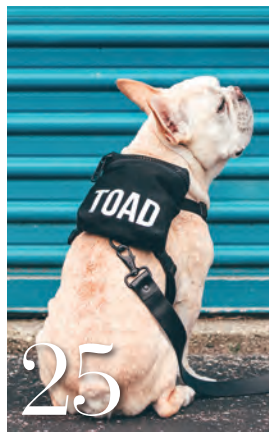


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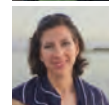
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OCTOBER 19, 20, 21 — 2018

Tania Miller, *Guest Conductor* | Zuill Bailey, *Cello*
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LEONARD BERNSTEIN AT 100

NOVEMBER 9, 10, 11 — 2018

Christopher Taylor, *Piano*
BERNSTEIN | BEETHOVEN

A MADISON SYMPHONY CHRISTMAS

NOV. 30, DEC. 1, 2 — 2018

Cecelia Violetta Lopez, *Soprano*
Kyle Ketelsen, *Baritone*
Madison Symphony Chorus, Madison Youth Choirs
Mt. Zion Gospel Choir

PICTURES AT AN EXHIBITION

FEBRUARY 15, 16, 17 — 2019

James Ehnes, *Violin*
HARBISON | BRAHMS | MUSSORGSKY

ORCHESTRAL BRILLIANCE: THREE VIRTUOSI

MARCH 8, 9, 10 — 2019

Naha Greenholtz, *Violin*
JJ Koh, *Clarinet*
Joshua Biere, *Tuba*
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ON THE ROAD

ROAD TRIPS WERE A STAPLE when I was a kid, even though my dad drove all week making his sales calls across vast regions. He just loved driving, so when he had some time off, my mom, brother and I would pile into his car for a long weekend or, if we were lucky, a whole week for our little vacations.

Most of our destinations were important sites in American history or national icons. We saw the Civil War battlefields and monuments, museums in Washington D.C., and New York City, where I was fascinated by eating a hot dog while standing at a counter, and my older brother marveled at the size and architectural wonder of the World Trade Center.

Sites of natural beauty also often played our hosts: Yosemite, Lake Tahoe, Crater Lake, and even Folsom Lake, where my brother and I swam breathlessly in the frigid water and our black lab Annie was happily in her icy element.

The trips always taught us something about our nation and about each other. We spent hours talking in the car. Boy, we had some great talks while crossing Nebraska!

This month's edition reflects that American tradition of getting away and getting together on road trips and

specifically, on lake vacations. Because what better, more beautiful and more ubiquitous destination is there in the upper Midwest?

Our farthest destination is Grand Marais, Minnesota, on Lake Superior, where writer Ann Imig's loving description was honed from years of visits to her family's cabin. We also make a stop in the Three Lakes, Wisconsin, area, where writer Lisa Schuetz describes how travelers can return to a quieter time. And, finally, BRAVA's Assistant Editor Julia Richards unearths the natural treasures in the Wisconsin Dells that have drawn travelers from the start.

And what road trip is complete without some fashionable, yet comfy and sturdy togs? BRAVA Digital Editor Rachel Werner and stylist and photographer Shanna Wolf unveil an array of travel wear on suitable for any adventure.

So dip your toes into these travel tales. They're sure to fuel your wanderlust. Bon voyage!

Marni

Marni McEntee
Editor-in-Chief

ON THE COVER

A watery hike in Grand Marais, Minnesota. Photo courtesy Visit Cook County, Minnesota.



THRIVE CAREER WORKSHOP

Don't miss UW Madison's Lesley Sager, who'll discuss Design Thinking for Business Innovation at BRAVA's THRIVE Career Workshop June 20. Thrivewithbrava.com

A BEHIND THE SCENES LOOK AT YOUR FINANCIAL LIFE

Come and Get Your Act Together

Setting the Stage &
Selecting Your Cast

*Your Financial
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*Have an Actionable
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Intermission

*Back Stage at the
Overture Tour*

No Stage Fright Necessary!

Act II: Protecting Your Plan

*Everyone Needs
a Plan*

Applause! Applause!

BRAVA
NIGHT OUT

TUESDAY, MAY 22, 2018

Overture Center, 201 State St, Madison, WI

5:30 pm - 6:00 pm
Appetizers & Drinks

6:00 pm - 8:00 pm
Presentations & Back Stage Tour

8:00 pm - 8:50 pm
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PHOTOGRAPHERS | Sunny Frantz



**ERIN HUEFFNER |
"WHAT'S IN YOUR
SUNSCREEN?" P. 20**

Erin is a writer who lives in McFarland, Wisconsin. A lifelong Badgers fan, she earned her bachelor's degree in English and Spanish from the University of Wisconsin-Madison. Erin started her career with the Wisconsin Alumni Association. She loves our city, and you can often find her boating on Lake Mendota in the summertime.



**ANN IMIG | "NORTHERN
SPLENDOR," P. 32**

Ann is the founder of the national live storytelling series "Listen to Your Mother" and editor of the acclaimed anthology by the same name. Ann's award-winning writing has been featured on sites like CollegeHumor, McSweeney's Internet Tendency, The Huffington Post and The Washington Post. National TV appearances include ABCNews.com, NBC Nightly News and the web series Battleground and The Louise Log.



**LISA SCHUETZ |
"THROWBACK ESCAPE
IN THREE LAKES," P.34**

Lisa is an award-winning journalist, a communication strategist and owner of 7 Hills Real Estate. Her favorite topics for storytelling include true crime, people, step-parenting, interior design, architectural history and politics. A hobby equestrian, gardener and cook, Lisa lives in Fitchburg with her husband, three children, three dogs and 15 chickens.



**VALERIE TOBIAS | "FROM
BATS TO BIRDS," P. 59**

Valerie's nearly 20-year career in photojournalism has put her and her camera in front of U.S. presidents and celebrities, on the scene of major national events, and on the sidelines of countless Packers games. More importantly, though, she has cherished the opportunity to visually tell the stories of thousands of everyday people across the nation. Valerie lives in Madison with her husband and daredevil son.



**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.



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Chairman of Johnson Financial Group

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CONNECT



A MIDSRING NIGHT'S DREAM | Break out full-length gowns and bright formal wear for the final mega-bash of the season—the Wisconsin Women's Health Foundation's 21st annual Spring Gala. The May 19 event kicks off at the Park Hotel with a cocktail reception featuring a live and silent auction, then the party rolls until midnight with gourmet food stations, appetizers, desserts, live music and dancing in the Wisconsin State Capitol rotunda. *Downtown Madison. wwhf.org.*

SAVE THE DATE


JUNE 20 | BRAVA THRIVE CAREER WORKSHOP: DESIGN THINKING FOR BUSINESS INNOVATION WITH LESLEY SAGER

Principles of design thinking can be applied to any situation to create successful business strategies. Learn to follow the design phases of empathize, define, ideate, prototype and

test, to seek design solutions for your business challenges. Lesley Sager is the director of the Design Thinking Initiative at the School of Human Ecology and the Coordinator of the Interior Architecture program at the University of Wisconsin-Madison. 8:45-11:45 a.m. *Promega BTC Event Center, bravamagazine.com/thrive-career-workshops-2018.*

TAKE NOTE

CONGRATS!

Eugenia Podesta, co-founder of Synergy Coworking, is this year's recipient of the Catalyst Award, the Dane County Latino Chamber of Commerce's recognition of Latina entrepreneurs. The chamber represents and promotes Latino businesses in the community, and Podesta not only owns her own business but helps others to develop businesses as well. Podesta, who was a 2017 BRAVA Woman to Watch, was awarded the honor at the annual Latino Business Excellence Awards held in March. Also honored was **Dr. Nestor Rodriguez**, medical director of Carbon World Health, who was selected as Entrepreneur of the Year. The Chamber's Legacy Award was given to **Amigo Construction**, and **Madison Gas & Electric** was honored with the Corporate Impact Award.

Emily Auerbach was chosen as this year's winner of the ATHENA Award, honoring women leaders. Auerbach is founder and director of the UW Odyssey Project, which offers a free college humanities course for returning students who have faced economic barriers to education. She also started the Odyssey Junior class to provide academic programming to the children and grandchildren of Odyssey students. Proceeds from the ATHENA Award Program help fund The Business Forum Foundation, which awards college scholarships to high school and returning students. Other 2018 Athena Award nominees were Jennifer Binkley, Susan Crowley, Marci Henderson, Dianne Hesselbein, Shannon Kenitz, Ashley Quinto Powell, Gricel Santiago Rivera, Kelli Thompson, Maggie Utterback and Miranda Zuhlke.

OUT + ABOUT

BRAVA-SPONSORED EVENTS

MAY 19 | MADISON MAN & WOMAN OF THE YEAR GRAND FINALE

The announcement of the Leukemia & Lymphoma Society's Man & Woman of the Year winners is a celebration of all the candidates' efforts as a collective class. The culmination of a 10-week philanthropic campaign, the title is awarded to the candidate whose team raised the most funds in honor of local blood cancer survivors, the Boy & Girl of the Year. Team members and supporters gather to enjoy food, cocktails, music and an outstanding auction. 6:30-10:30 p.m. *Madison Marriott West, Middleton. mwoy.org/wisconsin/madison.*

MAY 22 | BRAVA NIGHT OUT WITH SVA PLUMB FINANCIAL SAVVY WOMEN

SVA Plumb Financial Savvy Women invite you to "A Behind the Scenes Look at Your Financial Life," where the Savvy Women will pull back the curtain on your personal financial life. Come learn how to put all the financial players to work for you as you enjoy wine, hors d'oeuvres, presentations and a backstage tour of the Overture Center. Now is the time to see if your financial life is a comedy, tragedy or a smashing success! 5:30-8:50 p.m., *Overture Center for the Arts, Madison. BRAVAmagazine.com/events.*







MOXIE

Glenda Noel-Ney has accepted a position with the Principal Gifts Office at the prestigious Jazz at Lincoln Center. As vice president of advancement at the Overture Center for the Arts, Noel-Ney helped the Overture reach extraordinary fundraising goals. Noel-Ney's efforts have supported the Center's Racial Equity Initiative, bringing hundreds of children and families to center events. She also helped plan a new endowment for the Overture.

BRAVA CULPA

In BRAVA's THRIVE Conference guide (April 2018), workshop speaker Amy Crowe's bio did not include that she is a financial education specialist at Summit Credit Union.

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Who, what, where ROCKS IT & how? You tell us! Your top picks will be saluted in the November issue. Vote by July 1 to be entered to win a \$50 restaurant gift card.

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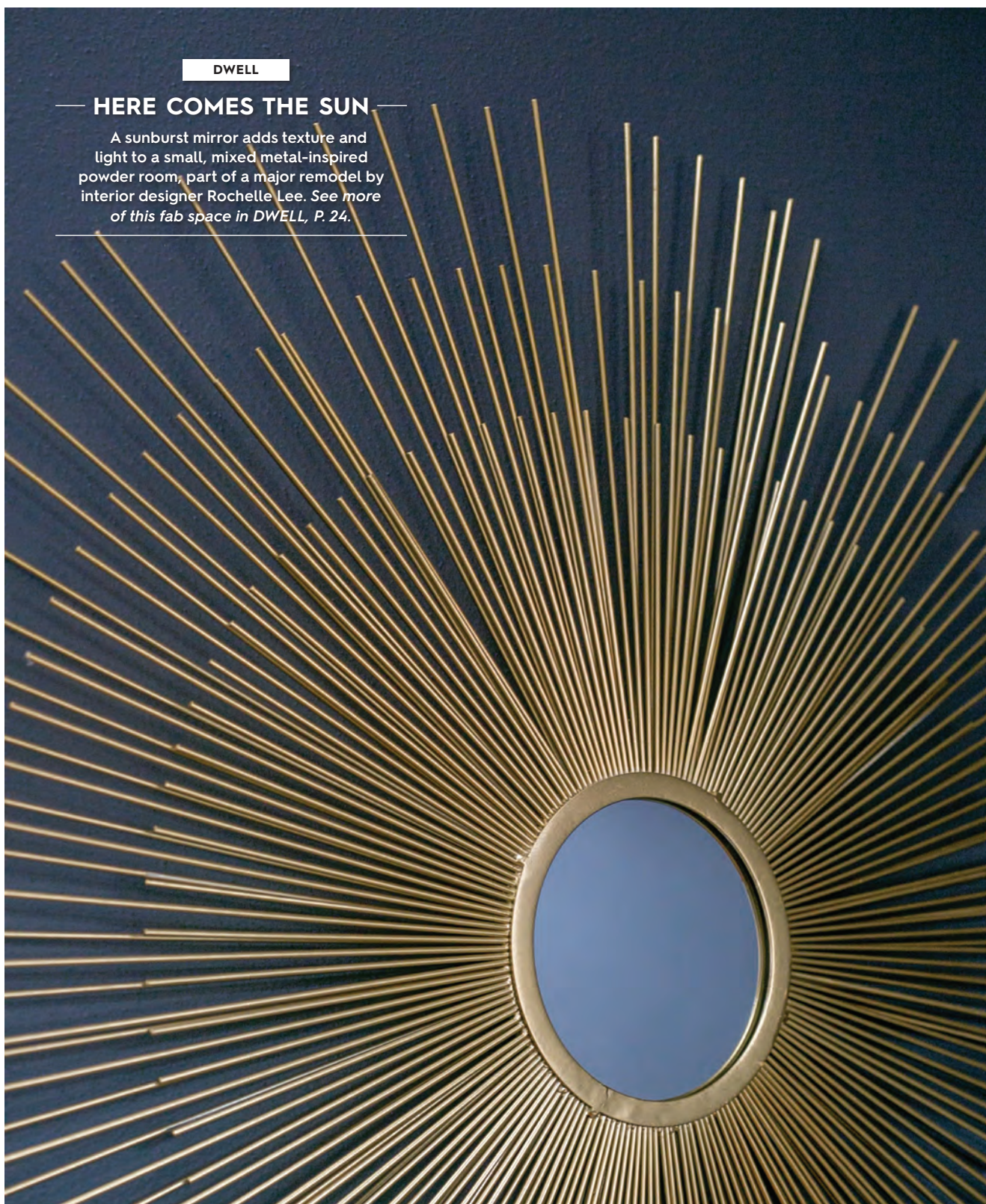
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THRIVE

DWELL

— HERE COMES THE SUN —

A sunburst mirror adds texture and light to a small, mixed metal-inspired powder room, part of a major remodel by interior designer Rochelle Lee. See more of this fab space in *DWELL*, P. 24.



PHOTOGRAPHED BY SHANNA WOLF



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HEALTH

WHAT'S IN YOUR SUNSCREEN?

WHEN I WAS A KID, SUNSCREEN WAS SEEN AS AN OPTION. Nowadays, I don't dare go outside without sunscreen on my pale Irish skin. It's an essential in the battle against skin cancer. But is there reason to worry about the chemicals in my sunscreen?

Dr. Apple Bodemer, a dermatologist and faculty member at the UW-Madison School of Medicine and Public Health, explains there are two main types of sunscreen: chemical blockers and physical blockers. Chemical blockers work by absorbing the sun's radiation and converting it to heat. These chemicals also need to be absorbed into the skin in order to do their job. But there is real concern about the chemicals in many traditional sunscreens—particularly Oxybenzone and Octinoxate. These have been linked to allergic reactions, endocrine disruption and decreased sperm count, Bodemer says.

Sunscreens with physical blockers tend to be the natural and/or organic options, such as Badger Sunscreen or Blue Lizard Australian Sunscreen, with active ingredients like zinc oxide and titanium dioxide. "I recommend the physical blockers with an SPF of 30 or above," says Bodemer. "They sit on the skin and deflect the radiation, so it's basically like a force shield surrounding you. But I really stress that sunscreen is only part of the UV protection plan, and it's not the most important, because most people don't apply enough sunscreen." She advises avoiding the midday sun and wearing protective items including wide-brimmed hats and sunglasses and sun-blocking clothing like those pictured. —Erin Hueffner 🌸



FINANCES

TEEN MONEY TALKS

TEENS AREN'T KNOWN for always making the best choices. When money is involved, "It's good to do that in a safety net," says Amy Crowe, a financial education specialist at Summit Credit Union. Well-versed in helping people of all ages develop responsible financial habits, Crowe offers her two cents on how to talk to teenagers about money.

Share the 'why' behind your choices.

"Teens see us buy, but they don't see the thought process," says Crowe. "They also don't actively see money being saved." Explaining your choices will help your teen to understand financial priorities and build critical thinking skills.

Plug in.

Once they have a checking and savings account, Crowe says, "Downloading a mobile banking app can help your teen to visualize their goals and habits." Plus, most apps offer added conveniences like mobile check depositing and immediate money transfers.

Know your family.

Having a steady income or looking at colleges indicates your teen is ready to open a checking account or talk about student loans. Crowe says that, "As with most things, 'readiness' depends on the individual," and you'll know when it's time to talk about the next stages of financial responsibility.

—Megan Roessler 🌸



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—Julia Richards 🌸

Bottom, left to right: New York Bluestone flagstone, clay brick pavers in running bond pattern, concrete brick pavers in basket weave pattern and Sandy Creek Flagstone; all from Madison Block & Stone.

PHOTO COURTESY ASPEN GARDEN & LANDSCAPE (TOP), PHOTOGRAPHED BY SHANNA WOLF (BOTTOM)

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SHINY HAPPY PLACES FORGING A NEW DESIGN

A SMALL POWDER ROOM got a bright update when interior designer Rochelle Lee and her client went with a mixed metal-inspired design. The pieces, including bronze sconce lighting and a bright gold sunburst mirror, added ample texture. Then Lee, of Rochelle Lee Interiors, topped off the look with a metallic wallpaper and gold hardware. "The faucet hardware in luxe gold tends to lean masculine while the wallpaper feminine," Lee says, "making the powder room more interesting and unexpected."

—Julia Richards 🌸

PHOTOGRAPHED BY SHANNA WOLF

CANINE COUTURE

CARRY ON WITH PUPS WHO PACK

BY SHELBY DEERING

WHEN IT COMES TO ACCESSORIES, why should humans have all the fun? Dogs now have backpacks to call their own thanks to Pups Who Pack by Maggie Modena.

Owner and designer Maggie Welsh had been studying anthropology at UW-Madison when she felt the stirring to turn her handbag-making hobby into a career. She completed a program at New York's Fashion Institute of Technology and was designing bags when she had an innovative—and adorable—idea.

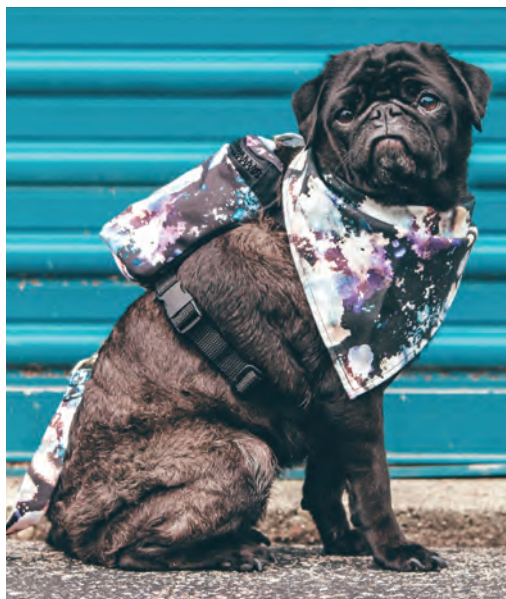
Two years ago, Welsh took a “little break from people fashion” to make a backpack for her pug, Rhea.

“At first it was just for fun, but then I made it into a harness and backpack in one...and it's been my focus ever since.” Welsh launched a Kickstarter campaign to help raise funds for the startup.

Rhea and Toad, Welsh's French bulldog, are her top spokes-dogs, modeling the backpacks in photo shoots. But the stylishly-patterned gear suits non-catwalk dogs too as handy vessels to carry waste bags, treats and toys on walks. A few of her items have even been sported by Internet-famous pups like Doug the Pug and The Daily Walter.

Welsh has added collars, harnesses and personalized packs to her line. It's all a manifestation of her dog love. “The unconditional love that dogs give you is immeasurable and sometimes all you need after a long day.” 🐾

Pups Who Pack gear is available at shop.maggiemodena.com.



PHOTOS COURTESY MAGGIE MODENA

PROMOTION

MADISON MEN TO KNOW



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His colleagues call him the future, and his family calls him a jokester. Combined, these two attributes perfectly describe the very personable, yet exceptionally skilled cardiothoracic surgeon, Dr. Ghulam Murtaza of SSM Health.

"The two things that give me the greatest satisfaction every day are seeing my family and my patients smile," Murtaza said. "When those two things happen, I know I've delivered on my promise to be the best dad and best surgeon I can be."

In less than three years, Dr. Murtaza has performed hundreds of complex heart surgeries with outstanding results. These include traditional open heart procedures such as valve replacements, aortic aneurysm repairs and coronary artery bypass grafts (CABG), as well as minimally invasive procedures using catheters and robotics. But Dr. Murtaza's expertise doesn't end with hearts. He also has a special interest in the repair of chest wall deformities and minimally invasive surgery for lung and esophageal cancer.

Most recently, Dr. Murtaza has been pioneering minimally invasive cardiac surgery at SSM Health by incorporating robotics into CABG. By using cutting-edge robotics to perform minimally invasive surgeries, his patients have smaller incisions, less overall pain, shorter hospital stays and faster recovery times.

With a wide array of skills, natural instincts to master emerging technologies, incredible surgical outcomes and a charismatic personality; Dr. Ghulam Murtaza is a person to know and continue to watch for years to come.

PROMOTION

MADISON MEN TO KNOW



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Dr. Parfitt cautions that there is a great deal of hype surrounding new cosmetic products and services, maintaining that his clinics never offer new products or services until he and his entire staff are certain of its safety and its ability to consistently produce highly satisfying results. When considering cosmetic surgery, the only way to evaluate whether a cosmetic surgeon gets consistently excellent results is to critically evaluate the surgeon's before-and-after photographs.

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BOLD STROKES STEPHENIE HAMEN'S INTENSE PALETTE

BY HEATHER OWENS

USING HER HANDS TO CREATE was originally a passion rather than a profession for artist Stephenie Purl Hamen. After working in the craft world, then in education and marketing sectors for numerous years, she resigned from her most recent stint at Aldo Leopold Nature Center in 2016 to be a full-time artist. "Art is the place where I can be me and truly express myself," she says. To Hamen, being an artist means "being truly authentic to myself" and "to voice activism through painting."

She created a mixed media "Year of Women" series in 2016 to reflect issues impacting women around the globe. "As artists, we are challenged to say the things that need to be said," she explains. Prolific, especially strong female artists such as Georgia O'Keeffe, Frida Kahlo, Carmen Herrera and Tatyana Fazlalizadeh continually inspire Hamen. She's also inspired by Claude Monet, Pablo Picasso and Frank Stella, men renowned for ushering in groundbreaking art movements. And music—vintage jazz, rock, hip hop and Christian music—move her as well.

Even though some of her work is more serious, many of her multi-media abstract pieces incorporate vibrant and cheerful colors to help tell stories, like the funky labels she recently designed for local brewery Untitled Art. Ultimately, being an artist boils down to "taking chances, providing inspiration to family," Hamen says. "And wearing your heart on your sleeve." thevintageprairie.com. 🌸



PHOTOGRAPHED BY KAIA CALHOUN



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ELANA FRANKENTHAL, DVM (LEFT) AND JEN HANNA, PRACTICE MANAGER (RIGHT)

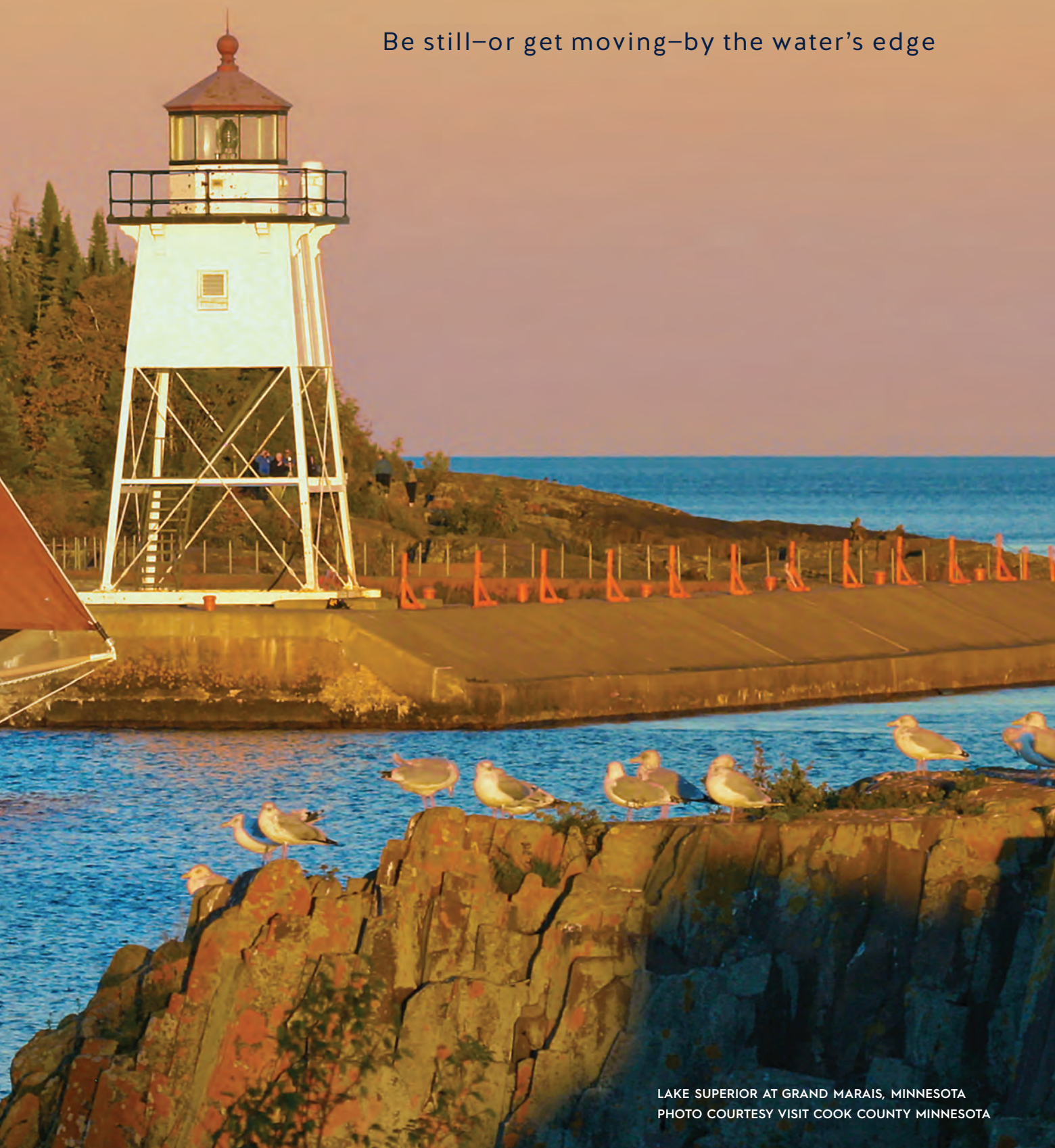
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LAKE EFFECT

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LAKE SUPERIOR AT GRAND MARAIS, MINNESOTA
PHOTO COURTESY VISIT COOK COUNTY MINNESOTA

NORTHERN SPLENDOR

Relish the views and flavors of Grand Marais

By Ann Imig



MY MOM OWNED A COTTAGE IN GRAND MARAIS, MINNESOTA, FOR 17 YEARS. When people asked why in the world she chose a vacation destination requiring an eight-hour car ride north, she'd respond, "Because that's where Grand Marais is."

Grand Marais kisses the shore of the incomparable Lake Superior, greatest of the Great Lakes and the largest freshwater lake in the world, by surface area, at 31,700 square miles.

Beholding Lake Superior rivals the majesty of any ocean view. Set a tiny, picturesque town on the edge of that Lake Superior splendor—a town full of arts, culture, galleries, shopping, and all the vacation recreation and culinary delights a heart and mouth desire—and truly, nothing compares. Bonus: Grand Marais is not typically overrun by tourists.

You can easily stay a week and never run out of things to do, considering the sheer number of delicious eateries (even a natural food co-op), the proximity of the Gunflint Trail, the Boundary Waters and all manner of waterfalls, hikes and streams to ford, plus the variety of boating rental/tours and swimming holes.

Even when the weather doesn't cooperate, you and your kids can burn energy in the pool or gym at the local YMCA, enjoy the library or lakeside bookstore Drury Lane Books, or spend the day gallery-hopping to see the wares of renowned local artists, photographers and makers.

My ideal Grand Marais vacation day begins with a "café con Lake Superior"—coffee with a view from one of the many rental cabins on Croftville Road. A brisk walk or run up the 1.5-mile lakefront road and back (a popular walking destination for locals) followed by a freezing cold and lightning fast "dip" (often only a toe-dip considering the lake's chill even in summer, when it rarely goes above 60 degrees) jump-starts my metabolism for the delicious damage to come. Next, into town for World's Best Donuts—which absolutely live up to their moniker—followed by a family jaunt on Artist's Point. My kids love to jump over the crags, climb the boulders, splash in the wave pools, investigate the cairns (rock totems) and zig-zag over the path out to the lighthouse and down the massive rock slabs jutting into Lake Superior herself.

After that strenuous play, obviously we need refreshments. Perhaps a cappuccino or steamer from Java Moose to fuel some rock-skipping, followed by a quick browse of Lake Superior Trading Post or the old fashioned five-and-dime Joynes Ben Franklin. For lunch, we might pick up some fresh smoked fish from Dockside Fish Market to enjoy back at the cabin before a siesta, or spend a lazy lunch savoring organic pub fare and a microbrew at the Gun Flint Tavern. Not ready to go inside? Grab some wood-fired pizza perfection and frozen custard on Sydney's rooftop deck. Prepare to work it off biking, hiking, kayaking or skipping Lake Superior's famously smooth stones in the afternoon.

With so many superb hikes nearby it's worth researching your options (accessibility and trail difficulty) before you go. Wear hats and layers not only for changing weather, but also to ward off ticks, mosquitoes and biting flies. A few of my favorite hikes are Cascade River Falls, Kadunce River wayside, Pincushion Mountain and Temperance River State Park.

For dinner, no question: The Angry Trout Café, a small indoor/outdoor restaurant sidled up to the edge of Grand Marais Harbor. Where an exquisite view meets exquisite cuisine, the menu utilizes locally-grown produce, hand-harvested wild rice and fresh Lake Superior fish all sourced organically. Angry Trout meals count among the best meals of my life. And, they have delectable pasta, non-seafood and veggie options.

Ready for some downtime? Escape your family and savor a little alone time or couples time with a visit to Sweet Grass Cove, a spa bed and breakfast 30 minutes north of Grand Marais on protected Bad River tribal land. Use the outdoor sauna and whirlpool, and enjoy a massage set among an unparalleled view. Or, take the family on a Sunday drive to The Naniboujou Lodge to feast on its scrumptious Sunday brunch buffet, and stroll off your seconds and thirds on the hotel's pristine beachfront.

For those who like a little night life, Grand Marais boasts plenty of talented local performers, musicians and festivals. For the rest of us, maybe a family game night, a campfire and some stargazing before we greet tomorrow's Grand Marais donuts—sorry, day—anew.



TWO-WHEELING WOMEN

SheRides, a daylong women's mountain biking clinic hosted by the Superior Cycling Association in June, has a simple goal. "It's about bringing women together," says a program founder, Paul Nordland. The clinic, for female mountain bikers of all skill levels, is located in Tofte, Minnesota, about 27 miles southwest of Grand Marais.

Nordland adds that "women, in many ways, are leading the charge" in growing the sport, and SheRides head coaches Dee Bartlam and Pam Schmitt are at the vanguard. Taking a team-based approach to learning and breaking down intimidation, the training program looks to give women the tools and skills to be out on single-track trails all summer long. For more information, visit superiorcycling.org. —Megan Roessler



THROWBACK ESCAPE IN THREE LAKES

Where the peaceful vibe's been unchanged for decades

By Lisa Schuetz



THE FIRST TIME I WALKED INTO THE LAKE COTTAGE WE BOUGHT IN 2014 JUST NORTH OF THREE LAKES, it looked just as it must have in 1950. The former owner hadn't been in it in years, and he'd left it a time capsule of mid-century clothing and furnishings. There were no televisions or videos. There were painted Adirondack chairs, Chinese checkers, a record player and a bin of records with old-timey music, a wringer washing machine, a clothes line, a badminton set and a croquet kit.

It was exactly what we wanted—a place to get away from our high tech jobs so we could reconnect. And Three Lakes, about 200 miles north of the Madison area, helps maintain that peace. It's a village that's been taking its sweet time catching up.

There are actually 20 or so heavily wooded lakes—14 are on the Three Lakes side of the 28-lake Eagle River Chain that forms the world's largest chain of inland lakes.

"I've been here for 35 years and the lakes haven't changed a lot," says Ed Jacobsen, head of the Three Lakes Waterfront Association, which watches over their health. "Everything is pretty much the way it has been for years."

Visitors can take long paddles in canoe, rowboat or kayak, lazily motor on a pontoon boat or zip around with a skier or two on the back of a speed boat, all popular activities since the 1930s when the area began to draw tourists from Chicago and Milwaukee.

Even if you leave your cottage and head into town, you'll still keep pace with the past. The main drag, called Superior Street, has no stop lights. The storefronts are filled and vibrant with a variety of small businesses that serve permanent residents and seasonal folks alike.

"Downtown Three Lakes is full of old-time charm, history and fun," says Sarah Flashing, executive director of its chamber of commerce. "Many storefronts continue to reflect the vintage styles of the early 20th century."

You can shop at the Three Lakes Mercantile & General Store for kitchen tools, toys, candles, clothes and moccasins. Baker's Foods, a tidy and tiny grocery store, still accepts checks from shoppers. Shoppers can stroll between darling shops such as The Open Amoire, Diversions and The Cabin Shop.

And let's not forget The Choo Choo Store, a throwback to a time when every self-respecting boy had a train set he could run like the engineer he aspired to become someday.

Perhaps the biggest draw downtown is Three Lakes Winery, a locally-owned business that makes its own wine using local cranberries, cherries and other fruit as well as grapes. It's open every day of the week offering tastings, and winery tours are available between Memorial and Labor Day weekends.

If you're looking for entertainment, Three Lakes supplies. Catch a movie, an art exhibit or a musical act at the vibrant Three Lakes Center for the Arts, one of six wartime Quonset hut theaters still in operation in the country.

Then there's the nine-hole Big Stone Golf Course overlooking Big Stone Lake, owned by the waterfront association's Jacobsen. Built during World War II, nothing much has changed except its environmentally-friendly maintenance. At \$19 for nine holes, it's a fairly inexpensive option compared to the higher prices elsewhere.

Jacobsen also owns the area's popular oddity, the Northwoods Petroleum Museum, filled with classic pumps and signs from the early part of the 20th century.

Of course, no throwback summer trip is complete without a water ski show, put on at 5 p.m. every Wednesday and Saturday on Big Stone Lake by the Aqua Devils Water Ski Show Team, performing since 1958.

Another must for your Northwoods stay is a visit to a supper club. The Black Forest Pub & Grille is a hybrid with excellent German food added to the traditional steak and fish. For the most authentic supper club experience, head to the White Stag Inn in nearby Sugar Camp, where the charbroiled steaks, baked potatoes and lettuce wedges are served the same way they have been for three generations.

Yes, time has nearly stood still in much of Three Lakes, although progress is creeping in.

"We are fighting to get Internet up here," says Jacobsen, "but in reality it's nicer to sit in your cabin and watch what's happening on the lakes. We still have loons, eagles and otters and all types of other wildlife. That hasn't changed. I hope it never does."



BYGONE LODGING IN THREE LAKES

Small family resorts once so popular between the 1950s and 1970s are slowly losing ground to larger rental properties, but a few remain. You can also check out Vacation Rental By Owner (vrbo.com) to find a great family destination in Three Lakes.

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TALL ROCKS, STILL WATERS

Rediscover the beauty of the Dells

By Julia Richards



THE DELLS' CHARACTER MAY SEEM TYPE A—the biggest, fastest rides, and most shocking, stimulating entertainment jockey for your attention from screaming billboards. But what first drew people to the Dells decades ago was the natural beauty of the Wisconsin River and the lakes that feed in to it, along with the dramatic Cambrian sandstone formations towering above. “Our roots go back to our scenic and natural history—the bluffs,” says Leah Hauck, communications manager with the Wisconsin Dells Visitor and Convention Bureau.

Here are three possibilities for spending a day communing with the waters, beyond the swirling frenzy.

The newly renovated River Inn Resort in downtown Wisconsin Dells is an option that puts you right on the banks of the Wisconsin River. Many rooms view the river, as does the first floor indoor pool and Jacuzzi space. “When you come into the hotel you’re surrounded by the ambiance of what people have come here for—to enjoy the Wisconsin River,” says Adam Makowski, general manager of the inn.

Located right on the scenic Wisconsin Dells River Walk, guests can stroll paved trails, stopping at scenic overlooks or at tables set up for a game of checkers.

If the urge is irresistible to get directly on the water, the inn has a four-slip boat dock where guests can park their own boats. And, for those who would prefer having someone else do the driving, the Dells Boat Tours are located right next door, offering two routes on a professionally guided tour.

End the day back on the water’s edge at the River Inn’s new 3,000-square-foot patio. The inn’s renovated bar, Drinker’s Landing, has offerings from local Port Huron brewery and Fawn Lake Winery.

Another option, that will completely immerse you in nature, is camping at Mirror Lake State Park. Miles of trails to hike and bike wind through the wooded park. At its center are the still waters of Mirror Lake reflecting those iconic sandstone cliffs. The extensive campgrounds include walk-in and group sites. There are also a couple sites reserved for

visitors arriving via bicycle, since the park is near the linear trail system crossing the state. “That way there’s a guaranteed site for someone who would pedal in,” says Brett Johansen, park ranger.

If you want to splurge for a one-of-a-kind experience, rent the Frank Lloyd Wright-designed Seth Peterson cottage (middle left photo). The secluded one-bedroom cottage is run by a private nonprofit and opens for tours the second Sunday of each month.

Mirror Lake’s slow, no-wake designation makes it ideal for kayaking and stand-up-paddling. These craft, along with pontoon boats, are available for rent next to the park’s boat landing.

For dinner go to Ishnala Supper Club, located right within the park. The menu focuses on steak and seafood, and the bar features classic Wisconsin cocktails and local brews. Ishnala has expanded its outdoor seating and added a new bar and lounge area, all overlooking the water.

An indulgently relaxing option, whether you’re traveling solo, getting away with a partner or celebrating with a group of girlfriends, is Sundara Inn & Spa. In the midst of an expansion doubling its size, the spa caters to both meditation, with features like a Zen garden, as well as intimate gatherings, with a private dining room and seating around fire pits. Its new “Cambrian oasis” includes casts of the area’s famous sandstone formations alongside an indoor/outdoor pool with swim-up beverage service. Sundara invites you to unplug, asking all guests to refrain from using electronics in common areas. “You’re not going to see people by the pool taking selfies,” says marketing and design specialist Heidi Michel.

According to Michel, “The majority of the expansion is really dedicated to experiences.” Start the day with a “moving meditation” sunrise pontoon boat ride on the upper Dells. The spa also arranges kayak and stand-up-paddle tours. The new full service restaurant emphasizes light and fresh fare. At the end of the day retreat back to your suite and soak in the custom hot tub on your patio overlooking the woods. Ahhhhhhhhh.



GET STUNG BY ADRENALINE ON RAJA

The Dells bills itself, after all, as the Waterpark Capital of the World. So, if you're looking for a little breathtaking fun on your otherwise tranquil visit, head to Noah's Ark, which is unveiling its new slide, Raja, the World's Largest King Cobra, this summer.

The park says the slide is the world's largest and tallest, with riders starting their descent from six stories high. Then, they race in two-person tubes over 330 feet at speeds up to 30 mph. Finally, they'll plunge 37 feet into the massive cobra's mouth. The new attraction is sure to charm riders of all ages. —*Julia Richards*

get your LAKE EFFECT



Read about a great stopover in hip Duluth, Minnesota, at bravamagazine.com

TREKKED OUT

Active wear for trail or town

By Rachel Werner

Styled and photographed by Shanna Wolf



Hair and makeup by Cara Piper and Frances Brown, Arch Apothecary Madison
Shot on location in Bolz Conservatory at Olbrich Botanical Gardens

ADVENTURE AWAITS

All you need is the right gear. Clothing in natural hues with contrasting accessories will help you stand out on any trail you take. And form-fitting active wear is sure to turn heads, whether you're strolling through a city park or lacing up for an endurance event.



Previous page:

Free to Be Moved Bra, \$68, Twist It Tank, \$48, Street to Studio Pant, \$98; Lululemon Hilldale. Ruffle Sneaker by Tory Sport, \$228; Shopbop.

Above:

Hot Mesh Jacket, \$128; Lululemon Hilldale. Luminous Legging by Alo, \$104; Neena. Classic Cortex Sneaker by Nike, \$70; DSW Greenway. Plattan II Headphones by Urbanears, \$50; Shopbop.



Center, top to bottom:
 Letterman Crew Sweater
 by Tory Sport, \$148;
 Duck Bag by Baggu, \$32;
 Shopbop.
 Signature Classic Camouflage
 Sneaker by Superga, \$79;
 LL Bean Hilldale.

Right:
 Non Stop Bomber, \$128;
 Lululemon Hilldale.
 Essence Tank by Alo, \$52;
 Neena.
 Final Lap Crop Legging, \$118;
 Lululemon Hilldale.
 Guresu 1.0 Sneaker
 by Reebok Dance, \$70;
 DSW Greenway.





WIN IT!

Tag BRAVA on Instagram throughout May in your [#fitlife](#) posts for a chance to snag an item or two featured in this issue!

Above:

Luna Vest, \$89; LL Bean Hilldale. Mock Neck Top by Tees by Tina, \$46; Neena. Fast and Free Tight, \$128, Dash and Splash Cap II, \$38; Lululemon Hilldale. Onzie Knot Crop Tank, \$32; Shopbop. Play Nice Exercise Mat by ban.dō, \$32; Shopbop.

Opposite, top right:

Techloom Phantom Sneakers by APL, \$165; Shopbop. Ghost Jacket by 2XU, \$200, Sonic Studio Tank by 2XU, \$80, Kamiko Tight by Mizuno, \$60; Endurance House.

Bottom right:

Raglan Sleeve Dress by Bella Dahl, \$172, Luminous Legging by Alo, \$104; Neena. Spiked Glass Water Bottle by BKR, \$40; Shopbop.



TENNIES FOR A CAUSE

Consider giving purpose to your next sneaker purchase via online vendors such as GoodShop and FlipGive, through which a portion of the money spent circles back to local youth athletic teams or nonprofits like Aldo Leopold Nature Center, Rape Crisis Center of Dane County, REAP and more.

goodsearch.com/goodshop.

flipgive.com.



To get the full scoop on how models Jen DeMain (top) and Kaila Pooler (bottom) rock being fit and fashionable, visit bravamagazine.com.

Grab and go gear



Sumpan Earbuds by Urbanears, \$30, Bliss Rose Gold Insulated Water Bottle by Mytagalongs, \$28; [TOBI.com](#). Dr Bronner's Organic Lip Balm, \$2; Willy Street Coop. Teal VL0002 Sunglasses by Vuarnet, \$249; Ulla Eyewear. Everywhere Duffel with Heat Proof Pocket, \$148; Lululemon Hilldale. Smart Fitness Watch by Diggro, \$41; REI Madison. The Power Trip Gold Metallic Charger Set by ban.dō, \$36; [TOBI.com](#). Protect All Over Sunscreen SPF 30, \$32; [beautycounter.com](#). ☆



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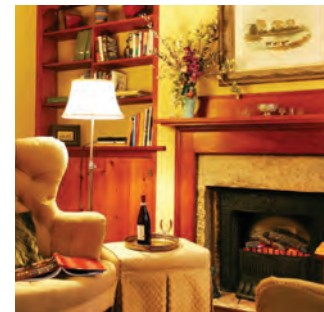
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Brace Yourself

NEW TECHNOLOGIES—AND MENTALITIES—IN DENTISTRY

BY SUE SVEUM

Going to the dentist used to be a pain—literally. But advances in dental trends and treatments have made the process much more positive and practically painless. Two local dentists discuss innovations in today's orthodontia—along with the importance of helping patients understand their treatment and making them feel part of the process.

"Technology and materials are a couple of the things that make orthodontic treatment more palatable these days," says Dr. Audra Long, an orthodontist with Dental Health Associates of Madison. "The majority of my patients are kids and teens who, surprisingly, usually still stick with the metal braces." But, she adds, with statistics showing that adults now make up 25-30 percent of orthodontic patients, other options are gaining popularity.

Older patients often turn to less visible non-metal choices. In addition to the commonly known Invisalign system, Long says, "For those that need more significant tooth movement, another option is to use clear brackets made of ceramic rather than metal." You get a similar aesthetic benefit, with stronger hardware.

One important dental advance in recent years is indirect bonding. Instead of placing brackets on each tooth individually, impressions are taken of the patient's top and bottom teeth. When the brackets are ready to be placed on the patient's teeth, they can be applied within 10 minutes. This simplified adhesion process means less time in the chair for the patient. While not every orthodontist does this, the majority of Long's patients are able to take advantage of this technology.

In order to address any fears or concerns (like braces hurting), Long focuses on building patient rapport from the very first appointment. "My job is to tell them what to expect and discuss their concerns," Long says. "We start by taking pictures and discussing procedure options, then together we can choose the best treatment."



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Drs. Shannon Rea, Christine Julian-Hoernke, Alanna Wirtz, Lori Veerman, Lindsey Heim

madisonfamilydental.com

Dr. Christine Julian-Hoernke, a dentist at Madison Family Dentistry agrees. "Listening, along with mutual trust and respect, are the best ways to build rapport," she says. "Everyone's story is as different as their goals, so it's important that the entire team is on the same page and understands what's going on."

That includes getting a jump start on future work through interceptive orthodontics. "We try to help develop the arches in kids and take advantage of the fact they're still growing," she explains. "Trying to 'guide growth' can help to reduce the need for extensive ortho later on."

MOST OF THOSE GETTING BRACES ARE TEENS, BUT STATISTICS SHOW THAT ADULTS NOW MAKE UP 25-30 PERCENT OF ORTHODONTIC PATIENTS.

—Dr. Audra Long, an orthodontist with Dental Health Associates of Madison

She credits innovations in technology with improving dentistry today. "We have better imaging and faster equipment," she says. But another interesting aspect is an increased focus on the airway. "When we evaluate a patient for orthodontics, we always look at the airway and review health history with patients and parents," she says. "If we see potential airway issues, such as large tonsils, adenoids or a constricted palate that can cause issues, we refer them to a pediatric ear, nose and throat specialist for further evaluation prior to the start of treatment."

Another priority is making dental visits more comfortable—with massage chairs, TVs and music. "Many people are nervous coming to the dentist due to length of time, fear of needles/pain or a prior bad experience," says Julian-Hoernke. "I was fortunate to grow up with a kind and gentle dentist and I try to provide the same kind of care for my patients. I love helping them feel great about themselves."

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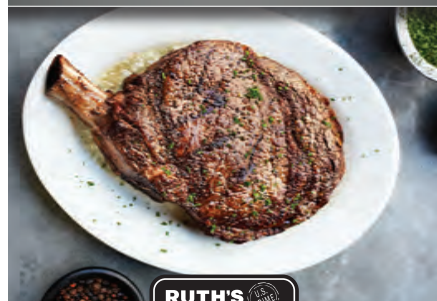
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GO+DO

EATS

IN THE MIX

Savor an array of Indian cuisine and spices in the comfort of your home via local DIY product Flavor Temptations.

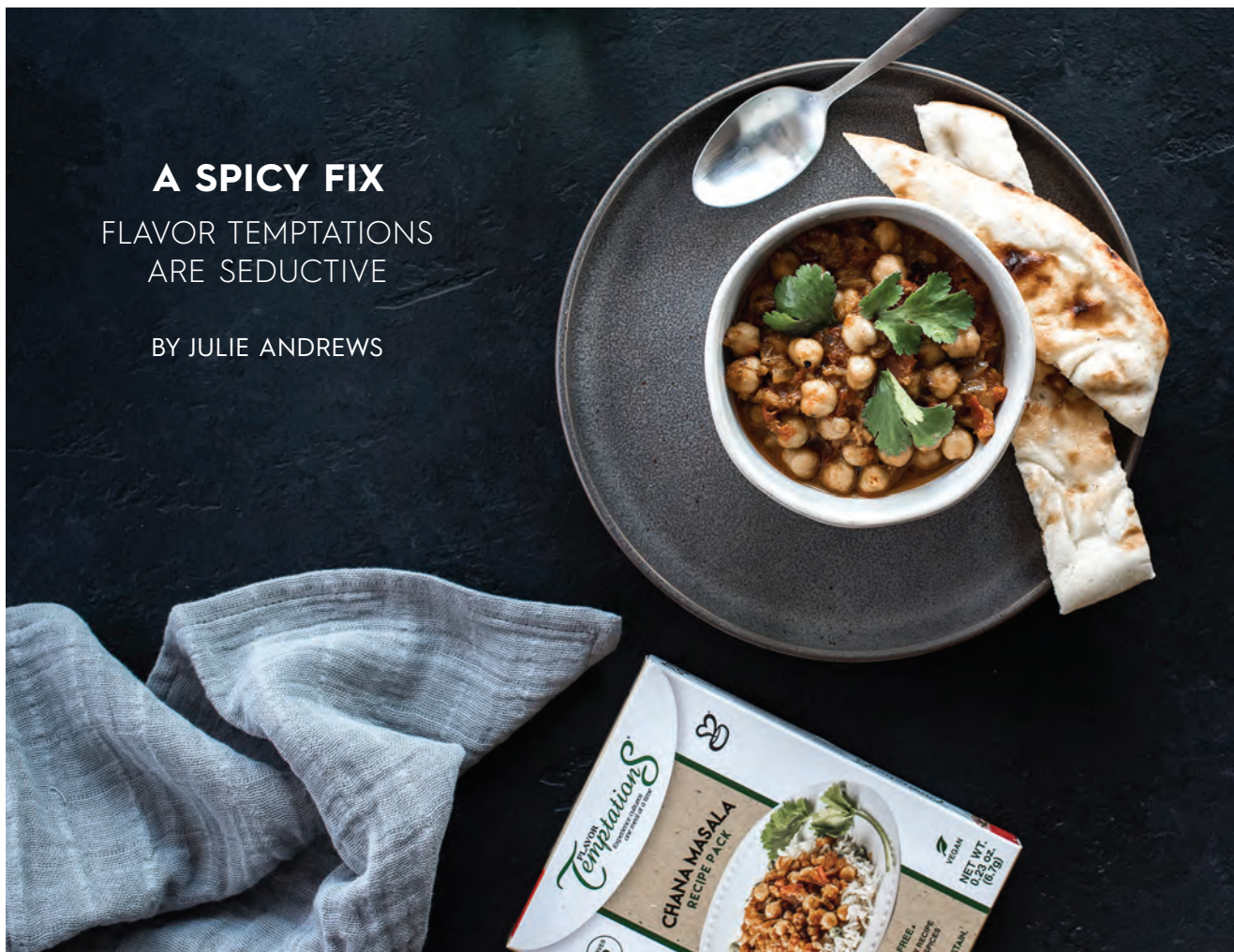
Learn how to get your hands on this unique foodie brand in ENTREE, p. 54.



A SPICY FIX

FLAVOR TEMPTATIONS ARE SEDUCTIVE

BY JULIE ANDREWS



FIRST LAUNCHED AS ETHNIC SPICERY in 2012, husband and wife duo Sara Parthasarathy and Partha Sabniviss rebranded their Indian meal kits Flavor Temptations in 2014. “These are my mother’s recipes, and they’re very authentic,” shares Parthasarathy, so the second name better reflects how “you’re going to be tempted by all of the flavors and scents that go through your home when you’re cooking.”

Product

Inspired by Parthasarathy’s mom’s cooking, Flavor Temptations meal kits contain an authentic Indian recipe, such as Chicken Tikka Masala, with the corresponding organic spices in perfect measurements. “We differ from popular meal kits because we don’t provide the fresh produce; this helps support our local community,” she explains, so individuals can shop their favorite farmers’ and grocery markets. Flavor Temptations is available in many upscale supermarkets, such as Whole Foods, Willy Street Co-op, Hy-Vee and Metcalfe’s, as well as supermarkets in Minnesota, Iowa and Michigan. “It’s hard to say which product is most popular,” says Parthasarathy, but she thinks the Chana Masala and Curried Potatoes are top contenders.

Passion

“We want to be sustainable, to not waste ingredients and spices. Our recipe packets don’t have any preservatives or salt and are gluten free. Plus [we have] many vegan dishes, and they are [USDA] organic,” she says. Not only are health and the environment important to them, but philanthropy and community involvement are big priorities. “We have donated approximately 25,000 meals to Feeding America. This is part of our support mission, as we believe no American should go hungry.” This stands true in their mission statement: Share. Support. Sustain. And since moving to Madison from India in 1995, Sara and Partha have also become involved in local business groups, such as FaB Wisconsin. “We are very grateful for all of the business resources in Madison,” says Parthasarathy.

Philosophy

When Sara and Partha’s son went off to college, he wanted to craft the family recipes on his own. “I told him Indian cooking is so much about layering spices and it can get pretty complex,” she recalls, “and I told him he needed a pinch of this and a pinch of that,” but he just couldn’t perfectly replicate it. Sara measured out all the spices and jotted down the cooking directions and sent them with her son in hopes his cooking would measure up to hers. This idea inspired the couple to create Flavor Sensations, thinking consumers could benefit from their meal kits as well. Parthasarathy proclaims, “Food bonds people, it brings them together to eat” flavortemptations.com. 🌸

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EVENTS



PERFORMING ARTS

3 | 7:30 P.M.

BLACK VIOLIN

Classically trained violin virtuosos Kevin Sylvester and Wilner Baptiste, who go by the stage names Kev Marcus and Wil B, will perform their unique fusion of hip-hop, rock, classical, R&B and bluegrass music. *Overture Center, Madison. overture.org.*

4 | 6 P.M.

OVERTURE GALLERIES SPRING EXHIBITION RECEPTION

Artist talk and community conversation will revolve around the three galleries' current exhibits: Water is Life, Redefining Narratives and Season of Shadows. *Overture Center, Madison. overture.org.*

4-6 | TIMES VARY

MASS APPEAL

The Madison Symphony Orchestra and Conductor John DeMain close the season with a memorable concert, featuring Pianist Christopher O'Riley. *Overture Center, Madison. madisonsymphony.org.*

4-19 | TIMES VARY

"THE WINTER'S TALE"

The Winter's Tale is a gorgeous, sweeping story in which loss is grieved, joy is celebrated, and faith brings forth miracles. *Bartell Theatre, Madison. strollers theatre.org.*

4-19 | TIMES VARY

"LET THEM EAT CAKE"

A seriously comic exploration of women and food. *Bartell Theatre, Madison. bartelltheatre.org.*

4-20 | TIMES VARY

"THE MIRACULOUS JOURNEY OF EDWARD TULANE"

Edward Tulane is a very dignified china rabbit, remarkable in every way except one: he doesn't know how to love. *Overture Center, Madison. ctmtheater.org.*

5 | TIMES VARY

"FANNING THE FLAME"

Watch the next generation of dancers and choreographers ignite the stage with new ideas, stories and expressions through dance. *Overture Center, Madison. kanopydance.org.*

5 | 11 A.M.

ARCH8'S "TETRIS"

Inspired by the game, the extremely physical dance quartet from the Netherlands explores how we connect with one another. *Overture Center, Madison. overture.org.*

8 | 7:30 P.M.

DANCE THEATRE OF HARLEM

With cutting-edge contemporary and ballet works to celebrate African American culture, the racially diverse dance artists carry a message of empowerment. *Overture Center, Madison. overture.org.*

11 | 7:30 P.M.

MASTERWORKS V

Back by popular demand, John O'Connor performs "Piano Concerto No. 3 in C minor" which, along with "Symphony No. 5," promise to rock the house. *Overture Center, Madison. wisconsinchamberorchestra.org.*

12 | 12 P.M.

ARTMAKING WITH BOREALIS-OVERTURE GALLERIES OPEN STUDIO

Join Alaura Borealis and friends in an open studio for an afternoon of art making! Come cultivate feelings with shadows and talk gender, play with light and make messes in this drop-in studio open to all ages. *Overture Center, Madison. overture.org.*

15-20 | TIMES VARY

"ON YOUR FEET!"

"On Your Feet!" takes you behind the music and inside the real story of the record-making and groundbreaking couple, Emilio and Gloria Estefan. *Overture Center, Madison. overture.org.*

19-20 | TIMES VARY

"LEGACY"

For 33 years, the Oakwood Chamber Players have been gracing the Oakwood auditorium with vibrant concerts. *Oakwood Center for Arts and Education, Madison. oakwoodchamberplayers.com.*

ENTERTAINMENT

4 | 5 P.M.

GALLERY NIGHT

Enjoy an opening night at the Madison Museum of Contemporary Arts and the unveiling of MMoCA's collaboration with Octopi Brewing in addition to special arts-related events at venues across Madison. *Locations vary, Madison. mmo.ca.org.*

5 | 8 A.M.

VERONA CINCO DE MAYO FESTIVAL

Celebrate and learn about Mexican-American culture at Verona's Cinco de Mayo celebration. A 5K and kids' run are also included in the day's festivities. *Hometown USA Festival Park, Verona. visitveronawi.com.*

6 | 12:30 P.M.

SUNDAY AFTERNOON LIVE AT THE CHAZEN

The Pro Arte Quartet will perform a free, live concert in the Chazen's Brittingham Gallery III. Seating limited to 100 and is first-come first-served. *Chazen Museum of Art, Madison. chazen.wisc.edu.*

6 | 7:30 P.M.

TRAMPLED BY TURTLES

This band from Duluth, Minnesota, takes inspiration from bluegrass, folk and other musical genres that don't rely on amplification. *Overture Center, Madison. overture.org.*

7 | 7:30 P.M.

BRIT FLOYD: ECLIPSE WORLD TOUR 2018

Brit Floyd, the world's greatest Pink Floyd tribute show, returns for a very special 45th anniversary retrospective of the iconic group's 1973 album, "The Dark Side of the Moon." *Overture Center, Madison. overture.org.*

16 | 8 P.M.

DAVID BYRNE

"The American Utopia World Tour" of avant-garde performer and Talking Heads front man David Byrne includes music from his new album, plus performances choreographed with a 12-piece live band. *Orpheum Theater, Madison. madisonorpheum.com.*

18-20 | TIMES VARY

SYTTENDE MAI FESTIVAL

Celebrate Norwegian Independence Day by enjoying cultural performances, food, art, live music and parades. *Locations vary, Stoughton. stoughtonwi.com.*

FAMILY

11 | 5:30 P.M.

BABY DATE NIGHT

A special night at the museum, Baby Date Night includes baby races, crafts, mocktails and a dramatic reading of Adam Mansbach's humorous picture book "Go the F*&k to Sleep." *Madison Children's Museum, Madison. madisonchildrensmuseum.org.*

12 | 10 A.M.

MADISON MINI MAKER FAIRE

Engineers, artists and makers of all kinds participate with their handmade projects in what is described as “The Greatest Show (& Tell) on Earth.” *Monona Terrace, Madison. madison.makerfaire.com.*

19 | 10 A.M.

WISCONSIN SHIPWRECKS FOR KIDS

Learn how maritime archaeologists study shipwrecks and underwater mysteries at this drop-in event. *Wisconsin Historical Museum, Madison. wisconsinhistory.org.*

SAVOR

4-13 | TIMES VARY

MADISON CRAFT BEER WEEK

This 10-day celebration of craft brews brings over 300 beer-related events to downtown Madison. *Locations vary, Madison. madbeerweek.com.*

7 | 6 P.M.

MEET THE KARBEN4 BREWERS

Chat with five of Karben4's brewers as each presents a special beer on tap, then sit back with a pint—or get a flight and try them all. *K4 Taproom, Madison. karben4.com.*

13 | 9 A.M.

MOTHER'S DAY GRAND BRUNCH BUFFET

Celebrate mothers on their special day over this full breakfast buffet, in addition to selections of pasta, dessert and kid-friendly selections. *The Edgewater, Madison. theedgewater.com.*

JAUNT

THROUGH MAY 27 | TIMES VARY
“42ND STREET”

The ultimate show-biz musical, *42nd Street*, is a celebration of Broadway, Times Square and the people who make the magic of musical theater. *Fireside Theatre, Fort Atkinson. firesidetheatre.com.*

5 | 8 A.M.

LAKEFRONT ARTIST FAIR

Browse work in a variety of media and enjoy the culture of downtown Racine during this annual festival hosted by the Racine Montessori School. *Festival Park, Racine. racinemontessori.com.*

5-6 | 9 A.M.

ART IN THE GREEN

Peruse and purchase the work of local and regional artists, with live entertainment under the Mitchell Park Domes. *Mitchell Park Horticultural Conservatory, Milwaukee. milwaukeehomes.org.*

5 | 7:30 P.M.

WPR OLD TIME RADIO DRAMA

Turn back the hands of time with Wisconsin Public Radio while watching an adaptation of Oscar Wilde's “The Canterville Ghost” complete with period costumes and live music. *Mineral Point Opera House, Mineral Point. wpr.org.*

13 | 10 A.M.

MOTHER'S DAY BRUNCH AT THE MILWAUKEE ART MUSEUM

Brunch in the art museum's majestic Windhover Hall overlooking Lake Michigan, savoring a dining experience to remember. *Milwaukee Art Museum, Milwaukee. mam.org.*

18-20 | TIMES VARY

WISCONSIN STATE POLKA FEST

Master the polka to the tune of traditional polka music from Germany, Poland and more. *Four Points by Sheraton, Milwaukee. wisconsinpolkabooters.com.*

25-28 | TIMES VARY

CHOCOLATE FEST

Enjoy games, rides, music, chocolate carving, food and, of course, chocolate sampling at Burlington's Chocolate Festival. *Chocolate Festival Grounds, Burlington. chocolatefest.com.*

27 | 10 A.M.

17TH ANNUAL RUBBER CHICKEN FLING

Kick off the summer by joining in this weird, yet wonderful, annual event, accompanied by music, food and a craft fair. *Princeton City Park, Princeton. princetonwi.com.*

31-June 2 | TIMES VARY

BONFIRE MUSIC AND ARTS FESTIVAL

Catch 19 performances over three days at this innovative arts and music fest in the Driftless region. *Driftless Music Gardens, Hillsboro. driftlessmusicgardens.com.*

THRIVE

5 | 9 A.M.

LAKE MONONA 20K RUN AND 5K RUN/WALK

Participate in this “almost” half-marathon around Lake Monona, taking in views of downtown Madison and picturesque lakeshore paths. *Winnequah Park, Monona. lakemonona20k.com.*

12 | 9 A.M.

FRIENDS OF THE ARBORETUM NATIVE PLANT SALE

Enjoy the prairies of the Arboretum and get inspired and equipped to plant your own native garden by browsing over 200 species of native plants for sale. *University of Wisconsin Arboretum, Madison. arboretum.wisc.edu.*

12 | 12 P.M.

MADISON MAKERS SPRING MARKET & PUB CRAWL

Shop and drink local at this pub-crawl-style market on Madison's East Side. *Locations vary, Madison. madisonmakersmarket.com.*

17 | 6:15 P.M.

SIGNIFICANCE: HOW DO WE MATTER? WITH MARY HELEN CONROY

Spring is the time for reflecting on what you've been planting this year—the good and the, perhaps, not-so-good in your personal and professional life. Join Mary Helen Conroy and explore the question, “How do we matter?” She will use popular culture, a few great stories and even share a recipe for significance to inspire and motivate the whole year through. *DreamBank, Madison. dreamfearlessly.com/dreambank/events.*

19 | 10 A.M.

HONOR YOUR DREAMS RETREAT

Create your own dream catcher at this retreat in Wisconsin's Driftless region as you enjoy the peaceful landscape of Barneveld's Soul Full Sanctuary and take time to reflect on and celebrate your dreams. *Soul Full Sanctuary, Barneveld. soulfullsanctuary.com.*

FUN FOR KIDS

LITTLE ONES WILL HAVE A BLAST IN CLASSES OR SUMMER CAMPS AT THESE LOCAL CHILDREN'S CENTERS:

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kanopydance.org
(608) 238-4642

MADISON COMMUNITY MONTESSORI

MadisonCommunityMontessori.org
(608) 827-MCMS

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Walbridgeschool.org
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Thank you, Sandi!



Sandi Bernhardt

*Agrace volunteer and
past Butterfly Gala
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For 18 years, you dedicated
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to support our mission
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Thank you for your
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Butterfly Gala



Save the date:

November 10, 2018
THE EDGEWATER



**CONGRATULATIONS TO
SHANNON RATCHMAN,**
**The Leukemia & Lymphoma
Society's Madison Light The
Night Executive Challenge
Winner!**



SHANNON RATCHMAN

District Manager, Walgreens

Light The Night is a fundraising
campaign of the Leukemia and
Lymphoma Society (LLS) which
brings together families and
communities to honor blood
cancer survivors, as well as
those lost to the diseases, and
shines a light on the importance
of finding cures and providing
access to treatments for blood
cancer patients. The Light The
Night Executive Challenge is a
competition among
participating corporate
executives in the Wisconsin
Chapter to raise funds for LLS.

Thank you to our 2017 Light The Night
Local Presenting Sponsor:



SAVE THE DATE: Madison Light The
Night Walk, Thursday, October 11
www.lightthenight.org/wi



Paige Pederson, wildlife rehabilitator, holds an injured red-tailed hawk.

FROM BATS TO BIRDS THE HUMANE SOCIETY WILDLIFE CENTER HELPS REHAB INJURED CRITTERS

BY JULIA RICHARDS

"WE HAVE TO ALWAYS CONSIDER FOR ALL OF OUR WILD PATIENTS THAT WE ARE A PREDATOR TO THEM."

-Paige Pederson, wildlife rehabilitator

HAVE YOU EVER HIT A SQUIRREL

with your car, discovered a bird on the ground under your window or found a bat in your attic, and thought, now what? The Dane County Humane Society Wildlife Center's rehabilitators can help.

"We're licensed to care for almost all the native species in Wisconsin," says Paige Pederson, wildlife rehabilitator at the center. Last year the center admitted over 4,000 animals, including 888 cottontail rabbits, 399 snapping turtles, 394 eastern grey squirrels, 228 mallard ducks and 193 American robins.

This time of year, many calls to the center are about baby animals, and center experts triage over the phone to see if the young really need to be brought in or can be left to reunite with their mamas. "In spring and summer, we see a lot of babies—baby mammals, baby birds—and we do our best, if it's possible, to get those babies back with their moms, because she will do the best job for sure," Pederson says.

Those babies that are admitted, like any newborn, require a lot of attention. Baby robins need to be fed every half hour and the squirrels, three times a day. The staff of six (with two additional summer positions) would not be able to manage without the help of over 150 volunteers who help with feedings, enclosure setup and cleaning.

Once the animals are able to feed themselves they are moved to outdoor enclosures where they acclimate to the weather and practice climbing or flying, until they are ready to be released.

The wildlife center takes precautions to prevent the animals from becoming accustomed to humans. "We have to always consider for all of our wild patients that we are a predator to them," Pederson says. Workers will wear a mask or use a puppet when hand feeding, and the outdoor cages have visual barriers, often donated old Christmas trees, the animals use for cover.

Patients brought in over the winter months can finally be released in spring's warmer weather. This includes 90 big brown bats the center cared for, many in a "cold" room where they could hibernate. Brown bats provide important pest control, eating their weight in insects, nightly. Pederson says it's particularly satisfying to save each individual bat because, "Bats right now are experiencing white nose syndrome in the state, so they are endangered, so it's a very critical time for them." 🦇

Before bringing an animal in, call the center at (608) 838-0413, ext. 151. For hours and more information, visit giveshelter.org/four-lakes-wildlife-center.html.

MAY NONPROFIT EVENTS

3 | 9 A.M. NAMI ACTION ON THE SQUARE

Spend the day advocating for mental health resources and proposing what elected officials can do to help those affected by mental health conditions. *Wisconsin State Capitol, Madison.* namiwisconsin.org.

19 | 9:30 A.M. FETCH WISCONSIN RESCUE 5K DOG JOG

Pair a 5K run or 1 mile walk with family, friends and your dog while enjoying a Wisconsin Brewing Company root beer or craft brew—and raising funds to help this local nonprofit rehome and rehabilitate dogs. *Wisconsin Brewing Company, Verona.* fetchwi.org.

27 | 10:30 A.M. 8TH ANNUAL SCRABBLE RUN FOR AUTISM

Collect Scrabble tiles at various locations along this motorcycle ride and compete at the finish line in themed word categories. *KD's Bar and Grill, Lodi.* scrabblerrun.com.



A GOOD DAY'S END | Sunset brings a fiery close to an afternoon in the Three Lakes, Wisconsin area, where water sports, old timey lodging and device-free days are just the tonic during a well-deserved vacation.

PHOTO COURTESY CHRIS RENTSCHLER, VIA THE THREE LAKES CHAMBER OF COMMERCE



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DESIGN THINKING FOR BUSINESS INNOVATION JUNE 20, 2018



LESLEY SAGER

You don't need to be a designer to think like one. Design Thinking principles can be applied to any situation to create successful business strategies. This workshop introduces and elaborates on the tools and practice modes of Design Thinking and the theory behind it, with an emphasis on business innovation and the desired outcomes for the customer.

Through a human-centered lens, participants will follow the design phases of *empathize*, *define*, *ideate*, *prototype* and *test*, to seek design solutions for their business challenges. Upon completion of the workshop, participants will understand the main concepts of Design Thinking and learn to use it as an approach to problem solving.

Lesley Sager is the Director of the Design Thinking Initiative at the School of Human Ecology, Coordinator of the Interior Architecture program and professional interior designer who teaches design thinking and interior design courses at UW Madison. In addition, Lesley is the founder of the nonprofit Merry-Go-Strong, which serves to nurture sustainable grassroots development through collaborative community initiatives that foster social and economic well-being. With degrees in social work and design, Lesley's work and teaching is rooted in the goal of improving the quality of how we live today.

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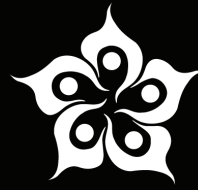


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