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This October, DreamBank will be moving to the brand new Spark building, located just eight blocks down East Washington Avenue from our current spot on the Square.

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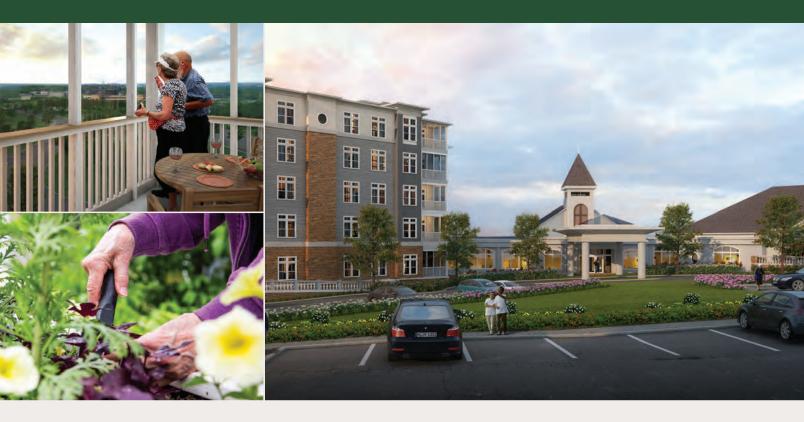








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An evolving backyard garden

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BARBARA KRAUSE bak@ntmediagroup.com



VICE PRESIDENT OF SALES ASHLEY QUINTO POWELL apowell@ntmediagroup.com



VICE PRESIDENT OF PUBLICATIONS BECKY PECK bpeck@ntmediagroup.com



EDITOR-IN-CHIEF MARNI MCENTEE marni@bravaenterprises.com



ASSOCIATE EDITOR AND DIGITAL EDITOR RACHEL WERNER rachel@bravaenterprises.com



ASSISTANT EDITOR JULIA RICHARDS iulia@bravaenterprises.com



ART DIRECTOR ANN CHRISTIANSON annc@bravaenterprises.com



DIRECTOR OF EVENTS GRAPHIC DESIGN ASHLEY DUCHEMIN and@ntmediagroup.com



ADVERTISING COORDINATOR JULIE SCHILLER ads@ntmediagroup.com



SALES EXECUTIVE gale@ntmediagroup.com



SALES EXECUTIVE JODY WISZ jody@ntmediagroup.com



SALES EXECUTIVE JENNIFER SCHWARZKOPF jes@ntmediagroup.com



SALES EXECUTIVE MEGAN TEPE mbt@ntmediagroup.com

EDITORIAL: MEGAN ROESSLER, SAMANTHA GEORGSON

BRAVA Magazine is a publication of Nei-Turner Media Group, Inc. Gary E. Nei, Chairman; William Turner, President; Barbara Krause, Publisher. 951 Kimball Lane, Suite 104, Verona, WI, (608) 848-6700.

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OUR FAVORITE THINGS

HOME IS A PLACE, and an idea, that holds so much meaning in our lives. On a first meeting, folks will more likely say "Where are you from?" than "Where are you going?" Home can mean your hometown or your country of origin or, as we'll explore in our pages this month, the physical residence where you hang your hat every night, to rest, to come together and share life with those you love.

In our homes, we surround ourselves with keepsakes, large and small, that have value to us. Perhaps it's an heirloom from our parents or a piece of art from our college days or a daughter's first rain boots, long outgrown but still proudly on display.

If we're lucky, we have enough space to extend our personal sanctuary outside, where we till our gardens and plant our vegetables and flowers, bringing beauty not just to ourselves but to all who pass by.

This month, starting on P. 32, three homeowners graciously share their homes and gardens with us, letting us peek into an intimate part of their lives and observe where they live out their passions through their work, raise their children and continue their own family traditions.

This issue is jam-packed with much more, with several stories about local women doing amazing things.

In PERSPECTIVE, read about the

inspiring work of UW Madison's Lesley Sager, who takes the concepts of design thinking beyond the classroom and across the globe, to help girls and women in Africa solve seemingly intractable problems. On June 20, just after she returns from a work trip to Kenya, Sager will help you put those design thinking techniques into action in your own lives. Register for this hands-on BRAVA THRIVE Career Workshop at *bravamagazine.com*.

And, in IN HER SHOES, soak in the wisdom of author, beekeeper and UW lecturer Heather Swan, who has just penned a fascinating book gathering perspectives from a variety of disciplines on the worrisome decline of honeybee populations.

In ON HER BOOKSHELF, local author Rebecca L. Brown offers some insight on books that helped her, and may help you, understand more about life on the autism spectrum. Brown's latest novel, "Flying at Night," draws from her experiences raising her autistic son.

Enjoy digging into this issue! I'd suggest doing so at home, surrounded by your favorite things.

larni Marni McEntee Editor-in-Chief

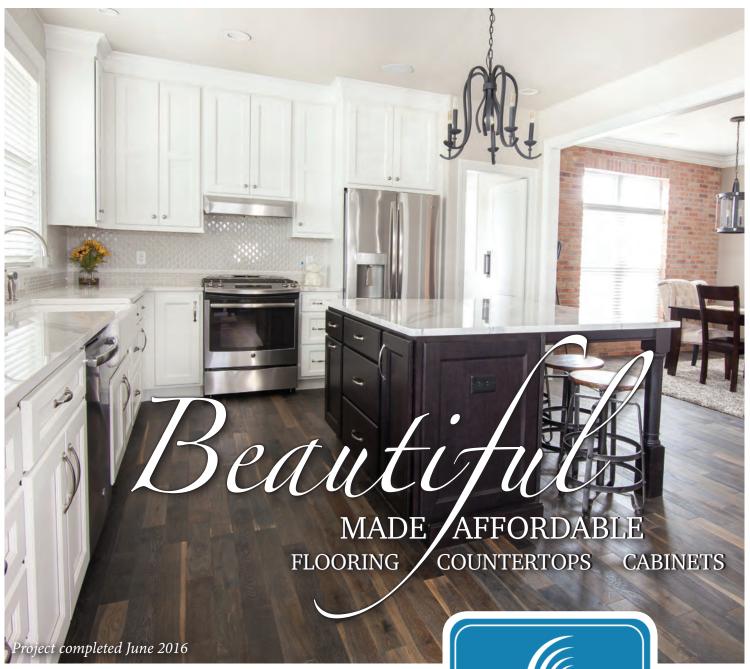
ON THE COVER

Coelle Smith's inspired kids' room, one of several enclaves for her three little ones in her fabulously curated Madison home. Photographed by Kaia Calhoun.



DON'T MISS!

BRAVA's THRIVE Career Workshop with Lesley Sager, who is leading a hands-on session on Design Thinking for Business Innovation. Register for this June 20 event at bravamagazine.com.









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CONTRIBUTORS

OTHER CONTRIBUTORS WRITERS I Candice Wagener PHOTOGRAPHERS | Sunny Frantz, Shanna Wolf **ILLUSTRATORS | Stacey Anderson**



LAURA BIRD I "INCREASING UNDERSTANDING," P. 21 A mom of three, Laura serves as a nonprofit fundraising consultant to a variety of clients, from

schools to equine therapy centers. She writes grant proposals, direct mail pieces and special event



KAIA CALHOUN I "THAT SENTIMENTAL FEELING," P. 32

scripts, but her passion is reading literary fiction

and reviewing books for readerslane.com.

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

people, real colors and real life.



SHELBY DEERING I "THAT SENTIMENTAL FEELING," P. 32

Shelby is a Veronabased lifestyle writer who contributes décor, wellness and humaninterest pieces to national outlets like Architectural

Digest, USA Today, The Cottage Journal and Rodale's Organic Life. When she's not writing, you'll find her meandering around a flea market or exploring local trails with her corgi, Ginger, at her side.



MEG ROTHSTEIN I "FUTURE FARMERS OF WISCONSIN," P. 36

Meg is a Middleton-based certified professional life coach and owner of Larkspur Collaborative Coaching, LLC. Nectary Press, a community writing

micropress initiative, is Larkspur's most recent project and where she gets to meld several passions: Community, books and support for the creative arts. In spring and summer, she lobs seed bombs from a lemon-vellow bicycle she pedals around town.

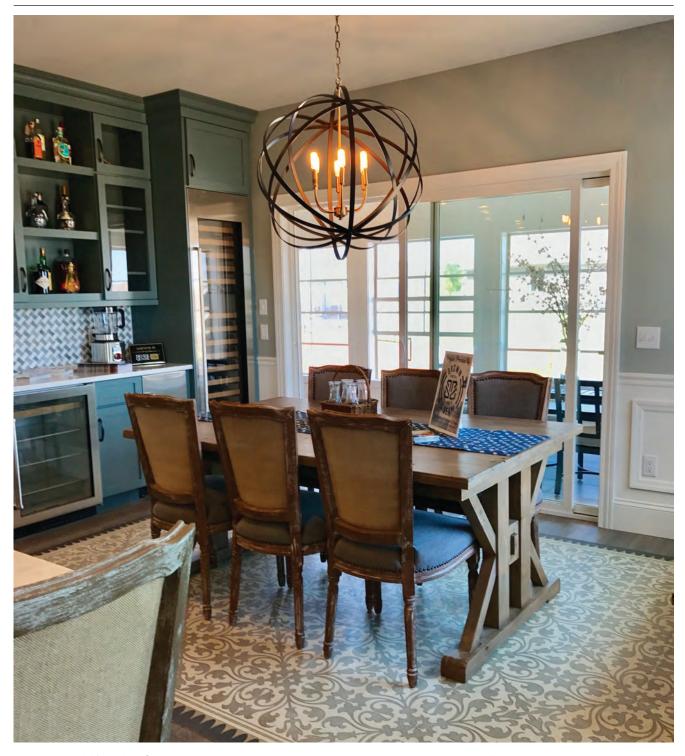


HILLARY SCHAVE I PHOTOS THROUGHOUT

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 here in BRAVA Magazine She loves food music travel. books and her little family of three.

CONNECT



TOUR DES MAISONS I Take a stroll through over 40 newly-built homes in nine different sites around Dane County during Madison Area Builders Association's 2018 Parade of Homes™ showcase. The 71st installment of this annual event runs for two weeks beginning on June 9 and includes a variety of new, interactive experiences such as a culinary evening with gourmet chefs, workout sessions and intimate concerts. *Locations and times vary. June 9-24.* maba.org/parade-of-homes.

PROMOTION

AT THE FOREFRONT OF FARMING

In celebration of June Dairy Month, we're taking a look at the changing role that women are playing in our state's signature industry.

Women have always played a vital role in farming, but the roles they take on are becoming more diverse. According to the latest U.S. Census data, the United States Department of Agriculture reports there are 33,184 female farmers in Wisconsin, and that number continues to grow.

Laura Daniels, general manager of Heartwood Farm in Cobb, said "Wisconsin is leading the nation when it comes to women stepping into more responsibility in dairy farming. You can hire women to milk your cows, run your herd, be the nutritionist or veterinarian for your cattle—the barriers are really breaking down."

Zoey Brooks, Chief Operating Officer of Brooks Farms in Waupaca reports that 50 percent of her team is female.

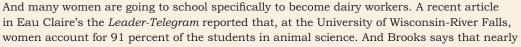
And **Andrea Brossard**, who, with her brother, is the third generation to run her family's farm agrees. "The role that women have in this industry is far beyond what I think some of our grandmothers thought it would ever be," she said.

Laura Daniels

THE PATH TO LEADERSHIP

After graduating from the University of Wisconsin-Madison, Brossard ended up working in the nutrition industry and for Dairy Farmers of Wisconsin. When she returned to her family's farm, she took on a management role, in part due to her experience.

"My brother said: 'You worked in the industry. You know what it's like to work with fellow employees and HR, and you have the experience.' So it became my job to work with employees, fulfilling those roles," said Brossard.



80 percent of her classmates in dairy and animal science classes at UW-Madison were female.

Local female dairy farmers also believe that women have traits that can help them be more successful leaders.

"We're team builders, collaborators," said **Daphne Holterman**, who runs Rosy-Lane Holsteins near Watertown alongside her husband, Lloyd and two unrelated partners. "We're equally good at the big picture as we are carrying out the details."

But of all the qualities that make women—or anyone for that matter—successful at dairy farming, pride tops the list.

Carrie Mess, a relative newcomer to the industry also known for her advocacy work under the moniker Dairy Carrie, said, "This isn't an industry that you can get by with sort of liking, it's an industry that truly requires your passion."







"I think that passion and perseverance are great examples of two traits that have really helped me a tremendous amount," echoed Daniels. "If it wasn't for my absolute love of being a dairy farmer and my 'I'm never gonna quit no matter what' attitude, there's no way we would still be doing it."

NETWORKING, SUPPORT AND INSPIRATION

As women network and band together to support one another on a global level, they are also doing so on an industry level. Daniels founded the Dairy Girl Network to bring together women in dairy, empowering them to achieve success, both personally and professionally.

"We need to have connections to each other, to people who care about us, to people who will help us come up with ideas. Connections to people really are more important than ever when you need to be resilient," said Daniels.

Brossard agrees. "I rely on many other women dairy farmers for their advice, their input on everything, from animals to employee management to life balance," she said.

"It is important for us to build each other up and be resources for each other," said Mess.

"The role that women have in this industry is far beyond what I think some of our grandmothers thought it would ever be."

Daphne Holterman



Tina Hinchley

THE FUTURE

Tina Hinchley, a longtime leader at Hinchley's Dairy Farm in Cambridge, is particularly excited about how women will shape the future of industry. Especially her own daughter, who will return to the family farm after graduating from the University of Wisconsin-Madison.

"It's just so amazing, everything she's learning," said Hinchley. "They think differently than a lot of other people, and I just love it. They're looking at concerns, whether it's the environment or cow care, and it's so exciting to hear."

Whether intended or not, these women are inspiring the future of dairy farming.

"I hope that me stepping into this role and running our operation shows young women that they can do it, too," said Brooks.

Let's hope so. Because Daniels believes the female leaders of tomorrow will do great things for the industry.

"There are so very many incredible women who are growing their leadership skills, finding their voice and honing their management ability right now as we speak," she said. "They are coming and we won't need to wait very much longer because they're brilliant and they have so much to offer to dairy farming."

Celebrate June Dairy Month at the 40th Annual Dane County Breakfast on the Farm on June 9 at Hensen Brothers Dairy in Waunakee.

For more information on this and other farm breakfasts, visit

HoorayWisconsinDairy.com.

And, to learn more about Wisconsin dairy farmers and see
Laura Daniels and Zoey
Brooks in action, visit
WisconsinDairy.org.

SAVE THE DATE

BRAVA EVENTS



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

Learn how to incorporate design thinking into your business strategy from Lesley Sager, Director of the Design Thinking Initiative at the School of Human Ecology and coordinator of the Interior Architecture program at the

University of Wisconsin-Madison. This systematic step-by-step approach can help you solve any business challenge. 8:45-11:45 a.m. Promega BTC Event Center, Madison. bravamagazine. com/thrive-career-workshops-2018.

CONGRATS

Essence Magazine named Sabrina "Hey Miss Progress" Madison to its Woke 100 Women, highlighting black women change agents. Madison, a 2016 BRAVA Woman to Watch, recently launched the Progress Center for Black Women to offer professional development, entrepreneurial pursuits and smallbusiness loans to local women. Essence announced the women in its May edition and online at essence.com.



One of Nei-Turner Media Group's own sales executives, Jennifer Schwarzkopf, is the artist behind one of the 85 Buckys on parade, now on display around Madison. Her "Bucky de los Muertos" pays homage to the Mexican tradition of Dia de los Muertos, a colorful remembrance of family and community, and a celebration of life. "As a Latina having put in 100-plus hours of passion

and painting, I am honored to share him with the world," says Schwarzkopf. Find him next to Monty's Blue Plate Diner facing Eastwood Drive. Schwarzkopf's artistic skills are also on display in a newly chosen logo for the Doyenne group, which invests in and supports women entrepreneurs in the Madison area. She says her tiger design conveys the fierceness, strength and resilience of Doyenne and women.

OUT + ABOUT

BRAVA-SPONSORED EVENTS

JUNE 2-3 I BURGERS AND BREW

Come benefit the REAP Food Group at this two-day extravaganza of local burgers and delicious craft beer. General admission opens at 4:30 p.m. Saturday and 12:30 p.m. Sunday. Capital Brewery, Middleton. reapfoodgroup.org/burgers-brew/.

JUNE 3 I TURVILLE BAY CANCER SURVIVORS & THRIVERS ICE CREAM SOCIAL

Whether recently diagnosed, living with cancer, cancer-free, family, friends or caregivers, everyone is welcome to this ice cream social featuring Chocolate Shoppe ice cream and live music by Westside Andy. 1-3 p.m. Turville Bay MRI & Radiation Oncology Center, Madison.

JUNE 7 | ALZHEIMER'S ASSOCIATION REASON TO HOPE BREAKFAST

Hear personal insight from a family caregiver on the impact Alzheimer's Association programs have on families. Also learn how the association is funding research to develop better treatment for this disease affecting so many people. 8 a.m. Best Western Premier Park Hotel, Madison.

JUNE 14 | GILDA'S DANCE

Celebrate one decade of cancer support by dancing to the big-band sound of the Gold Coast All Stars. Participate in the raffles and enjoy a fundraising signature beverage from Tito's Handmade Vodka. 8 p.m. The Edgewater, Madison.

MOXIE

Cristina Bordé, supervising attorney with the Wisconsin Innocence Project, recently helped free an innocent client from California's death row, bringing a successful conclusion to more than 20 years of work. Bordé began the case while working at the Habeas Corpus Resource Center in California. The client, Vicente Benavides, was exonerated after spending over 25 years in prison for a crime he did not commit. A BRAVA 2018 Woman to Watch, Bordé started the Wisconsin Latino Exoneration Program, when she realized Latinos were underrepresented in exoneration efforts.

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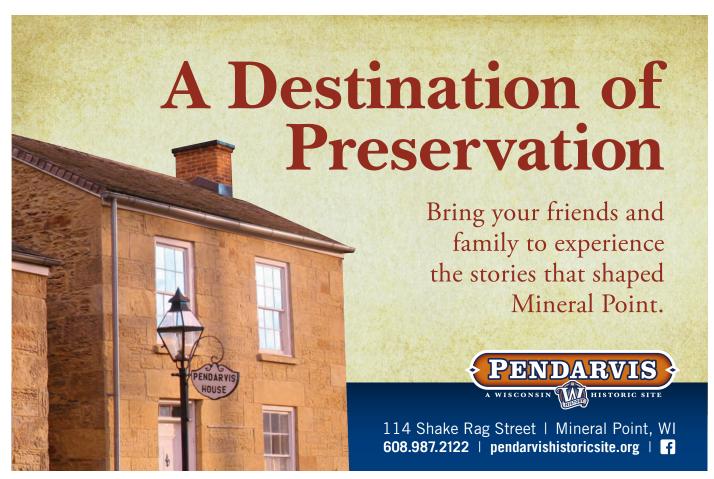
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Charting the Best Path Forward

Kathy Pline is the Executive Director at Boardman Clark LLP, one of Madison's largest and most respected law firms. Originally from Michigan, Kathy graduated from Central Michigan University with a Bachelor's in Business Administration. After graduating, she worked in multiple areas ranging from financial management to business management. In 2014, Kathy joined Boardman Clark as the firm's Business Manager and quickly became the Executive Director thanks to her financial expertise and business savvy. Kathy's peers are quick to note that her positive attitude and hard-working approach make her a natural leader. Kathy's success extends beyond the office, and includes raising her 19 year old son, becoming the President-Elect of the Board of Directors for the Wisconsin Association of Legal Administrators, and earning her certification as a kickboxing instructor. Kathy has become a proud Madisonian: "It's a great place to raise a family and lead a full life," she says.



EMPOWERED BY DESIGN

UW-MADISON'S LESLEY SAGER TEACHES HER STUDENTS TO SOLVE PROBLEMS AROUND THE GLOBE

BY JULIA RICHARDS

LESLEY SAGER THRIVES on problem solving. And as a faculty associate at the UW School of Human Ecology she's teaching students to problem solve as well, using design thinking. The problems Sager and her students tackle—including lack of educational resources and the dangers of female genital mutilation (FGM) for young girls in Kenya—go well beyond what one might normally think of as the realm of an interior designer. That's because the same thought process that goes into designing a kitchen remodel, starting with understanding the needs of the user, can be applied to just about anything.

In addition to problem solving, Sager has a knack for making connections between people. It was through a connection with a student's parent that she first went to Kenya and learned about the women promoting the wellbeing and education of girls there. Now she has a nonprofit, Merry-Go-Strong, which helps fund her students' projects designed to nurture sustainable development in the communities she partners with in Kenya. "My current mission is I support mothers who support their daughters by choosing to not send them through FGM," Sager says. The nonprofit's name comes from the informal lending systems, common in African communities, termed "merry-go-rounds" that people use to fund school tuition and smallbusiness startups. "In every village that I went to they kept talking about their merry-goround," Sager says.

In interior design and architecture, before any construction, comes research: What will the space be used for? What are the needs of the people who will use it? In Sager's "Design Thinking" class this is where the process starts as well. UW student Michelle Ho explains that this initial research is based on empathy: "You go into the community and you talk to them and you spend time with people just to see what is it that they actually want." In addition to bringing students with her to Kenya, Sager has brought leaders of the Kenyan communities to Madison to meet with her students so they can learn firsthand about the girls' needs.

Students then brainstorm and develop ideas, make a prototype, test it in the field and get feedback so that they can refine their ideas.





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Sager identifies the visual nature of prototyping as what sets the process apart. "I think probably the most important thing about design thinking is making things visual, so that people can react," she says.

Using this method of design thinking, Sager's students have come up with award-winning designs for inexpensive solar-powered lights and vests that ease the burden of carrying water long distances.

Ho was in a group that designed a workbook journal for Kenvan girls at the Samburu Girls Foundation where Sager is helping design a school campus. The rates of illiteracy and female genital mutilation are still at 95 percent in Samburu. "We decided to come up with a workbook or journal to empower the girls to plan for their futures, and for them to realize how important they are and how important self-love and self-worth are," Ho says. They modeled the journals on a workbook used in a rite of passage alternative to genital mutilation, that maintains the positives of making girls feel worthy and special, while removing the dangerous cutting.

Ho's group also drew on the work of Madison physician Dr. Jasmine Zapata and her book "Beyond Beautiful." They incorporated Zapata's Beyond Beautiful Declaration, which reads in part: "I'm Beyond Beautiful, I'm courageous, I'm resilient, I'm confident, I'm creative, I am talented, intelligent, unique, and innovative!" Zapata says she was honored to assist in the girls' empowerment curriculum.

Sager brought the journals to the girls in Kenya and asked for their feedback. The girls loved them, she says, but wanted to learn more about women's health. Ho's group incorporated this into the next iteration of the journals by adding basic information about anatomy, how to track the menstrual cycle and natural birth control.

Sager is now helping to develop a master's degree program and undergraduate certificate in design thinking that will be interdisciplinary with the schools of business and engineering. Sager emphasizes the importance of different perspectives and diversity to a design team: "There's people with different expertise, but we're all trying to solve the same problem." 🎎

Don't miss Lesley Sager's presentation on Design Thinking for Business Innovation at BRAVA's THRIVE Career Workshop June 20. For details, visit bravamagazine.com



CREATING A BUZZ

HEATHER SWAN FINDS INSPIRATION FOR SAVING THE HONEYBEE

BY JULIA RICHARDS

WHEN HEATHER SWAN'S DAD took her to a beekeeper friend's honey harvest she knew she wanted to take part in beekeeping. "We went into a room where he had opened up all of the frames and was harvesting honey and the smell of honey and wax and seeing these little honeybees floating around...I

just thought beekeepers are magical,

honeybees are magical."

Now Swan hopes to inspire that sense of wonder and affection for the honeybee in readers of her book, "Where Honeybees Thrive: Stories from the Field." The work, published by Pennsylvania State University Press, just won the Sigurd F. Olson Nature Writing Award. This annual award, named for a prominent nature writer, goes to a book that "best captures the spirit of the human relationship with the natural world."

In the book, Swan, a UW-Madison lecturer in environmental literature and writing, presents the work of people in various fields seeking to safeguard the imperiled honeybee. Honeybee populations have dropped in recent years with pesticides, mites, disease and habitat loss all pointed to as culprits. Swan became a beekeeper herself around 2007, right at the time that colony collapse disorder, in which a majority of worker bees mysteriously abandon their hive, was in the news. Over more than five years she researched the plight of the honeybee, as well as the people working on the issue—everyone from entomologists to farmers large and small. She uncovered a variety of strategies for saving this important pollinator, from planting wildflower borders around farm fields to reducing pesticide use. "I realized pretty quickly that it wasn't just one problem, but a whole mosaic of problems that needed a whole mosaic of answers," she says.

One of the places Swan turns for answers is the world of art. The daughter of two artists, she grew up in studios and galleries. At the end of each chapter she



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includes a section featuring an artist whose work involves the honeybee. "The art is in no way just decoration in the book for me," Swan says. "It's another way of understanding the nuances of these problems that we're facing right now." While emphasizing that scientific study is vitally important, Swan sees the arts as being able to approach audiences in a different way. "Certain ideas are communicated really well in art and poetry that aren't easily communicated in statistics or a report," she savs.

Sainath Suryanarayanan, assistant scientist in the UW Population Health Institute, also sees value in artists' unique perspectives. "Scientists have a lot to learn from artists and poets and fiction writers because these creative people-scientists are also creative people—are able to show through their work another possible set of worlds," he says.

Swan features Suryanarayanan in her book for his work on new research methods to study honeybee health. After his involvement in traditional research studies on the toxicity of certain chemicals to honeybees, he was bothered not only by the number of bees killed in the process, but also by the failure of the experiment to reproduce the complex factors honeybees face, such as exposure to low doses of multiple chemicals over time. "Sainath's uncommon compassion for insects, his unusual connection with them, motivated his innovations in experimental design," Swan writes in her book.

For Swan, art is a way to make those compassion-inspiring connections. "Sometimes people do need to be moved by something; they need wonder and beauty," she says. If Swan can inspire people to take steps that benefit bees, she reasons, they'll also benefit all the living things that need the same basics for health. "If we think about what's good for a honeybee, it's good for a frog, it's good for a bird, it's good for a child." 🎕

Check out Linger, P. 60, for a closeup image Heather Swan took of her hives.



INCREASING UNDERSTANDING

REBECCA BROWN EXPLORES AUTISM'S EFFECTS ON A FAMILY

BY LAURA ANNE BIRD

OVER THE LAST 10 YEARS, REBECCA L. BROWN has written and submitted three books to publishers-and received more rejection letters than she cares to count. "I'm sensitive," she says, "but I'm also persistent."

Her tenacity has paid off. Brown's fourth novel, "Flying at Night," hit the market in April and is garnering glowing reviews.

Busy with launch parties and readings, Brown is quick to acknowledge the oldest of her three children for inspiring the story, which is about a family in crisis after 9-year-old Fred is diagnosed with Autism Spectrum Disorder (ASD).

"My son, who's 16 and doing amazing, was diagnosed with highfunctioning ASD when he was in fifth grade. I felt such guilt and shame," she says.

Brown channeled those feelings of distress into the character of Piper, Fred's mother. "My goal was to be raw and real with her reactions." Indeed, the novel beautifully explores the messiness that comes from loving another person so deeply.

Brown hopes "Flying at Night" is reassuring to parents of children with special needs. "You are never alone. However you are feeling, someone else feels the same way."

Brown's recommended reads

The best books, Brown says, are those that arouse hope and understanding, causing readers to think, "I didn't even know ASD could look like that!"

Look Me in the Eye: My Life with Asperger's. By John Elder Robison

Robison describes growing up in the 1960s with odd habits and poor social skills. After dropping out of school, he pursued a career in sound engineering and electronics, working with Pink Floyd and KISS. He was finally diagnosed with high-functioning ASD at age 40. "I need to see what success in adulthood looks like," Brown says.

The Reason I Jump: The Inner Voice of a Thirteen-Year-Old Boy with Autism. By Naoki Higashida

Significantly impacted by ASD, Higashida used a special alphabet grid to compose this slim, frank volume. He answers often-asked questions such as "Why do you talk loudly?" and "Do you have a sense of time?" Brown says, "It's beneficial for all of us that he can articulate his experiences."

Marcelo in the Real World. By Francisco X. Stork

This young adult novel climbs into the mind of a teenager living with ASD. Marcelo attends a school where he feels safe and secure, but when he begins working in the mail room of his father's law firm, he faces startling new relationships and experiences. Brown says the book illustrates how ASD can evolve over time. "It doesn't go away, but it changes as kids get older." 🅸

Learn more about Rebecca L. Brown and ber creative and social outlets at bravamagazine.com.

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THRIVE



MONEY SMARTS



MONEY SMARTS

BY KIM SPONEM

Part 2: Early this year I read the financial New Year's resolution article in the Milwaukee Journal Sentinel, and one thing you said was to be specific in your goals. Can you give more examples of specific financial goals people set?

I shared some examples in the April issue and will share a few more here as you head into the rest of your financial year. Note, this question refers to an article about ways to improve financial fitness in 2018. In the article I shared this advice to make action more likely: "Rather than say, 'Oh, I'm going to reduce my debt,' or 'I'm going to increase my savings,' be really specific and creative about what you actually want to do differently. For example, instead of saving, 'I want to reduce my debt.' I might sav. 'I'm going to increase my payment on my car loan by \$20 per month." Or I might say, "I'm going to pay off my car loan early by making an extra payment in April and September."

In April's Money Smarts I mentioned starting where you are financially, so here are more examples that can be modified to fit your starting point and your goals. Remember, it's the specifics that make your goals actionable.

- If you'd feel more secure having six months of living expenses saved up to make you and your family more resilient to changes in the economy or your job, you might make this a goal: This week, I will figure out what six months of my/ our expenses would be, subtract what I already have saved and divide the total by the number of paychecks in two years. If I can afford to save more, or if I need to save less, per paycheck, I will adjust my goal date. Once you have that figured out a next goal could be to set up a regular, automatic deposit to reach the goal in the timeframe you determine. The key is to do the math and set up the deposit so you are headed in the right direction. It's empowering.
- If you want to save money for kids' sports fees so you don't have to put them on a credit card, you might set this action goal: I will open a sub-share account named "sports fees" and automatically transfer \$50 per paycheck into it so I have a pool of money to use for sports fees when I need it.
- Let's say you want to pay off your credit card debt within one year. Good action goals for that might be: 1) set an appointment to talk with a Summit lender to see if you can refinance your credit card debt to save money on interest and 2) create a debt snowball to pay-off your debt. With the debt snowball method, you repay loans with the smallest total balance first and then redistribute the money you would have spent on those payments to your other, larger loans. Eliminating smaller debts quickly helps you stay motivated to continue paying off bigger debts. The snowball method can lead to a faster repayment period and less total interest paid overall.
- If you want to save \$3,000 for a down payment on a car within two years, you may set this action goal: I will save \$84 per paycheck by setting up an automatic transfer in online banking.

Being specific in your goals makes action more likely and, therefore, impact more probable. It also makes celebrating easier — you either took the action (celebrate!) or not, and if not, you know what you need to do. I hope your financial year is looking bright!

Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$3 billion, memberowned financial cooperative with more than 175,000 members. Kim has a passion for empowering people to improve their financial well-being for a richer life.

Ask Kim your money questions at MoneySmarts@SummitCreditUnion.com.



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FLY LIKE A BIRD

TAKE YOUR WORKOUT OUTSIDE WITH ACROYOGA

BY CANDICE WAGENER

I HAVE DONE MY FAIR SHARE OF YOGA, but I've never experienced acroyoga so I'm not sure what to expect when I walk into a workshop at The Studio. My first impressions include noticeably more men in attendance, music that is an upbeat mix of tracks from Steve Miller Band, Prince and Kendrick Lamar, and instructors (Tiffany Jo Wirth and Stephen Balsley) who are slightly more ampedup (because they need to be to pull this off).

The warmup is traditional, but the scene quickly departs from what I'm used to when it comes time to practice poses. Participants are divided into fours, many grouped with complete strangers. However, in acroyoga, strangers don't last.

Good communication and eye contact are key, say Wirth and Balsley, and so connections are created organically. Since workshop participants are fairly new to the practice, they rotate positions so they can try each out The base lies on their back on the mat for most poses and supports the flyer with their feet and, as poses become more complicated, their hands. The flyer flows through different poses with the steady aid of the base. The remaining two are designated spotters, who stand nearby to catch the flyer when they lose balance and begin tumbling off the base, keeping the falls contained and safe.

Balsley and Wirth say people often gravitate naturally into either the base or the flyer pose. While it can be helpful for some positions if partners are similar in size there is no limitation on pairings, according to Wirth. Taking on the base pose, Balsley, at 5 feet 9 inches, towers over Wirth's petite, 5-foot-1-inch stature when the two are standing, a perfect example of different sized individuals working seamlessly together.

Participants begin with a basic pose: Bird. Finding a comfortable position for the base's feet, usually near the hips, the flyer should have a tight butt and core, and will end up fully supported by the base's feet. Their position is similar to Cobra, upper back arching upward, but with hands reaching back toward their feet. Participants work at this for a while, then eventually work into more complicated poses like One Leg Bird, Throne and Shoulder Stand. There is steady encouragement and great joy among participants as poses are achieved, but nothing comes easily. It often takes several attempts to figure out communication and balance between pairs.

Having sustained an elbow injury a few weeks prior, I could only participate as a quiet observer during the poses, but luckily there are multiple opportunities for acroyoga when I am fully healed because it looks like the kind of fun balance challenge I'd be up for.

The Studio plans to host more formal workshops again in the fall, but this spring workshop was a lead-in to more informal meetups on the Capitol lawn (across from Graze) from 10-11 a.m. during Farmers' Market Saturdays. Acroyoga lends itself naturally to outdoor play, and Balsley and Wirth hope to increase the number of outdoor meetups, once the weather is nicer, using the hash tag #acroyoga608. "We want to continue to build communities," says Wirth. "All you need is a park." - Candice Wagener









FILL'ER UP

TAP BARRELS ATTRIXIE'S GROWLERS

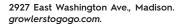
BY CANDICE WAGENER

A STOP AT TRIXIE'S GROWLERS TO GO-GO on East Washington should be on the radar of any craft beer enthusiast A liquor store since 1968, Colleen and Chris Welch opened Trixie's about seven years ago, and the tavern room more recently.

With 18 rotating tap lines of rare beer not available in bottles—the majority of which are Wisconsin brews-plus a seasonal NessAlla Kombucha flavor, customers will likely find something that suits their tastes. Stop in for a sample, belly up to the bar for a pint or take a growler home.

Expect excellent customer service from seasoned employees when you walk in the door. "We love talking beer and spirits and try to bring in under-the-radar products we think our customers will like," Chris Welch says. "Our motto is Bring Your Happy Hour Home."

Want to know what's on tap before arriving? A "live" draft list is kept updated on Trixie's website and Facebook page. Also consider downloading and using the Digital Pour app-a mobile draft beverage index-to see what's in store. 📽





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CRAFTED WITH HUMANS IN MIND

MODERN-MEETS-PRACTICAL GOODS MADE IN MADISON

BY SHELBY DEERING

THE TANGLED CORDS. The leaking soap dispenser. Those tissues at the bottom of the box that can't be reached. Little, everyday problems can have simple solutions—and ones that have style to boot. Jon Alling founded his company Human Crafted in 2016 with a dream of creating functional, yet well-designed, products for modern households. "I had been designing and engineering products for other people my whole career," he says. A cord keeper featured in a 2014 Design MMoCA exhibition at the Madison Museum of Contemporary Art led to the inception of his products and studio. It's housed in Madison's One-One Thousand, a community and studio space for local makers

There's the concrete cord keeper that keeps wily wires in place. The 3D-printed trays that soak up dripping soap suds. The clear acrylic tissue box that provides access to every last tissue. Alling also makes strictly decorative items, like a robin rendered in smoky brown acrylic and wall art of Midwestern states, represented in raised, laser-cut acrylic.

And he says he's honored to be a part of Madison's "small and growing community of independent designers and makers," adding, "I'm just designing improvements to those daily problems or frustrations I experience most"

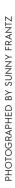
Human Crafted products are available online at humancraftd.com and local retailers Madison Modern Market and Grasshopper Goods Mobile Boutique. 😭

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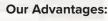


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> - Anne Norman, Senior Vice President and Chief Marketing Officer, UW Credit Union



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HONED BY HAND HEIRLOOM FURNITURE TO LAST

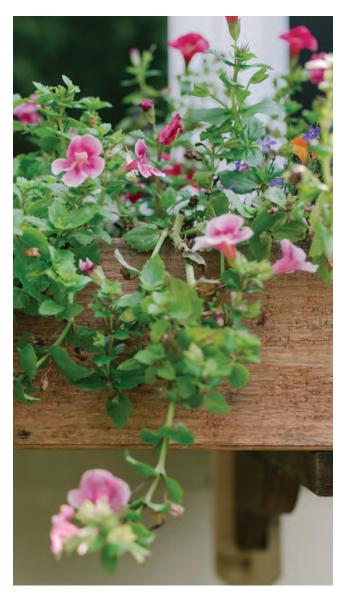
JOSEPH MURPHY WAS CAPTIVATED by "the simple act of creating something out of nothing" at his first job after college at an engineering company. The joy that Murphy found in making jigs and models is clear in his work today as a woodworker, furniture maker and designer.

Murphy's style emphasizes the elegance, functionality and authenticity unique to handcrafted furniture.

Subtle details—a patterned inlay, the flare of a leg or impeccably dovetailed joints—are Murphy's signatures.

"Not only is this a way to show the mark of your craftsmanship," he says of the visible joints found in many of his designs, "but it's also a form of honest ornamentation that is deeply rooted in the function of a piece." –Megan Roessler 🍪

For more on Joseph Murphy, go to josephmurphy.net, or on Instagram at @madebyjoemurphy.





WINDOWSILL WHIMSY GARDENING IN THE CITY

FOR URBAN APARTMENT DWELLERS, windowsill light can give greenery the chance to thrive without requiring the yard space of a traditional garden.

Herbs in particular do well in small, sunny places. Basil, rosemary, chives, mint, thyme and sage are some of the most popular for indoor gardens, and the most versatile in the kitchen. A few small succulents or air plants can also add some color and character to an indoor space, without needing much attention.

Feeling ambitious? Take things outside using containers specifically designed for balcony rails. Try planting marigold, pansy or petunia in sunny balcony containers, or some impatiens and ferns in a shadier spot to add life to your small outdoor space without sacrificing precious patio real estate.—Megan Roessler 🎕

For more on urban gardening, visit Paradigm Garden Centers, 2025 S. Stoughton Road, Madison.



That Sentimental Feeling

Weaving nostalgic items into your home décor

By Shelby Deering Photographed by Kaia Calhoun

There are some homes you walk into and you can $oldsymbol{1}$ immediately sense the emotion and heart behind every design choice. Heirloom objects hang in places of honor, and practical, everyday items somehow find their way into the décor, too. Every piece has a story to tell, a nostalgic tie to the family who lives there.

Coelle Smith has curated one of those homes, a place teeming with pieces that are both beautiful and meaningful. A self-described budding interior stylist and the owner of Coelle Hope Photography (Hope is a nod to her middle name and her grandmother's name), Smith moved into her 1958 ranch-style home in 2017, sharing it with her husband, Chris, and three boys, Julian, 5, Rivers, 3, and March, 2.

Nestled in the Nakoma neighborhood, Smith especially loves her 2,400-square-foot home's "open layout, cozy bedrooms, cute fenced-in backyard" and "how bright it is with all the windows."

That light illuminates Smith's treasures—the portrait of a golden retriever that once rested on her grandparents' mantle, which now acts as a playful heirloom in a room shared by two of her sons. A full-length mirror from her father's childhood bedroom is now in her bedroom. Her children's artwork is proudly framed and attached to clipboards, ready to be switched out when artistic whims change.

Smith even looked to the past when hiring contractors to renovate her home. The kitchen cabinets were painted white by Higbie's Perfection Painting, friends of hers since attending high school in New Glarus. Sherven Custom Works, another high school friend, installed the tile flooring, subway tile and renovated a bathroom. Smith's old pals at Hutch and Hide crafted a reclaimed wood vanity and custom shelves.

Through the renovation process, Smith held steadfast to her roots and to the bones of the home. She says, "We wanted to stay true to the era and style of the home. However, we felt we could give the home an updated, modern feel. For example, ranch-style homes were originally designed to open up to outdoor living space typically in the backyard. We kept this idea of softening the transition from inside to outside in mind, always adding windows and light when possible."





"We kept this idea of softening the transition from inside to outside in mind, always adding windows and light when possible."

-Coelle Smith

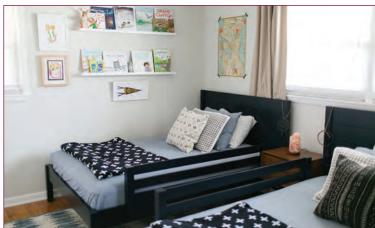


Several vintage finds are prominently displayed. Sifting through local stores like St. Vincent de Paul, Goodwill and Odana Antiques, Smith has lovingly showcased pieces like a mid-century chair, reupholstered and now used for story time, old-school Oriental rugs and other furniture. She cleverly blends in new items as well. Smith says, "I shop at a wide variety of places-national retailers, small and local shops and makers, as well as vintage. I'm always searching and love the original look that multiple sources bring to a space."

As she shares on her Instagram page, "I love mixing what people already own into their newly-styled spaces. The sentimental pieces, the gifts and the things they have collected over the years-the unique touches that tell their story." In her own home, Smith has made this an artform.

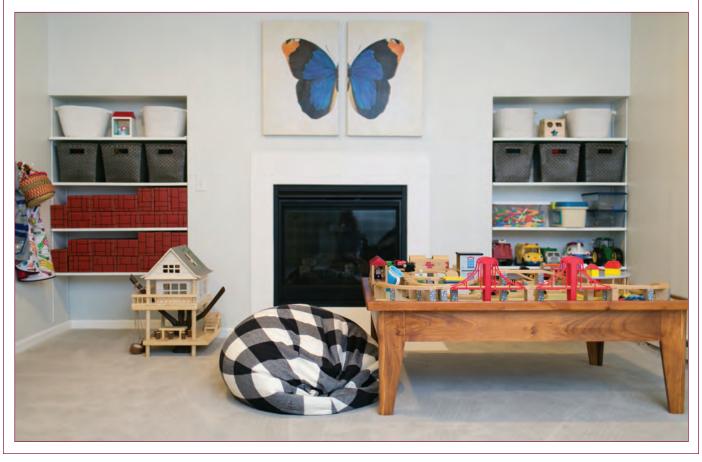






Coelle Smith's tips for creating functional, beautiful kids' spaces

- We keep activities incorporated in our living areas in a way that is appealing to all family members. We keep toys and puzzles in baskets that fit into the sideboard that sits under our TV. Our son's guitar hangs on the living room wall to encourage him to practice. Children's books are found on the shelves in the main living area so we can read together easily.
- If you have small children or pets that might be a little too interested in plants, try faux or hanging plants. Greenery does wonders for a room.
- Removable pillow cases on throw pillows. This way, they can be washed or drycleaned when dirty, and they're easy to switch out for a new look.
- Stop making the beds! Use just a fitted sheet and a couple of blankets folded on the end of the bed.
- Set crayons out in a basket to encourage creativity.



How Brit and Matt McCoy fulfilled their farm-based dreams

By Meg Rothstein Photos courtesy Homestead Wisconsin

 $oxed{I}$ t wasn't long after the young Iowa State University graduates settled on a quiet street in the city of Evansville, Wisconsin, that Brit McCoy turned to her new husband, Matt, and asked, "Hey, Babe. How long do I have to wait to get my cows?"

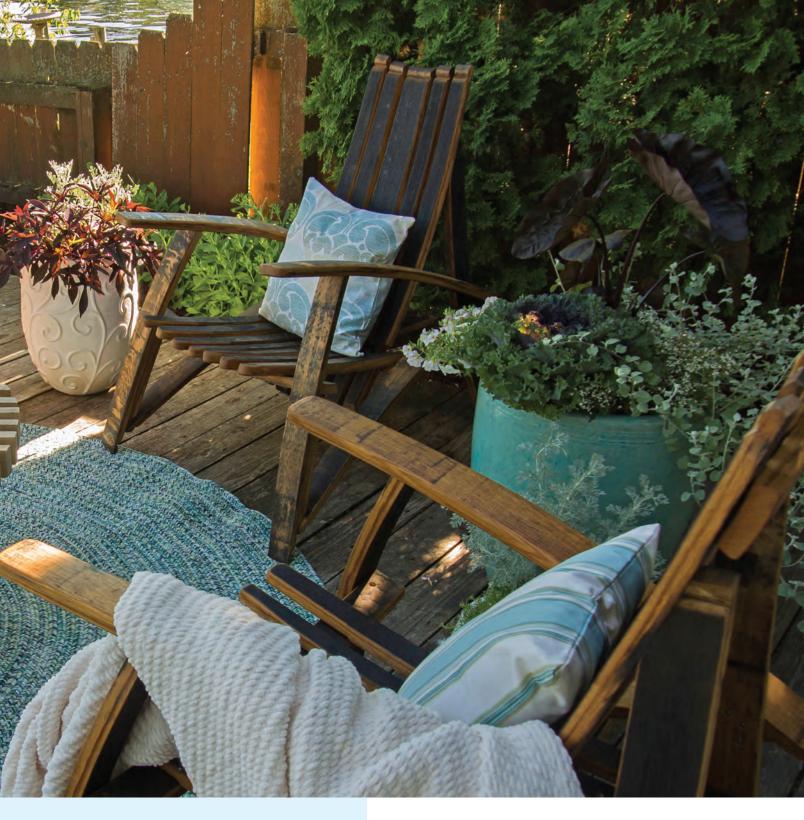
Despite its timing, Brit's question wasn't a surprise to Matt, even in light of their city dwelling. She had a dream in need of tending. Though neither had parents who were farmers, Brit grew up on a country estate in southern Wisconsin across the road from a herd. Matt felt at home in the country and Brit was mesmerized by everything cattle. (She even toyed with the idea of agriculture as her focus in college.) The young designers spent hours driving through the countryside together, with Brit imagining aloud how they'd find their country home and she'd one day create a farm-based infusion of her passions: landscape design, floral arrangement and cows.

A bit of backstory: The McCoys both chose landscape architecture and design paths at Iowa State. Brit got her first job in the landscape industry at age 14 and has worked in design ever since. Matt works as a sawyer full time for The Wood Cycle of Wisconsin, Brit's family's urban wood business. Floral design seemed like the perfect complement to their growing landscape design business. Initially, Brit designed for her own wedding and those of family and friends. "Floral arrangement became my passion project that went out of control. Everyone was married and I realized-I'm not done with this yet. This is too much fun!" Brit researched area cutting gardens, speaking with sellers at farmers markets. She purchases her blooms from Fair Field Flowers, a cooperative, local flower farms partnership.

Back to the cows: Brit followed up her question with a solid business proposal. Matt always knew his designer wife was also the unapologetic lifelong "cattle nerd" and food consumer knowledge enthusiast who believes in the importance of people knowing exactly what they're eating. Brit's keen proposal to merge her landscape and floral design businesses with a new, honest, small, grass-fed meats enterprise was a clear winner. Homestead Wisconsin, LLC was on the horizon. Brit's cows would soon come home.

The couple looked for farmland in their favorite Driftless Region. Concurrently, Brit's family agreed to allow the couple to clear and fence acreage at their property near Oregon. There, Brit began raising a couple of beef cattle to start, with the plan of





raising for family and friends while learning her trade. That important year of literal field work helped Brit gain her footing. She thought through questions such as how many head she should raise and whether to do rotational grazing. Raising grass-fed beef cattle always seemed an appropriate decision for Brit, with her sustainability background. An animal lover, she wanted to feed her cattle the way they were designed to eat. Grass feeding would raise the

animals' quality of life, she reasoned, and, in turn, the quality of her product.

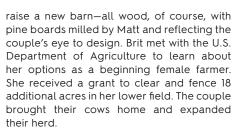
Brit connected deeply with female farmers (known affectionately as "FarmHers") via social media. A natural autodidact, she schooled herself using books, webinars, podcasts and networks devoted to farming the docile beasts who'd grazed in her dreams for so long.

In August of 2017, the couple closed on their gorgeous old farm and white farm-

house nestled into the hills just outside Belleville. The property originally caught Matt's sawyer's eye with its richly wooded hillsides of walnut, hackberry and oak. The couple was pleased to learn the property is home to what reportedly is Wisconsin's largest walnut tree. Its majestic silhouette now serves as Homestead's logo.

The old barn fell and was buried long ago. This past fall, Matt and Brit's family and friends helped the couple clear land and





In December, Brit added eight new ewes. She lovingly cares for her "flerd" (flock and herd)-sheep that run on the same system as her cattle and bring grass-fed lamb meat and re-cardable wool mattress pads to her growing products catalog of Highland and Hereford beef and leather goods, floral designs and landscape designs. Homestead's blog brims with news for her customers who get to know their farmer long before Brit herself delivers their meat orders complete with handwritten notes and recipes.

"I'm a designer who checked out every $cattle\ book\ I\ could\ find\ as\ a\ little\ girl.$ I was born to do this."—Brit McCoy

> Brit's threefold dream thrives and makes perfect sense. The family jokes that Brit's dad left his hog farming childhood to pursue his own dreams, married a woman who wanted nothing to do with farming but then, "Of course, my mom gave birth to a farmer." Brit grins. "I'm a designer who checked out every cattle book I could find as a little girl. I was born to do this and she knew it."

Homestead Wisconsin's buy local values

The daughter of a Wisconsin business owner, Brit McCoy was raised with the value of "buy local" from the start. She's brought that value with her into her own business and looks for area partnerships to bring unique items to Homestead Wisconsin's catalog.

Homestead Wisconsin's floral designs are created and crafted on site from Fair Field Flower blooms grown in the rich soils of South Central Wisconsin's prairie. Fair Field Flowers is a cooperative consortium of dedicated growers. "I buy my flowers Thursday, design Friday and they're out the door to the wedding on Saturday," McCoy says. Their selection is vast and varies constantly, allowing McCoy a floral palette at peak color with which to





both create artistically as well as meet her client's specific style preferences. Each bloom she purchases from Fair Field is sustainably grown, hand selected and cut at its prime. McCoy prizes her relationship with Fair Field Flowers and the fact that her clients get only the freshest works of art from Homestead's table.

The recent introduction of sheep to Homestead Wisconsin brought about another new local relationship between businesses. McCoy harvests the wool of her flock and sends it to Courtney Woolen Mill near Appleton. There, the over 100-year-old mill expertly cleans, cards and transforms Homestead's wool into comfortable, moisture wicking all-wool mattress pads. The mattress pads keep customers cool in the summer and warm in the winter while they count sheep.

They're also a perfect fit for McCoy's sustainability values. When the mattress pads wear down (an average first lifespan is about five years), Brit encourages her customers to return their pads to her, as she can have the mattress pads re-carded and returned good as new—and with a discount perk. -Meg Rothstein



 ${f M}$ ike Collins is a bit of an Anglophile. And a bit of a Frankophile—as in Frank Lloyd Wright.

Collins' lush backyard garden in West Madison is part English garden, with its lilies and daisies, and part prairie garden, bursting with asters and coneflowers. And, there's another whole section Collins calls a mosaic garden.

The eclectic mix reflects the several trips he and his wife have taken to England, and his appreciation of Wright's work, from art to architecture to acreage, as well as Collins' volunteer work at Taliesin, Wright's Spring Green estate.

"I've kind of evolved my own prairie-English garden," Collins says. "I appreciate that there's a certain wildness and naturalness to it but at the same time it's where I put the wildness and where I let the natural take over" that is actually all part of the plan.

Collins, a retired attorney, started the garden later in his career, in 2004. After a visit to the Dana House, a Frank Lloyd Wright design in Springfield, Illinois, he decided on a perimeter garden, similar to the courtyard garden at the Wright house. He and his wife hired workers to build an expansive patio and cut out the garden beds along the edge of his lot.

From an initial base of annuals, he gradually worked in a variety of perennials, along with bushes and trees and ornaments, like a sprite, that continually give the eye a beautiful place to land.

When he was still active as an attorney, specializing in divorce, bankruptcy and foreclosure, Collins craved the relaxation afforded in his backyard space.

"I could go out there and you couldn't get any farther away from having to deal with other lawyers," he says. "It really was a kind of a soul balm for me.'

Collins may have gotten a bit of his gardening gene from his father, a probation officer who struggled to grow things in the sandy soil of Portage, Wisconsin.

"He did the best he could, and he especially liked his rock gardens, and while he was alive he'd enjoy seeing what I'd done



How to make your garden grow

Mike Collins has a tremendous backyard garden on Madison's West Side. How'd he create it? Here are a few of his tilling tips.

- Have patience. You don't have to do it all at once. Start small and work up.
- Let the garden speak to you; let it tell you what it wants to be. "It's OK to have a vision for your plot, but you also should be open to changing it."
- Know your light and soil. "I think this is real important because, sadly, the orientation of our backyard is absolutely the worst."
- Weed, but don't obsess about it.
- Do a really good spring and fall cleanup, because those will make your life so much easier. "The best gardening you do is in the fall. That's when you get the opportunity to do a lot of the editing. You've seen what works and what doesn't, what thrived and what hasn't thrived, and that's the time to make your changes."
- Understand that each area of the garden has its own demands—the shade garden, the vegetables.

 "It's really about staying ahead of everything instead of letting it all get ahead of you."—MarniMcEntee





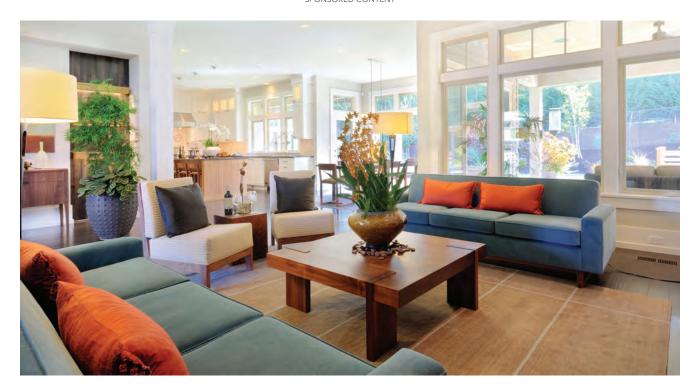




As the weather warms up—finally—this year, Collins has raked and prepared the soil for the season to come, and his asters and tulips are beginning to show their heads.

The garden requires care every year, and that naturally keeps Collins coming back, season after season, turning over the soil again and marking the garden's growth.

"Plants come and plants go, so it's kind of naturally evolving and seeing that keeps you coming back. Like a writer, you're in a constant state of editing and the situation being that, you could write something and edit it forever."



STRIKE A BALANCE

DESIGN TRENDS TO WITHSTAND THE TEST OF TIME

BY SUE SVEUM

Designing and decorating your home can sometimes feel like walking a tightrope. Whether you're building, remodeling or just want a fresh new look for a room or two, you may find yourself coming face to face with an age-old dilemma. How do you create a look that's on trend and in style without going overboard—and risk going out of style too soon? We asked three Madison area interior designers to share their favorite tips and tricks to help you resolve that problem and create a look that combines classic with current, all while reflecting your own personal style.

"As fun as it is to stay up on the latest trends, one of the main design principles at Interiors by B is to focus the designs on the client's lifestyle," says Brittany Jones, owner and interior designer at Interiors by B. "Function is a main goal for every project." It's important to create something that will resonate with the client's likes—while also meeting functional needs for their lifestyle.

"That being said, there are a few hot design trends that will also be around for a long time," says Jones. One of them is the use of color—for example, pairing warm grays with earth-toned colors such as camel. "This creates a warm and inviting environment," she says. "Painting is a great way to start updating your home—it makes a big difference and isn't overly pricey."

Another hot trend is adding some color to kitchens, baths and

built-ins. "White cabinets continue to be popular, but we see more people stepping outside of the box and doing a different neutral color," she says, adding that painted gray and blue cabinets are a couple of popular choices for a unique touch of color.

Jones says pairing these colored cabinets with brass hardware adds to the stylish look. "This combination is most popular in kitchens, however it's also great for living room built-ins, bars and bathrooms with natural light," she says. "The combination is great because it's so versatile with many styles—from eclectic or contemporary, to beachy and coastal.

But brass isn't the only metal in the spotlight these days. "Mixed metals and different sheens are very on trend," Jones. "Countertops and backsplashes with a matte finish, mixed with metal fixtures can also create a unique look."

"Finishes that reflect natural elements also seem to stand the test of time and are most versatile," she advises. "Quartz countertops that look like marble, and porcelain tile that looks like wood are favorites. And for homeowners with kids and pets that like the look of wood, this tile is a great option that won't scratch and will last a long time."

According to Jones, simplistic and minimalist style is also one that will never look outdated because, with a simple backdrop, you can easily add pieces or change the look. "Introducing 'trendy' items into your home décor or painting accent walls are great ways to keep up with the trends," she says. "You can switch out items or colors as needed without having to invest in flooring or cabinets." Mixing patterned and textured pillows or adding area rugs and a couple new lamps are other easy ways to update a room without spending a fortune.

And don't forget the outside! The warm weather months may be short in Wisconsin, but that's all the more reason to make the most of your outdoor living space this summer and fall. "Adding some greenery and flowers with a bench and soft outdoor pillows makes for a very inviting outdoor space," says Jones. It's curb appeal with comfort!









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Design Services

Interior design is all about creating environments homeowners can identify with while still fully functioning. Creating a space you are proud to show off and call your home. Our unique attention to detail, emphasis on quality and unique design makes us highly qualified for your project. Whether you are looking for a consultation, a single room or multi room remodel, our superior design expertise and customer service will exceed any expectations. Services include but are not limited to:

- Design Consultation
- Space planning, including furniture selections & sourcing
- E-Design
- Materials selections: Including flooring, countertops, cabinets, backsplash, paint colors and more
- Home Staging Consultations



TRENDY CLASSICS

And speaking of curb appeal, Allison Mercier of Interiors by JW has a few ideas for adding a little style to your home's exterior. "Try incorporating something to break up a house with all siding—like adding cedar shake to a gable," she suggests. "Another trend that adds a striking element to a home is integrating or changing your front door color."

And then there's lighting. "You can do a lot—both indoors and out—with the strategic use of lighting," says Mercier. Exterior lights aren't just for company anymore. "Lighting can give your home a fresh new look," she says. "Uplights are a great way to illuminate trees or specific areas of the house—providing both beauty and safety to your home and yard."

Mercier says that interior lighting is equally important—and effective. "The use of light fixtures along with table or floor lamps is a great way to update a room," she says. "Mirrors, greenery, window treatments and patterned pillows are other popular accent pieces that will give your room a trendy look—that can be easily changed with the times."

She agrees that paint color is another relatively inexpensive way to update a room. "Painting and updating your trim can add style even on a budget," says Mercier. "I suggest using a cohesive wall color for the main living areas," she says. "And don't be afraid of darker colors!"

But if you prefer to stick with something lighter, she suggests the use of black as an accent color. "Mixing black accents—such as matte black plumbing fixtures—with natural wood creates a unique look that can withstand the test of time," she says.

BOLD AND BEAUTIFUL

Patti Stindt, interior designer at Steinhafels, agrees that color is making a comeback. "Greige seems to have peaked—and our clients are wanting to bring color back into their lives," she says. "A lot of people are coming in today asking for a more colorful design." She says the trend is moving toward bolder options, with blues, greens and reds gaining popularity.

Stindt says Steinhafels offers an in-home design package, covering everything from furniture to accent pieces—including space-planning to make sure your choices will fit your room. "People are pretty connected these days through watching HGTV or trolling Pinterest,"

she says. "Many have ideas in mind when they come in." She admits she tries to get people out of their safe zone a bit, but adds, "If you aren't comfortable with committing to big expensive pieces or designs, you can do a lot to transform a room by using accent colors in your upholstery, rugs, lamps and other accessories."

A good interior designer can help you phase your project according to your budget. "We usually start with common everyday spaces like the kitchen or great room—where people spend a lot of time with family or entertaining—and then move on to others when you're ready."

And Stindt says when it comes to trends, your personal preferences take top priority, followed by where you live. "Some parts of the country see a lot of traditional pieces," she says. "But that's not so common in Madison where people tend to be more casual."

But that doesn't mean designs can't be edgy—with patterns, textures and styles taking center stage. "Mixingand not matching—is a very popular trend these days," says Stindt. "Adding some pillows or an ottoman in varying textures and a variety of floral or geometric prints in punchy colors will give your room a bold new look," she says, adding that geometrics in other forms are popular as well. "You'll find geometric patterns in everything from wallpaper to cocktail tables.'

"If you feel more comfortable with a neutral backdrop, one fun way to add color is through your artwork," she says. That includes not only wall art, but tabletop accessories such as trays, vases, candles and figurines. "And don't forget about using plants for color and interest," says Stindt.

One plant that's trending today is even fun to say! "It's the fiddle leaf fig tree," she says. "And succulents are also very popular because they're so easy to care for." In fact, one farmers' market vendor recently assured potential buyers that succulents "thrive on neglect!"

Higher end retailers may offer some good artificial succulents but Stindt doesn't recommend them unless the plants are sitting up high where they can't be viewed too closely. "Faux plants used to be more popular, but now more and more people are turning to the real thing," she says. "Bringing in real plants is like introducing life into a room." And what could be better than that?





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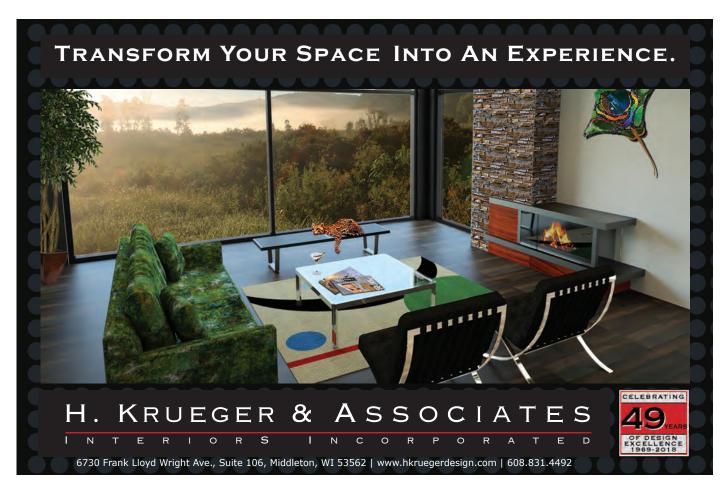
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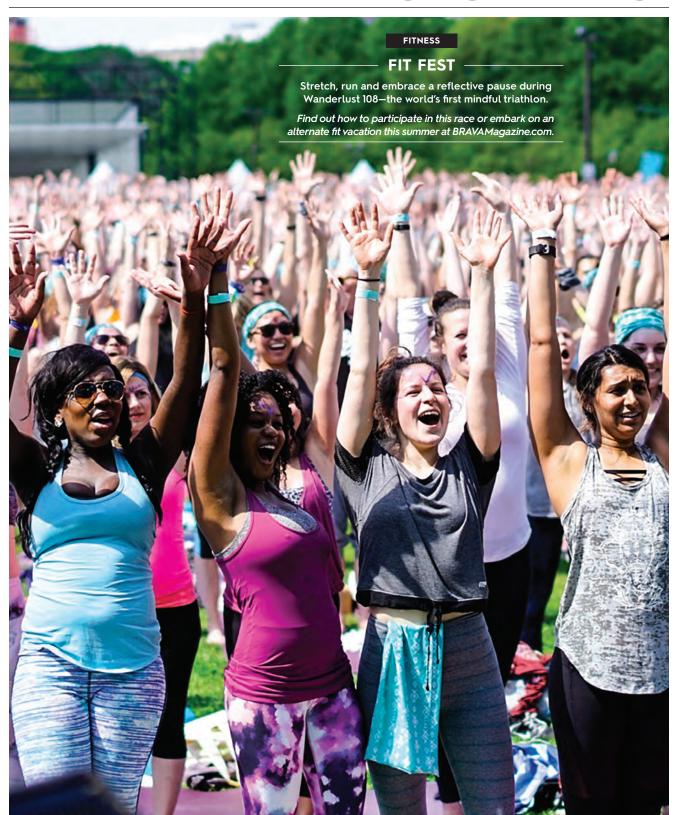
















NONN'S



2018 HOME IMPROVEMENT TRENDS FROM LOCAL EXPERTS

The 2018 Madison Parade of Homes is just around the corner and we're gearing up to share the latest trends and inspiration in home improvement. Get a sneak peek at a few design elements showcased during this month's events with this trend report from local experts.

Smart homes are no longer just a thing of the future. Take it from Andrew Blakey, of Fearings Audio Video Security, "Exponential growth in technology has led to increasingly connected homes. Efficiency through integration is no longer just an option. It has become more of an essential part of life."

"Don't hesitate to explore trends in content delivery and the systems that will connect us in the future," advised Andrew. Technology—like design—is all about the details, starting from the ground up. "As boring as wires can be, having the right cable in place as you build your dream home is huge!" If you're consulting a contractor, be sure to discuss your vision of how connected you'd like your home to become. Whether your family streams movies across devices or has dreams of a home theatre, your home cabling infrastructure matters—and our technological options are only growing.

Home automation control tools are completely transforming the homeowner experience, keeping home monitoring and control at your fingertips from anywhere. According to Andrew, innovation is quickly becoming part of everyday life. "Smart home technology will continue to have an effect on the way we live, and the technology in our homes can become as much an extension of us as the home itself."

Adam Nonn, of Nonn's, shared some interior insight on what's in store for 2018. "One of my favorite trends this year is cabinetry with character. Our brightly colored options have been flying off the shelves, ranging from forest greens to bold reds." If you're not ready to scrap your cabinets for bold jewel tones, Adam knows a way you can still add a touch of flare. "Not only have the cabinets gotten more eccentric, the hardware that accompanies them has upped its style, too. Brushed bronze and gold have been the biggest hits this year."

"One trend that's really taken off is herringbone pattern for flooring." Sound familiar? You may have spotted this popular chevron pattern before, but this trend is making moves. "The herringbone pattern trend has seen a resurgence in kitchen and shower backsplashes over the last few years, but only recently has it made its way down to the ground." If you're already imagining which room you'd re-floor, you'll be glad to know there are options at several price points. "With the quality of luxury vinyl and porcelain tile we have these days, you can achieve that genuine wood look for a lot less."

Kitchens are taking a turn from bright white and glossy to deeper shades and textures. "Another trend we've been seeing a lot of lately is the new matte-finish countertops," shared Adam. "We've probably installed just as many matte-finish as we have glossy this year. It's a really cool look, and It pairs well with the new black brushed-steel appliances, too." The good news? It's easy to transition your all-white kitchen to accommodate sleek matte updates, whether you opt for a few black accent pieces at a time or a fresh renovation with a new countertop sheen.







Feeling inspired? We don't blame you! The Madison Parade of Homes runs June 9th through June 24th with site and event locations across Dane County. Discover the latest, from interior design and home décor to renovations and home building, for only \$15 a ticket!





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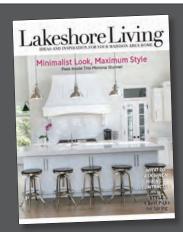
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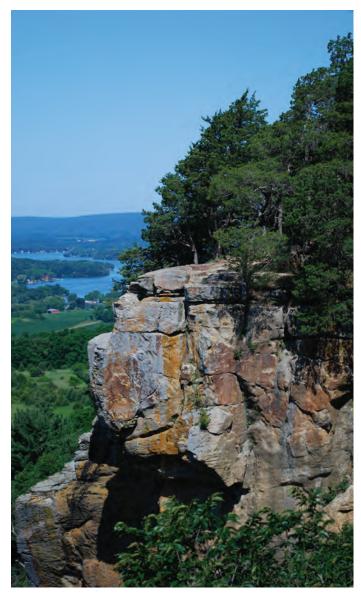
Deerfield: Savannah Parks

* denotes 2018 Parade of Homes™ site



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OFF THE BEATEN PATH IN BARABOO A DAYTRIP, WORLDS AWAY

BY MEGAN ROESSLER

BARABOO HAS AN ECLECTIC CHARM and a wealth of character. With scenic views and outdoor adventure, smalltown history, and record—and rule—breaking artwork, this town offers plenty of chances to be amazed.

On the drive up from Madison, stop by one of Wisconsin's lesser-known natural spaces-Gibraltar Rock State Natural Area. There, 1,234 feet above sea level, 200-foot cliffs tower over the Wisconsin River Valley offering views of farmhouses, prairies, rolling hills and weathered red cedars. To get to the top of the cliffs, choose between a 1.5-mile paved hike or a longer loop through the forest, although note that both are steep and neither offers stairs or handrails. At the top, look down at the landscape, but be sure to look up to take in the sky and clouds above, too.

MAGICAL MYSTERY TOURS

Grab your flashlights and cameras and extend your day in Baraboo into the night with Baraboo Tours, which explore the supernatural side of town. Their Haunted Downtown Walk covers the streets and buildings that "put the 'boo' in Baraboo." With a storied history and heritage whose characters include renowned naturalists, athletes and politicians, it's no surprise that Baraboo has the mystery and charisma of something beyond the ordinary.

Thrill seekers 21 and over looking for a 'spirited' twist might opt for the Spirit Walk, where guests will enjoy drink samples at the Driftless Glen Distillery and a walk through haunted downtown before ending the night with wine tasting at the Con Amici Wine Bar. For those with the hardiest penchant for the paranormal, the River Tour offers the chance to bust out some ghost-hunting gear and reach out to the supernatural firsthand.

Baraboo Tours also offers evening walking tours and rickshaw rides across historic downtown, exploring everything from the story of the circus-founding Ringling family to the town's historic churches. These excursions have a charm all their own... no haunts needed.

Tours run through Labor Day. Visit barabootours.info or chamber.baraboo.com/events.-Megan Roessler





After the trek back down, a winding 30-minute drive northwest will drop you off in downtown Baraboo. If your hike has you feeling hungry or ready to treat yourself to some pie and ice cream, stop by the Broadway Diner. In shining stainless steel and neon, this restored 1950s-style diner serves up classic American breakfasts, burgers and homemade pies. A short walk will take you past the Sauk County Courthouse, decked out with relief decorations of circus history, the AL. Ringling Mansion, which offers daily tours, and the Al. Ringling Theatre.

About 15 minutes south of Baraboo is one last sight to see. In a hideaway behind Delaney's Surplus Sales, you'll find what's reportedly the world's largest scrap metal sculpture-Dr. Evermor's Forevertron. Part intellectual playground and part sculpture garden, the Forevertron is made from repurposed industrial material-everything from circular sawblades, to trumpets, to parts of an Apollo 11 spacecraft. Visitors can find their host and the wife of Dr. Evermor, Lady Eleanor, in a VW Bus repurposed into a cozy visitor's center. Though there are no signs, guides or formal tours, the Forevertron tells a mythic and imaginative story of its creator launching himself from Victorian England into the celestial realm. Revealing the subtle beauty of everyday "stuff," it captures the hearts and minds of visitors of all ages.

With Wisconsin summer classics like Devil's Lake and Circus World, and conservation meccas of the Aldo Leopold Shack and International Crane Foundation, Baraboo is a place of nostalgia for many, and one that promises new adventures on every trip back. 🎕

For more information: Gibraltar Rock State Natural Area, Dnr.wi.gov. Broadway Diner, broadwaydinereats.com. AL. Ringling Mansion, alringlingmansion.com. Forevertron, S7703 US-12, North Freedom, Wisconsin.







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JUNE

EVENTS



PERFORMING ARTS

118 P.M.

"LOOK BOTH WAYS BEFORE TALKING"

Edgy, thought-provoking and always spectacularly funny, The Second City is celebrating nearly six decades of producing cutting-edge satirical revues. Overture Center, Madison. overture.org.

1-3 | TIMES VARY

"THE HUNCHBACK OF NOTRE DAME"

Based on the Victor Hugo novel and songs from the Disney animated feature, "The Hunchback of Notre Dame" showcases the film's Academy Award-nominated score, as well as new songs by Menken and Schwartz. Overture Center, Madison. capitalcitytheatre.org.

717 P.M.

"KEN PAGE IN PAGE BY PAGE"

Best known as the voice of Oogie Boogie in Tim Burton's "The Nightmare Before Christmas," and Old Deuteronomy in "Cats," Page will tap into Broadway favorites, the blues and more. This unique musical dining experience includes a gourmet dinner prepared by Overture's in-house caterer, Catering a Fresco, and served on the historic Capitol Theater stage, which is transformed into an elegant nightclub for the evening's performance. Overture Center, Madison. overture.org.

8-23 | TIMES VARY "TEMPS! THE MUSICAL!"

This brazen musical comedy set in the mid-1990s sets up the conflict between greedy bosses and politicians, and a group of temporary workers who unite to expose a nefarious plot to destroy labor unions. Bartell Theatre, Madison. mercuryplayerstheatre.com.

8-23 | TIMES VARY "QUEER SHORTS: UNITY"

This latest installment of Queer Shorts will seek to illuminate our queer community with its amazing diversity through stories of pride, honor, history and sacrifice. Bartell Theatre, Madison. stageq.org.







9-10 I TIMES VARY **BACH DANCING & DYNAMITE** SOCIETY-"AMERICAN GIRLS"

American Girls have incredible stories to tell through their music. Amy Beach, Chen Yi, Rebecca Clarke and Gabriela Lena Frank are all represented in this concert. Overture Center, Madison and Hillside Theater, Taliesin, Spring Green. bachdancing.org.

9-27 I TIMES VARY "AS YOU LIKE IT"

Two of Shakespeare's favorite devicescross-dressing and running away to the woods-meet in glorious fashion in "As You Like It." American Players Theatre, Spring Green. americanplayers.org.

10 I 6 P.M. 2018 JERRY AWARDS

Southern and Central Wisconsin's top high school musical theatre performers will take the stage in Overture Hall for the Jerry Awards Show. The show is the culminating event for the year-long Jerry Awards program which encourages, recognizes and honors excellence in high school musical theater. Overture Center, Madison. overture.org.

13 | 6 P.M. PLAYHOUSE GALLERY RECEPTION-"THE SIXTIES REVISTED"

Thirty-three artists explore the 1960s and its reverberations in our current time. Exhibit runs through June 24. Overture Center, Madison. overture.org.

15-29 I TIMES VARY "BORN YESTERDAY"

Just when you think politics has lost its sense of humor, in rides Billie Dawn on a breath of fresh air. She's buried her smarts beneath layers of satin and showgirl sass, but hers is a highly combustible kind of clever. American Players Theatre, Spring Green. americanplayers.org.

16 I TIMES VARY **MOVE OUT LOUD 2018 SPRING PERFORMANCE**

Move Out Loud is known for its creativity, performance and joyful approach to the art of dance. This spring performance will provide ballet, jazz, tap, musical theater and hip-hop that's sure to entertain. Overture Center, Madison. moveoutloud.com.

16-17 I TIMES VARY "HARRY POTTER AND THE CHAMBER OF SECRETS"-IN CONCERT FEATURING THE MADISON SYMPHONY **ORCHESTRA**

This concert features Harry Potter and the Chamber of Secrets in high-definition while the Madison Symphony Orchestra performs John Williams' otherworldly score. Overture Center, Madison. madisonsymphony.org/harrypotter.

16-17 | TIMES VARY "HEPHAESTUS"

Music Theatre of Madison begins its first full workshop process of a new musical by Madison native Nathan Fosbinder. Audiences will see the work in its developmental stages and have the opportunity to share thoughts on the show in preparation for a world premiere production. "Hephaestus" tells the story of the oft-forgotten outcast of Greek myths who faces epic hurdles to win the love of Aphrodite. Madison Opera Center, Madison. mtmadison.com.

17 I 7 P.M. 15TH ANNUAL MAMA AWARDS

The MAMA Awards is Madison's very own version of the Grammys, honoring local musicians and music educators while raising funds and awareness for area music programs. Overture Center, Madison. themamas.org.

22-30 ITIMES VARY "THE RECRUITING OFFICER"

You're not going to want to let this one sail by-a hearty comedy with a wicked streak, crewed by a cast of impish characters. Whether they're attempting to fill their boats or their beds, these recruiters will need to apply some hefty truth-stretching to their deal-closing. American Players Theatre, Spring Green. americanplayers.org.

23 | 8 P.M. "AUNTY DONNA"

Aunty Donna is a collective of creative cats dedicated to bringing the funny across all mediums. The group first exploded onto the Melbourne comedy scene in 2012 with a unique brand of surreal, fast paced, alternative sketch. Overture Center, Madison. overture.org.

23 I 11 A.M. **BACH DANCING & DYNAMITE** SOCIETY-FREE MUSICAL EVENT

A free in-depth look at chamber music for "adults of all ages." Featuring emerging talent-the Dynamite Factory artists-as part of a three-week festival. Overture Center, Madison. overture.org.

24 I 7 P.M. **NICK SWARDSON**

Nick Swardson's career ranges from film and television to stand-up comedy. His Comedy Central Special "Taste It" premiered last April, and he also recently co-starred in the most-watched Netflix movie to date, "The Ridiculous Six," with Adam Sandler and Will Forte. Overture Center, Madison. overture.org.

26 | 7:30 P.M. YANNI 25-LIVE AT THE ACROPOLIS ANNIVERSARY CONCERT TOUR

"Live at the Acropolis" was released in 1994 and is the first ever live album and concert video from legendary performer and composer Yanni. Overture Center, Madison. overture.org.

26-30 ITIMES VARY "EXITTHE KING"

A fading king teeters on the brink of apocalypse, flanked by two queens and a few dotty subjects. American Players Theatre, Spring Green. americanplayers.org.

ENTERTAINMENT

7-10 | TIMES VARY MOUNT HOREB SUMMER FROLIC

Music, carnival rides, games, food and a fun run make downtown Mount Horeb the place to kick off the summer. Grundahl Park, Mount Horeb, mthorebsummerfrolic.com.

9-10 | 9:30 A.M. MARQUETTE WATERFRONT FESTIVAL

Enjoy games, a boat parade on the Yahara River, local music and food, and more at this annual festival hosted by the Marquette Neighborhood Association. Yahara Place Park, Madison. marquetteneighborhood.org.

14 | 5:30 P.M. CONCERTS ON THE ROOFTOP-**BRITBEAT**

Listen to BritBeat—a Beatles cover band and join in some friendly trivia with America's Pub Quiz on the Monona Terrace rooftop. Gates and bars open at 5:30, trivia begins at 6 p.m., and music begins at 7 p.m. Monona Terrace Convention Center, Madison. mononaterrace.com.

21 I TIMES VARY MAKE MUSIC MADISON

Celebrate the summer solstice as the city of Madison turns into a stage, with concerts popping up at over 100 locations. Locations vary, Madison. makemusicmadison.org.

27 I 7 P.M. CONCERTS ON THE SQUARE

The Wisconsin Chamber Orchestra's summer concert series, "Concerts on the Square," creates an evening of culture at the Capitol. Wisconsin State Capitol, Madison. wisconsinchamberorchestra.org.

FAMILY

2 | 8 A.M. **COWS ON THE CONCOURSE**

Stroll around the Farmers' Market and meet some local cows! Pet them, chat with the "Moo Experts," and snack on some Wisconsin cheese curds in front of the Wisconsin State Capitol. Capitol Square, Madison. cowsontheconcourse.org.

2 | 1:30 P.M FAMILY OPERA DAY FEATURING "RUSALKA: A MERMAID'S TALE"

Join Opera for the Young for their 8th annual Family Opera Day featuring the group's original adaptation of Dvorák's "Rusalka." Come for preshow workshops and enjoy opera-related activities including art, yoga and singing starting at 12 p.m. Overture Center, Madison, overture.org.

9 | 10:30 A.M. THE FLAVOR OF WISCONSIN FOR KIDS

Discover what makes Wisconsin's food unique and try your hand at making butter and Hmong larb. Wisconsin Historical Museum, Madison. wisconsinhistory.org.

23 I 5 P.M.

FESTIVAL FOODS SHAKE THE LAKE

Enjoy an evening of music, food and fireworks over downtown Madison and Lake Monona. Downtown, Madison. shakethelake.org.

30 | 9:30 A.M. **CELEBRATE THE RED, WHITE AND BLUE**

Get ready for Independence Day-DreamBank-style! Swing by with the whole family and make patriotic wands for parade watching, along with other red, white and blue crafts! Let freedom (and creativity) ring! DreamBank, Madison. dreamfearlessly.com/dreambank/events/.

SAVOR

5I 6 P.M. HIDDEN HISTORY OF MADISON'S

CULINARY CULTURE Learn about Madison's restaurants and taverns from the early days of the city

to today on this 1.6-mile walking tour of downtown. Wisconsin Historical Museum, Madison. wisconsinhistory.org.

16 | 8 A.M. ANNUAL STRAWBERRY **FEST & CRAFT FAIR**

Celebrate summer with a fresh batch of hand-picked strawberries and a craft fair. Also features a run/walk, raffles, a children's carnival, rummage sale, wine tasting and live entertainment. Colonial Club, Sun Prairie. colonialclub.org.

17 I 10 A.M. **FATHER'S DAY BRUNCH**

Get your brunch on with Karben4 at their Father's Day event—complete with Fantasy Factory IPA Mimosas, games and more special events to be announced. K4 Taproom, Madison, karben4.com.

26 | 6:30 P.M. **BEER DINNER WITH** ST. FRANCIS BREWING CO.

Enjoy a four course off-menu meal paired with beers from St. Francis Brewing Company, as well as specially brewed collaborations. HopCat, Madison. hopcat. com/events/madison.

JAUNT

1-3 | 10 A.M. 12th ANNUAL SPRING ART TOUR

Explore the art of Mount Horeb and beyond as artists welcome you into their galleries and studios. Locations vary. mhaaa.org.

9-10 I 10 A.M.

MONUMENT SQUARE ART FESTIVAL

Racine's Monument Square Art Festival is one of Wisconsin's oldest art fairs and offers a diversity of arts and craft. The festival also includes the Great Lakes Chalk Art Competition, and a food truck festival. Monument Square, Racine. monumentsquareartfest.com.

15-17 | TIMES VARY LAKEFRONT FESTIVAL OF ART

Enjoy the scenery along Milwaukee's lakefront while browsing the work of over 170 jury-selected artists at this Milwaukee Art Museum tradition, named one of the top 20 art festivals in the country. Milwaukee Art Museum, Milwaukee. Ifoa. mam.org.

16 | 9 A.M. SHAKE RAG ALLEY GARDEN TOUR

Peruse the gardens of Mineral Point in addition to the galleries of downtown. *Lind Pavilion, Mineral Point shakeragalley.com.*

22 | 6 P.M. DOWNTOWN BARABOO BREW HAHA

Take in the shops and culture of downtown Baraboo on a Beer Walk featuring local flavors and beers. *Downtown Baraboo. downtownbaraboo.com.*

23-24 | 10 A.M. CEDARBURG STRAWBERRY FESTIVAL

Celebrate summer and strawberries in historic downtown Cedarburg with live music, art, strawberry wine, classic summer foods and plenty of activities for the kiddos. *Downtown Historic District, Cedarburg, cedarburgfestival.org.*

THRIVE

8 | 4 P.M. ICE CREAM BOAT FLOAT

Grab a paddle and make your way across Lake Wingra, picking up all of the components of an ice cream sundae at different checkpoints. Wingra Boats, Madison, madisonboats.com.

9 | 11 A.M. GOOD DAY POP UP MARKET

Meet the makers of One-One Thousand and shop handcrafted home and lifestyle goods made in the Midwest This highly curated shopping event features food, drinks, handmade goods and the artisans that make them. One-One Thousand, Madison. oneonethousand.net

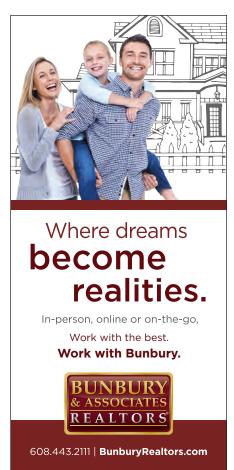
21 | 6:15 P.M. THE POWER OF ENCOURAGEMENT WITH BILL SCHULTZ

Join speaker and author Bill Schultz for his incredible story of overcoming huge obstacles to live a full life as an athlete, business owner and family man. Learn how he discovered personal happiness through the power of acceptance and encouragement from others, from his parents, his family, friends and coworkers, and more. DreamBank, Madison. dreamfearlessly.com/dreambank/events/.

28 I 6:15 P.M. DISCOVER YOUR AUTHENTICITY THROUGH SELF-AWARENESS WITH ROGER WOLKOFF

Wherever you are on your journey of self-awareness, join Roger Wolkoff with All About Authenticity as he asks you to "check in" on your current path. What happens when we dare to be great and give ourselves permission to live courageously? Come find out! DreamBank, Madison. dreamfearlessly. com/dreamfearlessly/events/.









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AN URBAN OASIS FOR THE COMMUNITY

THE EAST MADISON COMMUNITY CENTER'S VITAL IMPACT

BY MARNI MCENTEE

"I'M A STORYTELLER FOR PEOPLE WHO LIVE IN THE COMMUNITY, TRANSLATING, IN A WAY, SO THEY CAN GET THE HELP THAT THEY NEED."

-De'Kendrea Stamps, East Madison Community Center assistant director

ON A QUIET SIDE STREET just a stone's throw from the raucous Stoughton Road/ Highway 151 interchange is an oasis for thousands of people who live in a wide swath of East Side neighborhoods. Mostly kids come to the East Madison Community Center, but adults and seniors do, too.

The center is open until 8 p.m. most days and until 9 p.m. on Friday nights. Plus, it's got regular hours on Saturday. The idea, says assistant director De'Kendrea Stamps, is to have a place for young people to come after school and in the evening. And come they do, for meals, education, entertainment and exercise.

Last year the center served nearly 5,000 people, mainly kids 6-18 years old.

"We realized it was important to have programming in the evening hours, since a lot of parents work second-shift jobs," Stamps says. "We wanted to make sure kids have a place to go and get positive ways to spend their time."

Children and youth are served 9,600 healthy meals each year at the center, including a dinner. It offers a weekly food pantry used by more than 2,600 people per year.

Inside the 20,000-square-foot building is a fitness center, offices, a kids' playroom and classrooms, an auditorium, a reading and homework center and a computer lab. These spaces host cooking

classes, exercise and dance programs and more. Outside is an expansive vegetable garden and handball courts.

Somehow, all these offerings are coordinated with just a \$600,000 annual budget, three full-time staff, eight more part-timers and a coterie of volunteers.

In March, Stamps learned the center, established 52 years ago, was the 2018 recipient of a Design for a Difference makeover, in which Madison-area interior designers, remodelers and construction professionals raise money and donate time to adopt a nonprofit each year to renovate.

Stamps and her staff are ecstatic to imagine the possibilities for the cinderblock building with three separate additions, mismatched floors furniture, and technology from another millennium. Stamps hopes, among other things, that the entryway can be made more welcoming and the center made easier for users to navigate.

"We want to provide enough space and this is the perfect opportunity to make the space welcoming for the people coming in," says Stamps. In October, when the makeover work is revealed, Stamps and her staff will see their wishes granted.

For more on Design for a Difference Madison, visit floor360.com/d4ad. Learn about the East Madison Community Center's programs at eastmadisoncc.org.

JUNE NONPROFIT EVENTS

16 | 8 A.M. FREE TO BREATHE YOGA CHALLENGE

Form a team or participate as an individual at this fundraiser for the Lung Cancer Research Foundation, which offers five sessions of instructor-led yoga. Lake Farm Park, Madison. freetobreathe.org.

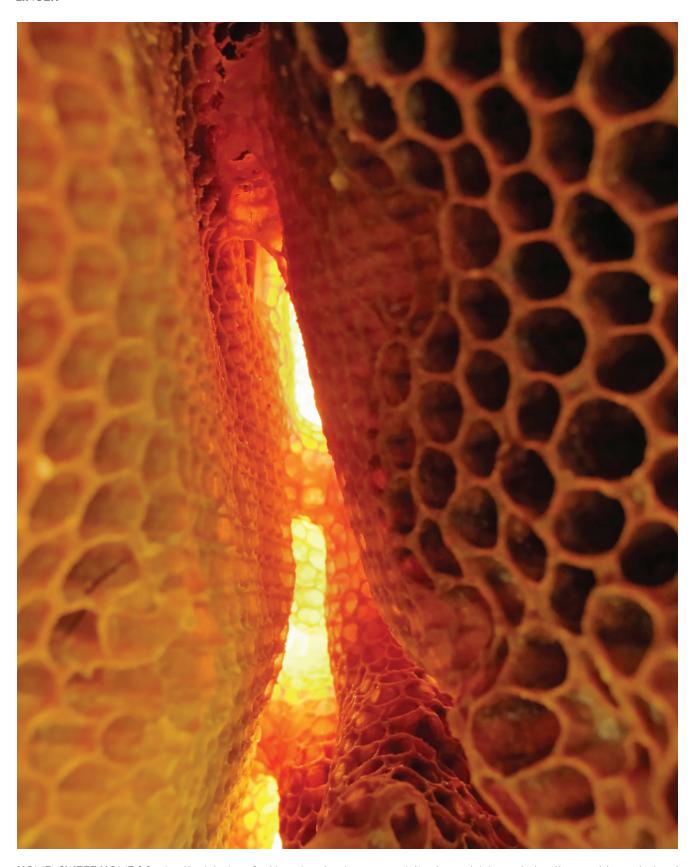
21 I 7 P.M. "YOU AGAIN" STORIES AND SONGS

From Madison's Ann Imig, the creator of "Listen to Your Mother," a one-night-only performance of Broadway favorites and original stories about midlife, marriage and motherhood, in benefit of MOMS DEMAND ACTION's gun violence prevention efforts. Oakwood Village Auditorium, Madison, annsrants.com

24 | 12 P.M. ANNUAL OPEN DOORS FOR REFUGEES **COMMUNITY PICNIC**

Come learn about the issues facing refugees in our community. Enjoy a diverse mix of music and entertainment, including lots of activities for the kids, and share in a potluck meal provided by local businesses. Olin Park Pavilion, Madison. opendoorsforrefugees.org

LINGER



HOME, SWEET HOME I Seeing the interior of a hive gives beekeepers an intimate peek into a whole other world, created and inhabited by the remarkable honeybee. Don't miss the story of local beekeeper and author Heather Swan in IN HER SHOES, P. 19.



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Lesley Sager is the Director of the Design Thinking Initiative at the School of Human Ecology, Coordinator of the Interior Arcihtecture 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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