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ON THE COVER

Anglinia Washington holds her 6-month-old daughter, Ella. Photographed by Hillary Schave on location at Goodman Community Center. Reserve a one- or two-bedroom apartment home at Oakwood Village Prairie Ridge while they still remain.

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RELATE



TURNING THE TIDE

IT'S THRILLING to witness a movement taking shape. That's what we at BRAVA have been able to do—as will you—as we shine a light on the women working toward lowering Wisconsin's alarming black infant mortality rate.

Assistant Editor Julia Richards spent months reporting and writing about the heroic, grassroots efforts of doulas and the actions of medical professionals, public health officials and community advocates who have made solving this tragic problem their No. 1 priority. And, as Richards writes, "At all levels, black women, those most directly impacted, are taking the lead in improving their birth outcomes."

It's a huge challenge: Wisconsin has the highest black infant mortality rate in the country—over three times the rate of white infant mortality here. Black mothers also die during childbirth at higher rates than white moms. It will take time and persistence and support from the *entire* community to save future families from the same fate.

But, the multi-pronged effort that's already gaining steam should give everyone hope that things can turn around—for good. The piece is infused with amazing art by photographer Hillary Schave. She captured doulas and a mother and her captivating baby daughter in a series of expert shoots that give faces to names in a lovely way.

In this Design Your Life edition, we also take a look at another aspect of turning one's own life around with positivity coach Tina Hallis, who walks us through what things might look like if we lived intentionally. Hallis leaves us with an excellent set of strategies that we can apply every single day to truly live our lives on purpose.

Speaking of design, you probably noticed when you picked up your BRAVA that it's got an updated look and an entirely new feel. The changes are the work of Art Director Ann Christianson, whose goal was to give the magazine a more "clean and substantial" appearance. And, she says, the new paper should give the images in BRAVA a more luxe appeal. The "refresh," as we're calling it, will continue in the coming months, so stand by!

Larni

Marni McEntee Editor-in-Chief



DON'T MISS BRAVA'S THRIVE Career Workshop on Sept. 26, featuring Megan Watt of Dream Catalyst Labs. Watt will present "A Strength-Based Approach to Negotiation," which will include valuable strategies to get paid what you're worth, and more! *To register, visit BRAVAmagazine.com*

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JOURNEY TO A NEW BEGINNING Making public art a priority, Dane Arts Mural Arts funded and staffed five large-scale projects in Dane County this year, including this verdant mural at Madison's Trinity Lutheran Church. Lead artist Jenie Gao says 70 volunteers helped paint the scene. "Together," Gao says, "everyone here has made it possible to tell Trinity's story as a house of faith and as a community citizen." -daneartsmuralarts.org/murals





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Learn to identify your specific talents and apply them to the art of negotiating in this action-oriented workshop. Seventy percent of women lose out on over a million dollars over their lifetime because they don't negotiate. With a strengths-based approach to negotiation you'll feel confident to successfully discuss your options to get promotions you deserve. Led by career coach and chief dream maker at Dream Catalyst Labs, Megan Watt *For a sneak peek at Watt's talk, check out Wellbeing on P. 21.*

BRAVA-SPONSORED EVENTS

SEPT. 20 | BRAVA NIGHT OUT AT INTERIORS BY JW

Remodeling ideas dancing around your head? Visit the new showroom of Interiors by JW for inspiration, while enjoying cocktails, food and fun giveaways. Plus, you'll get 25 percent off any retail purchase during the event *5:30-7:30 p.m. 537 W. Main St, Sun Prairie.*

SEPT. 23 | JAVA JIVE

Enjoy coffee and pastries, brunch from Gooseberry on the Square, music from Piano Fondue, a silent auction and raffle at Madison's "most relaxed" fundraiser. Proceeds benefit the Rape Crisis Center. 9 a.m. to 12:30 p.m. The Brink Lounge, Madison.

TAKE NOTE

CONGRATS

During the Latino Professional Association's annual celebration, Brindis del Éxito, Madison businesses, community leaders and partners gathered to honor LPA members on their achievements and public recognition over the past year. Among the honorees at this recent event were Latina professionals Jessica Cavazos, Laura Patricia Minero, Karen Menéndez Coller, Verónica Figueroa, María "MaDee" López, Fabiola Hamdan and Glorily A. López. For more information on the LPA, visit lpamadison.org.

MOXIE

Congratulations to **Syovata Edari**, owner of CocoVaa Chocolatier, on being named the 2018 International Rising Star by the Academy of Chocolate Awards. CocoVaa Chocolatier also won 17 awards from the academy this year. Edari was a 2017 BRAVA Woman to Watch.

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"EVERYBODY HAS IT IN THEM"

Andrea Debbink and Emily Balsley inspire youngsters'- creativity

BY MEGAN ROESSLER

"THERE ARE A LOT OF CRAFT BOOKS out there," says Andrea Debbink, pausing, "but not books that cover creativity more broadly." As an editor who creates lifestyle content for American Girl, Debbink knows a thing or two about the market for nonfiction children's books. Two years ago, inspired by letters from young readers interested in creativity, she pitched her idea for a guidebook-meets-workbook designed to encourage the skills necessary to think creatively in all aspects of life. In August, "Spark: A Guide to Ignite the Creativity Inside You" finally got to light up the shelves.

Written by Debbink and illustrated by Emily Balsley, "Spark" emphasizes the importance of creativity as a skill that can be learned and developed, rather than a talent innate to some and not others. "Spark" explores the ways that creativity is different from artistic skill, placing a thoughtful emphasis on women in business and STEM fields.

Balsley's watercolor illustrations—painted layer by layer on a lightbox to create lively, saturated color—harmonize perfectly with Debbink's words. "Most pages are actually about three or four paintings," Balsley says. "It's all her handwriting, too," Debbink excitedly says of typography throughout the book.

"Spark" gives its readers plenty to think on, offering guidance on questions from "What kind of project should I do today?" to "What should my workspace look like?" In terms of what they hope readers will take away, Balsley thinks about the values of a life lived creatively, "Everyone has it in them," she says, "it's just a matter of finding what that means."

To turn your spark of creativity into a flame, Debbink and Balsley recommend the following:

FOR THE PINT-SIZED CREATIVE MIND-

WHAT DO YOU DO WITH AN IDEA? By Kobi Yamada

In this charming picture book that follows a young child and an idea that inspires him, Yamada looks at the ways that creativity and intuition can bring color and meaning to someone's life.

THE MOST MAGNIFICENT THING By Ashley Spires

This picture book tells the story of a young girl going through the highs and lows of the creative process. Touching on many of the same issues as "Spark," "The Most Magnificent Thing" is perfect for slightly younger readers needing the inspiration to follow their creative vision.

CONNECT ON HER BOOKSHELF

ISH

By Peter Reynolds

"Ish" meditates on imperfection, telling the story of a young boy who loves to draw, but who becomes discouraged. A delightful story about how imperfection can bring life to artwork and how a hobby can bring joy into the world, "Ish" will warm the hearts of readers young and old.

FOR OLD DOGS LOOKING TO LEARN NEW TRICKS-

DAILY RITUALS: HOW ARTISTS WORK

By Mason Currey

Focusing on the daily rituals of thinkers and makers from Andy Warhol to Jane Austen, this work by Mason Currey promises intrigue and inspiration. "Each chapter discusses a different type of creative person," explains Debbink, complementing how the book illuminates the broad range of what it means to be creative.

UPPERCASE MAGAZINE AND LITTLE U By Janine Vangool

"Everything she touches is gold," says Balsley about Janine Vangool, the publisher, editor and designer behind Uppercase Magazine and its recent spinoff for younger readers, Little U. Uppercase focuses broadly on creativity—featuring themes such as "Looking Back" and "Office" to celebrate different facets of art and creativity that promise to inspire readers of all ages.

BIG MAGIC By Elizabeth Gilbert

Both Debbink and Balsley gave "Big Magic," the newest work from the author of "Eat, Pray, Love," a resounding stamp of approval. Encouraging readers to follow their curiosities, it emphasizes the rewards of living a creative life not through profession, but through perspective.



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- Helen Johnson-Leipold Chairman of Johnson Financial Group

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The Wisconsin REALTORS® Foundation (WRF) is a statewide organization dedicated to unifying REALTORS® and their communities behind charitable causes with its "Make It Better" platform helping Wisconsin children in the areas of: education, hunger, homelessness/abuse, and serious illnesses.

To help in this effort, WRF recently teamed up with Feeding Wisconsin to help feed hungry children throughout the state.

Did you know each day more than 182,000* children across Wisconsin struggle with hunger? Can you imagine deciding between paying your rent or feeding your child?

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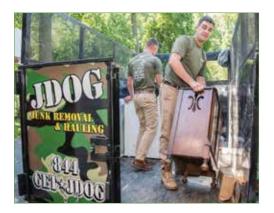
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STRENGTHS-BASED negotiating is about "owning your awesome." And when you fail to do so, the person who ends up losing out on increased income and new professional opportunities is you.

Only 30 percent of working female professionals bother to negotiate at all, which adds up to almost \$2 million in lost revenue over a lifetime for the average woman seeking to climb the leadership ladder.

Ensuring adequate pay is part of any job search by recognizing that it's as necessary a component to the interview process as a resume—not optional. Also keep in mind that salary is often only part of an attractive incentives package, which could include moving expenses, ideal start date and flexible hours or work location.

So remember to approach the bargaining table with a strong understanding of who you are, what talents you have—and how you alone are uniquely qualified to solve the organization's problems. -Megan Watt 🏫

Watt delves deeper into the art of "A Strength-Based Approach to Negotiation" at BRAVA's THRIVE Career Workshop on Sept. 26. For more information and to register, visit bravamagazine.com.





A STRENGTH-BASED APPROACH TO NEGOTIATION SEPTEMBER 26, 2018



Megan Watt is a Leadership Development and Strengths Specialist, Career Coach, Consultant, and Entrepreneur with 5+ years of experience in higher education in career and leadership services. She is a proud member of Forbes Coaches Council, an

invitation-only community for top business/career coaches. Her passion has always been teaching, leadership, and thinking big. In her spare time she is a runner, sports fan, and fun fact geek!

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MONEY SMARTS



MONEY SMARTS

BY KIM SPONEM

We just purchased a new home with the intent of fixing it up over the next few years. I know a little bit about home equity, but how can we use this to make the needed updates?

Congratulations on your new home!

Let's start with some home equity basics as a quick introduction. Home equity loans allow you to borrow against the equity you have built up in your home. Equity is the difference between the value of your home and what you owe on it. For example, if your home is valued at \$250,000 and your mortgage balance is \$200,000, you have \$50,000 in equity. What percentage of that is available to you to borrow and at what rate will vary by lender. Whether it's the best borrowing choice for you will vary by your own financial situation. In general, my advice is to not borrow more than 80% of your home's equity for purchases. Keeping at least 20% of your equity untouched will help you if property values decline and you need to sell your home.

Home equity loans also come in two forms:

- 1. A closed-end home equity loan a lumpsum loan with a set repayment time.
- 2. A home equity line of credit (HELOC), which is revolving credit for a set period of time.

For example, let's say you qualify for and want to borrow \$10,000 for renovations. If you took out a

closed-end loan, you'd get the \$10,000 up front and then make payments each month for a set term until the loan was paid off. If you took out a \$10,000 HELOC, you could draw out any or all of it – just what you need as you need it – and, as you pay it down, the funds would become available for you to draw from again and again until the end of your HELOC agreement. Most of the time people will set up a HELOC for more money than they currently need in case they want to use it for future needs.

Many people find the HELOC handy because they can borrow only what is needed as their projects progress. And once that is complete, they can use it for other things as well without having to reapply. Summit members tell us their HELOCs also give them peace of mind because they know money is available to them instantly if they need it, and Summit Credit Union does not charge an annual fee for the loan. Using the equity in your home to make upgrades is often a good borrowing choice because the rate is often lower than other consumer loans, and the interest you pay may be tax deductible (check with your tax advisor).

Let us know what you want to accomplish instead, and we can give you options that allow you to choose what's best for you. It may be best for you to use a HELOC for your fix ups. It may be best to save for them over the next year by setting up a special "Fix up" savings account with automatic deposits with each paycheck. It may be best to do a combination. Or, maybe it will be best to refinance your car loan to lower your payment and help you save. Home equity is often a great choice when you take on projects that increase the value of your home. And, it's good to check out your options with a professional who has experience helping people choose the right product for their situation.

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Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$3.1 billion, member-owned financial cooperative with more than 178,000 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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THRIVE | RETAIL THERAPY



PARTY PUFFS

IT MAY HAVE BEEN SUGARSMITH Madison creator Jo Mahnke's destiny to launch a vintage-themed cotton candy cart business. She was, believe it or not, born on National Cotton Candy Day. Since February, Mahnke has been seen around town at corporate events, graduation parties and nonprofit functions with her pastel-festooned machine spinning sweet treats for the young and the young at heart This differentiates her from the various food carts found on Library Mall or around the city's office parks; Mahnke's business model is based on contracting with organizations to hand out cotton candy at special events.

A background in marketing and children's ministries at church gave Mahnke the perfect foundation for starting a business primarily aimed at kids. Throw in her penchant for bright colors, nostalgia and a side gig selling party decor on Etsy, and she was well situated to begin.

When asked how she wants Sugarsmith to grow, Mahnke's face lights up and she admits, "I've wanted a storefront since I was a little girl." Inspiring festivity is clearly her gift "It's like giving away presents," Mahnke says of her business. "I get to give joy and happiness to people." -*Molly Nagappala*





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WEDDING GUIDE

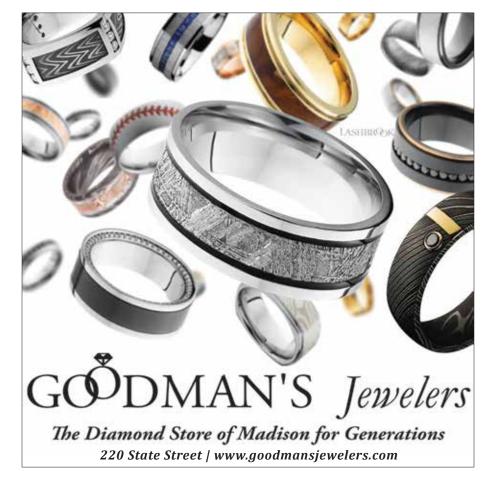


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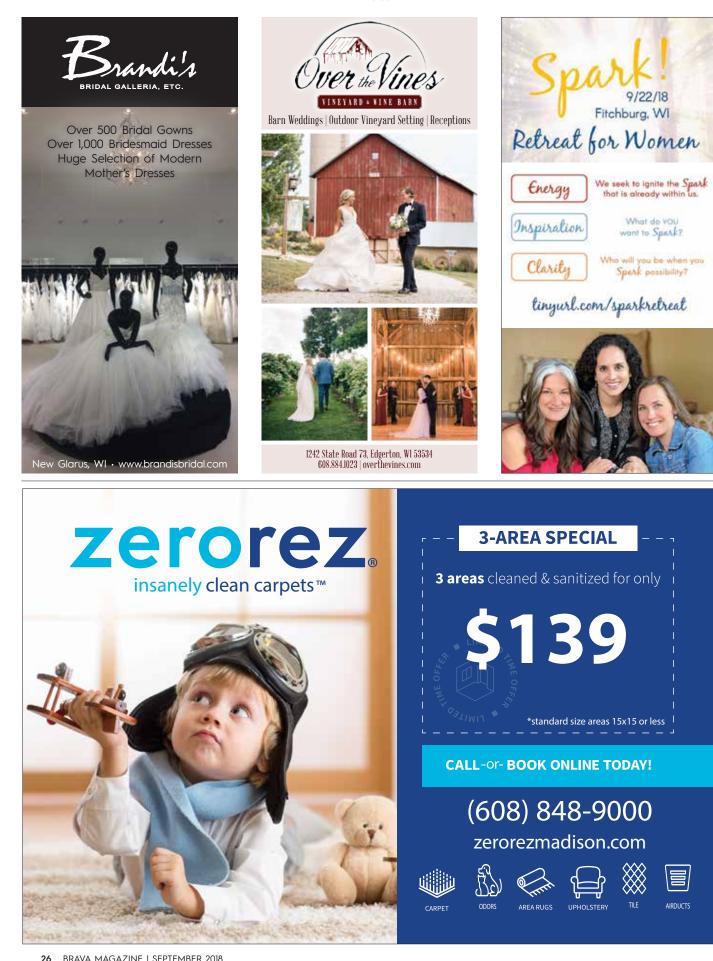








WEDDING GUIDE







Top: Starburst III tiles, Cement Tile Shop; cementtileshop.com. Inset: Diamond 8x8 Cement Field Tile, Moroccan Mosaic; Wayfair.com.

VIBRANT TILE FOR A POWERFUL POWDER ROOM

PHOTOGRAPHED BY SHANNA WOLF

LONGING TO GIVE your kitchen or bathroom a face-lift? Several chic tile options have surfaced this year, and unlike the simple slated styles we've seen in the past, these trends feature bright, contemporary colors and bold patterns. Designer Becky Behling of Beauty Tramp shared the look of her own bathroom, emblazoned with tiles as green as the Amazon jungle. "I really just fell in love with the vibrancy and graphic punch of the Starburst tiles," Behling says of the encaustic cement tiles. She also used chrome fixtures on her 1963-vintage bathroom, to both update it and keep its original feel. The sky's the limit when it comes to tile varieties online, Behling says. "Don't be afraid to use a tile you love even if you think it's too bold. It's your space!" –Samantha Georgson *****

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DESIGN FOR A DIFFERENCE RAMPING UP

CONSTRUCTION WORK is just around the corner on the 2018 Design for a Difference makeover site—the East Madison Community Center.

The makeover process began in March when the center was chosen as the recipient for the free interior makeover. Not long after that, 50 interior design professionals most of them women—met and volunteered to redesign the facility.

Last year, the East Madison Community Center served nearly 5,000 people, mainly kids 6-18 years old. The aging center building has three separate additions, mismatched floors and ancient furniture and technology. But not for long.

Center staff will move out of the building at the end of this month so that remodeling can begin in earnest. The work is set to be revealed on Oct 14, DFAD officials say. It's truly a community-wide effort, says Project Director Angela Skalitzky.

"Without the support of the Madison design community, the construction and remodeling industry members, and the community as a whole, this makeover would not be nearly as successful or impactful. It is truly sharing and spreading the joy of giving back that has helped DFAD Madison to grow more and more each year," Skalitzky says.

Design for a Difference is seeking volunteers and donations of materials for the remodel, including benches, side tables, bulletin boards, desktop computers and tablets, file cabinets, bean bag chairs, stuffed animals, books and more.

Design for a Difference is a national, community-driven movement that Madison-based FLOOR360 brought here in 2015. Its first makeover was of the Respite Center at RISE/ Center for Families, then came The Rainbow Project in 2016, and last year's recipient was Centro Hispano. -*Marni McEntee*

For more information on the program or to donate, visit floor360.com/d4ad.

SELLING MAGIC

BY MOLLY NAGAPPALA

WHEN HER KINDERGARTEN teacher asked the class what they wanted to be when they grew up, Jane Wilcoxson had a ready answer: she wanted to be an artist. However, the teacher demanded she choose a different profession, since in 1960s England, career paths for women were rather limited. Wilcoxson refused to budge and never looked back.

When she grew up, she opted for the life of a British expat and relocated to the Chicago suburbs in 1990 with her American husband. But southern Wisconsin proved a magnet for her creative impulses. "Not only did it look like home—the Driftless Area—but my tribe was



" I just want to be at home ..."

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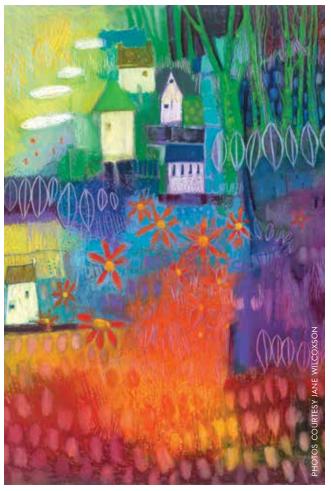
THRIVE PORTRAIT OF AN ARTIST

here," Wilcoxson explained. "It's full of artists, it's a place where I feel comfortable."

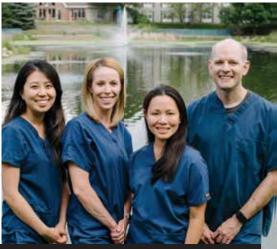
She bought her Mineral Point studio in 2014, and since then she has been gradually transitioning from Naperville, Illinois, to become a full-time Wisconsinite.

She chats easily with customers wandering through the inviting lofted gallery where her color-saturated oil pastel paintings, frequently featuring vivid landscapes or animals, line the walls. Prints are her "bread and butter," Wilcoxson says, but her shop carries an array of eclectic jewelry, stoneware and accessories. Clearly delighting in her work, she describes being an artist as "bringing into the world that which does not currently exist...we are selling our magic." *janewilcoxson.com.*





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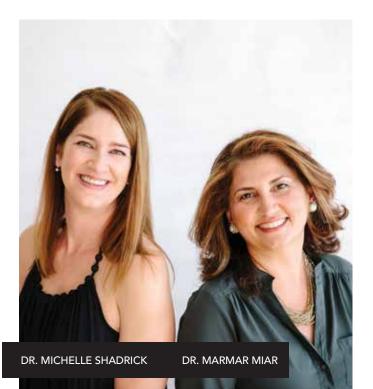
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HOW WE CANLIVE A PURPOSEFUL LIFE

INTEN

BY TINA HALLIS

ILLUSTRATIONS BY STACEY ANDERSON

ometimes it can feel like your life is living you instead of the other way around. Maybe there's too much to do and no time

• to pause and consider what you actually want to do. But, there's a way out of this vicious cycle. With some self-reflection and by taking steps every day, it is very possible to live our lives intentionally and on purpose.

To really understand how to live life intentionally, it's useful to consider what it feels like to live without intention. A helpful analogy is comparing it to riding the bumper cars at the fair. Other drivers are constantly bumping into us, pushing us every which way. We're continuously reacting to each collision, backing up, turning around, just in time to get rammed again. This can be fun if it's just a game and we're not trying to go anywhere. But if we continually let our decisions, actions and emotions be reactions to what life throws at us, we're just surviving instead of choosing our life.

Don't be misled. Living with intention is not about getting it right every time or being perfect It's a direction we aim for so we can get better at choosing what we want to think, feel and do. There are many challenges that get in our way. There's the constant pressure to fit in and to please others. There are frustrations and obstacles that we can't control that seem to push us off our path. We have life experiences that leave us cautious and wounded. And then there is our strong survival instinct Since prehistoric times, it has kept us alive by making sure we focus on any dangers or problems so we can protect ourselves in the future. In today's world, it can feel like our minds are antennas that constantly bounce between channels focused on bad news, drama and worry. It's not easy to take control of the remote and change the station to something positive.

The great news is that we have the ability to overcome these hurdles. We can choose how we respond despite these negative influences. Here are some tips to make that choice easier.

CLARIFY YOUR VALUES

First, get clear on what's important to you. Think about causes you're passionate about, key values that you want to uphold in your life or characteristics and traits that reflect your best self. These could include anything from wanting to be kinder and more patient with others to being an advocate for the homeless. Be true to yourself by being on the lookout for those things that are really other people's priorities (your parent, boss, partner, etc.). After some inner reflection, you may come up with several ideas you want to set intentions around or you may find there's one dominant focus that stands out

ENVISION YOUR

Another helpful exercise is to envision your ideal future self. Close your eyes, take a few deep breaths to relax and imagine you are living your perfect life. All your dreams are coming true. You have no regrets. What are you doing? What are you feeling? If you take the time to fully immerse yourself in this exercise, you may discover more of what gives your life meaning and joy. Then you can purposely add or keep these things in your life. Sharing your vision with helpful family and friends is encouraging and fun.

FOLLOW NE COURSE UNTIL SUCCESSFUL

Keep the areas you want to focus on front and center in your mind. You could use pictures or quotes as reminders on your devices, on your bathroom mirror, in your cubicle or wherever you will see them every day. You could add a morning ritual of reviewing your intentions. For more impact, add why this is important to you. You could wear a specific piece of jewelry or keep a special stone or coin in your pocket as a reminder every time you notice it Living with intention is not about getting it right every time... It's a direction we aim for.

REMOVE 🗞 ØBSTACLES

Find ways to make it easier to live your intentions. Surround yourself with people who support you in your journey. Sharing your vision with helpful family and friends is encouraging and fun. You might also need to make the tough choice of staying away from those individuals who aren't supportive and who bring you down.

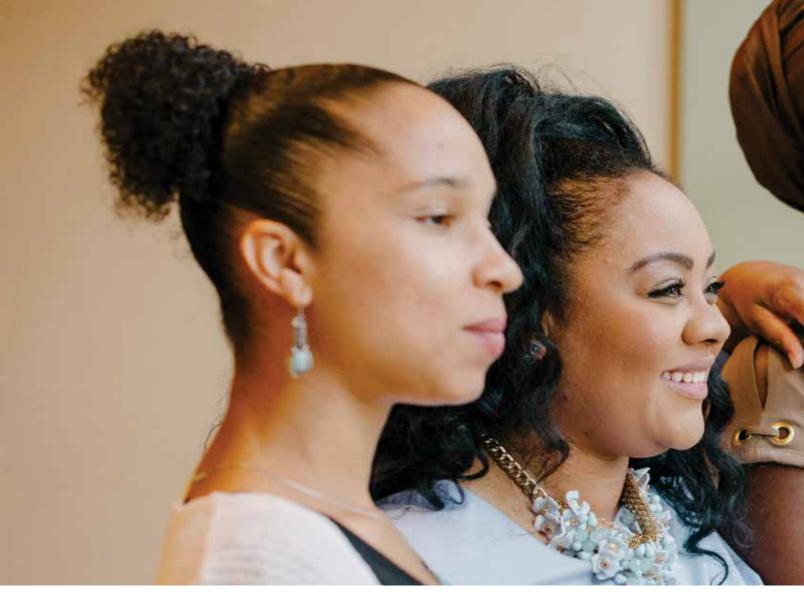
BUILD RESILIENCE

Build your resilience to life's challenges that can knock you off course. These can be small things such as having an argument with a family member or coworker. Or they can be big things like losing your job or ending a relationship. It's important to take care of yourself physically and emotionally and to keep discouragement, pessimism and stress at bay by learning to shift your thoughts. One way to accomplish this is by practicing gratitude—an excellent antidote to negative thinking. You can reflect on things you're grateful for in the current moment, or you can capture them in a journal at the end of the day. Get creative by considering things, people, places, situations and opportunitiesand even things you're thankful you don't have.

TAMETame your thinking to quiet
the negativity that can sabo-
tage your efforts. Experiment
with mindfulness practices.
Try setting alarms on your
phone and every time they
go off, pay attention to what
you're thinking in that mo-
ment Use a common trigger
like a stop sign. When you
see it, pause and reflect on
your current thoughts. Are
they serving you?

Living with intention is about choosing a path, a direction that is true to your purpose, values and beliefs. There will still be obstacles and collisions as if you were riding the bumper cars, but your intention will guide you back on course. Each of us needs to find the path that feels best for us. It may be cultivating a trait that's important to us such as patience, compassion or generosity. It may be dedicating our thoughts and actions to topics that matter to us like domestic violence, environmental sustainability or social justice.

When we live without practicing intention, our lives are controlled by our survival instincts, our habits that have formed from our life experiences and the pressures and norms of society. We are at the mercy of what happens to us. To live our best life and be our best, most authentic self, we need to notice our ingrained reactions and then purposely choose how to move forward or respond. This gives us the amazing power to create and design the kind of life we want to live and how we want to be in that life. 🎲



Empowering mothers and saving babies

Black women leading the way toward lower infant mortality rates

BY JULIA RICHARDS PHOTOGRAPHED BY HILLARY SCHAVE

36 BRAVA MAGAZINE | SEPTEMBER 2018



Tia Murray knows firsthand the power of community in supporting a young first-time mom. She had her first baby when

she was 18, while her mother was working at the Harambee Center, a collaboration of social service providers that provided a one-stop-shop for families until it lost funding and closed in 2010. "When I was a young teen mom I benefited from the community baby showers there, received education, learned about their breastfeeding support groups for women of color and went on to breastfeed my first baby for two years," says Murray.

The center, whose name comes from the Swahili term meaning "pull together," was a model for addressing the many social factors that affect health outcomes. It may have played a role in reducing the black infant mortality rate in the state in the mid-2000s, says Murray, who speaks in a soft, but firm voice.

But Wisconsin's disturbingly high rate of black infant mortality—over three times the rate of white infant mortality here—returned by the late-2000s and has remained elevated.

Rather than listen to people talk about or study the issue, Murray wanted to make a difference. Today, she and fellow doulas, along with physicians, medical professionals and community advocates—many of whom are African-American women—are part of an emerging grassroots movement in Madison to turn the black infant mortality rate around.

Murray's degree in community sociology from UW-Madison and her training as a doula gave her skills to take her advocacy efforts to a new level. She wanted to bring back what she knew worked, so she and fellow doula Tamara Thompson co-founded Harambee Village in 2014.

Modeled off of Harambee Center, the new project focuses specifically on maternal health and birth outcomes. The organization offers community-based doula services, breastfeeding support and a variety of parent support services. It serves primarily

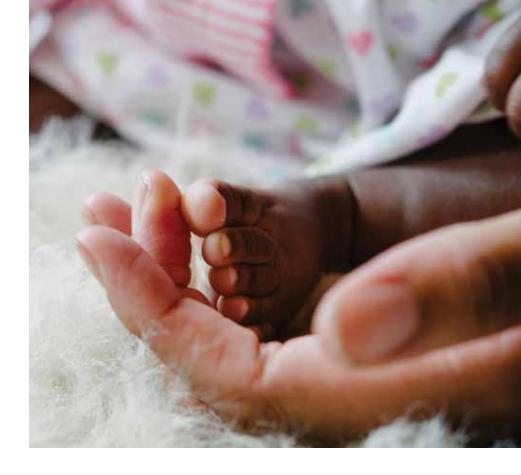
FEATURE | SAVING BABIES

Black women of lower income and focuses on reaching out to marginalized populations. It's also training more doulas of color to reflect the population they serve.

Solving the problem will likely take some time, but Murray and other advocates are committed in the face of the egregious facts. Wisconsin is worst in the nation for infant mortality among African-Americans, with 14.28 deaths for every 1,000 live births. Black mothers are also more than three times as likely to die during or after pregnancy or childbirth compared to their white counterparts.

Changing these statistics is currently the No. 1 health priority of the Dane County Health Council, which includes all four major area health care providers, along with the Public Health department, United Way, Madison Metropolitan School District and other stakeholders.

At all levels, black women, those most directly impacted, are taking the lead in improving their birth outcomes.



The bias and disparities black women face today...may not only result in worse socio-economic factors, but also in long-term stress affecting their physical health... which can then lead to more risk factors going into pregnancy. Wisconsin black infant mortality rate



Ranks 50th in the nation

Wisconsin white infant mortality rate

4.71 PER 1,000 LIVE BIRTHS



LACK OF GOOD FAITH

None of the mothers interviewed for this story had heard of a doula before they were connected to Harambee Village. Doulas provide nonmedical birth support, accompanying the mother throughout the labor, attending to her physical and emotional comfort, while helping her make informed decisions. Doulas will often discuss a birth plan, or expressed wishes for the birth such as use or avoidance of pain medication, with their clients.

Diamond Clay had three main preferences for her birth at a local hospital: She did not want to be treated by stuWhen the labor stimulant Pitocin caused the baby's heart rate to drop, the doctors decided to do a C-section. As she walked down to where they would perform the non-emergency surgery, Clay was asked if she had regained feeling in her legs and she said yes, indicating the need for additional anesthetic. But she was not given any before doctors began to cut. As her partner filmed the birth, Clay screamed in pain. She was then given more pain medication to the point of being unconscious by the time her baby—a girl—was out and could be held, so she did not get the skin-to-skin contact she



dents, she did not want an epidural and she wanted skin-to-skin contact with her baby immediately upon birth. Despite stating these both verbally and in writing to her care providers, Clay did not get any of these preferences.

Many women change their mind about getting an epidural in the pain of labor, as did Clay. But despite her clear request, twice students attempted procedures including the epidural—and had difficulty, requiring a full doctor to step in. wanted. Months later she's still having nightmares from the experience.

Murray, who served as Clay's doula, has helped her process and recover from the traumatic birth. "She checked in with me every day," Clay says of Murray's postpartum support. "Just that simple, 'How are you doing?' or, 'Do you need anything?' really made an impact on my life afterward because I still felt like it's not over, like I can still make a positive outcome of what I just experienced," Clay says.

Reckoning with history: The health impacts of racism

Especially in left-leaning Madison, people may be dumbfounded that Wisconsin is worst in the nation for black infant mortality. While education level (Dane County and Wisconsin have a persistent racial gap in that, too) and economic status do contribute to birth outcomes, even educated, well-off black women are at greater risk to deliver a low birth weight baby—higher even than a white high school drop-out. Low birth weight is one of the top causes of infant mortality.

Genetics don't explain the gap either. A study of recent African immigrants found similar rates of low birth weight babies as white Americans. After one generation of living in the United States, however, the immigrants' rate had increased, showing that there's something about the treatment and lived experience of black women in the U.S. contributing to the problem.

"As institutions we need to understand the root causes of disparities, and I think that's hard for people to talk about because we have to talk about things like chattel slavery and racism...but we have to talk about it because that's what's gotten us here," says Harambee Village co-founder Tia Murray.

The bias and disparities black women face today and have endured over generations may not only result in worse socio-economic factors, but also in long-term stress affecting their physical health. Black women have disproportionately high rates of heart disease, cancers and other health problems, which can then lead to more risk factors going into pregnancy. Lisa Peyton-Caire, a 2014 BRAVA Woman to Watch, founded the Foundation for Black Women's Wellness and Black Women's Wellness Day to transform the poor health of the women she saw around her.

To understand why Wisconsin ranks so poorly in measures of racial equity, Peyton-Caire turns to history. "The Midwest has a very unique history when it comes to race," she says. Compared to the South or East Coast, African-Americans haven't been here for as long, or in as high of numbers to have a powerful collective presence, she explains. "It's very different in other areas of the country where African-American families and individuals have had greater access to the tools, resources and influence needed to build their capacity to be more stable and thriving." Changing the statistics on black birth outcomes may require changing deep-rooted systemic inequalities. "Until we figure out how to create an equitable environment for black families to live, we're going to continue to talk about disparities," Peyton-Caire says.

ANGLINIA WASHINGTON and BABY ELLA

REFLECTING THE POPULATION SERVED

Harambee Village, housed within the East Madison Community Center, complements the center's other programming, including the Today Not Tomorrow Family Resource Center, which offers parenting support and community baby showers.

Just being in a space with other black women for mother-baby groups or breastfeeding support was comforting to Anglinia Washington, a client of Murray's who's attended Harambee Village events. At other local offerings for pregnancy and young motherhood, she was always a minority. "You go to the classes and stuff and we're the only black people there," she says.

Washington, a finance officer with the Wisconsin Legislative Council, found out about Harambee Village through a friend. As a first-time mom with some health risk factors, she was grateful to have Murray's support as her doula. She needed to be induced and had some concerns about Pitocin, but Murray explained her options every step of the way. In a birth she describes as "awesome" she was able to labor in a tub and listen to Michael Jackson until the baby was ready to be pushed out. Now 6-month-old baby Ella reflects her mother's calm, happy demeanor.

Washington's health insurance covered a portion of the doula fee. The rest was covered through a scholarship, which Harambee Village funds with grants and revenue from privately-paying clients. Most private-





practice doulas charge fees of \$1,000 or more and insurance companies rarely cover the service. "There's a lack of diversity and a lack of access to [doula] services so a community-based agency focuses on providing access to all birthing people," Murray says of Harambee Village. "We're doing that by training people from the communities that we're serving so that we are reflecting the populations that we serve, because we know that works best."

FROM BEAUTY TO TRAGEDY

In September 2016, Cassandra Burrell was nine months pregnant and staying in a shelter, new to Wisconsin with no friends or family nearby when her social worker connected her to doula Tamara Thompson. When Burrell went into labor Thompson met her at a Waukesha hospital. "She lit candles, she said a prayer, she held my hand through the whole birth. She was there, and it was so beautiful, and I was so blessed to have her," Burrell says. "There's a lot of women like me that never had somebody to hold their hand and let them know that it's going to be OK

> "There's a lot of women like me that never had somebody to hold their hand and let them know that it's going to be OK." -Cassandra Burrell

FEATURE SAVING BABIES

and be there to be an advocate just in case any complications go wrong."

Sadly, Burrell's son, Derrick, died just four days after birth. He was full term and a healthy weight, so his sudden death was a shock. Thompson was there for Burrell through the grief and they remain close today. "What happened to me was very tragic, but she always uplifted me every day, always came to check up on me...Just to have that type of person in my life means the world to me," Burrell says.

BEING INCLUDED

Having served as doula for both black and white clients, Murray says she's witnessed a disparity in medical treatment between the "A lot of times I'm not given options," Washington says. "Like with the nurse in the hospital, it was 'Oh, we have to give her formula. This is what we have to do." A different nurse the next day said that rather than being given formula for her baby, Washington could have been given a breast pump to get her milk to come in faster.

Clay also wanted to be more included in her health care decisions. "I was more comfortable with what Tia (Murray) was saying because she gave me options and the doctors didn't give me options. They just said, "This is what you have to do," she says. After her daughter, Valani, developed jaundice and needed to be treated in the Neonatal Intensive Care Unit, Clay decided to transfer care to a different hospital. There she had



two. While white mothers are given options, black mothers tend to be given directives, she says. Washington experienced this when her newborn's bilirubin level was high—which can lead to jaundice—and a nurse pushed formula, even though Washington was trying to breastfeed. Breastfeeding is known to improve health outcomes for both babies and mothers. a better experience, where she says, "We made decisions together as if I was working there with them. And I felt like I was a part of their team, they were not leaving me out of any information that I needed to know."

Micaela Berry, another doula with Harambee Village, has been doing birth support work since she was a teenager watching her mother give birth to her younger siblings.



She, also, has witnessed differences in how her white clients and black clients are treated. "My clients go through things that you hear from 1960s, '70s, but to see them in the 2000s is really disheartening. I've had clients of color who were not encouraged to breastfeed, who were automatically given formula to take home, and these were women who had expressed—as I had expressed—that they would like to breastfeed," Berry says.

Nationally, black women breastfeed at lower rates and for shorter duration than their white and Hispanic counterparts, according to the Centers for Disease Control and Prevention. This may lead to assumptions by medical staff that then prevent black women from getting the breastfeeding support they desire. "They brought the breast pump in, but they never told me how to use it. I spent seven days in the hospital and on my sixth day is when they taught me how to use the breast pump," Clay says.

The African-American Breastfeeding Alliance of Dane County is working to change the disparities by offering breastfeeding consultation and education to black families. Dr. Jasmine Zapata has known she wanted to be a doctor since she was 5 years old. Both in her role at the UW and in her community efforts, Zapata encourages young people of color to pursue careers in medical fields. She created a Facebook group, now up to 500-plus members, for women from diverse backgrounds interested in a career in medicine. And just this summer the UW School of Medicine and Public Health launched a branch of The Ladder, a national mentorship program reaching diverse students interested in health professions from fourth grade up through high school, college and beyond. Zapata, who is serving as co-director of the program, says, "We're going to talk about resilience and overcoming obstacles because you do face a lot of pressure as a person of a diverse background."

Zapata is deeply passionate about improving health care for communities of color because as a black woman she has experienced the issue from both sides. "I've been discriminated against in health care systems, in the hospital, like, walking into work I've been questioned," she says.

She is also fervent about improving birth outcomes, not only as a pediatrician, but as a black woman who herself had a baby of low birth weight. Zapata's second child was born premature, at just 25 weeks. Her daughter, now 7, was just 1.5 pounds when she was born and had to undergo multiple surgeries to survive. Zapata was in medical school at the time. Even well-educated black women are more likely to deliver a low birth weight baby than white women who drop out of high school. "So, for personal and professional reasons, I'm really passionate about this issue," Zapata says.

Outside of her work at UW, Zapata, a 2016 BRAVA Woman to Watch, has developed the Beyond Beautiful International Girls Empowerment Movement. She has written a book for young girls, also called "Beyond Beautiful," and is currently in the midst of a multi-city speaking tour throughout the Midwest. Zapata sees this endeavor as intimately related to her work as a pediatrician and preventive medicine doctor. "My community work focuses on pre-pre-conception care, a lot of work with young girls—6, 7 years old, teenagers—focusing on inner beauty, resilience, self-esteem, sexual health, healthy relationships, overcoming obstacles, entrepreneurship, all kind of things, supporting the protective factors in young girls' lives because they're going to be the future ones giving birth later on in life. So it's like prevention to the max."



At all levels, black women, those most directly impacted, are taking the lead in improving their birth outcomes.

FEATURE | SAVING BABIES MORE THAN A STATISTIC

Dr. Jasmine Zapata is a pediatrician and preventive medicine doctor with UW Health. This spring she and Dr. Sheryl L. Coley published a paper in Women's Health Issues, demonstrating a discrepancy in what patients of color and care providers perceive as quality of prenatal care. The patients interviewed were all black or biracial mothers who had given birth at a hospital in Dane County in the previous six months. All but two of the care providers interviewed were white. While both groups valued timely scheduling and appropriate screening, the patients saw much greater need for cultural sensitivity, compared to the white care providers. The study notes one mother as saying, "For them, they know what statistics tell them. You know what I mean? It's, we're numbers and not people."

Berry also characterizes the treatment some of her clients have received as dehumanizing. "It just seems that there's times where women of color are not even deemed people, they're just another birthing object, almost. And that's hard for me, it's really difficult, especially because you want to be able to enjoy that magical birth no matter what the circumstances... To sometimes get situations where you have to go into defense mode and advocacy mode takes away from that," Berry says.





DIRECT FROM THE SOURCE

Lisa Peyton-Caire is helping lead an effort to hear directly from the people behind the statistics—those who have experienced black infant mortality. Peyton-Caire's Foundation for Black Women's Wellness and Annette Miller's EQT by Design, LLC are coordinating a series of community engagement sessions with mothers and their close family members who have had a low birth weight baby or have lost an infant. Low birth weight, usually a result of prematurity, is one of the main causes of infant mortality.

The goal of the project, termed "Saving Our Babies," is to reach at least 200 people this summer and fall to gather perspectives on the great-



UW Health's long-term strategies to reduce black infant mortality

With Wisconsin's last-place national ranking, clearly there's much work to be done to improve black birth outcomes here. Changing the statistics is no easy task, however, and a person's health is determined by more than just the care they receive in a clinic or hospital. To tackle the problem, UW Health has made supporting black mothers to help prevent low birth rate and infant mortality a top priority. "We know this is not going to be something that changes quickly. We're really in it for the long haul," says Robin Lankton, director of UW Health's community health improvement program.

To address socio-economic factors, UW Health routinely screens for food and housing insecurity. They've also started a CenteringPregnancy program, where women do prenatal visits in a group setting so they have a built-in peer support group. The program has two sites and is in talks with Harambee Village doulas to start another site at East Madison Community Center.

Addressing bias

UW Health is also implementing new staff training, both online and on site, to address bias in the clinical setting. Research has shown that the institutional bias black women face—inside and outside the health care system—can affect their physical health. That, in turn, can lead to greater risk factors going into pregnancy. "The idea is to hopefully reach all of our providers—and by providers I mean not only the physicians but nurses and anybody else that's in the clinical area—social workers, medical assistants, receptionists, all of them," says Shiva Bidar-Sielaff, UW's chief diversity officer.

Recruiting care providers of color

When patients and providers are not of the same race, levels of trust and quality of communication tend to be lower, notes a recent study of perceptions of prenatal care. All of the mothers interviewed for this story say they only had one care provider of color. This was despite lengthy labors involving multiple shift changes and, in one case, a seven-day hospital stay.

UW-Madison School of Medicine officials hope that recruiting and retaining more diverse faculty members and students will help bridge that gap, Bidar-Sielaff says. UW Health also has partnered with Centro Hispano to train Certified Nursing Assistants and has a number of programs focused on interesting diverse youth in medical careers.

"When you learn, teach. When you get, give." –Maya Angelou,

"Our Grandmothers"

est factors in black mothers' wellbeing, including access to and quality of health care, access to healthy food and financial stability. The project was commissioned by the Dane County Health Council and will result in a report that can inform next steps in addressing the issue.

GIVING BACK

Despite her harrowing birth experience Diamond Clay was so impressed with the advocacy and support of her doula, Tia Murray, throughout the process, that she is now training to be a doula with Harambee Village herself. She is studying books on birth and will take a three-day training course before a test that, once passed, will earn her certification as a doula and breastfeeding consultant. Clay is also currently working as Murray's executive assistant and has just been accepted into the UW-Madison Odyssey Project, which helps adults with economic challenges access college. She plans to earn a bachelor's degree in social work. In the meantime, she wants to give back to other moms navigating birth for the first time. "I want to become a doula because I want other women to not have to experience this and to help them advocate for themselves, like I wanted to be able to do for myself," says Clay. 🎡



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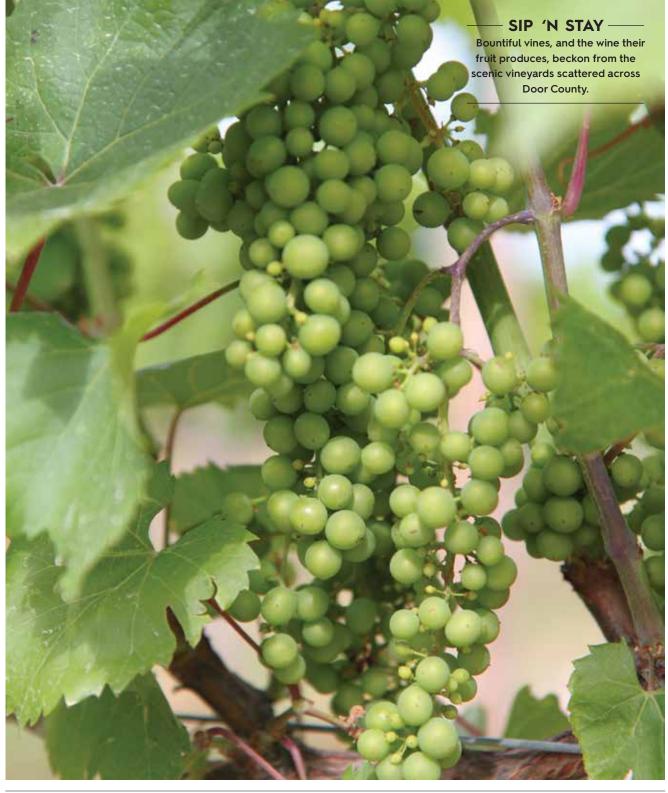
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GO+DO



Find out why it's worth the trek north to taste wine this fall in Eats and Drinks, P. 48.

GO+DO EATS+DRINKS

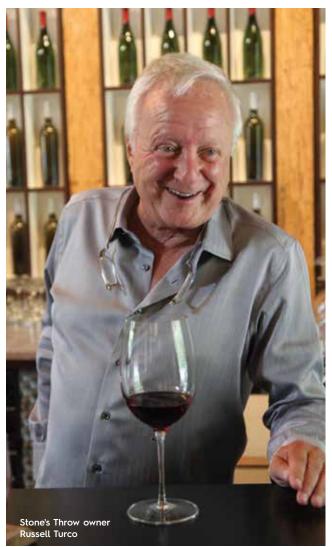
Take a tour of Door County's wineries

BY JEANETTE HURT

TWO OENOPHILES RELAX WITH A GLASS of Syrah as they toss bocce balls in a court adjacent to a lavender garden. Others relax with Sangiovese on the patio, listening to a pianist, in the shadow of vines snaking up the hill.

Napa and Tuscany inspire winemaker and owner Russell Turco. But his Stone's Throw Winery isn't anywhere near those regions. Instead, he's celebrating his 21st harvest in the middle of Door County. "If I'm not drinking it, you're not drinking it," says Turco, whose winery just expanded to include a barrelfired pizzeria in addition to its tasting room, tapas wine bar, patio and bocce courts.

But if you're more in the mood for a cherry wine than a dark Zinfandel, the Door has it too, and it's easy to choose your own wine adventure.





One of the region's oldest orchards and wineries is Lautenbauch's Orchard Country. "My grandfather started the farm in 1955," says Carrie Lautenbauch-Viste, who runs the winery and farm with her sister Erin and her father Bob. This familyfriendly winery boasts free tastings of up to six of their 42 wines and hard ciders, in addition to fruit picking, hay bale climbing, tours and a gallery.

For a light-hearted tasting, head to Harbor Ridge Winery for a good chuckle over a glass of their Call Me a Cab, Gimme One





Good Riesling or Crimes Against Vines vintages. "We have that very chill, relaxed vibe," says Jessica Weed, assistant manager. Or plan for a longer visit during events like Carmen's Last Dance Party—named for their best-selling sweet Concord grape vintage—or Vinyasa in the Vines yoga class.

If downward dog or bocce aren't to your taste, check the wineries' calendars for other special activities such as harvest fests and live music offered year-round. Also, don't rule out stashing a bottle of your fave vintage and heading north on Highway 42, where you can find a picturesque park or pier to settle in for a sunset—the perfect wine pairing.

POP ANOTHER CORK!

If you have more time, there are other watering holes and noteworthy spots along the Door County Wine Trail to explore—from Algoma to Fish Creek—each with its own personality and charm. Just leave enough room in the luggage to take home a few bottles as souvenirs.

Hatch Distilling Company just opened north of Lautenbach and Harbor Ridge. Owner and beekeeper Chris Roedl distills his vodka, gin and whiskeys from honey his bees produce. Enjoy a buzz-worthy tasting or cocktail on the distillery patio. *batchdistilling.com*.

Further north explore Island Orchard Cider, which produces French-style hard cider from Washington Island-grown apples. These ciders have more in common with fine wines, as





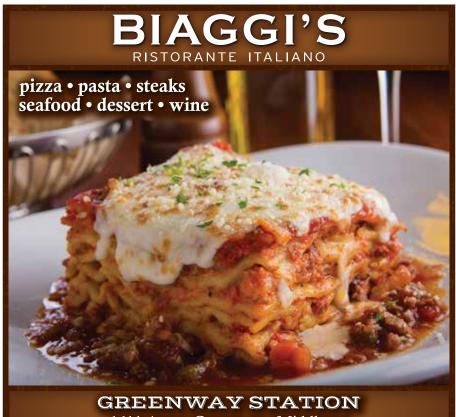
GO+DO | EATS+DRINKS

owner and cider maker Bob Purman carefully cultivates, selects and ages many varietals. The ciderie recently added a kitchen, and later this fall, Purman will release a spirit called Pomona. Inspired by the French liqueur Pommeau, it's made by barrelaging apple juice with apple brandy, resulting in a gliding-on the-tongue smoothness. *islandorchardcider.com*.

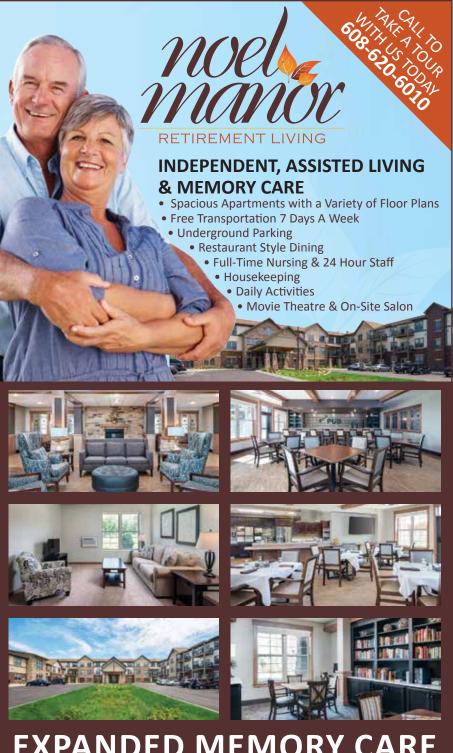


And the Parkwood Lodge, with its indoor pool, swing set, tennis courts and firepit, makes an ideal rest stop for family travels. Or, if you're on the prowl for pup-friendly accommodations, Feathered Star bed and breakfast tops the list thanks to each sleep-ing room's private porch.

doorcountywinetrail.com.stonesthrowwinery.com.orchardcountry.com. harborridgewinery.com.parkwoodlodge.com.featheredstar.com.



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Manager Bobbi Sue Riley with Steven and his wife Susan

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GO+DO JAUNT GORGEOUS VIEWS, SMALL-TOWN CHARM...AND CHEESE!

What's not to love about a day trip to Ferry Bluff and Mazomanie?

BY KATIE BUHMAN



ONLY A 40-MINUTE DRIVE NORTHWEST OF MADISON,

the gravel road to Ferry Bluff State Natural Area is easy to miss amidst the rolling hills and scenic farms. But a turn down this road is worth the dust on your tires. The natural area is named for the ferry boat landing that was located at the base of the bluff in the 1800s and run by Moses and Persis Laws. Although the ferry itself is long gone, Ferry Bluff is still a great way to explore the Wisconsin River by water or land.

A watercraft landing at the end of the Ferry Bluff Road allows for a boat ride down Honey Creek which spills into the Wisconsin River. A second section of the Ferry Bluff State Natural Area further down the river is also accessible only by watercraft.

For those who'd rather not get their feet wet, a trail snakes up through the forest to the top of the bluff. The trail is short, although it is steep and has no steps or handrails. It winds around a swath of forest carpeted with lush ferns and climbs upward until it crests the sandy top of the bluff. Looking out, sweeping panoramas of the Wisconsin River extend in either direction with carpets of trees covering the rest of the land. On a clear day, you can look across the blue ribbon of water and miles of forest to see Blue Mounds. A ring of informational signs illustrates the history of the bluff and the surrounding land. Although you can



go beyond these signs, take care at the edge, as the rock can be unstable.

If you return to the base of the trail, there is also a small, short path that branches out and follows Honey Creek until it reaches the Wisconsin River. It ends right at the water's edge, and you can step into the river (although be wary of the current). On the other side of this path are the soaring, naturally sculpted stone walls that create the bluff above. Trees cling to the sheer face of the rock, seemingly defying gravity. Just standing at the river's edge is calming as the water flows by, curving off into the distance.

After hiking or boating (or both!) the small town of Mazomanie, located on the opposite side of the river, provides a fun place to eat and relax. The Base Camp Café serves breakfast



GO+DO | JAUNT

and lunch in an inviting green and purple building. Breakfast is an option all day, and the French toast with lemon sauce is a phenomenal treat. In addition to other traditional and hearty breakfast fare, the café also serves a delicious selection of sandwiches, burgers and quesadillas. The huge front windows allow curtains of sunshine to fall into the dining room,



making for a cheerful atmosphere. Photos of the café's patrons and events cover the walls adding a fun, homey touch. There is even a cabinet of board games in case you want to spend a little longer savoring your meal.

Carr Valley Cheese is a great stop to pick up some snacks to take for the road as you head out of town. A Wisconsinite's dream, the shop is filled with all different types of cheese, color-coded for cow, sheep and goat. There are also various crackers, meats and spreads to complement your cheese selections. If you're looking for a deal, you can adopt "cheese orphans," irregularly cut or oddly shaped pieces of cheese packaged together and sold for half the regular price. There are enough delicious options here that you will likely want to stock up and take home more goodies than you ever planned! *****

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SEPTEMBER

EVENTS



PERFORMING ARTS

2-29 I TIMES 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 the kind of impish characters our players can melt right into. *American Players Theatre, Spring Green. americanplayers.org.*

6-23 | TIMES VARY "SKELETON CREW"

At the start of the Great Recession, one of the last auto stamping plants in Detroit is on shaky ground. Faye, Dez and Shanita are a tight-knit family of workers navigating the likelihood of losing their jobs, while their foreman Reggie is torn between his team and his career. Overture Center, Madison. forwardtheater.com.

12 | 8 P.M. ILIZA: ELDER MILLENNIAL

Iliza is one of today's leading comedians who recently completed hosting her late night limited run talk show "Truth & Iliza," on Freeform. The self-styled talk show is a cross between social commentary, politics, pop culture and Iliza's specific brand of feminism. Overture Center, Madison. overture.org.

13 | 7 P.M. BURKINA RISING: THE ART OF RESISTANCE IN BURKINA FASO

Director Lara Lee presents a new documentary film about creative, nonviolent resistance in Burkina Faso, a small landlocked country in West Africa. *Union South, Madison. union.wisc.edu.*

14 | 4:30 P.M. ORQUESTA EL MACABEO

One of the newer faces in Puerto Rico's thriving salsa gorda ("fat salsa") scene, the group showcases their love of punk and ska music in their high-octane performances. *Terrace at Memorial Union, Madison. union.wisc.edu.*

14 | 5:15 P.M. SONA JOBARTEH

One of the few women in a maledominated field, the singer-songwriter is known for her mastery of the Kora, a 21-stringed harp traditionally taught to men exclusively. *Wisconsin Union Theater, Madison. union.wisc.edu.*

14-16 | TIMES VARY "SWEENEY TODD"

The unsettling tale of a Victorian-era barber who returns home to London after 15 years of exile to take revenge on the corrupt judge who ruined his life. *Middleton Performing Arts center, Middleton. middletonplayers.com.*

14-22 | TIMES VARY "SOUTHERN BAPTIST SISSIES"

This story follows the journey of four gay boys in the Southern Baptist Church as they try to create a world of love and acceptance in the churches and clubs of Dallas. *Bartell Theatre, Madison. stageq.org.*

15 | 9 P.M. LA DAME BLANCHE

Singer, rapper, flutist and eminently cool human being La Dame Blanche bridges the gap between countless musical universes with unparalleled style. *Terrace at Memorial Union, Madison. union.wisc.edu.*

20 | 7:30 P.M. JEFF TWEEDY

Since starting American rock band Wilco in 1994, Jeff Tweedy has written original songs for 10 Wilco albums and collaborated with folk singer Billy Bragg to bring musical life to three albums full of Woody Guthriepenned lyrics. Overture Center, Madison. overture.org.

21 | 8 P.M. INDIGENOUS JAZZ SERIES: RICK FLOWERS

The inaugural performance of the 2018 inDIGenous Jazz Series, a bi- weekly celebration of the local artists who make Madison's vibrant jazz scene what it is today, kicks off with this percussionist extraordinaire. *Wisconsin Union Theater, Madison. union.wisc.edu.*

27 | 8 P.M. THE SELDOMS

Incorporating compelling use of architecture, installation, video, sound and fashion, The Seldoms are a Chicago-based dance company committed to igniting thought and understanding of real-world issues to their audiences. *Wisconsin Union Theater, Madison. union.wisc.edu.*

28-30 I TIMES VARY MADISON SYMPHONY ORCHESTRA– AX IS BACK!

John DeMain's 25th season with the Madison Symphony Orchestra opens with the return of Emanuel Ax performing a demanding and dynamic interpretation of Brahms' "Concerto No. 2." Overture Center, Madison. madisonsymphony.org.

ENTERTAINMENT

13 | 6 P.M.

MADISON NIGHT MARKET

Come out for a night on the town where you can shop handmade products, local art, artisan gifts, prepackaged foods and fresh produce while you enjoy live music entertainment and delicious cuisine from your favorite local food carts and pop-up restaurants. *Downtown Madison. madisonnightmarket.com.*

14-15 | TIMES VARY MIDWEST GYPSY SWING FEST

Get ready for some of the best Gypsy Swing music from the Midwest and beyond, alongside workshops, bonfires and much more! *Fitchburg Chamber Visitor & Business Bureau, Fitchburg. midwestgypsyswingfestorg.*

15 | 11 A.M.

GOOD DAY MARKET SUMMER POP UP

Meet local makers and snag handcrafted goods all made in the Midwest This highly curated shopping event features food, drinks, handmade goods and the artisans that make them. One-OneThousand, Madison. oneonethousand.net

15 | 2 P.M. MADISON WORLD MUSIC FESTIVAL AT THE WILLY STREET FAIR

Enjoy music and dance from unique and unexpected parts of the world during this annual celebration of culture. *Williamson Street, Madison. union.wisc.edu.*

16 | 5 P.M. SUMMER SUNDAYS

SUMMER SUNDAYS IN THE GARDEN: CLOCKS IN MOTION

Close out the season with Clocks in Motion, back by popular demand, a percussion quartet serving up virtuosic performances that include theater, art and a can't-miss entertainment experience. *Allen Centennial Garden, Madison. allencentennialgarden.org.*

FAMILY

19 | 5 P.M. FREE FAMILY NIGHT

Catch the Madison Children's Museum for a monthly evening of free playtime and educational programming provided by various partners in the Madison community. *Madison Children's Museum, Madison. madisonchildrensmuseum.org.*

20 | 3 P.M. FALL FEST AT THE FITCHBURG FARMERS MARKET

Celebrate the start of autumn with your family and neighbors at Fall Fest at the Fitchburg Center Farmers' Market while partaking in Culver's sundaes, free carriage rides and live music. Agora Pavillion, Fitchburg. fitchburgmarketwordpress.com.

22 | 9:30 A.M. FAMILY EVENT: MUSIC LAB WITH JULIE MAZER

Uncover your little one's innate musicality with music-making activities using their voice, body and instruments. Local early childhood music teacher, Julie Mazer, will guide your child's journey with simple rhythmic and melodic concepts. They'll even get to create their very own musical instrument to take home! DreamBank, Madison. dreamfearlessly.com/dreambank/events.

27-29 | TIMES VARY NESCO'S 18TH ANNUAL APPLEFEST

Bring the whole family out to this community-supported event in which children and adults can munch on delicious fresh apples while perusing the used book sale or enjoying entertainment. *Warner Park Community Recreation Center, Madison. nescoinc.org.*

SAVOR

8 | 10 A.M. MADISON VEGAN FEST 2018

Whether you're already vegan or simply curious, check out this animal productfree event featuring vegan exhibitors, delicious food, engaging speakers and a fun atmosphere—you'll enjoy yourself! Madison College Truax Campus, Madison. madisonveganfestorg.

20 | 3 P.M. FORWARD TAPPING: OCTO-ALE

Sample Wisconsin Brewing Company's limited release, Octo-Ale, with the option to purchase a full pour to pair with a slice of Cress Spring Bakery's wood-fired pizza. *Wisconsin Brewing Company, Verona. wisconsinbrewingcompany.com*.

20 | 5 P.M. CRAFT BEER, CHEESE & CHOCOLATE PAIRING

Network and dive into foodie fun while grazing around the room to 12 pairing stations, each featuring a craft brew, an artisan cheese and a handmade chocolate. *Monona East Side Business Alliance, Monona. mononaeastside.com.*

JAUNT

8 | 1 P.M. THIRSTY TROLL BREW FEST

Don't miss this signature event, complete with live music and food served by local organizations along with craft brewers serving over 100 different beers. *Blue Mounds Street, Mount Horeb. thirstytrollbrewfestcom.*

9 | 11:30 A.M. NEW GLARUS FAMILY FESTIVAL

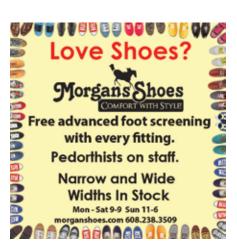
Bring family and friends out to New Glarus for a day of music, food and loads of activities and entertainment, plus an eye-catching vehicle for the 11th annual car show. Village Park, New Glarus. newglarusfamilyfestcom.

15 | 10 A.M. CAMBRIDGE FALL FEST

Take a hayride, build a scarecrow, spin wool or relax to live music, fall foods and other entertainment available at this seasonal festival. *Veterans Park, Cambridge. cambridgewi.com.*

29 | 9 A.M. UNCORKED 5K

Gather with your friends for a fun day of exercise followed by a relaxing afternoon, a couple glasses of wine and live entertainment *Botham Vineyards and Winery, Barneveld. uncorked5k.com.*



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GO+DO | SPOTLIGHT

THRIVE

11 | 3 P.M. EVERYWOMAN'S JOURNAL WORKSHOP

Try proactive health journaling, which helps women translate personal reflection and feedback into actions that increase wellbeing and improve quality of life. *Meriter Business Center, Madison. unitypointorg.*

13 | 6:15 P.M. DREAM BIG: ALL SIDES OF THE STORY: THE LIFE-WORK BALANCING ACT WITH LEIGH MILLS

Deciding between family life and work can be a constant struggle and source of stress for many families—and NBC 15's Leigh Mills can relate. Join Mills as she guides you through a few easy steps to determine exactly what you want, how to turn it into your reality and make it a win-win for all. DreamBank, Madison. dreamfearlessly. com/dreambank/events.

16 | 10 A.M. WALK FOR WISHES

Help make a wish come true by participating in the 5K run, 2-mile walk, kid's dash or wheelchair race. *McKee Farms Park, Fitchburg. wisconsin.wish.org.*

16 | 11 A.M. DOGTOBERFEST

Bring your pooch over to Capital Brewery's beautiful Bier Garten to enjoy some lively tunes while hanging with other furry friends and tip back a few Capital brews or savor Glass Nickel Pizza while supporting the Dane County Humane Society. Capital Brewery, Middleton. giveshelter.org.

20 | 6:15 P.M. DREAM BIG: COMING HOME TO YOURSELF WITH VIDA GROMAN

Join Vida Groman, therapist, life coach, writer, colorist, photographer and human being, as she shares her story of coming home to herself and what she learned through that journey. Be prepared to listen, laugh, share and participate in the experience of reconnecting with yourself. DreamBank, Madison. dreamfearlessly. com/dreambank/events.

24 | 6 P.M. COMMUNITY PREVIEW: CAVALLERIA RUSTICANA & PAGLIACCI

Take advantage of this free preview of Cavalleria Rusticana & Pagliacci, featuring a multimedia presentation on Pietro Mascagni, Ruggero Leoncavallo. Sun Prairie Library, Sun Prairie. sunprairiepubliclibrary.org.

Reservations at

giveshelter.org

FILLING A NEED...AND A BACKPACK

Sistah 2 Sistah gets kids ready for school

BY AMY CARLSON, NBC 15 ANCHOR

WHEN JACKIE HUNT CALLS, you answer. She relies on the help of other sisters to connect and fill the gaps that she identifies. She and a group of African-American women founded Sistah 2 Sistah in 2008 to help other black single moms realize their potential and strengthen their families.

Sistah 2 Sistah has created events to support single mother families—a Pre-Mother's Day Brunch, SPIRIT Group, Dinner with Soul Santa and the Back 2 Skool Bash. Hunt recognized the need in filling backpacks with school supplies when she had a high schooler, three middle schoolers and two elementary students to outfit for school. The school supply lists were overwhelming and she tried to catch every sale.

Hunt walked each of her children into school and met the teachers. She noticed the disappointment on the faces of kids without all of the needed supplies. "I wanted to take away that stigma of not being ready for success," she says. The Back 2 Skool Bash held on Labor Day this year continues to grow. Community partners are given a student's grade, gender and school, and then fill a backpack with everything listed on the supply sheets found at local stores. All backpacks are dropped off at Nehemiah Corporation for proper distribution. Back to school time also means looking your best. Hunt's friend NeNe Harris from Verne Nycole House of Beauty on Park Street volunteers to braid or flat iron girls' hair. JP Hair Design provides the cuts for the boys. The stylists talk to the kids about being ready for success.

"I can't fill all the gaps, but these resonated with my spirit to support other moms and bless them," says Hunt, a veteran family therapist, community activist and recovered addict. Early in her recovery she started serving the community. "Serving others was the best way to stay clean. A lot of people counted me out," she says.

Her main focus has been supporting families that are marginalized. "My journey created this heart for people, families and communities," says Hunt. Her testimony of recovery, redemption and restoration provides the foundation for her work. She is succeeding—one of the first moms that Hunt helped is now working alongside her, giving back to her sisters.

Sistah 2 Sistah has no formal funding, but tax-deductible donations are accepted through Fountain of Life Covenant Church designated to FOSTER/S2S.



SEPTEMBER NONPROFIT EVENTS

9/3 8 a.m.

15TH ANNUAL LABOR DAY DASH

Get the kids moving and support children in the community by participating in this fun race. There's a 5K or 10K run, including a stroller division and a "Tot Trot" for your little tykes. Warner Park Shelter, Madison. safeharborhelpskids.org.

9/15 9 a.m.

MADISON MOVES: A PEDAL TO END CANCER EVENT

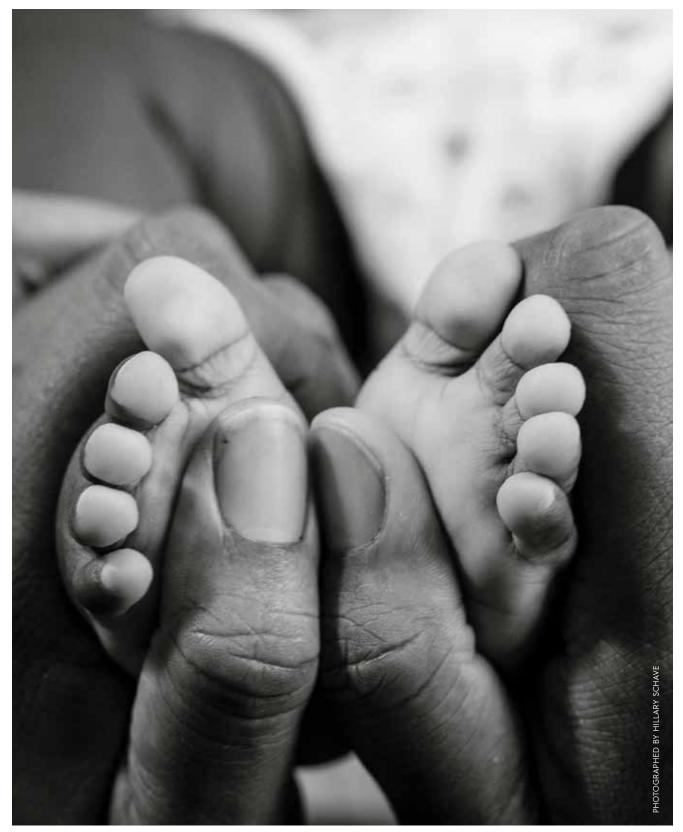
Saddle up and get your body moving with American Cancer Society's three-hour outdoor stationary cycle-thon, and help attack cancer from every angle. *Monona Terrace, Madison. crowdrise.com/madison-moves.*

9/28 - 9/29 9 a.m.

ATTIC ANGEL ASSOCIATION CLASSIC CLOTHING SALE

Shoppers can spruce up their wardrobes with new and gently worn designer wear while raising funds to benefit Dane County youth. *Attic Angel Association building, Madison. atticangel.org.*

LINGER



FOOTNOTE In the tenderest of embraces, Anglinia Washington holds the tiny feet of her 6-month-old daughter Ella. Washington was guided through her pregnancy and Ella's birth by doula Tia Murray of Harambee Village. Read about the growing community effort, particularly by African-American women, to improve black birth outcomes, on P. 36.



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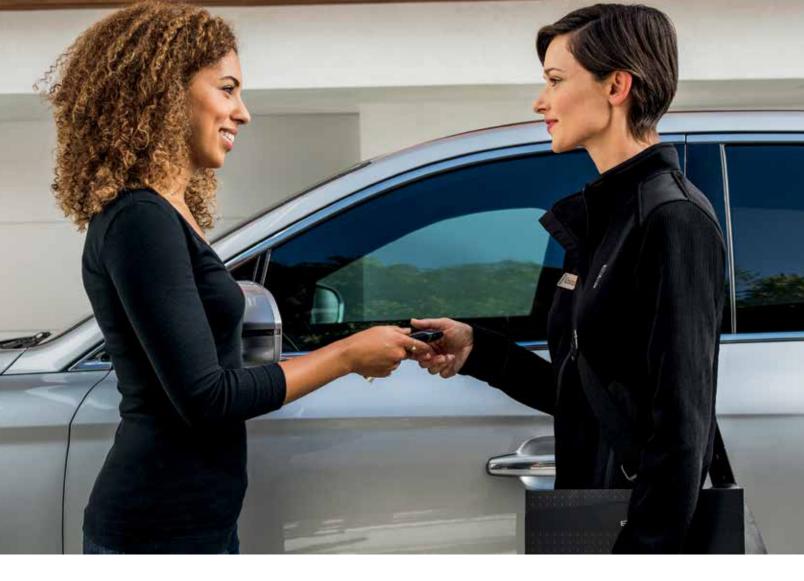


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