

BRAVA

women + style + substance

Marie Justice
Director,
Infamous Mothers
P. 26

THEY PERSEVERED

Lessons of
love, faith and
community

RAVES 20
18
& FAVES

INSIDE |

Seasonal
decor

Comfort
food

Check out our
Madison

Women's Expo Guide

NOVEMBER 2018 \$3.95
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FEATURES

RAVES 20⁴⁸ & FAVES

**A Gal's Guide
to Madison's
Best**

45 Life Lessons
Three women share
what they've learned
about life, love and
community



**Madison Women's
Expo Guide**
Get all the details about
Madison's best gals' weekend!

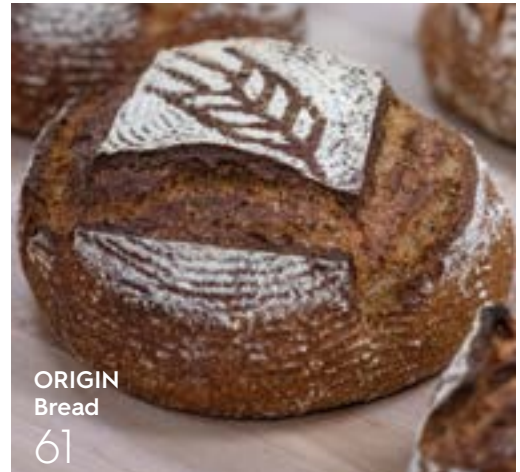
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@bravamagazine



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Marie Justice, director of "Infamous Mothers," which takes the stage this month at the Bartell Theatre in Madison. Photographed by Hillary Schave.





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JOHN DEMAIN | MUSIC DIRECTOR

PHOTO: PETER KROGER



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Our annual Christmas concert has become a very meaningful experience for everyone involved — the choruses, orchestra musicians, singers, and the audience. One cannot help but leave the hall with a feeling that the holiday season has begun. — *John DeMain*

madisonsymphony.org/christmas

NOV | DEC

FRI, NOV. 30
7:30 PM

SAT, DEC. 1
8:00 PM

SUN, DEC. 2
2:30 PM

John DeMain, Conductor
Madison Symphony Chorus, Beverly Taylor, Director
Madison Youth Choirs, Michael Ross, Artistic Director
Mt. Zion Gospel Choir, Tamera and Leatha Stanley, Directors

Cecilia Violetta López, Soprano

Kyle Ketelsen, Baritone

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madisonsymphony.org/carolsing

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 NEI-TURNER MEDIA GROUP

ASK THE EXPERT



EVERYONE CAN (AND DOES) CLIMB!

ASK BRAD WERNTZ, CLIMBER, FOUNDER OF BOULDERS CLIMBING GYM



BOULDERS CLIMBING GYM - EASTSIDE

3964 Commercial Avenue
Madison, WI 53714
608.244.8100
bouldersgym.com

BOULDERS CLIMBING GYM - DOWNTOWN

129 South Carroll
Madison, WI 53703
bouldersgym.com

Climbing can seem like an intimidating sport, but in reality it's something that we're hard-wired to do at birth. Anyone who has spent time with young children is familiar with their innate urge to move upward, as young ones are eager to pull up on the coffee table and crawl up a flight of stairs. Climbing is crucial to development; we humans climb before we can walk.

In fact, we unlearn how to climb as we age. Children are told, "Get down from there," and "Be careful!" anytime they make the adults around them uncomfortable, and so we forget the joy it brings us to move upward. The good news is that climbing is a skill that we can relearn quickly, and our body and mind responds well to climbing as we age. Since our bodies were built to do it, it's a great sport for fitness and for our mental health as well. Like all of the activities based on moving our bodies—walking, running, swimming, dance—we fulfill a deep-rooted sense of purpose when we engage all of who we are in one activity.

Q Who Climbs?

Quite literally, everyone climbs. We see people of all ages at Boulders all of the time. Young children are some of the best climbers we see, because they climb naturally. Kids, teens and young adults take to it quickly. For that matter, their parents do as well. At the top end of the age spectrum, older adults move efficiently, using technique rather than strength to move upward. It's a great activity for the whole family, something that parents can do with their kids. At Boulders, we have many multi-generation members, including one family who has four generations climbing at the same time.

Q Do I Have To Be Strong To Climb?

No, not at all. Climbing is fun, and people of all fitness levels can do it. Climbing makes people fit as they're having fun doing it. Whatever fitness level people are, climbing makes them stronger, and it does so with smiles rather than faces racked with pain. It's a sport that elicits: "Gee, that was fun! Let's do that again!" as opposed to, "Well, I guess I'd better do another set..."

Q Do I Have To Be Young To Climb?

Climbing is for all ages, and it's a sport for life. Kids don't age out of it like football or gymnastics; they can climb from age 8 to 80. You can start climbing at any age. One of our favorite stories is about Anne Hughes, who when we met her was a self-described 42-year-old "couch potato" who says she hadn't been active, ever. She walked into Boulders when we opened in 1996, and started climbing. She got hooked, and kept getting better and better. Eventually, she decided to train to be a better climber. One of her favorite training activities was rowing on an ergometer, indoors. She got good at that, so good that she took second in her age group in the national rowing ergometer championships. She next got into triathlons, and did the Ironman in Madison. She did so well she qualified for Kona and finished the race there, too. Whatever age you are, whatever fitness level, climbing can change your life.

Q What Body Type Is Best For Climbing?

Humans are built for climbing, however they're built. Accordingly, every body has inherent advantages and disadvantages that everyone learns to use or work around. Tall or short, muscle-bound or thin, heavy or light, young or old, it makes no difference. Climbing is a great leveler, challenging everyone equally. At Boulders, over half of our customers are women, and many of the women who climb there are some of the best climbers in the gym.

Brad Wernitz has been climbing for over four decades, a journey through time that has taken him on climbs across the globe. After an early career climbing big mountains, he narrowed his focus to difficult rock and boulder climbs. In 1996, he opened Boulders Climbing Gym in Madison, as one of the first commercial climbing gyms in the country. This fall, Boulders will open its second location just off the Capitol Square.



LESSONS LEARNED

AS LONG AS I can remember, I've had the personal mantra: "Always have a really good time." I've even told my husband that I want it as my epitaph.

Because isn't life awfully short to be down in the dumps? Afraid of change or wanting change so badly that it interrupts your present? Or, constantly running so fast that when something hits you that slows you down, you don't know how to deal with the stillness?

That's not to say I don't have my bad days. But I always try to unearth my mantra to ground me again in the present.

We think of life lessons as events which forge our character, often due to painful or difficult circumstances. But I'll wager that we also learn just as much from the happy times in our life, spent doing what we love—at work and with our partners, families and pets.

I recently returned from California, my home state, where I'd gone to attend my niece's wedding in Big Sur. It was a lovely and tiny affair, in a fragrant redwood grove by a creek, permeated by the scents of the chaparral and the water and the lichen and the mist.

When my Madison-bound plane ascended over the brown vegetation and dry rivulets of the Western hills,

tears rolled down my cheeks. Not least because I was leaving the state that anchors my soul, but also because I was reveling in the laughter and renewed connections I shared with my big sisters and my niece, and the incipient bonds I made with new family members. Those are lessons to celebrate and embrace and bask in forever.

In this edition, you'll see many stories reflecting our subjects' life lessons. How director Marie Justice is bringing to the stage the true-life tales of women who faced trials many of us can't imagine in the play "Infamous Mothers," based on Sagashus Levingston's book. How Shawndell Marks' writer's block melted away to poetry as she put a military sexual assault survivor's story to music. And about Muriel Simms, who shares many life lessons through her inimitable reading list focusing on African-American life and history.

Dig into the other stories gracing our pages, meant to remind us that even in heartbreak or illness or pain, there often follows love and recovery and joy. And remember: Always have a really good time.

Marni

Marni McEntee
Editor-in-Chief



DON'T MISS | The Madison Women's Expo is in its 20th year, and it's just around the corner on Nov. 17-18. Find all the details about this weekend-long gals' event featuring food, drink, shopping and engaging speakers, in the Expo guide on P. 11.

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LAURA ANNE BIRD "UNEARTHING THE HISTORY OF MADISON'S FIRST BLACK RESIDENTS," P. 33

Mom, fundraiser, blogger and ardent reader, Laura is also a reviewer for Readers Lane. She loves nothing more than helping people find their perfect book. Follow her on Instagram: [laura_at_the_library](#).

HANNAH FLOOD "EMPOWERING DEMOCRACY," P. 71

Hannah anchors NBC 15's The Morning Show and reports on the state capitol. She is originally from Minneapolis and has been at NBC 15 since January 2016.

SAMANTHA GEORGE "TOO MUCH OF A GOOD THING," P. 36 AND "D IS FOR DOWNSIZE," P. 37

Samantha is a driven and fun-loving freelance writer who is most passionate about engaging with the inspirational people who become the center of her stories.

MARCELLA JONES "HEALING WARRIORS WITH A SONG," P. 30

Based in Milwaukee, Marcella is a freelance writer whose focus is on profiles of people and places. She is a train travel enthusiast and ardent photographer.

EMILY LEAS "LIFE LESSONS," P. 45

Emily doesn't let her full-time job get in the way of writing, paddleboarding, dog-loving, running and exploring everything Madison—and the world—has to offer.

HYWANIA THOMPSON STORIES THROUGHOUT

Hywania is a copywriter and native of Chicago. She moved to Madison in 2005. She enjoys volunteering, traveling and listening to live music.

CANDICE WAGENER "A BAKER'S CRAFT," P. 61

Candice loves writing about great food, unique places and inspiring people. A graduate of the UW J-School, she came to Wisconsin from the Chicago area. Follow her on Instagram [@candicewagener](#).

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KAIA CALHOUN PHOTOS THROUGHOUT

Kaia is a photographer that sees the beauty in life all around her all the time. Her goal is to capture her client's authentic beauty.

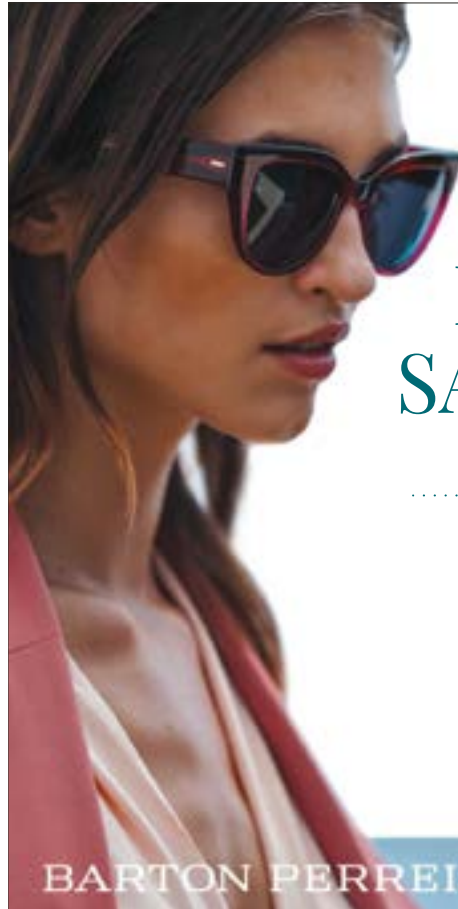
SUNNY FRANTZ "A BAKER'S CRAFT," P. 61 AND "CHEESE AND COMFORT," P. 63

A former BRAVA gal, Sunny uses her marketing, graphic design and styled photography skills to connect small businesses with their ideal audience. Follow on Instagram [@sunny.frantz](#).

HILLARY SCHAVE "LIFE LESSONS," P. 45

Hillary is a fun pro photographer who puts her left shoe on first and adores shooting weddings, portraits and boudoir for her studio, Azena Photography. [azenaphoto.com](#).

To read more about our contributors, visit [bravamagazine.com](#).



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**CELEBRATING
20 YEARS!**



Madison Women's
EXPO

Explore, Engage, Experience...Enjoy

**GATHER YOUR GIRLFRIENDS TO ATTEND
MADISON WOMEN'S EXPO!**

NOVEMBER 17 & 18, 2018

10 a.m. - 4 p.m.

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Prepare to savor the ultimate female-forward event!

It's the **20TH YEAR OF MADISON WOMEN'S EXPO** and we're throwing our biggest bash yet. We thrive via celebrating and empowering women and we invite you to do so, too, this weekend by engaging with the inspiring lineup of exhibitors, wellness experts and presenters.

SATURDAY, NOVEMBER 17

MAIN STAGE

Learn how to channel your mojo toward positive change!

11:00 A.M.

Sparkle for the Holidays with Outlets at The Dells
Outlets at The Dells

1:00 P.M.

Face It, You are Enough!
Shanita Rowsey

2:30 P.M.

How Brownies and Wine Got Me Through a Life Altering Experience
Carole Caine

3:15 P.M.

Metamorphosis Of A Misfit: The Power of Tribe
Kirsty Blattner

HEALTH & FITNESS STAGE

Cultivate a fit life with pro wellness tips!

10:15 A.M.

Defense Against Abduction
Self-defense with Freddie Harris, Badger Krav Maga

11:45 A.M.

Strengthen Your Core with Zumba/Belly Dance
Ghadeer Alafifi, Group Health Cooperative of South Central Wisconsin

1:45 P.M.

Team Training
Anytime Fitness

3:15 P.M.

Aging Can Be Enjoyable (Even Fun)
Ellen L. Millar, The Lotus Studio

CRAFT BAR

Let your maker spirit shine during this crafting blitz!

10:15 A.M.

Intention Collage Cards
Theresa Kim, Studio 101

11:45 A.M.

Mini Felt Floral Banner
Kim M. Schaaf, Three Painted Birds

1:45 P.M.

Simply Twisted Wire Stacking Rings
Alison Lesniak

3:15 P.M.

An Introduction to Mandala Painting on Tile
Kim Stanfill-McMillan, Fired Up Pottery

SUNDAY, NOVEMBER 18

11:00 A.M.

Gowns For Every Gathering - Fashion Show
Brides N' Belles

1:00 P.M.

Be Your Own Superhero
Gin, Chocolate & Bottle Rockets

2:30 P.M.

TBD

10:15 A.M.

4 Keys to Holistic Health
Diane Sanders, doterra

11:45 A.M.

Strengthen Your Core with Zumba/Belly Dance
Ghadeer Alafifi, Group Health Cooperative of South Central Wisconsin

1:45 P.M.

WERQ
Monica L. Avila, Princeton Club

3:15 P.M.

"Healthy Soups In A Snap" and "Basic Butchery: Using the Whole Chicken"
Jamie Acocks with Rachel Kent, Willy Street Co-op

10:15 A.M.

Terrariums with Plant Nite
Andrea Witt, Plant Nite
Cost: \$5.00 per person

11:45 A.M.

An Introduction to Mandala Painting on Tile
Kim Stanfill-McMillan, Fired Up Pottery

1:45 P.M.

Simply Twisted Wire Stacking Rings
Alison Lesniak

3:15 P.M.

Printmaking Greeting Cards
Bonnie Schetski, Madison School & Community Recreation

Explore & Enjoy These Exhibitors

AHT Windows
 American Family DreamBank
 Anytime Fitness
 Arc of Life Chiropractic
 Neurology and Wellness
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 Favorite Things Boutique
 Feel Alive Yoga
 Fired Up Pottery
 Flirty Lips by Faith
 SeneGence/LipSense
 Ganser Company
 Gilda's Club Madison Wisconsin
 GIRLS' BIZ
 Group Health Cooperative
 H. Krueger and Associates
 Interior Designers
 Harbor Athletic Club
 Harley-Davidson of Madison
 Healthy & Hygge
 Ho-Chunk Gaming
 Hoey Apothecary
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 Madison Maximized Living
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 Norris - Beyond Fostering
 Therapeutic Foster Care Program
 Norwex - Suzanne Holt
 Old Sugar Distillery
 Orlando Action and Travel
 Outlets at the Dells
 Overture Center for the Arts
 Perfectly Posh with Darlean
 Plant Nite
 Profile by Sanford
 Pure Romance by Cassie Doring
 Qet Botanicals
 Rodan + Fields
 Rosen Nissan of Madison
 Scentsy - Deanna Smith
 SodaStream
 Sofft Footwear
 SSMHealth
 St. John's Northwestern
 Military Academy

Stori Anne Co.
 Summit Credit Union
 Symmetry Natural Health
 The Brow Boutique
 The Regal Find
 The Sheet People
 Three Painted Birds
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 UnityPoint Health - Meriter
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Get Inspired!

Soak up positive vibes and clever life hacks from the talented women lighting up this year's main stage. Your mission = self-care and dream achievement. So make the most of every moment over this two-day event to gather the tools to do this—and so much MORE!

BY RACHEL WERNER



SHANITA ROWSEY FACE IT, YOU ARE ENOUGH!

Saturday, November 17 | 1 P.M.

Shanita Rowsey is an author and founder of the Power of You Movement, and a woman of God. An encourager and motivator by nature, she serves her community through a variety of ministries and community outreach programs and is particularly invested in helping young girls know their worth, know who they are in God and grow into confident, successful women. And Rowsey recently earned a degree in business management.

Get ready to embrace the awakening of the real you—your authentic self—as she shares how to release the myths you cling to and help you become the person you were meant to be. Rowsey will share insightful strategies for banishing insecurity, self-doubt and pain while allowing the best version of yourself to rise to the surface. It is simply waiting on the inside to break free from every generational curse and negative word spoken in your life so far. She will help you move past the hurt in order to be healed.

CAROLE CAINE HOW BROWNIES AND WINE GOT ME THROUGH A LIFE ALTERING EXPERIENCE

Saturday, November 17 | 2:30 p.m.

Carole Caine has been a fixture in the Milwaukee media world for 35 years. After co-hosting a very popular morning radio show on 96.5 WKLH for three decades, she currently works in the urban hub of Wisconsin as the host of CW18 and My24.

From Caine's perspective life is unpredictable, and sometimes when one is stuck in a rut, the universe will give a push—whether it's wanted or not. It is up to us to figure out what to do with the change that has been thrust upon us and how to push through adversity. But it can also be a time to really see what we are made of and to learn from others the process of moving on. How do you rise again? Brownies and wine help a lot.





KIRSTY BLATTNER METAMORPHOSIS OF A MISFIT: THE POWER OF TRIBE

**Saturday, November 17
3:15 P.M.**

Kirsty Blattner inspires “Misfit Leaders” to achieve the impossible through unimaginable innovations and turn road blocks into stepping stones. She teaches the keys to communicate like a ninja, create empowerment empires and turn mindsets into magnificent motivators. She holds a graduate degree in education in addition to being a Neuro-Linguistic Programmer, Certified Life and Health Coach, and a member of the National Speakers Association.

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Sunday, November 19 | 1 P.M.

Gin, Chocolate & Bottle Rockets combines the musical styles and life adventures of three solo-artists-turned-bandmates, Jennifer Farley, Shawndell Marks and Beth Kille. Hailing from southern Wisconsin, they've been sharing their genuine personalities, songwriting and tight three-part harmonies with audiences since they joined forces in 2014. As musicians, they've been honored with the 2015 and 2017 Madison Area Music Association (MAMA) Award for Ensemble Vocals, earned a runner-up nod in 2016 from Isthmus for Favorite Rock Band, and were recognized as a finalist for Artist of the Year at the 2017 MAMA Awards. In the Spring of 2017, they embarked upon a new adventure, as professional speakers, creating a 45-minute Be Your Own Superhero motivational presentation that combines storytelling, songs, wit and wisdom to help their audiences embrace their own inner superhero. They have recently released a new album, "Lean," to rave reviews.

Their presentation combines the compelling personal stories of how the ladies discovered their unique powers and processed them through songwriting. And through personal accounts, they'll guide attendees through identifying their own superhero characteristics and "Justice League" plus leaning into adversity. And, oh yes, there will be dancing.



MADISON READING PROJECT BOOK DRIVE

Snag 2-for-1 admission to the 2018 Madison Women's Expo by bringing a new or gently used book for kids, from infant to age 14, as a donation to Madison Reading Project. The local nonprofit provides free quality books and literacy programming to increase literacy rates among underserved children in South Central Wisconsin. Due to the national statistic, "Two-thirds of children in poverty have less than 10 books in their home," the organization aims to help children grow their home libraries and inspire reading with current titles, programming and exciting books. Their goal this year is to distribute 30,000 books throughout Dane County. The founder, Rowan Childs, left, believes that helping others can be accessible to anyone. "Our favorite moments are when children have books in their hands, and excitement in their faces after selecting their own books to keep and read at home," she says. "It's literacy magic."



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FROZEN IN TIME | Be transported into a whimsical wonderland via Kanopy Dance's Winter Fantasia. Two spellbinding vignettes unveil folklore using captivating choreography and elaborate costuming. Meet the artists before they grace the stage in a pre-show talk on opening night Nov. 30. Through Dec. 2. Overture Center, Madison. kanopydance.org.

BRAVA EVENTS



11/7 | 8:45-11:45 a.m.

BRAVA THRIVE Career Workshop: Cultivating a Growth Mindset for Career Success with Darcy Luoma

What stories are you telling about yourself? Maybe you think you aren't management material, or that you can't help change your office culture. Well, it's time to let that go and write a new chapter! Whether you are looking for your next career step, or just want to maximize your impact in your current role, this engaging workshop will help you embrace a growth mindset and write your own happy ending. Luoma is known as Madison's favorite life coach and helps clients achieve remarkable results. *Promega BTC Event Center, Fitchburg. Register at bravamagazine.com.*

11/17-11/18 | 10 a.m.-4 p.m.

Madison Women's Expo

Don't miss this great girls' day out, celebrating its 20th year in Madison! Shop for clothes, jewelry and gifts, sample food and drink, listen to engaging speakers and enjoy fitness classes all day long. See the full guide to this year's event on P. 11! *Alliant Energy Center, Madison. madisonswomensexpo.com.*

MOXIE



A Fund for Women has announced \$100,000 in grants to six area nonprofits that support the economic empowerment of women and girls. Grant recipients include: **Doyenne Group**, to fund professional development opportunities to female entrepreneurs; **Latino Academy of Workforce Development** for the Spanish GED for Latinas; **Centro Hispano of Dane County** for the Camino Pathways Certified Nursing Assistant Program; **Operation Fresh Start** to expand a re-engagement program for young women and girls who have disengaged from high school; **The Road Home of Dane County** to support the Women's Employment & Training Fund and **YWCA Madison** to support The Women in YWebCareer Academy.

Community Shares of Wisconsin has named its 2018 Change-Makers, celebrating the work of three leaders working to build a better community. Among the honorees was **Nestic Morris**, nominated by Wisconsin Coalition Against Sexual Assault. Morris received the Linda Sundberg Civil Rights Defender Award.



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11/8 | 5-8 p.m.

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CONGRATS!



The Progress Center for Black Women, launched by Sabrina Madison, holds its grand opening Nov. 3 in Fitchburg. The center is meant to support black women and families with a variety of programs, including a computer lab, a community kitchen and more. *Centerforblackwomen.org.*

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Tammy Taylor is the Owner and President of CrossGen Solutions, LLC and has more than 20 years of experience as an executive leader, management consultant, change agent, speaker and project manager. She has been a certified Project Management Professional (PMP) since 2005 and regularly helps organizations of all sizes transform their businesses. She has been featured in InBusiness Madison, has spoken locally and internationally and will be speaking on change management at American Family Insurance's DreamBank in February 2019.

According to Tammy, CrossGen Solutions' experienced cross-generational teams help Wisconsin organizations solve problems and optimize their businesses through a multi-disciplined approach including strategic planning, people change management, business process improvement, project management, etc. These CrossGen teams identify root causes of issues in organizations and implement improvements, systems and strategies to resolve issues and ensure they don't recur.

Over her 20-year career, Tammy has worked in the capacity of both a client and consultant and thus understands the nuances of a business consulting engagement. She has led major transformational initiatives in companies across several industries, even replacing much higher-priced consultants from the largest consulting firms. Tammy always strives to deliver greater value for her clients through improved efficiencies, increased revenue and increased profit.

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AMY GILE-ENGE NMLS#586017, KARI HARPOLD NMLS#1253622, WENDY JIRSA NMLS#1264271, ANNE CONLIN NMLS#1264283, AND CORI FEMRITE NMLS#594085



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RHONDA HAZEN, ATTORNEY

Rhonda Hazen



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Attorney Rhonda Hazen cares for her clients' families like she does her own. As a family law attorney at Boardman Clark, Rhonda represents clients in multiple areas of family law, including financial matters and child custody and placement matters. She emphasizes helping clients avoid litigation and helps parties resolve their issues through mediation. For those cases that require court intervention, Rhonda is a skilled litigator who advocates strongly for her clients' interests.

Rhonda is very passionate about family law matters involving children. She finds significant benefit in using collaborative practices to help parents separate as peacefully as possible, thereby reducing stress on the couple and the children. One of her proudest achievements as an attorney is being admitted into the American Academy of Matrimonial Lawyers, an organization of top attorneys in the country. Admittance is extremely difficult, proving she is highly regarded by her peers.

In addition to her family law clients, Rhonda has her own family that keeps her just as busy. She has triplets who just entered college and a teenage son who is involved in many extracurricular activities. On top of that, she is a black belt martial artist and is a trained EMT who volunteers her time on her local EMS squad.

No matter how busy things get, Rhonda finds time for pro bono work and has been recognized by the Wisconsin Bar Association for her efforts. She's always looking to help people during these difficult but important points in their lives.



Marie Justice, who is directing "Infamous Mothers," a play based on the book by Sagashus Levingston.

STORIES THAT NEED TO BE TOLD

Through the eyes of the director taking "Infamous Mothers" to the stage

BY HYWANIA THOMPSON

MARIE JUSTICE'S JOURNEY to becoming an entrepreneur, co-host of Discover Wisconsin, a filmmaker, actor and director wasn't a typical one. Justice grew up in Joliet, Illinois, about 45 miles outside Chicago. She moved to Madison in 2004, where she and her husband, Johnny, started a family and began to forge their own path. "My husband and I are filmmakers. We didn't go to film school, but we decided we were going to be photographers. We studied it, we figured it out, we started doing it," says Justice.

The couple became involved in community issues and asked themselves how they could be a solution to the world's problems. They decided to use their skills and passions to help others. Social justice threads are woven through each of their projects. In 2016, they produced "Walk a Mile in Their Shoes," a documentary about five marginalized individuals from different walks of life, bravely telling their stories. Justice also starred in "Detroit 67," a play about the 1967 Detroit riots.

Now, Justice will direct "Infamous Mothers," a play based on the powerful book by Madison social entrepreneur and educator Sagashus Levingston. The book includes 20 stories—beautiful and raw—told by women who experienced hardships but didn't let those moments define them. Now we get to see their stories acted out on the stage.

Justice and Levingston have been friends for years and Justice says she's watched "Infamous Mothers" grow into an "amazing and phenomenal piece of work." For Justice, directing the play is another opportunity to do what she loves and help others along the way. "I'm always looking for work that's meaningful and this work is beyond meaningful. It has such a purpose and I love when art

PHOTOGRAPHED BY KAIA CALHOUN

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imitates real life and teaches you a lesson," she says.

The idea for the play came from Levingston's book editor Coleman, who wrote an adaptation for the stage. When Levingston read the script, she says she knew it was "one of the best decisions we've ever made." Meanwhile, Justice's "Detroit 67" director approached her about a play focused on single mothers. Justice didn't know at the time that the play was based on her friend's book. "I had no idea it was 'Infamous Mothers.' Sagashus did not contact me directly... they had worked with her and then they came to me separately. It was a cool moment," Justice says.

The play features characters telling stories from the book through compelling monologues. They're played by six female actors, all but one black and five from Madison. Levingston also will take the stage to tell her own powerful story. She says having her book come to life is humbling and necessary.

"It's a different experience from the book. For those who have purchased the book, it not only performs the stories, but it engages the issues raised by those stories. And for those who have not read the book, for whatever reason, it offers an alternate form of engagement," says Levingston. "This is going to be something beautiful and powerful, like the women themselves."

Justice says the play gives a voice to people who feel voiceless. "It's helping women who need to hear this, they need to see their stories reflected...and it's enlightening other people that don't realize we can easily dismiss people," she says. "It's easy to judge people and criticize them until you understand what they've been through."

There's nothing better than hearing strong women's stories of perseverance and triumph, says Justice. "You're going to cry, you're going to laugh and you're going to walk out of there feeling like you can make the world a better place." 🌸

"Infamous Mothers" runs Nov. 8-24 at Bartell Theatre in Madison. bartelltheatre.org



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HEALING WARRIORS WITH A SONG

Shawndell Marks helps put female vets' stories to music

BY MARCELLA JONES

SONGWRITING CAN BE a difficult process, particularly if collaborating with a non-musician. But when Shawndell Marks was asked to write a song with Sister Linda McClenahan, Marks didn't hesitate, despite the taboo subject matter filled with extreme pain and anger—that of military sexual trauma. She accepted the job despite the fact that two other songwriters had already tried to tackle writing the song and had to walk away.

Last year Marks was approached by Warrior Songs founder Jason Moon to write and perform McClenahan's "Sister Sarge" for the CD compilation "Women At War: Warrior Songs Vol. 2," to be released Nov. 10. A national nonprofit organization based in Madison, Warrior Songs' mission is to facilitate healing among U.S. military veterans by using songwriting and the arts as vehicles. Their Story To Song program pairs military vets with professional songwriters and musicians, producing a CD compilation every two years. Of the 15 songs on "Women At War," seven were written or performed by Madison-area female musicians.

At 18, McClenahan postponed becoming a nun, choosing to "first give three years of my life to serve my country in Vietnam." There she was gang raped by three of her fellow soldiers. Afterwards, "dumped like trash on the side of the road," she refused to go to the hospital, feeling the victim's guilt that it was somehow her fault. Her caring Women's Army Corps captain ultimately

Singer songwriter Shawndell Marks wrote "Sister Sarge" about a female veteran.

PHOTOGRAPHED BY KAIA CALHOUN

CONNECT | IN HER SHOES

advised her to “just forget it” for her own sake. She did so, literally, for the next 14 years. A chance encounter at a retreat brought the memory rushing back and started her healing journey.

Discussing what it was like to write about such a wrenching story, Marks says, “I almost quit music because of this song! I wanted to do it justice, to give this story nuance. It was tricky to capture that. But it was an honor to be entrusted with Linda’s song. And I thought about other vets and how they could relate to this. It’s Linda’s story but I also wanted it to have a universal message for those who did not go through exactly what she did.”

*“If God is the ocean
covering the earth
He was there all along
in her tears”*

—From “Sister Sarge” by
Shawndell Marks

Moon, the coordinator of the Story To Song program says, “Shawndell shaped this difficult tale of anger and pain into a beautiful song of transformation, strength and inspiration.”

It took almost 20 years after that horrible day in Vietnam, but McClenahan did finally become a nun. She then spent her career as a trauma counselor working with kids and vets. And as Marks sings in the chorus of “Sister Sarge”...

*“She’ll be damned if she lets those
bastards win*

She has found a new mission

Battles aren’t for fighting alone” 🌸

The national CD release party for “Women at War” will take place at High Noon Saloon from noon to 5 p.m. on Saturday, Nov. 10. Several musicians whose work is on the album will perform. warriorsongs.org.

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UNEARTHING THE HISTORY OF MADISON'S FIRST BLACK RESIDENTS

Muriel Simms' new book, and her list of riveting reads

BY LAURA ANNE BIRD

IN HER NEW BOOK, "Settlin': Stories of Madison's Early African American Families," Muriel Simms doesn't just piece together her own family history; she gives voice to the black men and women who began arriving in Madison as far back as the 1840s.

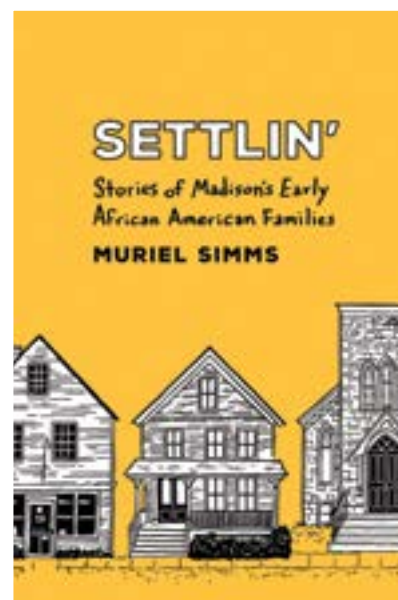
"They had a determination to stay here and put down roots," says Simms, former Lincoln Elementary School principal and now an adjunct faculty member at Edgewood College. "They wanted to thrive, not just survive. That's what a pioneer does."

For over 10 years, Simms tracked down the children, grandchildren, neighbors and friends of Madison's earliest black residents. "Their contributions and struggles were never recorded, but I knew they had stories to tell," she says.

In "Settlin'," Simms captures more than 20 inimitable accounts of Madison's first black-run businesses, churches and newspapers. She introduces readers to Leo Butts, the first black football player for the Badgers, and to Pia Kinney James, the first woman of color to be hired by the Madison Police Department. She also includes stunning photographs, helpful appendices and surprising appearances by notables like Booker T. Washington and Duke Ellington.

Of everyone she interviewed—and the ancestors they affectionately discussed—Simms says, "They were resilient, vibrant, active and kind. They stood up for things."

The titles on Muriel Simms' overflowing bookshelf are largely about social justice and social behavior. "These books contain new knowledge and areas of study I think people should know about"



SIMMS' RECOMMENDED READS:

I KNOW WHY THE CAGED BIRD SINGS, SINGIN' AND SWINGIN' AND GETTIN' MERRY LIKE CHRISTMAS AND THE HEART OF A WOMAN

By Maya Angelou

Angelou's autobiographical series highlights her search for dignity in a world filled with ignorance and hate. Riveting details illuminate the struggles of black people to secure their rightful place in our country. "Angelou's language and honesty make her story one you won't forget," Simms says.

TIPPING POINT, BLINK AND OUTLIERS

By Malcolm Gladwell

"People who want a new perspective on how the world works should read Gladwell's books," says Simms. He cleverly incorporates history, social psychology, statistics, law and economics to challenge commonly-held assumptions.

STAMPED FROM THE BEGINNING: THE DEFINITIVE HISTORY OF RACIST IDEAS IN AMERICA

By Ibram X. Kendi

Historian Kendi details the long reach of racism in our country, stretching back to the 15th century when Europeans wrote scholarly tracts to defend the slave trade. He explains how racism continues to thrive in today's world.

MEDICAL APARTHEID: THE DARK HISTORY OF MEDICAL EXPERIMENTATION ON BLACK AMERICANS FROM COLONIAL TIMES TO THE PRESENT


By Harriet Washington

"This book is an ambitious and detailed account of the experiments the medical establishment performed on African-Americans, not only to advance scientific research, but to justify the view that African-Americans were biologically inferior," says Simms. Washington's comprehensive research provides a fresh, even shocking, context for black health disparities existing today. 🌸

Muriel Simms reads and signs her book at 6 p.m. Nov. 29, at the Wisconsin Historical Museum in Madison. wisconsinhistory.org

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**SETTING THE TABLE**

Most parents would like to foster in their kids an appreciation for the simple things in life. Sitting down to a meal together can nurture gratitude, camaraderie and the art of conversation. *For ideas on how to set up a kids' table to help create connection see DWELL, P. 38*

PHOTOGRAPHED BY SHANNA WOLF



TOO MUCH OF A GOOD THING

Help your child moderate screen time

BY SAMANTHA GEORGSON

MANY PARENTS WORRY about their kids having too much screen time. Some are even concerned their children are developing obsessive behaviors regarding their smartphones or Internet enabled devices, but few know what to do about it.

One local expert says it's useful to focus on understanding the increasingly prominent role devices have in our lives and in the lives of our children. Child and family psychologist Darlene Meiners has some tips on pinpointing toxic technology use behaviors and discusses how you can guide your children to foster healthier relationships with their devices.

"Technology addiction—if you choose to refer to it this way—is very situational," says Meiners. "We all use our devices in different ways." In her practice, Meiners has seen evidence of impulsive patterns in kids as young as 2, throwing temper tantrums when they're refused access to their tablets, all the way through older adults and retirees battling an obsession with online gaming.

If you're starting to worry about your child's online habits, try to work through the details of their symptoms, suggests Meiners. "Is it interfering with their quality of life? Are they isolating themselves? Have you noticed any changes in behavior or an

increase in anxiety directly related to their technology use?"

Instead of proposing several new rules regarding your child's screen time, Meiners suggests focusing on two main household standards that must be upheld—respect and responsibility. "It's important to teach kids these skills," says Meiners. "Kids understand having expectations, they know what's expected of them when they're at school, so let's try to get into the same routine at home."

Meiners recommends using screen time as a reward for good behavior that can be earned by following these household rules. "You should keep a schedule," suggests Meiners. "Start with a small amount of screen time, no more than 15 minutes, and once your child demonstrates respect or responsibility you can award them an additional 15 minutes."

Holding your children accountable in this way will guide them toward becoming responsible adults. "It teaches them boundaries, it teaches them how to manage their time," says Meiners.

"It's important to have a conversation about it," she says. "As a family, you should take the time to sit down and determine your family goals." 🌸

D IS FOR DOWNSIZE

AFTER A FEW YEARS in a new home, we collect an overwhelming number of things. Professional organizer Nicole Gruter says that the key to turning your personal space into a positive space is to organize, de-clutter and most importantly, downsize. Gruter offers advice for creating a space that truly serves you.



ILLUSTRATION BY HOLLY TYLER

FOCUS ON “WHY” NOT “HOW”

After embarking on the mindful journey of de-cluttering her own home, Gruter became fascinated with the relationships people have with their objects. First, consider which belongings deserve to stay. We can do this by thinking about “why we feel connected to certain material objects,” says Gruter, versus focusing on “how we’re going to get rid of others.”

CREATE A SPACE THAT SERVES YOU

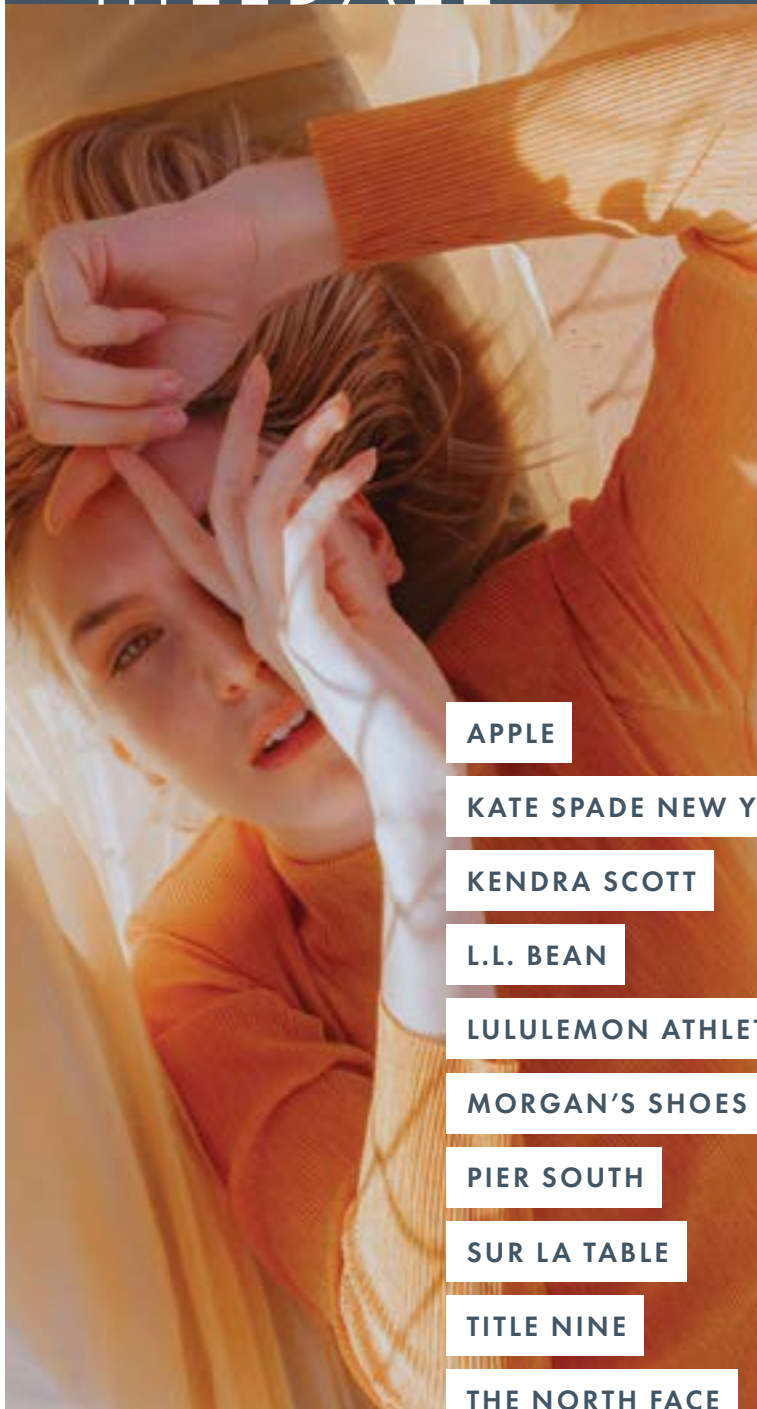
“The biggest thing is owning less,” says Gruter. While it’s great to have organizational systems, we could always do with fewer things. Create a space in which your environment is serving your needs. “Keep what’s giving you energy, and get rid of the things that aren’t”

BE WILLING TO ACCEPT HELP

It can be difficult to part with our material objects, and sometimes it takes a third party to get us to that stage. “Some people just need a cheerleader,” someone to support them as they go, “others need a coach.” Whatever the case, Gruter encourages people to consciously take control of their physical spaces so their surroundings don’t hold them back. —Samantha Georgson 🌸

Visit Gruter’s website positivespace.life for more information.

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A FUN KIDS' TABLE? YES, PLEASE!

STYLED AND PHOTOGRAPHED
BY SHANNA WOLF

TRADE IN THE GAUDY paper turkeys for a functional, modern and minimalist kids' table this Thanksgiving. There's no need to stress yourself over complicated crafts. A

simple set up lets the kids be self-sufficient, with their own hunger-satiating nibbles and interactive entertainment. If electronic devices are your kids' go-to boredom buster, question cards can encourage conversation, just like at the big people's table. And tic-tac-toe pumpkins, painted with 'x's and 'o's, are a seasonal take on a classic. Kids can draw the grid (or what they're thankful for) with chalk on paper place-mats. Little fingers can also keep busy stringing an edible appetizer necklace with o-shaped cereals and pretzels. For a centerpiece an attractive spread of edible fruit provides a snack that will keep both parents and kids happy during the wait for the big bird. — Jessica Longstreth 🍁



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TOUCHABLE TEXTURES

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SHANNA WOLF

AS WE COME into the food-centered holidays, the dining room takes the spotlight. Just as tempting smells invite your guests in, so too can warm fall design features, such as the soft richness of velvet and leather. “We’re really emphasizing texture through fall,” says Zoe Braun, interior designer at Brown & Beam. Their rugs made of dyed strips of leather interwoven with cotton are as easy on the foot as they are on the eye. A raw-edge table with a heavy metal base offers a rustic modern farmhouse feel, while warm blues and jewel tones lend to a gentle transition to winter. Fixtures in copper and caramel-hued, rather than shiny, brass mix well with other metals and large-scale botanical prints bring in color and interest. With such cozy surroundings, you and yours can linger for hours around the table.

—Julia Richards ✨



Counterclockwise from top: Blake Live Edge Dining Table, \$2,660, Nina Velvet Dining Chair \$450. Linen Zanzibar Window Treatment Fabric by Schumacher, prices vary; Zanders Interiors. Hay J77 Chair, \$238; The Century House. Natural Brass Six Light Erzo Chandelier by Kichler, \$420; Madison Lighting. Spokes Leather 8x10 Rug, \$790; Brown & Beam.



LIVING WORDS

Stories come to life at Real Life Library

BY HYWANIA THOMPSON

LIKE THE PHRASE “My life is an open book,” Real Life Library is a library in real life. The “books” are the storytellers and their “readers” are the interactive participants. Attendees can choose which books they “check out”

In groups of four or five, books share their stories as readers listen on. At certain times, everyone comes together for a “book review,” where guests share how the stories impacted them.

Jennifer Smith and Garrett Lee co-founded Real Life Library in fall 2016. Smith says they were both interested in developing



PHOTOS COURTESY ERIK BEACH



a human-centered library. The project is coordinated by Lee's organization We Help One Another.

Volunteer Erik Beach went to an installment in 2017, then decided to get more involved. “Real Life Library is a nice way to be more engaged, not only with the storyteller but with other people in attendance,” he says. Smith says it gives people a real feeling of connection. And according to Lee, Real Life Library is designed to elevate wellbeing in the community. He says “Ultimately, we are breaking down stigma and prejudice and building empathy and relationships.” wehelponeanother.com/reallifeflibrary 🌸

The next Real Life Library will be hosted in collaboration with the Wisconsin Veterans Museum on Nov. 11.

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Life

LESSONS

Just as some species of plants are reborn only through fire, so too do we humans often sprout anew after enduring a setback—even a life-threatening one. We asked three local women to share their life lessons, often learned through their own personal crucible.

They are lessons that many of us can relate to and learn from as we make our way through this world that isn't always easy, but is guaranteed to keep us evolving.

Diana Knott's silver linings

BY HYWANIA THOMPSON

DIANA KNOTT CAME to Wisconsin from Colombia with two suitcases and a desire to learn English. It was the most difficult year of her life—a tough living situation, illness and the death of her grandparents. A string of unfortunate events is enough to break anyone, but Knott relied on her faith and learned the importance of community. Knott received her bachelor's degree

Over the next several months, Knott's struggles persisted, but she also met her future husband, David, through a bible study group at church. They continued to date when Knott moved to Michigan to complete the exchange program. Her grandfather passed away that December. Knott says she couldn't attend his funeral because she didn't have the money to go home. In April, she and David traveled to Colombia to visit her family, and he proposed. Shortly after that trip, Knott's grandmother passed away but she wasn't able to return to Colombia for the funeral.

Ten years later, Knott reflects on "the hardest year" of her life and the lessons of faith,



Diana Knott

in psychology in Colombia and began working in human resources. She wanted to stretch herself and learn another language. Her boss told her about a one-year exchange program. "I had a good job in Colombia, so my plan was to come [to the United States], study for that year and go back," Knott says. Knott's boss supported her and promised her a job when she returned home.

Knott entered the exchange program in August 2008 and was placed with a family in Wisconsin, where she took care of the children and went to school. The living situation didn't turn out as planned. At the same time, Knott became ill. She says God provided "angels" to take care of and support her. In the process, Knott learned just how important community is. "It's OK to ask for help and be humble enough to receive help," she says. "You can't do life alone."

community and new beginnings. "No matter where you're at, it's OK to start over," she says. Knott's friend Kate Greer says through all the challenges and stresses Knott has faced, she remains strong in her resolve that God can work all things out. "She doesn't just give up when things are tough but reaches out and finds support from friends and people in the community and does what she can to rise above," says Greer. "She is teachable and always seeks to learn more about what she is doing and reaching for."

Knott and her husband now own Embrace Wellness in Middleton, which opened last year. The store was affected by the flooding this past August. Knott says it was a difficult time for their business, but the community stepped up and helped them clean the store, as well as supplying meals and buying them gift cards.

Laura Jean Baker

Knott says her first year in the U.S. was the worst of her life, but God turned it into the best thing that could happen. "Sometimes we don't understand what we're going through. You go through a really hard time but something happens and you're like, OK, now I'm seeing the light."

Laura Jean Baker's roadmap to forging on

BY RACHEL WERNER

MENTAL HEALTH ISSUES and a chaotic home life plagued UW-Oshkosh English professor Laura Jean Baker's childhood. "Over the years, what's helped me most to cope with my depression is eliminating the fear factor," she reveals. "Instead of panicking when stricken with deep malaise or a wave of sadness, I try to play life detective, figuring out which triggers might be exacerbating my negative feelings or physical exhaustion."

A native of the town where she teaches and resides, Baker has spent a significant portion of the past decade reflecting upon the impact of the past on her present, especially since becoming a mother herself. Her recently published memoir "The Motherhood Affidavits" explores the tenuous connection between addiction and crime—and the realization that she often has more in common with her husband's criminal defense clients than one would guess.

"A lot of judgment ends up surrounding people in 'the system,' but Ryan and I have the same origins as many of them. Our lives ended up taking different paths



couple has five children.

Part of banishing the stigma of her own struggles has been giving herself permission to be less of a perfectionist, yet more intentional in terms of response to the chemical and hormonal fluctuations she experiences. “As a writer whenever I sit down to write, it’s to actively produce in a way that works for me. When I teach, everything I do is either to build community, confidence or skills,” she shares. “The idea that we’re ‘supposed’ to be doing other things is actually counter-productive. We have to honor the ways in which our brains naturally function.”

Kathy Collins had a brush with death, and it changed her life

BY EMILY LEAS

IT’S RARE TO MEET a person whose eyes sparkle with light, inviting a connection. But that’s the first impression upon meeting Kathy Collins, a woman who wanted nothing more than to be a nun growing up and now finds herself on a journey as a mystic, a chaplain and a writer.

Raised in Port Washington, Wisconsin, Collins’ father insisted she “live her life” before entering the convent. So she did. She got married, had a son, divorced and put herself through the grind of corporate life. Then breast cancer brought her world to a screeching halt, and a new season of her journey began.

She started chemotherapy but her body weakened so badly after just two treatments she landed in the emergency room teetering between life and death. She recovered just enough to leave the hospital but was bedridden for six months while

continuing chemotherapy.

“During this time, I learned the quietness that was speaking to me. An awareness came in,” Collins says.

That awareness allowed her to evaluate her faith, question the visions she was having of herself in a past life and embrace the connections with her brother who had died as an infant. She began to wonder if these were just coincidences, or if we are all connected somehow.

While she was bedridden in what Collins calls her “cell,” she watched the tree outside her window lose weak branches in winter and spring winds so it could grow new, healthy, strong branches.

“I, too, realized I had to let some weak branches go in my life so I could grow.”

Collins dropped the material things and fast-paced job and moved to Sun Prairie to take care of her aging parents. By slowing down, she says her world opened up.

She began to connect and understand her experiences and visions the universe was showing her and realized that all signs pointed to becoming a chaplain. Trusting her instincts, she applied to the chaplain program at Meriter Hospital in 2015 and was accepted that same year.

This example is something that Liz Awe, Collins’ friend and the wife of her cousin, has learned from Collins over the last few years.

“She trusts her gut feeling. So many of us aren’t in the habit of doing that. That inner sense is very important to believe in. If you feel it’s right for you, go with it,” says Awe.

As Collins started her chaplain training program, her mom had a serious fall. She recalls the 90 minutes at the end when her mother’s eyes cleared. She held her mom’s hand and poured her love, memories and appreciation out. As tears trickled down her mother’s cheeks, Collins kissed them away and watched her pass peacefully to the other side.

Now when she works with families to transition a loved one from life to death, she encourages them to talk directly to their loved one and it becomes a peaceful, joyous occasion.

Wanting to share her story and the lessons she learned, Collins re-read years of journals and started to see how all her experiences fit together. She decided to write a book to share her message of compassion and synchronicity. She published “The Mystic Chaplain” in 2018 and has spent much of the year sharing her story at book signings in the area.

She closes her book by saying her journey is not finished, but instead this is just another season in her life. Her weak branches will continue to break away as the seasons change so she can continue to grow. 🌱

because we had access to resources and education, plus each other to rely on,” she explains. “Addiction is usually a way of suppressing pain and a lot of pain comes out of poverty and unstable beginnings.”

Baker’s spouse, Ryan Ulrich, agrees that his clients often are trapped in desperate cyclical patterns. “Many of the people I represent have broken the law to support their habits or blunt the edge of their anxiety,” he says. “Without drugs and alcohol, I would be practicing a different type of law.”

Baker and Ulrich are candid about the financial struggles they’ve faced over the years while scraping by as undergraduate and grad students, then again in the years that followed as their family rapidly grew. The hormones of pregnancy and the initial postpartum period led Baker to crave more offspring as a way to ward off the undiagnosed, chronic depression she’s been grappling with since adolescence. “I saw it last in myself,” she reveals. The



Kathy Collins

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ILLUSTRATIONS BY HOLLY TYLER & ANN CHRISTIANSON



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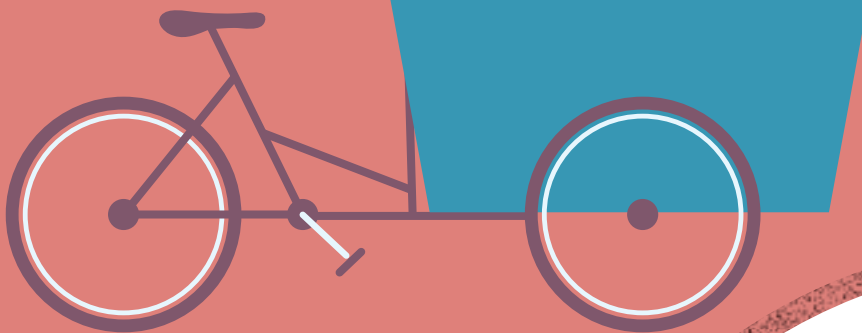
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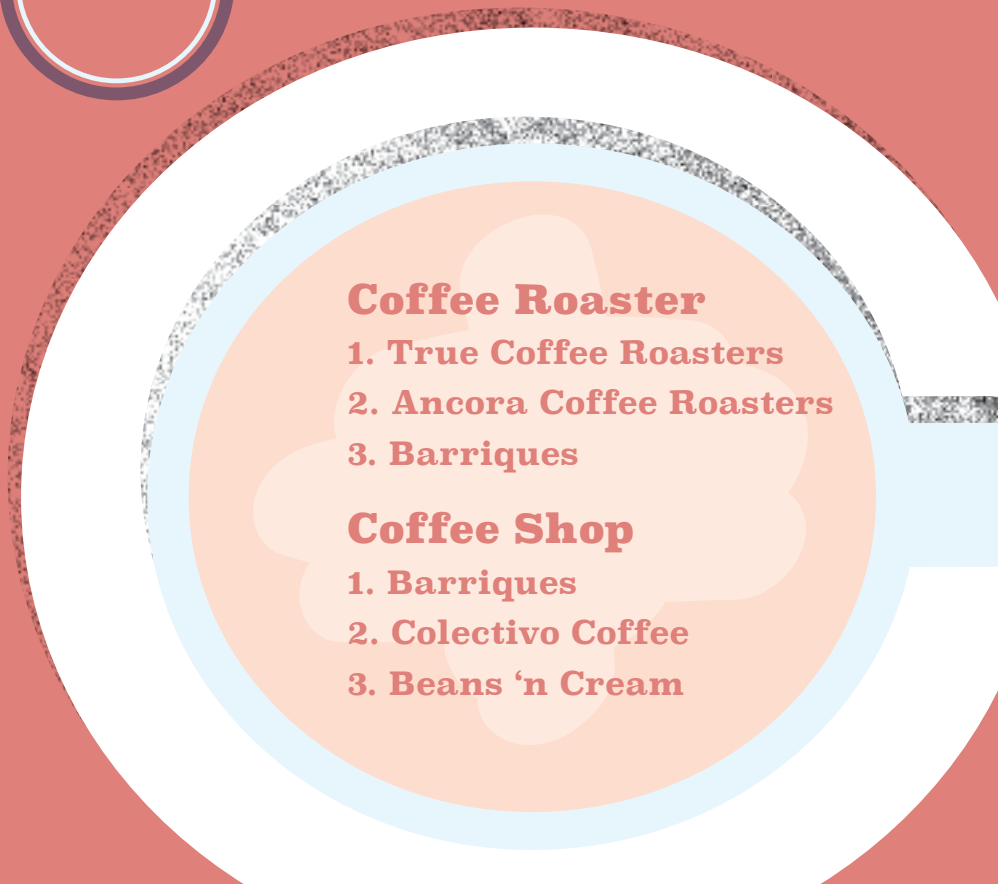
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2. Budget Bicycle Center
3. Machinery Row Bicycles

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3. George's Flowers Inc.



Women's Shoe Boutique

1. Morgan's Shoes
2. Shoo
3. The Shoe Box



Jewelry Store

1. TQ Diamonds
2. Goodman's Jewelers
3. Chalmers Jewelers

Gift/Specialty Shop

1. Orange Tree Imports
2. The Soap Opera
3. Art Gecko

Garden Center/ Greenhouse

1. Jung Garden Center
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2. Twigs
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1. Simply Savvy
2. Agrace Thrift Store
3. Style Encore





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1. Mounds Pet Food Warehouse
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3. Nutzy Mutz & Crazy Catz



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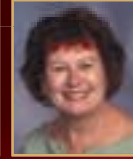
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Pain That Can Bring You to Your Knees

An orthopedic surgeon's take on knee pain

By Sue Sveum

You don't have to be an athlete to experience joint pain. Knee pain, for instance, can affect anyone—whether you're young, old, active or sedentary. It's one of the most common issues seen by orthopedic and sports medicine docs—for a variety of reasons. Dr. Ann Stitgen, orthopedic surgeon at SSM Health St. Mary's Hospital in Madison, says the problem is often due to a meniscus tear. Here she offers some insights on the causes, treatments and prevention of knee pain.

"In younger patients, knee pain is usually due to an injury caused by twisting, pivoting or a high impact event that leads to a meniscus tear," says Stitgen. "As patients get older, they're more likely to have a degenerative tear as the meniscus gets weaker with age." As the "bumper" between bones, the meniscus is there to protect the cartilage. "If a piece comes loose, it can cause painful catching or locking in the knee," she explains. "Without that bumper,

you're more likely to develop arthritis, which can cause pain and stiffness."

Treatment is specific to each patient. So, what's the recommended course of action?

- RICE (REST your knee, apply ICE, wear a COMPRESSION brace and ELEVATE your leg above heart level).
- Take anti-inflammatories like ibuprofen or Aleve to reduce pain and swelling.

- Try physical therapy to help regain motion.
- Finally, consider a steroid injection to decrease swelling and inflammation.

Still no relief? "In the past, surgeons used to remove the entirety of the meniscus when it was torn," Stitgen says. "We now know that the meniscus is important to help prevent arthritis, so we try to leave as much as possible."

She says meniscus tears can often be repaired in younger patients. They would be on crutches for the first six weeks and motion would be limited so the tissue can heal. Stitgen says it may take four to six months before they return to all their regular activities and sports.

Older patients may need a different course of action. "If there's too much arthritis in the knee, then we consider a knee replacement," she says. "You'll start walking the same day as surgery and working with physical therapy while still in the hospital." The first six weeks of PT are very important to regaining all your motion. "After three months, most patients are getting back into their regular activities," she says, "but you may see improvements for up to a year."

Is it possible to prevent knee pain? Well, maybe not entirely, but there are some things that may help your chances. "Staying healthy and active is always helpful," says Stitgen. "And weight loss definitely helps knee pain." She says that every pound of weight can add at least three pounds of force on your knee—and up to six to 10 pounds when doing activities like squatting or lunging.

"Everyone is a little different," she stresses, "so I like to individualize treatment to each patient." If you're having knee pain, call your doctor to determine the best care for you.




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Autumn harvest brings feasts aplenty as hearty appetizers and sharable plates slide onto local menus in time for festive gatherings.



PHOTOGRAPHED BY SUNNY FRANTZ

Prepare to drool over the Great Dane's poutine in *ANATOMY OF A DISH*, P. 63.



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DARCY LUOMA

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Darcy Luoma, certified professional life coach, dynamic facilitator, fun and engaging public speaker, has expertise in leadership, team and organizational development, emotional intelligence and personal effectiveness. Long known as Madison's Favorite Life Coach, Darcy helps clients achieve remarkable results, including greater work/life balance, satisfaction, a clearer vision for personal and professional growth and enhanced leadership.

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GO+DO | ENTREE

A BAKER'S CRAFT

The Rise of ORIGIN Breads

BY CANDICE WAGENER

LIVING AROUND THE WORLD and experiencing different types of breads—and countries where bread was scarce—inspired Kirk Smock to start baking his own. After nearly two years in business, he's still reluctant to call himself a professional baker but his ORIGIN Breads would never be considered amateur.



PHOTOGRAPHED BY SUNNY FRANTZ

PRODUCT

All the ORIGIN loaves are naturally leavened, sourdough based and stone milled. Their three core loaves—the ORIGINAL, a whole grain wheat and rye mix; the Driftless, made from 100 percent whole grain and the Classic, a lighter, country-style base of whole grain wheat and bread flour—can be found at select groceries and restaurants in town.

PASSION

Smock learned baking techniques from his wife, while they were living overseas. He baked to break up his day while working as a freelance writer. "I fell in love with the simplicity of it, the craft of it" When they returned in 2016, he connected with Lonesome Stone Milling, and ORIGIN was born.

PHILOSOPHY

Smock aims for an educated market and focuses on creating healthy breads. He adds sourdough cultures to break down some gluten content, making the bread easier to digest. And he partners with Wisconsin producers, including Meadowlark Organics in Ridgeway. He also occasionally adds leftover grains from Working Draft Brewery for a distinct flavor. originbreads.com. 🌸

For more information, visit originbreads.com.



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CHEESE 'N COMFORT

Crafting local beer and stellar pub eats is par for the course at the Great Dane. The iconic Madison brewery recently revamped its menu to incorporate more seasonal and sharable offerings, like its cheese-curd laden version of poutine—a classic Canadian dish with a Wisco twist.

greatdanepub.com. — Rachel Werner

Gravy: Thick, savory and delicious—try not to lick your fingers and the bowl when you're done.

Pub fries: Piping hot taters come stacked in garlic-dill curds and a generous sprinkle of chives adds flavor and garnish.

PHOTOGRAPHED BY SUNNY FRANTZ



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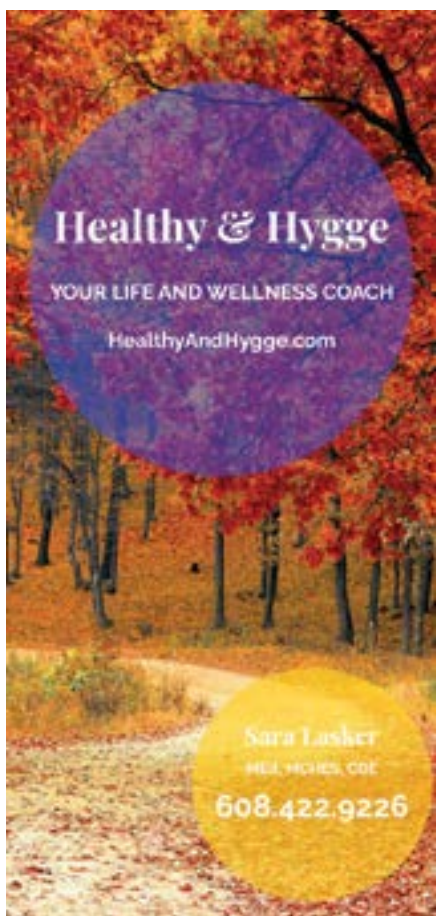
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GO+DO | JAUNT

LIGHT UP YOUR HOLIDAYS

Local parades and festivals to get the whole family in the spirit

BY JESSICA LONGSTRETH

HOLIDAY LIGHTS are the perfect thing to brighten winter spirits. Decked-out fire trucks parade through streets, Santa waves hello and trees are lit. Bundle up the kids and come see some of the region's best holiday extravaganzas.



PHOTO COURTESY YENTI EILERTSON PHOTOGRAPHY

DOWNTOWN BARABOO CHRISTMAS LIGHT PARADE

Grab a hot drink at one of the local shops, then set up camp in your folding chairs and blankets and watch luminous floats, reindeer, horses and a marching band pass by in downtown Baraboo's Christmas Light Parade Nov 17. downtownbaraboo.com.



PHOTO COURTESY CITY OF SUN PRAIRIE

SUN PRAIRIE HOLIDAY TREE LIGHTING AND FIRE TRUCK PARADE

For little ones particularly enamored with fire trucks choose Sun Prairie's Fire Truck Parade on Nov 23. After cruising down Main Street, the trucks park, and Santa steps out to light the holiday tree. travel-wisconsin.com/events/fairs-festivals.



PHOTO COURTESY TIM ERICKSON PHOTOGRAPHY

STOUGHTON VICTORIAN HOLIDAY WEEKEND

This Victorian-themed weekend, Nov. 29-Dec. 2 is jam packed with holiday cheer. Check out "The Nutcracker," Stoughton Village Players Open House or the Madrigal Singers in "Music on the Mezz." Stay cozy with horse-drawn carriage rides and enjoy warm drinks and food at the Winter Artisan Market. Bake sales, a cookie walk and holiday gala support local charities. stoughtonwi.com.

OLD FASHIONED CHRISTMAS IN EVANSVILLE

If you're looking for nostalgia, head to Evansville Nov. 16-17. Friday night offers carriage rides, s'mores, mini horses and carolers. On Saturday, Santa dazzles, riding in on a fire truck. Hop aboard a real fire truck yourself and ride around town or stroll by local stores decked out in the holiday spirit. evansvillechamber.org.

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NOVEMBER



PERFORMING ARTS

11/1 - 11/25 | Times Vary

"FUN HOME"

This unique, funny and heart-shattering new musical zig-zags across Alison's past and present as she tries to make sense of her parents' lives, her own sexuality and how she maps the terrain of her adult world. *Overture Center, Madison.* forwardtheater.com.

11/2 - 11/17 | Times Vary

"THE BEST MAN"

At the presidential primaries in the summer of 1960 in Philadelphia, an ethical man running for the presidential nomination runs against an "unscrupulous" man. *Bartell Theatre, Madison.* madisontheatreguild.org.

11/4 | 2:30 p.m.

CHANCE ENSEMBLE

Chance ensemble explores the connections between wilderness experiences and alternative chamber music through setting select text from John Muir to music. *Wisconsin Union Theater, Madison.* union.wisc.edu.

11/6 | 7:30 p.m.

BALLET FOLKLÓRICO DE MÉXICO

Founded in 1952 by dancer and choreographer Amalia Hernández, Ballet Folklórico brings together the music, dance and costumes of Mexican folklore from pre-Columbian civilizations through the modern era. *Overture Center, Madison.* overture.org.

11/9 | 8 p.m.

PORTLAND CELLO PROJECT

The Portland Cello Project transforms alternative/pop/rock music into classical ensemble compositions. Their precise technical ability allows them to reinterpret the music and still maintain the integrity of the original works, and their unique renditions of Radiohead songs wander from truly epic to breathtakingly intimate. *Wisconsin Union Theater, Madison.* union.wisc.edu.



PHOTO COURTESY OVERTURE CENTER

11/9 - 11/11 | Times Vary

REMEMBERING LENNY—MADISON SYMPHONY ORCHESTRA

Visiting Leonard Bernstein's original scores as well as Beethoven, John DeMain and the Madison Symphony Orchestra observe and reminisce on the groundbreaking compositions and legacy of the iconic American figure. *Overture Center, Madison.* madisonsymphony.org.

11/9 - 11/17 | Times Vary

"LITTLE SHOP OF HORRORS"

A deviously delicious Broadway and Hollywood sci-fi smash musical, "Little Shop of Horrors," has devoured the hearts of theatergoers for over 30 years. *Diane Ballweg Theatre, Madison.* theatre.edgewood.edu.

11/14 | 6 p.m.

LISTEN LOCAL—THE FALL GOSPEL FEST CHOIR

Fall Gospel Fest Choir is composed of 30 members featuring some of the most prominent voices in the Madison area. Individually, many of the choir members are well-established on the local gospel music scene. *Overture Center, Madison.* overture.org.

11/16 | 8 p.m.

GABRIEL ROYAL

With humble beginnings in the New York subway circuit, cellist and singer-songwriter Gabriel Royal developed a relaxed-jazz and soulful-pop sound in response to the rapid pace of modern urban life. *Wisconsin Union Theater, Madison.* union.wisc.edu.

11/20 | 7:30 p.m.

DAVID CROSBY & FRIENDS

Two-time Rock and Roll Hall of Famer David Crosby is joined by the Lighthouse band to journey down a new four-way street that brings his music to life with new spirits. *Overture Center, Madison.* overture.org.

11/20 - 11/25 | Times Vary

"SCHOOL OF ROCK"

Based on the hit film, this hilarious new musical follows Dewey Finn, a wannabe rock star posing as a substitute teacher who turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band. *Overture Center, Madison.* overture.org.

GO+DO | EVENTS

11/24 - 11/25 | Times Vary**VIGNETTES—CONCERT #2**

By performing a series of vignettes, the Oakwood Chamber Players can share how a brief musical work allows the composer to focus narrowly on specific themes to tell a story, recall an experience or feeling, describe a place, or present a character study. Oakwood University Woods Arts Center, Madison. oakwoodchamberplayers.com.

11/27 | 7:30 p.m.**MANNHEIM STEAMROLLER CHRISTMAS**

You'll be infused with the spirit of the season through the dazzling multimedia effects and the signature sound of these unique performers. Overture Center, Madison. overture.org.

ENTERTAINMENT**10/27 - 11/18 | Times Vary****"ENGAGING SHAW"**

Kidding ourselves. As humans, it may be our greatest skill. That goes for academics and artists, rivals and lovers. And, as it turns out, famous philandering writers like Bernard Shaw, who wrote "Heartbreak House." American Players Theatre, Spring Green, americanplayers.org.

11/2 | 7:30 p.m.**INDIGENOUS JAZZ SERIES: IMMIGRÉ**

Come celebrate the conclusion of our 2018 inDIGenous Jazz Series with Madison music scene heavyweights Immigré. True to their Afrofunk genre, Immigré trades in dynamic grooves and unrelenting polyrhythms. Wisconsin Union Theater, Madison. union.wisc.edu.

11/2 | 8 p.m.**I'M WITH HER**

Powerhouse folk/Americana/bluegrass musicians Sara Watkins, Sarah Jarosz and Aoife O'Donovan bring together three established careers to create the Americana supergroup I'm With Her. Wisconsin Union Theater, Madison. union.wisc.edu.

11/2, 11/4 | Times Vary**"CAVALLERIA RUSTICANA" AND "PAGLIACCI"**

Set in rural Italy, these two classic one-act works tell stories of the most operatic of emotions. In "Cavalleria Rusticana" (Rustic Chivalry), a woman abandoned by her lover seeks revenge—and gets it. In "Pagliacci" (The Clowns), a traveling theater troupe is torn apart by infidelity, jealousy and ultimately murder. Overture Center, Madison. madisonopera.org.



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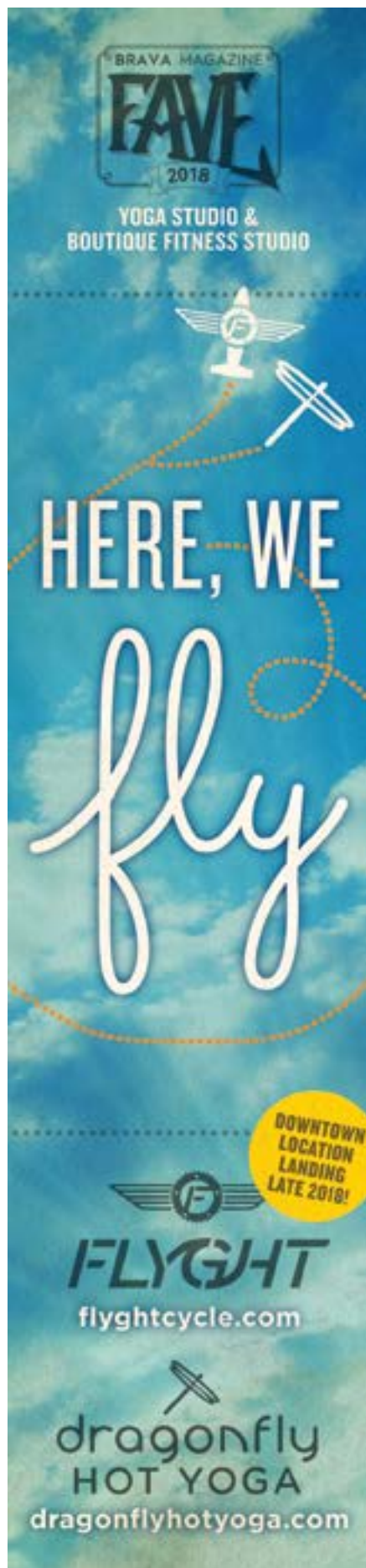
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GO+DO | EVENTS

11/5 - 11/29 | Times Vary

EMERALDS TO ASHES

View a new exhibition by Madison artist Katherine Steichen Rosing exploring the endangered ash tree and the life cycle of the emerald ash borer plus collaborative works created with the assistance of Spring Harbor Middle School students and Madison College students and staff. *Truax Gallery at Madison College, Madison. studioksr.com.*

11/7 - 11/10 | Times Vary

LADY LAUGHS COMEDY FESTIVAL

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

11/13 - 11/14 | 7:30 p.m.

"LUST FOR LIFE—EPISODE 2"

"Lust for Life" is a farcical radio-style soap opera following the exploits and machinations of a family whose patriarch has passed on and left a fortune to be contested. This four-part serial will be presented on Wednesday nights during the runs of each of Strollers' four regular-season shows. *Bartell Theatre, Madison. strollerstheatre.org.*

11/14 | 7 p.m.

SPOTLIGHT CINEMA

Comprised of a bounty of rich 16mm footage filmed at the 1984 French Open, "John McEnroe: In the Realm of Perfection" is an obsessive study of this tennis legend—at the time the world's top-ranked player—and an expansive reverie on the possibilities and limits of the human body, temperament and filmmaking itself. *Madison Museum of Contemporary Art, Madison. mmoca.org.*

11/15 | 6:30 p.m.

AUTHOR READING: MARTA McDOWELL

After an introduction, the author of "The World of Laura Ingalls Wilder" will discuss her book and sign copies for attendees. *Olbrich Botanical Gardens, Madison. 702wi.com.*



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PHOTO COURTESY TIM ERICKSON

FAMILY

11/10 | Times Vary

WILD KRATTS LIVE 2.0—ACTIVATE CREATURE POWER!

The Kratt Brothers confront a comic villain and help bring the creatures of the animal world to safety once again! *Overture Center, Madison. overture.org.*

11/17 | 9:30 a.m.

THANKSGIVING DAY CARDS AND CRAFTS

Enjoy a morning gathering in the festive fall spirit at DreamBank. Bring the whole family and get yourselves ready to give thanks by making Thanksgiving crafts and cards. Stop in anytime between 9:30 a.m. and 12 p.m. to show your creative attitude for gratitude! *DreamBank, Madison. dreamfearlessly.com/dreambank/events/.*

11/22 | 8:30 a.m.

BERBEE DERBY

Kick off Thanksgiving Day as a family with a 10K run or 5K jog or walk on a scenic route along Fitchburg's Capital City Trail. *Cheryl Parkway, Fitchburg. berbeederby.com.*

11/24 | Times Vary

KIDS IN THE ROTUNDA—MONKEY BUSINESS

With no set, props, scripts or line memorization to fall back on in this special performance for youngsters, the Monkey Business Institute uses their super strong imaginations to create spur-of-the-moment, seat-of-their-pants improvisational comedy. *Overture Center, Madison. overture.org.*

11/30 - 12/2 | Times Vary

A MADISON SYMPHONY CHRISTMAS

John DeMain and the Madison Symphony Orchestra celebrate the arrival of the holiday season with a myriad of musical collaborations, including Christmas classics alongside regional choirs such as the Mt. Zion Gospel Choir, the Madison Youth Choirs, and esteemed opera singers Cecelia Violetta Lopez and Kyle Ketelsen. *Overture Center, Madison. madisonsymphony.org.*

SAVOR

11/3 | 9 a.m.

HERB FAIRE

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

11/4 | 5:30 p.m.

REAP FOOD GROUP HARVEST GALA

Savor an elegant evening featuring a five-course dinner highlighting local fare prepared by local chefs. Event proceeds support REAP's efforts to build a healthful, just and sustainable local food system. *The Edgewater, Madison. reapfoodgroup.org.*

11/7 | 6 p.m.

FEAST OF FIVE CHEFS

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

11/9 | 6 p.m.

SIGNATURE CHEF AUCTION

Indulge in creative local cuisine and fine spirits for a 90-minute tasting experience to raise money for the March of Dimes. *The Edgewater, Madison. signaturechefs.marchofdimes.org.*

11/12 | 5:30 p.m.

LET'S GO WINE TASTING ON THE COUCH—PIE + WINE

Start planning a festival holiday spread at this collaborative tasting event hosted by Grape Water Wine Bar and Hubbard Avenue Diner. *Grape Water Wine Bar, Middleton. grapewater.wine.*

JAUNT

11/1 - 11/4 | Times Vary

DRIFTLESS FILM FESTIVAL

Watch an assortment of contemporary independent films in the historic Mineral Point Opera House. *Mineral Point. driftlessfilmfest.org.*

11/16 - 12/2 | Times Vary

THE POLAR EXPRESS

Sing along with cheerful, dancing chefs while you sip hot chocolate and cookies as the classic children's book is narrated. *National Railroad Museum, Green Bay. nationalrrmuseum.org/event/the-polar-express.*

11/16 | 6 p.m.

2017 BARABOO WINTER WINE WALK AND SHOP

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



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tomorrow.



Dane County
Humane Society
giveshelter.org
(608) 838-0413

11/17 | 7:30 p.m.

**THE RODNEY MARSALIS
PHILADELPHIA BIG BRASS**

The ensemble is composed of some of America's top brass musicians dedicated to bringing the joyous experience of great music to a wide range of audiences. *Edgerton Performing Arts Center, Edgerton. edgerton.k12.wi.us.*



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THRIVE

11/1 | 6 p.m.

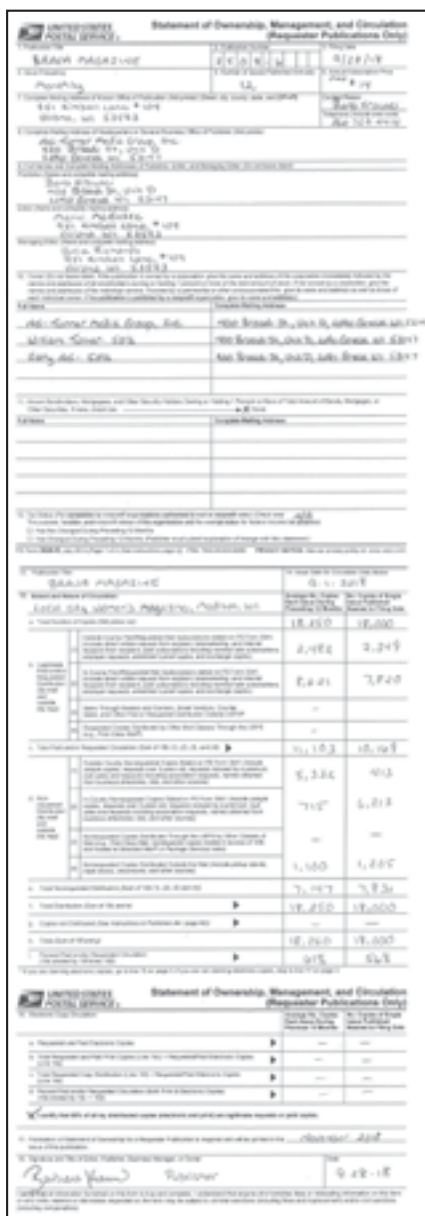
PARTY WITH A PURPOSE

Savor an evening of food and drink while making and renewing connections in addition to raising funds for the Y Adaptive Program. *Wisconsin Institutes for Discovery, Madison. ymcadanecounty.org.*

11/1 | 6 p.m.

DUELING PIANO FUNDRAISING EVENT

Enjoy an evening of delightful entertainment, drinks, hors d'oeuvres and an extensive silent auction in support of The Salvation Army of Dane County's ongoing mission to provide shelter and meals to those in need. *Overture Center, Madison. salvationarmydaneconomy.org.*



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11/8 | 6:15 p.m.

**DREAM BIG: CHOOSE YOUR BOOMERANG
WITH JULIE ROTHAMER CRUZ**

Join Health and Energy Coach Julie Rothamer Cruz for an insightful look at the power of positivity. This talk draws on research around the impact positive or negative thoughts have on our cells' DNA. Learn how to change your energy and health by changing your thinking. *DreamBank, Madison. dreamfearlessly.com/dreambank/events/.*

11/9 - 11/10 | Times Vary

**ATTIC ANGELS ASSOCIATION HOLIDAYS
GALORE & MORE SALE**

Shoppers can prepare for the holidays with new and gently-used decorations and enjoy treats. All proceeds support Dane County nonprofits. *Attic Angel Association building, Madison. atticangel.org.*

11/10 | 12 p.m.

2018 BOWL-A-THON

Form a five-person team with friends, family, neighbors or co-workers to participate in this annual fundraiser to benefit East Madison Community Center. *Dream Lanes, Madison. eastmadisoncc.org.*

11/16 | 6 p.m.

WINE, WOMEN AND SHOES

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

11/17 | 6 p.m.

MOSAIC GALA

Join the Wisconsin Chamber Orchestra and other community members for an evening of music, fine food and drink from top restaurants in Madison plus a featured performance from WSO's new "Family Community Concerts" program. *The Orpheum Theater, Madison. wisconsinchamberorchestra.org.*

11/29 | 6:15 p.m.

**DREAM BIG: ADULTITIS STRIKES BACK:
FIND BALANCE, BEAT BURNOUT AND
WORK HAPPY**

In this light-hearted but hard-hitting program, Jason Kotecki will arm you with the fresh perspective needed to reclaim your passion and create a better harmony between work and home via witty observations, humorous anecdotes and real-world techniques. *DreamBank, Madison. dreamfearlessly.com/dreambank/events/.*



EMPOWERING DEMOCRACY

The history and work of the League of Women Voters

BY HANNAH FLOOD, NBC 15 ANCHOR

Women in the United States have had the right to vote for less than 100 years. For some women of color, it's been even less.

In 2020 we will celebrate 100 years since the women's suffrage movement, which led to the passage of the 19th Amendment. After the vote was secured, the suffrage movement turned into the League of Women Voters.

Locally, the League of Women Voters started in Madison in 1920, later growing into a countywide organization. The group's mission is to inform voters and empower them to participate in democracy.

Ingrid Rothe, a committee chair with the League, has been part of the organization since the 1980s. She says in the last few years they've seen a surge in women participating in the political system. "I think there's a great energy right now because there's a fear that we're going to revert to earlier times and

lose many of the gains we have won," Rothe says.

In the past two years the group has grown by about 200 members to a total of around 425 members, according to Brook Soltvedt, vice president of the Dane County chapter. Part of that renewed excitement could be tied to a record number of women running for office across the country. In Wisconsin, the race for U.S. Senate is a faceoff between two women. Election day is Nov. 6.

The League's major focus for the past few years has been on educating voters about Wisconsin's voter ID laws, Soltvedt says. "Now that we have the voter ID law we help [voters] know what they need because there are many misconceptions." The League has joined with the newly formed Dane County Voter ID Coalition, a group made up of several organizations, working to make sure all eligible voters have the identification they need to vote.



Brook Soltvedt

PHOTOGRAPHED BY VALERIE TOBIAS

If you would like to join the Dane County League of Women Voters, membership costs \$75, \$20 for students. They also have a low-income membership option. The group is nonpartisan; "We really welcome people from any set of personal opinion because we just want everyone to vote," Soltvedt says. 🌸

lurv.danecounty.org.

NOVEMBER NONPROFIT EVENTS

11/2 | 8 a.m.

SUSTAIN DANE SUMMIT 2018

Explore the role of humanity in our sustainable future with presentations from groundbreaking national leaders and interactive activities. Also, help celebrate local change-makers at this nonprofit's annual event. *Gordon Dining and Event Center, Madison. sustaindane.org.*

11/11 | 11 a.m.

LINKS COMMUNITY RECOGNITION AND SCHOLARSHIP JAZZ BRUNCH

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

11/17 - 11/18 | Times Vary

MMOCA ART & GIFT FAIR

Enjoy holiday shopping at nearly 100 booths filled with art and specialty gifts. Make reservations for a cheerful brunch fundraiser at Fresco in support of the Madison Museum of Contemporary Art's free exhibitions and programming. *MMoCA, Madison. mmoca.org.*



PHOTO COURTESY MATTHEW MURPHY

HIGH NOTE | Rock out the start of the holiday season when the Broadway tour of “School of Rock” rolls into town Thanksgiving week. The family-friendly production features music by Andrew Lloyd Webber, catchy tunes from the 2003 movie it’s based on and a kids’ rock band jamming live, onstage. Nov. 20-25. Overture Center, Madison. overture.org. 🌸



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Middleton, WI | greenwayshopping.com |





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