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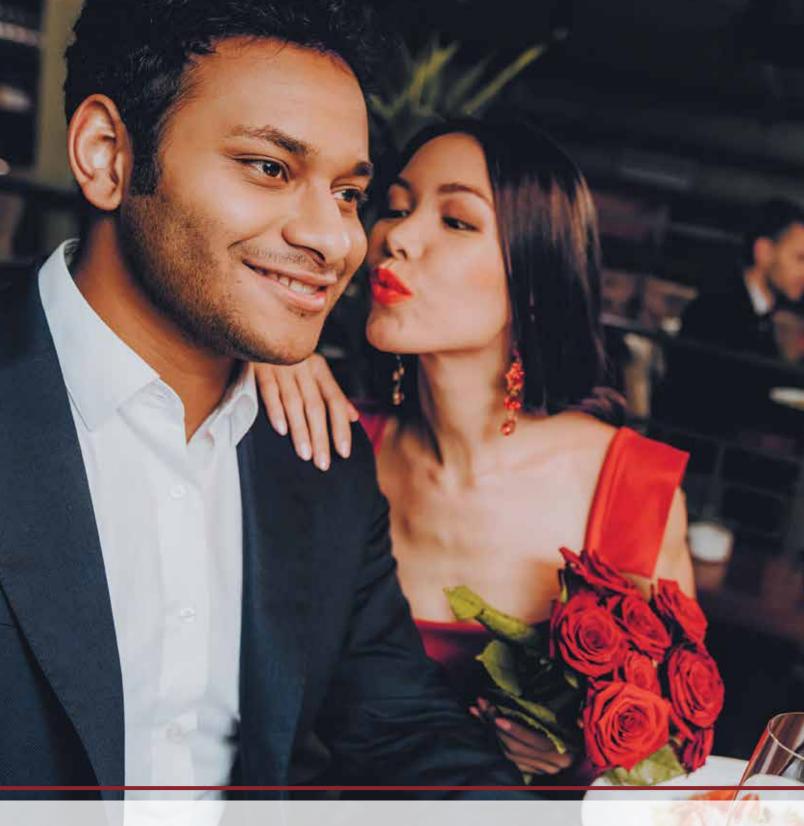
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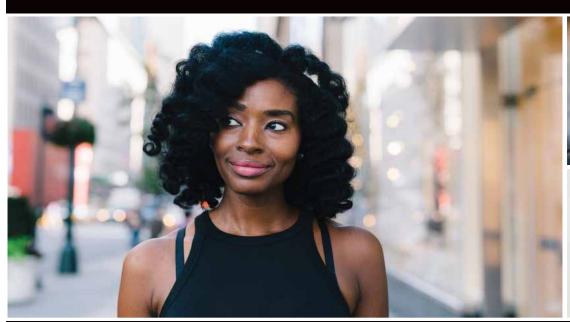
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Model Erin Nelson sports a fabulous velvet fascinator by Giovannio New York from Mes Amies Dress Boutique in Middleton. The neotropical floral arrangements for the on-location shoot at The Loft at 132 in Sun Prairie are designed by Candy Cannon of The Flower Studio, also in Sun Prairie.











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THREE VIRTUOSI

Our orchestra is truly top notch — and when they play, you get the feeling it's not just their job, it's their passion. This concert throws focus on the musicians of the Madison Symphony, both collectively and individually. This year we feature more than one artist, with the spotlight shining on three remarkable members, all soloists in their own right - Concertmaster Naha Greenholtz, Principal Clarinetist JJ Koh, and Principal Tubist Joshua Biere. Their virtuosity exemplifies the depth and talent that is characteristic of the musicians in our orchestra. Because I have spent such a large part of my life performing works by George Gershwin, and most notably his opera Porgy and Bess, I've specifically chosen his great tone poem, An American in Paris, which is another personal favorite of mine - as a vehicle to showcase the orchestra in all its brilliance. Another great classical hit, Schubert's Unfinished, opens the program. - John DeMain

MARCH

FRI. MAR. 8 1 7:30 PM SAT, MAR. 9 8:00 PM SUN. MAR. 10 | 2:30 PM

John DeMain, Conductor

Schubert: Symphony No. 8, Unfinished

Concerto No. 2 for Violin Prokofiev:

Naha Greenholtz, Violin

Rhapsody for Clarinet **Debussy:** and Orchestra,

JJ Koh, Clarinet

Vaughan Williams:

Concerto for Tuba and Orchestra. Joshua Biere, Tuba

Gershwin: An American in Paris

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BRAVA

BUSINESS

PUBLISHER

Barbara Krause bak@ntmediagroup.com

VICE PRESIDENT OF PUBLICATIONS

Becky Peck

bpeck@ntmediagroup.com

EDITORIAL

EDITOR-IN-CHIEF

Marni McEntee marni@bravaenterprises.com

DIGITAL EDITOR

Rachel Werner rachel@bravaenterprises.com

ASSISTANT EDITOR

Julia Richards julia@bravaenterprises.com

ART DIRECTOR

Ann Christianson annc@bravaenterprises.com

GRAPHIC DESIGNER

Jerriann Mullen iem@ntmediagroup.com

FDITORIAL INTERN

Annie Rosemurgy

SALES

DIRECTOR OF MARKETING & EVENTS

Ashley Duchemin and@ntmediagroup.com

ADVERTISING COORDINATOR

Julie Schiller ads@ntmediagroup.com

SALES MANAGER

Dena Frisch dena@ntmediagroup.com

SALES EXECUTIVE

Danielle Letenyei danielle@ntmediagroup.com

SALES EXECUTIVE

Jody Wisz

jody@ntmediagroup.com

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WRITERS

HOLLY HENSCHEN

"BEYOND THE SURFACE," P. 30

Holly is a writer, editor and communications consultant. She writes on arts, culture and business, edits independent books and helps nonprofits tell their stories.

EMILY LEAS

"VULNERABLE MINDS," P. 26

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

KATIE REISER

"NOT YOUR AVERAGE PATIENT," P. 24

Katie resides on the Near West Side with her family. She works for a trade association and her side hustles are freelance writing and Poshmark

MEGAN ROESSLER

"CABIN FEVER," P. 56

Megan studied art history at the University of Wisconsin-Madison. She is interested in environmental history, and she makes comics in her spare time.

GABRIELLA RUSK

"THE NONPROFIT THAT COULD," P. 63

Gabriella is the NBC15 Weekend Morning Anchor. She also works as a reporter for the evening weekly newscasts.

HYWANIA THOMPSON

"SO YOU WANT TO BE A WRITER?" P. 19; "TAKE A TWIRL AT MADISON BALLROOM COMPANY," P. 28

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

ARTISTS

KAIA CALHOUN

"SO YOU WANT TO BE A WRITER?" P. 19

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

"BUDDING BISTRO," P. 54

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

608.274.5559 | roughingitinstyle.com

"TAKE A TWIRL AT MADISON BALLROOM COMPANY," P. 28; "VELVET REVOLUTION," P. 37

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

KATRINA SIMYAB

"VELVET REVOLUTION." P. 37

Katrina is the creative behind her styling and social marketing business Inspo & Company Events. She's also the co-founder of local plus-size consignment sale Curve Shop.

VALERIE TOBIAS

"THE NONPROFIT THAT COULD." P. 63

Valerie's interests include cheese, live comedy, bicycling, adventures, talking to strangers and photojournalism. She lives in Madison with her husband and daredevil son.

LISA WILCOX

"BEYOND THE SURFACE," P. 30

Lisa is a natural light photographer specializing in high school senior, family portraits and modern headshots. See her work at lisawilcoxphoto.com.

To read more about our contributors, visit bravamagazine.com.









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FURNITURE & DECOR

RELATE



IT'S TIME TO CELEBRATE

IT'S THAT TIME OF YEAR when snow blankets the ground and sits amid bushes in fluffy white shapes that change with a wisp of wind or a dash of sun. Chickadees and juncos, puffed up against the cold—their own little puffer coats—visit the otherwise naked plantings from time to time. The birds always inspire me with their heartiness.

Folks clear the snow from neighborhood ponds so kids can whip around on the ice, playing hockey or just gliding along on their skates like Charlie Brown's dog, Snoopy. Other hearty humans crunch along in the packed snow on sidewalks and trails, getting a little fresh air and exercise despite the sub-freezing weather.

If you can't escape the frigid temperatures and make your way to the tropics for a warm respite, you might as well celebrate the season. And celebrating life's special moments, from weddings to birthdays and more, is the theme of this month's BRAVA.

First, in our fashion feature, we fete everyone in the wedding party but the bride. We've got looks for guests including the mother of the bride, who isn't relegated to a high-necked frock and a modest jacket in our little world. She's sporting some luxe velvet looks that'd melt the icing off a wedding cake. Even the flowers are hot, designed by a local florist with a neotropical vibe.

We also offer you looks for the cutest little flower girl and ring bearer we

could find; both kids are outfitted in second-hand togs, our nod to providing sensible yet smart clothing for kids, knowing they'll grow out of it in a wink.

With the help of a couple of local event planners, we also offer up some equally sensible tips for planning events in your own lives—the big ones like a golden anniversary, your best friend's 40th birthday party or a college graduation to-do. With this guide, anyone can throw a top-notch bash.

In Jaunt, we highlight four Wisconsin winter destinations where you can revel in the weather, then cuddle up next to the fire in a cozy cabin.

And if getting hot on the dance floor is your thing, take a look at our story about Madison Ballroom, where you can warm up body and soul with a little tango or fox trot. Then, you can take your fabulous new skills to the next celebration on your calendar and wow everyone with your get-down prowess.

It won't be long before the snow melts and the leaves unfurl on the trees. and new kinds of birds return from long migrations to Wisconsin yards. While we're waiting, let's take a moment to celebrate everything that's worth celebrating in life. There is always more to be grateful for than we know, if we just focus on it.

Larne Marni McEntee Editor-in-Chief



SAVE THE DATE | Celebrate all things kids at the Madison Kids Expo, set for March 2-3 at the Alliant Energy Center. Bouncy houses, live animal shows, dance performances and many more activities are sure to make it a great weekend for the entire family. So get out and play!

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Committed to unparalleled service, recognized expertise and excellence, we are invested in the success of our communities. Every year we support organizations that make a positive impact on the places we live, like Reach Dane.

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reach

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CATCH A BREAK as your kids get entertained and have fun.

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MARK YOUR CALENDAR and check MadisonKidsExpo.com for the detailed daily schedules of fun!

Tickets: Adult\$8.00 Child\$5.00

SPOTLIGHT ON KIDS STAGE:

- Ballet Folklorico Mexico de Carlos y Sonya Avila
- Kehl's School of Dance
- Kicks Unlimited
- Trinity Irish Dancers

Purchase discounted tickets at madisonkidsexpo.com

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Caravel Autism Health

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Wisconsin Youth

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Young Living

Check madisonkidsexpo.com for updated listings.



so much to do and see!

- SPOTLIGHT ON KIDS STAGE PERFORMANCES
- MEET DANE COUNTY SHERIFF
- FUNPLAY INFLATABLE
 BOUNCE HOUSES
- TOWN OF MADISON FIRE DEPARTMENT TRUCK
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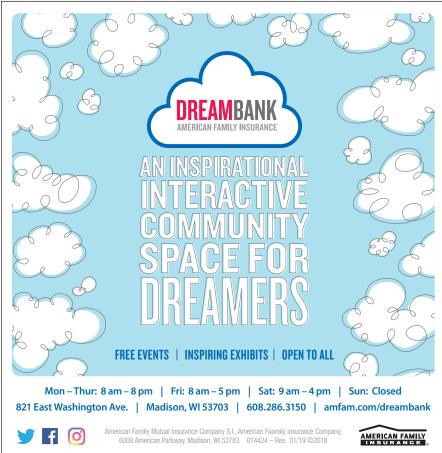




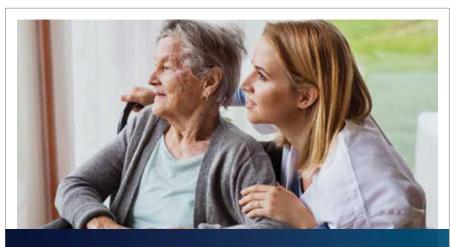












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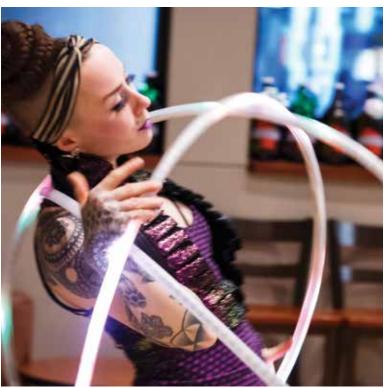
At SSM Health at Home we know our hospice patients need more than physical care. They need emotional and spiritual support. We want every patient to know their beliefs and values are as important to us as they are to them.



Learn more at ssmhealthathomeWl.com

CONNECT











AN ARTSY SOCIAL | Meet over 100 local artists during Art Party Happy Hour. Started last September by Madison Poet Laureate Oscar Mireles and Bach Dancing & Dynamite Society Executive Director Samantha Crownover, the monthly networking event provides an opportunity for those active in the local arts scene to network, collaborate and explore varying art spaces around town. Feb 26, The Stream at Edgewood College, Madison. (608) 255-9866.



2/20 8 a.m. - 11:45 a.m.

THRIVE Career Workshop

How to deal with folks at work whose ideas and approaches are the polar opposite of your own? You can do it! Let master life coach Darcy Luoma take you through the steps to maintain your integrity and still work well together, even when faced with challenging viewpoints and behaviors. In this workshop, you'll learn Luoma's Thoughtfully Fit strategies of flexibility that you can use to help you stretch to accept others and let go of what you can't change. To register, visit BRAVAmagazine.com.

3/2 - 3/3 | Times Vary

Madison Kids Expo

It'll be all kids, all the time at the Madison Kids Expo, BRAVA's family-friendly annual event. The expo is a weekend that's sure to keep the little ones entertained and engaged all day long, with bounce houses, live animal displays, dance demonstrations, face painting and more. Alliant Energy Center, Madison. madisonkidsexpo.com

BRAVA SPONSORED EVENTS



2/9 7 - 10 p.m.

READy to Wear Fashion Show

Everything about READ(y) to Wear, a fashion show benefitting the Madison Reading Project, looks good on paper. Design teams get creative with paper to make the models' outfits—from fascinators to cocktail dresses to gowns and more! Teams compete in a variety of categories and the night's main event is the models' catwalk, along with a cash bar, appetizers, a wine pull, music and a craft table. For tickets visit madisonreadingprojectcom.

BRAVA CULPA

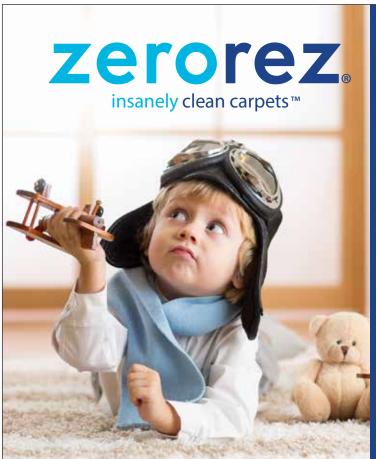


Our recent story highlighting the joys of snowshoeing ("A Walk in the Woods," December 2018) incorrectly stated that snowshoeing is not allowed at Odana Hills Park. Snowshoeing is allowed in all Madison parks except on groomed cross-country ski trails or off-trail in the conservation parks.

THANKS TO OUR DIGITAL PARTNERS











SO YOU WANT TO BE A WRITER?

Laurie Scheer's writing chops are a true story

BY HYWANIA THOMPSON

LAURIE SCHEER HAS HAD many titles—author, network television producer, vice president of programming, professional speaker, instructor and, in her own words, media goddess. Scheer, a faculty associate at UW-Madison Continuing Studies and director of the UW Writers' Institute, also serves as a writing mentor. Scheer shares with students her experiences, offers encouragement and helps open doors "so people can realize their goals."

Scheer mentors non-fiction writers, something she knows well. She's written her own books, including "Creative Careers in Hollywood" and "The Writer's Advantage: A Toolkit for Mastering Your Genre."

At any time, Scheer mentors up to 30 students. It's rewarding but also challenging at times. "The toughest part of being a mentor is working with talented individuals whose self-confidence sometimes stands in their way," says Scheer. "The good part about being a mentor is working with any writer who does understand that they have something. For them to write back and say 'yeah you were right, people really like this,' that's the really good part"

Scheer's impact on the writers she's worked with is apparent Christine DeSmet, faculty associate with UW-Madison Continuing Studies, says Scheer has helped many people get past their fear of writing. "It's tough to share material with editors, agents, publishers, and readers and reviewers who are judging your writing. It can feel like you're being judged personally. Laurie is sympathetic to those feelings and she always dives in with a writer to develop a plan," DeSmet says.

As director of the UW-Madison Writers' Institute, which turns 30 this year, Scheer stays plugged in to writing and publishing

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CONNECT | IN HER SHOES

trends, and incorporates the information into an annual conference. The event offers various workshops and panels, networking and an opportunity for writers to share their work and get feedback.

DeSmet says Scheer has taken the conference into the national realm. "She's expanded everything about it, adding workshops, practice pitches, one-on-one meetings, master classes, the open mic opportunity and book fair. People come back every year because they know Laurie's got something new again and they don't want to miss it," says **DeSmet**

The Writers' Institute boasts many success stories. Middleton resident and mystery writer Nick Chiarkas, self-help book author Laurie Buchanan, Heather Shumaker, who writes about conservation, and local novelist and humor writer Ann Garvin are just a few authors who previously attended the conference. Chiarkas, Shumaker and Garvin are speaking at this year's event

While Scheer's mentoring work is done with those enrolled in the UW-Madison Continuing Education Writing Program, those not in the program can find a mentor, too-you just have to determine what kind of writing you want to do, then find a mentor who specializes in that kind of writing.

Her advice to those who want to write is simple: write. "If you think you want to write, write," she says. "There's a lot of people that have the main question, 'do I have a book in me, do I have a memoir in me, do I have a short story in me, do I have a poem in me?' Just that guestion of 'I think I might like to be a writer,' is a good place to start" 🎕

Visit uwwritersinstitute.wisc.edu for more information on this year's conference.

THRIVE



 $Get inspired \ to \ get \ out \ on \ the \ dance \ floor \ in \ Shop \ Talk, P.\ 28$

THRIVE DWELL





Heated water circulating through lines under the floor covering, as shown in this system by Rundle-Spence Plumbing, is the secret to cozy, warm floor heat

NO NEED TO GET COLD FEET

PHOTOGRAPHED BY SHANNA WOLF

COZY TOOTSIES during Wisconsin winters are the obvious boon of radiant floor heating. But floors heated with electric wire or circulating warm water have so much more to offer homeowners. They're energy efficient, low maintenance, compatible with any type of flooring, have a clean design (no radiators or vents!) and emit comfortable, even heat.



"It's all about the comfort," says Bob Hamilton of Rundle-Spence Plumbing in Madison, with "no cool spots, drafts or temperature swings." The trend is particularly popular with allergy sufferers as dust circulation is kept to a minimum and air quality to a maximum. Need more? Kids and pets can't burn themselves on hot radiators (or drop heirloom jewelry into vents). This comfy benefit comes with a cost, though. Retrofitting existing construction with radiant floors can be a complicated, expensive process, while installation into new construction runs about 30-40 percent more than conventional heating. But just wait until you feel those warm tile floors on a frigid winter's morning. Heaven! -Annie Rosemurgy 🎡

 $For more \, information \, on \, radiant \, floor \, heating$ options visit rundle-spence.com.







NOT YOUR AVERAGE PATIENT

SCAD heart attacks affect young, fit women

BY KATIE REISER



LAST JANUARY AS Sara Lieurance, a 38-year-old school nurse and mother of two from La Crosse, left yoga class she had an unusual sensation of muscle fatigue in her arms which she attributed to tricep pushups from a boot camp class. She also noticed a fluttery feeling in her chest. While taking some deep breaths at her car, she tried to get a handle on things. An active and fit person who had just the day before run a 5K race in subzero temperatures, she was typically in tune with her body. After eliminating anxiety as the cause of her symptoms, she recalled a "silly" short video she had shared with the medical response team at her job. In the video, a busy mom suffers a heart attack and asks, "Do I look like the type of person who has a heart attack?"

Lieurance asked herself, "Could I be having a heart attack?"

She went back into her yoga classroom after a feeling of intense restlessness surfaced. She talked to her instructor who suggested she seek medical care and called 911 while Lieurance informed her husband that she was heading to the hospital via ambulance.

Lieurance was having a heart attack caused by spontaneous coronary artery dissection, or SCAD. While rare overall, SCAD heart attacks occur more often in women and may account for a third of heart attacks in women 50 and older, according to the American College of Cardiology. They more often afflict women under age 50 who appear to be fit and healthy, lacking the risk factors for typical heart attacks. Because of this, SCAD heart attacks can be misdiagnosed (or undiagnosed) until it is too late.

SCAD heart attacks share symptoms associated with more common heart attacks such as chest pain, rapid heartbeat, arm, shoulder or jaw pain, shortness of breath, sweating, fatigue and nausea. They tend to have different risk factors, however. According to the Mayo Clinic, people may be at greater risk who have recently given birth, recently participated in intense physical exercise or have

suffered a severe emotional stress, such as a sudden death in the family.

Dr. Matthew Wolff, a cardiologist at Madison's UnityPoint Health-Meriter hospital, says, "When fit-looking young women seek medical attention with vague complaints, a cardiac event like SCAD is not always recognized appropriately and that can result in a delayed diagnosis." Wolff explained that while most heart attacks are treated with angioplasty or stents to open up clogged blood vessels, restoring blood flow for SCAD patients is more difficult. Because of the rarity of these heart attacks, more research is needed to determine the best treatments and how to prevent recurrences. Currently patients are prescribed adrenaline blocking drugs, blood thinners, baby aspirin and cholesterol lowering drugs.

"When fit-looking young women seek medical attention with vague complaints, a cardiac event like SCAD is not always recognized appropriately and that can result in a delayed diagnosis." −Dr. Matthew Wolff

Lieurance was lucky. At La Crosse's Gundersen hospital she had the option of taking a "wait and see" approach because her vital signs were relatively normal, but her cardiologist suggested further investigation using imaging equipment to see her arteries. Those tests immediately revealed a blockage which was successfully treated with two stents.

Lieurance was released after just two days in the hospital and only missed a few weeks of work. She credits her intensive cardio rehabilitation program for "getting her back into the swing of things" both physically and emotionally.

Wolff advises that "any form of discomfort above the waist is a matter of potential concern." He recommends being "aggressive in advocating for yourself" if you feel that something isn't right and your concerns are dismissed. 🎕



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- Helen Johnson-Leipold Chairman of Johnson Financial Group

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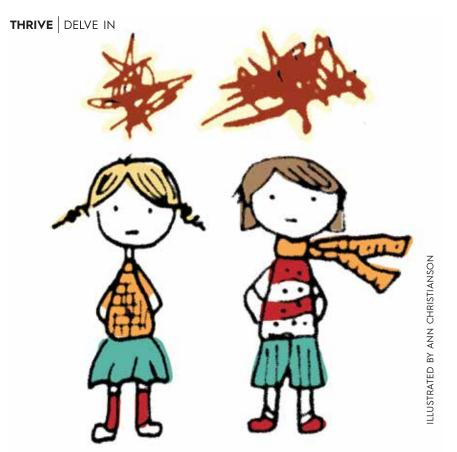
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VULNERABLE MINDS

The growing need for children's psychiatric treatment

BY EMILY LEAS

OLIVIA TOMPACH, 15, settles onto the floor of her living room and opens a yellow cardboard box-her safety box. A smile spreads across her face as she squeezes a tiny rubber Koosh ball between her fingers. She says this is her favorite of all the items added to the box during her inpatient stay at UnityPoint Health-Meriter's Child and Adolescent Psychiatry facility on Madison's Southwest side. She spent six days there after a suicide attempt in February 2018.

"It felt like I was in this deep black hole," says Olivia of the time leading up to that point.

Tina Noel, Olivia's mom, says that her bubbly, athletic daughter stopped socializing, and even got to the point of not wanting to get out of bed.

Using her nurse practitioner background, Noel tried to treat Olivia's depression like the medical condition that it is. She made sure her daughter ate well, slept well, exercised, socialized and built a relationship with a therapist. But the outpatient and at-home treatment wasn't enough. After her suicide attempt, Olivia was on the waitlist for two days before

being admitted to the inpatient facility.

"Those were sleepless nights. I would sit next to her bed with my hand on her chest, just making sure she was safe," Noel recalls.

UnityPoint Health-Meriter's Child and Adolescent Psychiatry facility is at the end of a winding road, wooded and peaceful. But inside, medical director Katie Schmitt admits that it's clinical and crowded

As the only inpatient psychiatric facility in Dane County for children and adolescents, the waitlist often extends to two months. From 2010 to 2018, the number of patients seen per year has steadily increased from around 300 to an expected 800 in 2018, driving the need for a \$13 million expansion now underway.

"We've used bathrooms as offices, and sometimes we have to sit on the floor when talking to kids because there isn't enough room," Schmitt says. And the growing waitlist for kids with aggressive and reactive conditions doesn't allow her to use the facility's full capacity.

"We have eight rooms for the younger kids (6-12 years old), but if you try to put that many kids on top of each other with aggression in that small amount of space it does not work. So we spread them out and mix in older kids where it makes sense, but it still caps us for how many beds we can fill."

Peggy Scanlon, medical director at Rogers Memorial Hospital in Oconomowoc, Wisconsin, notes that its facility also is expanding. The residential program for psychiatry allows for six- to 12-week stays and is expanding in 2019 from 182 rooms to 244. While Rogers Memorial sees patients of all ages, she says that anxiety, depression and suicidality are on the rise in kids and teens.

"It's pretty clear that screen time and social media are contributing to the increased rate," she says. "And it's evident that the rise started in 2011 when more than 50 percent of kids started to have devices."

The 2018 Dane County Youth Assessment reported that 20.7 percent of all 7th to 12th-grade youth reported they had suicidal thoughts during the past 30 days.

THRIVE DELVE IN

That was up from 12.3 percent in 2012.

Scanlon explains that evidence-based therapies such as cognitive behavioral therapy and mindfulness provide resources for kids to cope with strong emotions and have proven more effective and long-lasting than just talk therapy.

"Mood follows behavior," Scanlon says. "We know if we get them socializing face to face, active, out in the world, it's a very effective treatment for depression and anxiety. We can't allow kids to just retreat into the bubble of screen overuse and social media."

The planned changes at UnityPoint Health–Meriter follow this same line of thinking with a dedicated yoga and meditation room, outdoor track, play equipment and gardens—changes that inspired Noel to jump in when asked to become co-chair for the expansion fundraising committee. She felt she couldn't say no to such an important cause that had affected her family personally.

The money raised will create much needed changes to the layout of the facil-

ity. Schmitt's face lights up as she traces her finger along the architectural rendering of the expansion, showing three new units separated by quiet rooms and alcoves.

"And there are outpatient spaces!" she says excitedly. "Part of what I'd love to do with the outpatient space in the evening is to have support groups for families and for the community, to have a place where people can come and learn."

In addition to the outpatient programs, Schmitt explains they are creating levels of care to include an 8-hour daily program called partial hospitalization, and a 4-hour day treatment

Her dream for the expansion is to have no wait list, she says with a smile.

Meanwhile they continue to serve a rising need. Olivia attests that her stay at the adolescent psychiatry facility gave her the skills to cope and resources to feel safe.

If your child or loved one needs help, the 24-hour crisis line is (608) 280-2600. To donate to the Unity Point–Meriter Child and Adolescent Psychiatry expansion, visit unitypoint.org.



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SINCE SHE WAS 7 years old, Samantha Trinidad knew she wanted to be a dance teacher and operate her own studio. Last March, her dream became reality when she opened Madison Ballroom Company after the dance studio she'd previously taught at for years, Tempo Madison, closed. At Madison Ballroom Company, Trinidad and her staff help people find their groove through waltz, tango, foxtrot, salsa and other dance forms.

"People who are going through a divorce, couples who are empty nesters... those who move to a new city. People are looking to find their place," she says when describing the varied motivations behind why her students take classes.

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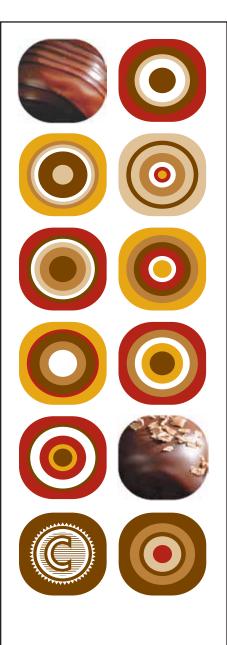






student, with the opportunity to perform as part of the studio's formation team. They hold four performances throughout the year to showcase their work, in addition to mixers every Friday night where you can go, get a lesson on the spot and socialize with others. Trinidad says there's something for everyone. "My goal is to make sure I can continue doing what I love and share my love of dancing." -Hywania Thompson

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BEYOND THE SURFACE

Selia Salzsieder's portraits reframe beauty

TYPIFYING THE millennial side-hustle. Madison artist Selia Salzsieder explores body politics in her art while working as a preschool teacher. In her collages, the UW-Madison grad covers the faces of women in vintage nude images with vivid drawings of flowers.

Salzsieder, whose work was displayed at 100State during a yearlong artist's residency there beginning in October 2017, describes herself as a "part-time artist" "It's hard trying to balance the full-time, non-artworld job with trying to make an art career for yourself," she says. Her work is also occasionally displayed at Crescendo Espresso Bar. Salzsieder accepts portrait commissions and sells prints and zines at local events and online.

"Beauty and 'desirable, sexy women' are presented as one type of person. I wanted to insert other bodies into that." -Selia Salzsieder

Salzsieder hopes her art-inspired by feminism, Instagram and former President Barack Obama's portrait painter Kehinde Wiley-will recontextualize the public perception of women, encouraging viewers to ponder culturally accepted beauty norms.

"Beauty and 'desirable, sexy women' are presented as one type of person," she says. "I wanted to insert other bodies into that" -Holly Henschen 🎕

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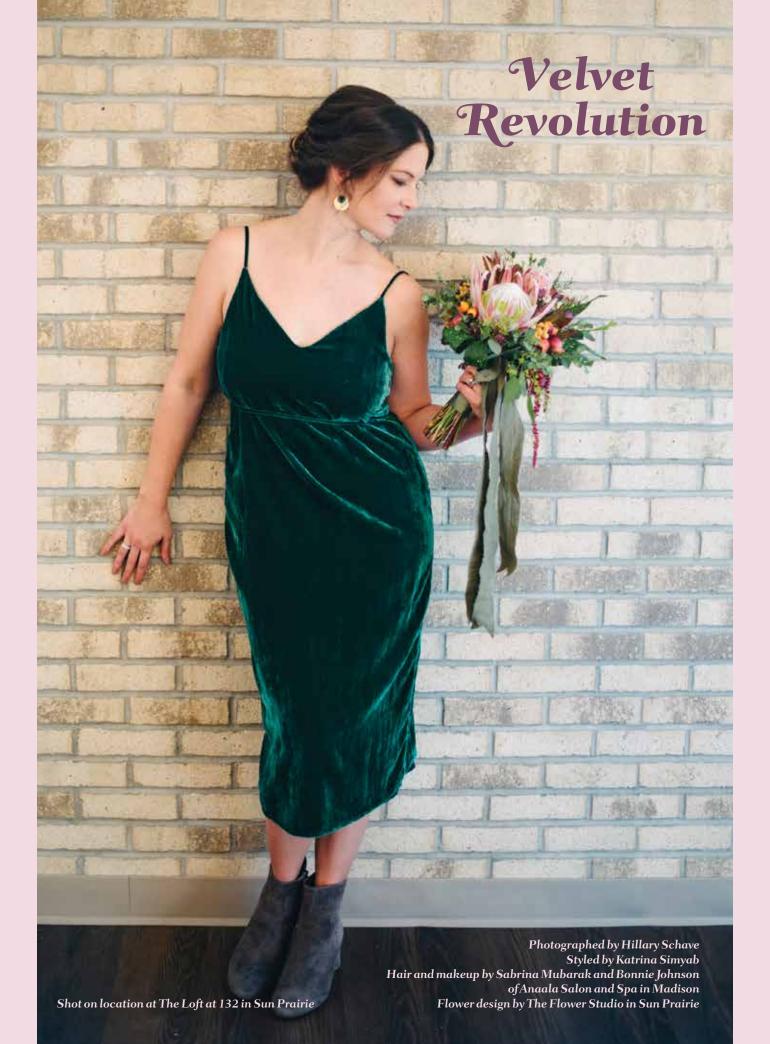
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Enduring Looks for a New World

Anything that's been adored as long as velvet has got to be good. Originally loomed from pure silk and renowned as the fabric of the wealthy during Medieval and Renaissance times, velvet remains a staple of classy couture.

By comparison, glitter and sequins are relatively new on the scene, but they're just as squeal-inducing as velvet.

And the best thing about these versatile and comfortable trends for wedding party guests is that you can wear your dress again—and again—after the nuptials are over. —Marni McEntee

Clockwise from top left: Joan Calabrese for Mon Cheri Dress, \$75, Gino Giovanni Tuxedo, \$30; Just For You Formalwear Consignment. Stride Rite Poppy Shoes, \$48; Morgan's Shoes. Black and White Vintage Dress Shoes, \$10; Just For You Formalwear Consignment. Gino Giovanni Tuxedo, \$30; Just For You Formalwear Consignment. Stride Rite Riley Black Shoes, \$56; Morgan's Shoes.

Preceding page: Cupcakes and Cashmere Javier Velvet Dress, \$118, Vince Tillie Gray Suede Boots, \$395, A.V. Max Malachite Lucite Disc Earrings, \$36; Twigs.





Above: Cupcakes and Cashmere Javier Velvet Dress, \$118, A.V. Max Malachite Lucite Disc Earrings, \$36, Smythe Velvet Blazer by Theory, \$695, Equipment Femme Slim Signature Blouse by Theory, \$230, Basic Pull-On Pants, \$295, Jenny Bird Sloane Collar, \$125, Black Halo Kaitlyn Dress in Enchantment, \$390; Twigs.

 ${\it Left:} \ White and \ Gold \ Floral \ Earrings, \$180; Vera's \ House \ of \ Bridals.$









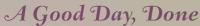


Inset, from top left: Charcoal Beaded Bag, \$59, Crystal Starburst Earrings, \$239, Elizabeth Crystal Necklace, \$399; Vera's House of Bridals. Silver Hairspray, \$199; Vera's House of Bridals. Gold Floral Headband, \$179; Vera's House of Bridals.



Left to right: Flowers by The Flower Studio. Gino Giovanni Tuxedo, \$30; Just For You Formalwear Consignment. Brocade Dress, \$186; Mes Amies Dress Boutique. Naot Progress Sandal, \$182; Morgan's Shoes. A.V. Max Hammered Gold Hoops, \$38, Gorjana Amara Cluster Necklace, \$70; Twigs. Teal Dress, \$252, Giovannio New York Hat, \$106; Mes Amies Dress Boutique. Dansko Marlene Heel, \$175; Morgan's Shoes. Gold and Crystal Bracelet, \$349; Vera's House of Bridals. Joan Calabrese for Mon Cheri Dress, \$75; Just For You Formalwear Consignment. Glitter Dress, \$220, Mes Amies Dress Boutique. Mephisto Lissadra Shoe, \$255; Morgan's Shoes. A.V. Max Crystal Bud Drops, \$48; Twigs.









Swipe Right For Love ... Or A Lost Cause Is the wild world of dating apps worth it?

BY RACHEL WERNER

don't date...not really. Or at least not the way dating used to be when I was in my 20s, when the most efficient paths to the next crush, hook-up or significant other were the friends of my siblings, the siblings of my friends or a very intoxicated night at a European hostel. Because, as luck would have it, while I was busy burning through a significant chunk of my 30s getting married, birthing a child, getting divorced, single parenting and launching my writing career, the Internet doubled-down in its ongoing crusade to hijack the rituals of courtship by ushering in the dawn of the dating app.

Thus Match.com, Tinder, eHarmony and a plethora of other online romance-focused websites cropped up over the past 15 years, clocking in now—as tallied by Online Dating Magazine—to the staggering total of over 7,500 sites, each one seemingly improving upon the next with a new set of supposedly no-fail matchmaking tools, profile hacks and a near-infinite pool of eligible mates.

Although there are plenty of skeptics and still-lonely hearts out there looking for "the one," studies indicate that online dating is becoming more popular. Some two-thirds of online daters have gone out with someone with whom they were matched, according to a 2015 study by the Pew Research Center.

So where does this leave me? Firmly committed to finding "the one"—or the next series of them—without the Internet's help. Don't get me wrong: I've succumbed to temptation, or better stated, peer pressure, for brief stints

and swiped left or right to whittle down a bevy of beaus based on their current location, low-res smartphone pics and descriptions of "the perfect date." The most recent disheartening experience I can attribute to the five weeks in 2016 I spent on Bumble, a dating app in which the primary female user must indicate interest before another user is able to make contact.

Let's just say I should have stopped with the first guy I met for drinks. He felt no unease whatsoever in divulging within the first 20 minutes that he was a criminal defense attorney and immensely enjoyed the lucrative payoff and ego boost he received from getting off his clients (many of whom he knew were guilty and were sure to become repeat offenders.) Uhhh...right. Next, please.

I'm also not the only BRAVA gal who has had sketchy experiences when it comes to soliciting love on the web. One colleague received this gem from a fellow on OkCupid: "I think you're my appendix. You give me a funny feeling in my stomach and I want to take you out." Big shocker, that one didn't turn out to be a love connection.

And contributor Katrina Simyab's "Tinder adventures" did not start on a high note. "My recent adventures in online dating started after I found out my boyfriend of three years had been cheating on me for over a year. One afternoon I randomly saw a text on his phone from another woman and that was enough to prompt a full admission from him," she reveals. "He'd maintained a Tinder account and was sexting with multiple women per month. Although he claimed

he never met up with anyone in person, the damage had already been done."

But not one to dwell on the downside, and newly single, Simyab decided to check out Tinder for herself. "What started as an attempt to confirm infidelity, became one of the most interesting social experiments of my life. In my first week of being a Tinder Adventurer, I matched with a guy who had very similar interests and was super funny in our texts. After a day of bantering, he asked me to be his date to his boss' wedding the next morning. The vibes felt right—I had nothing to lose, so I said yes," she explains.

"We talked, ate, danced, laughed and generally had an amazing time. By the end of the wedding, it came out we'd become acquainted on Tinder and we were surprised to learn the bride and groom had met the same way."

I can relate to her willingness to be open to the spontaneity of human connection. I experienced it myself on a romantic wavelength with a gentleman I met at an event last summer. He said he felt "drawn to me" as I walked by his table and he couldn't help following me across the room. I laughed when he recounted this idyllic rendition of our first encounter because that's not exactly what happened. I'm not usually "the romantic" in any relationship. But I did submit to holding his hand for a whole block on one of our later dates.

The moral of my story is: When looking for love, it's worth considering being less vigilant of the iPhone alerts and more attuned to what—and whom—resonates with your heart.









WHO'S IN THE SPOTLIGHT?

ing hockey. Maybe it's a flashback, via photos or during remarks, into how the anniversary

favorites of the special person." Instead, they suggest, be bold with the menu and include













PLANAHEAD

that your guests can plan accordingly. "It's smart to include an RSVP if you









SWEAT THE SMALL STUFF

when planning their parties. VandeBerg where the party is located. They suggest having "more signage than you think you'll need" for any non-home venue and ful notecards, flower arrangements or

Nataraj. "Is there parking close by? Will











THERE'S NO HARM IN HIRING HELP

you may even cause your guests to stress a bit.

staying organized, and that may include using professional assistance," say VandeBerg











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 $Learn\ more\ about\ this\ Wisco-forward\ eatery\ in\ Eats\ and\ Drinks, P.\ 54$



BUDDING BISTRO

The Heights fires up the West Side

BY RACHEL WERNER

FRESH, SIMPLE, DELICIOUS. These three words neatly sum up the experience one is likely to have at The Heights Kitchen. Natural light pouring in through the expansive glass windows and the counter staff's welcoming smiles instinctively evoke a feeling of warmth upon entering. An assortment of gourmet snacks and treats available on the market shelves can tingle taste buds before the meal.

"We let our superior ingredients speak for themselves in preparations that are herbaceous, clean and gratifying-and offer many of those same ingredients in our well-curated retail shop to take home like cheese, charcuterie and coffee," says co-owner Evan Gruzis. "Our offerings are not overly rich or heavy, and leave your body feeling good."

Gruzis and his wife, Nicole Rogers, began exploring the concept and remodeling the space for their food-based venture with fellow proprietors Jonny Hunter and Mel Trudeau in 2017, with the initial "soft open" taking place last October. The initial reception in the Regent-Allen neighborhood was overwhelmingly positive, especially since a number of nearby restaurants have shuttered their doors in recent years.

"The near West Side—and the West Side in general—has had a shortage of non-chain and farm-to-table options. The Heights changes that landscape while celebrating its immediate neighborhood," Gruzis says. "There's a daily morning coffee-andbreakfast scene that's unique for Madison," he shares. "If you're thinking of coming in, chances are, we're open. And we have an awesome patio that we'll be opening this spring."

Gruzis and Rogers also describe their eatery as "versatile,"

with breakfast, lunch and dinner service available in addition to brunch on the weekends. They've managed to fine tune execution of each dish thanks to chef Allie Christian's flair with flavor profiles and crafting the compact menu so that each entrée can truly be savored alone—or heighten the aromas and textures of an accompanying dish.

Plus, their house-made bagels are addictive whether ordered plain, smothered in the cream cheese also crafted on site, or piled high with smoked trout and capers. The polenta enveloped in a savory mushroom ragù is rich and soothing in every spoonful. It also nicely balances the sprouted lentils, a smaller plate stretched beyond typical earthy notes to leave a hint of citrus on the tongue from a spritz or two of preserved lemon and springs of parsley.

"The food is re-approachable. We're hoping most of our patrons will come early, stay late and visit multiple times a week," Rogers says, beaming. "We invented a hybrid between a country store and a bistro...as foodies, entrepreneurs—and creatives at heart"

theheightskitchen.com



GRAB 'N GO...BACK FOR MORE!

The Heights Bodega

LINGERING OVER A long meal isn't always an option, but lack of time does not have to be an obstacle to savoring each bite. The Heights' grab 'n go section is stocked with high-end products meant to ensure their customers leave satisfied whether dining in-or out Co-owner Evan Gruzis shares five items that are worth the trip to replenish your pantry at home.



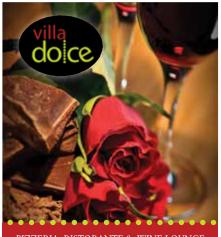
Bryant Family Farm Eggs: "These are the farm-fresh eggs we use in many of our dishes and offer by the dozen for purchase. They're super flavorful, laid just west of Madison and the company is veteran-owned."

WM Chocolate: "We feel that our values align with WM owner Will Marx. He lets his well-sourced single-origin cacao speak for itself. We also really wanted to feature his chocolate in our mocha!"

ORIGIN Breads: "This is really the best bread you can get in Madison, and the owner Kirk Smock lives nearby. We love working with our neighbors and having personal relationships with our purveyors."

Cheese varietals: "We have an exceptional regional selection, featuring Wisconsin cheese companies such as Uplands, Landmark, Carr Valley and Hook's. Of course, we also carry other varieties from Vermont to France!"

Underground Meats: "We can't not mention our partners at Underground. We love that we can pair their exciting variety of salami and charcuterie with our wine list." -Rachel Werner 🍪



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CABIN FEVER

Getaways to light your fire

BY MEGAN ROESSLER





NOTHING PAIRS BETTER with a cold, bright winter day than a crackling fire and good company. This winter, skip the airport and the tropical beaches and instead escape with your ski buds, your girl group or your significant other on a snowy cabin getaway.

A skier's paradise, The Rustic Ridge Log Cabins are, as owner Konda Sterrett describes them, "a quiet retreat from the city." Across the street from Devil's Head Golf and Ski Resort, and a short 13 miles from Cascade Mountain, these cabins allow guests to hit the slopes all day and relax with wood-burning fireplaces and whirlpools all night The Amish-built cabins have a romantic, hand-made quality to their design, and Sterrett says, "They're spacious enough for the whole family, but cozy enough for a romantic getaway." rusticridgecabins.com

When husband and wife Karl and Tracy Hackbarth designed and built the cabins at Percheron Paradise Romantic Hideaway, they based them on, as Karl jokes, "everything we didn't like about other places." This couples-only getaway is on a secluded 200 acres in the La Crosse area, and although guests have their choice between a bungalow and four chalets, each building

is separated from the others by the hilly, forested landscape. Because the buildings are so removed—tucked into the woods on winding driveways-two of the chalets come with rental vehicles to help you and your date get to your lodging. Each offers a whirlpool for two, large decks, kitchens, satellite TV, a fireplace and board games. One chalet even includes a billiards table for couples who want to go back to the days of shooting pool at a bar... without having to play against strangers for beers. percheronparadise.com

The Coulee Creek Caboose in Ferryville, Wisconsin, is near the Iowa-Wisconsin border, and a short trip away from the charming towns and scenic views of the Driftless Area. Now an AirBnB, this repurposed candy-apple red railroad caboose offers a gas fireplace, hot tub, and seasonal ice-climbing tours. An ideal destination for nature-lovers, this Wi-Fi-free cabin gives visitors a chance to unplug and escape from the world around them. vrbo.com/52476

The Walnut Ridge is an intimate historic getaway near Platteville. Its two buildings—one the quintessential log cabin and the other a cabin of hand-hewn timbers and native field-



GO+DO JAUNT



stone dating to the 1800s-are sure to be the highlight of the trip for history buffs and those with an eye for design. But the fun doesn't stop at the façade: inside, whirlpools and fireplaces make these historic buildings the perfect place to stay cozy on a long weekend. If you're feeling adventurous, Walnut Ridge is a short trip from Wollersheim Winery, New Glarus Brewery, Frank Lloyd Wright's Taliesin, and Platteville and Mineral Point, which promise relaxing day trips with just the right amount of razzle dazzle. wisconsinlogcabinlodging.com

Although the distance between these cabins and the Madison area isn't overwhelming, geography makes them feel like a different world, with dramatic hillsides, winding roads, and romantic forests creating an escape from the hustle and bustle. Whether you're looking for a romantic trip away with your spouse, or just a few days with family or friends, these Wisconsin cabins prove that a rejuvenating winter getaway can be just around the corner.







LET IT GO...BUILD YOUR POWER TO ACCEPT OTHERS JUST AS THEY ARE **FEBRUARY 20, 2019**



Darcy Luoma is a master certified coach, dynamic facilitator, and professional speaker. She has her Masters in Organization Development from Pepperdine University and is the founder and president of Darcy Luoma Coaching & Consulting, which creates high-performing people and teams. Darcy

balances her thriving business with raising her two energetic daughters and competing in triathlons.

In a world that is feeling more polarized than ever, you are bound to work with people you may disagree with or who have a completely opposite approach than you. When faced with challenging viewpoints and behaviors, it is possible to maintain your integrity and still work well together. But accepting differences and letting things go is not as easy as is seems. In this interactive workshop, you will learn Thoughtfully Fit® strategies of FLEXIBILITY that you can use immediately to stretch to accept others and let go of what you can't change. Gain strategies to control what you can in order to increase effectiveness and achieve better outcomes.

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There are some women's health issues that are often considered, well, sensitive. One of these slightly taboo topics is related to menopause—and how women feel about themselves, their partners and their love lives. The subject of breast cancer has a more medical ring, but once the topic veers into breast reconstruction, enhancement and reduction some people become uncomfortable. Two local physicians specializing in these respective areas want you to know you're not alone and it is OK to talk about it. Their message? With a little planning and a positive attitude, you can lead a full—and maybe even better life in spite of these setbacks.

For Dr. Aaron Schwaab, breast cancer is personal. After his mom died of the disease, breast cancer became his medical focus - and the surgeon has made it his mission to help patients not only survive the disease, but look and feel good, as well.

"As it turns out," he says, "I have an emotional connection with my patients." The result? He and his team created a Breast Care Program at Stoughton Hospital, offering patients a complete range of services from screening through surgery and into rehabilitation.

A breast cancer diagnosis can be very stressful. "The first reaction is generally focused on the cancer," he says, "but it's also natural to be concerned about how surgery will affect how you look and feel."

That's why Schwaab has joined forces with a couple of plastic surgeons to provide oncoplastic surgery right at Stoughton Hospital. "It's a common practice for general surgeons to repair a lumpectomy with tissue from the surrounding area," explains Schwaab, "so the breast will look normal, with no dents or lumps."

But oncoplastic surgery takes that a step further. Now, patients can choose to have complete reconstructive surgery at the same time as the tumor removal. "It's a nice feature-rolling two surgeries into one," says Schwaab. Reconstruction has long been an option, but it's improved in recent years. "We can now do nipple-sparing mastectomies, that preserve the original nipple," he explains. "It's nice when a patient can look in the mirror and feel 'normal.'"

Toward that end, Schwaab says there are additional oncoplastic surgery options as well. "For patients that may be unhappy with their breasts, we can perform a breast lift, an enhancement, or reduction at the same time as the tumor removal," he says. "There's no need to undergo a second surgery—it can all be done at the same time in the same place." Studies show that women feel better and there's less scarring. In addition, in Wisconsin, if oncoplastic surgery is performed on one breast, insurance pays for matching surgery on the other breast.

According to Schwaab, many patients experienced tightness, pain and limited range of motion after surgery or radiation. "Women assume it's just something they have to live with," he says, "but they don't." Stoughton's Breast Cancer Program includes surgical follow-up and rehab to address those issues.

While successful tumor-removal surgery certainly provides relief, oncoplastic surgery and rehab contribute to a sense of normalcy and positive self-image. And confidence in yourself can result in greater intimacy with your partner as well.

MANAGING MENOPAUSE

While not as life-threatening, the management of life after menopause is equally important to a woman's health and wellbeing. Dr. Katie Dunbar, a family physician at Wildwood Clinic, likes to think of it as keeping the flame alive. And she's not talking about hot flashes.

It may start with the treatment of those telltale symptoms but includes boosting self-image and helping women enjoy day-to-day living-while keeping their libido and sex lives alive. According to Dunbar, the symptoms of menopause



often create a vicious circle. It's common to experience vaginal dryness and painful intercourse as a result of the reduced estrogen associated with menopause. That in turn can result in decreased libido. It's no wonder that some women enter menopause assuming the romance is over. "If you don't have a great libido, it can carry over," says Dunbar, "but it doesn't have to be that way."

There are several ways women can remedy low libido. And many of them involve mind over matter. "Some patients tell me that they have more sex on vacation than at home," reports Dunbar. "Put yourself in beautiful surroundings, take away the everyday stressors, and you can't help but feel more relaxed." And relaxed is good.

But if vacation isn't in the cards, or if relaxation simply isn't enough, there are other things you can do to improve your chances of keeping that flame alive. "First of all, you should understand the difference between libido and arousal," says Dunbar. "The first refers to your desire to have sex, while the second is all about the changes in your body."

According to Dunbar, the first step is to address the problem of libido. The rest will follow. Check out these tips.

- Exercise. This releases chemicals that get your blood flowing (all over).
- Practice. An orgasm once a week helps increase blood flow and arousal.
- · Schedule time together. Plan two uninterrupted hours a week alone with your partner.

- Prepare for sex. Personal care rituals can make you feel good about yourself. Shower with a special soap, apply a favorite perfume, don some sexy lingerie.
- · Keep your mind in the game. Set the tone by thinking about positive sexual experiences you've had in the past.
- · Reverse your date night. Consider having sex before you go out - so that

- the big meal doesn't make you too full and ruin the mood.
- · Pop the bubbly, but don't overdo it. A little alcohol may relax you, but keep in mind that it's a depressant and too much can put a damper on the mood.
- Spice it up. Change up your routine so lovemaking doesn't go stagnant.
- "The most important thing is to build essential connections with your partner—with conversation or touch," says Dunbar. "Touch is very powerful—it makes you feel loved and safe."

Still need help? Talk to your doctor. Other options may be available—such as systemic estrogen, usually in the form of a topical cream—that can ease vaginal dryness, itching or pain. "As providers, we care about a whole-body approach to our patient's health," says Dunbar. "You never have to be embarrassed to talk to your doctor."

And remember—it may be personal, but you aren't alone.

Breast Care

Providing Services from Early Detection to Post-Surgical Care

- 3D Mammography
- · Breast MRI
- Breast Ultrasound
- Stereotactic Core Breast Biopsy
- Sentinel Lymph Node Biopsy
- Surgery-lumpectomy, mastectomy, breast lift & reconstructive
- Lymphedema Monitoring & Treatment
- Post-surgical Physical Therapy



Aaron Schwaab, M.D. Breast & General Surgeon

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Rehab Services

(608) 873-2292 Stoughton Clinic (608) 835-5373 Oregon Clinic



stoughtonhospital.com II 🗹 🔟 🔟 🖾





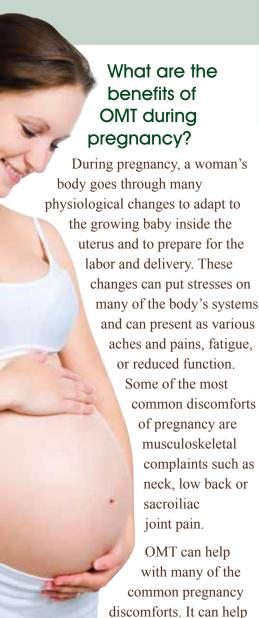


OMT (Osteopathic Manipulative Treatment) And Pregnancy

Supporting a Healthy Pregnancy and Natural Birth

What is Osteopathic Manipulative Treatment?

Osteopathic manipulative treatment, or OMT, is a hands-on treatment. It involves using the hands to diagnose, treat, and prevent illness or injury. For example, the physician will use her hands to examine the back and other parts of the body such as joints, tendons, ligaments, and muscles for pain or restriction during motion that could signal an injury or decreased function.



"Studies show that receiving OMT during pregnancy improves pain and function. "

decrease pain and increase overall mobility and function through a variety of hands on techniques. OMT can also help blood and other fluids move through the body with more ease and help optimize work of all the body's organ systems, including digestive and nervous systems. This treatment can improve your quality of life and help keep you on the path of staying happy and healthy throughout your pregnancy.

What does the research show?

Studies show that receiving OMT during pregnancy improves pain and function. OMT is also associated with lower risk of complications during pregnancy. This treatment is safe to receive during a normal healthy pregnancy.

What should I expect?

During OMT, your physician will move your muscles and joints using techniques

including stretching, gentle pressure, and resistance. This helps improve alignment and bring more balance to the whole body. You should expect to feel comfortable throughout your treatment session. After the OMT session, you might feel that you have less pain and more ease with movement. Sometimes, it can take several days for the treatment to take a full effect. Some of the effects may be subtler, such as feeling more relaxed, sleeping better, and having more energy.

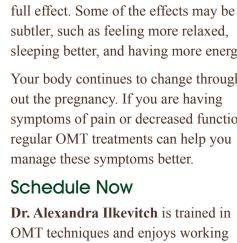
Your body continues to change throughout the pregnancy. If you are having symptoms of pain or decreased function, manage these symptoms better.

OMT techniques and enjoys working with OB patients. If you're experiencing symptoms of pain or decreased function, schedule an appointment at our Madison location today.



Call to schedule an OMT session today at 221-1501

Making OMT available to our OB patients is yet another reason our holistic approach to maternity care sets us apart from others. We work hard to give you state-of-theart, personalized care in order to optimize your overall well-being, so that you have a healthier, more enjoyable pregnancy and labor and delivery experience.



FEBRUARY



PERFORMING ARTS

1/25 - 2/9 Times Vary

"MYTHICAL CREATURES"

Ten short plays to celebrate Krass's 10th anniversary season! From werewolves to silkies, Greek mythology to modern construct—creatures of all shapes and sizes share the spotlight in this bewitching night of entertainment Bartell Theatre, Madison. krasstheatre.com

2/2 Times Vary

BLACK STAR DRUM LINE

Black Star Drum Line provides youth in the Madison community with an opportunity for creative expression through the percussive arts. Overture Center, Madison. overture.org

2/8 - 2/10 Times Vary

"A LITTLE NIGHT MUSIC"

Since its premiere in 1973, "A Little Night Music" has become a classic, a modern American operetta that plays with our ideas of romance with delicious humor. Overture Center, Madison. madisonopera.org

2/8 - 2/16 Times Vary

"HENRY THE FOURTH, PART TWO"

In the sequel to Henry the Fourth, England is thrown into chaos by rebellion, sibling rivalry and the most devious ruffians who ever skipped out on a bar bill. Bartell Theatre, Madison. madisonshakespeare.org

2/12 - 2/14 Times Vary

"A VALENTINE'S AFFAIR 2019"

New couples, new adventures and new love languages. Unpredictable fun when sonnets meet improv. A new Valentine's Day tradition. *Bartell Theatre, Madison. madisonshakespeare.org*

2/14 7 p.m.

JOSH YOUNG SINGS ANDREW LLOYD WEBBER

Tony Award nominated Josh Young will sing your favorite Andrew Lloyd Webber showtunes from "The Phantom of the Opera," "Evita" and more. Overture Center, Madison. overture.org

2/19 7:30 p.m.

ORGANIST CHELSEA CHEN

Chelsea Chen is a highly accomplished organist and composer; her work, albeit classical, is expanded upon with inflections of her own compositions, based on Asian folksongs.

Overture Center, Madison. madisonsymphony.org

2/21 7:30 p.m.

LOS VIVANCOS PRESENT BORN TO DANCE

Six brothers set fire to the stage with tapdance, humor, martial arts and musical virtuosity in dazzling display of physical prowess in a flamenco fusion show that will have you wanting to leap on stage and join them. Overture Center, Madison. overture.org

2/22 7:30 p.m.

MASTERWORKS II

Pianist Ilya Yakushev returns with this jazz inspired program featuring works by Stravinsky, Tcherepnin and Tsfasman. Overture Center, Madison. wisconsinchamberorchestra.org

2/22 - 3/9 Times Vary

"GRUESOME PLAYGROUND INJURIES"

Over the course of 30 years, the lives of Kayleen and Doug intersect at the most bizarre intervals, leading the two childhood friends to compare scars and the physical calamities that keep drawing them together. Bartell Theatre, Madison. madisontheatreguild.org

ENTERTAINMENT

2/2 - 2/3 Times Vary

ORCHID QUEST

Enjoy over 2,000 orchids in displays and over 3,000 orchid plants for sale, and take advantage of seminars, raffles, silent auction and orchid vendors at this show sponsored by the Orchid Growers' Guild of Madison. Olbrich Botanical Gardens, Madison. orchidguild.org

2/12 7:30 p.m.

THE PRICE IS RIGHT LIVE

The Price Is Right Live™ is the hit interactive stage show that gives eligible individuals the chance to hear their names called and "Come On Down" to win. Overture Center, Madison. overture.org

2/15 - 4/14 Times Vary

UN/SEEN: THE ALCHEMY OF FIXING SHADOWS

The earliest photographic processes were simultaneously science, art and magic. This new, strange alchemy concealed as much as it revealed. This photography exhibit shows contemporary artists new tools for storytelling. Chazen Museum of Art, Madison. chazen.wisc.edu



2/20 8 p.m.

DANIEL CHAMPAGNE

This young, Australian singer-songwriter and guitar virtuoso crafts melodies that go straight to the heart Champagne transcends mere acoustic playing to replicate a whole band and has played a number of international folk festivals. Art In Gallery, Madison. artinmadisonwi.com

2/23 10 a.m.

INTERNATIONAL FESTIVAL

Celebrate the rich cultural heritage within our community and enjoy more than 30 free performances throughout Overture by artists who call Dane County home. Overture Center, Madison. overture.org

FAMILY

2/9 Times Vary

MAGIC MORGAN & LILIANA

Back by popular demand, two-time recipient of the World Deaf Magician Award Matthew "Magic" Morgan and Liliana truly keep the audience at the heart of the show by inviting kids and parents onstage to be a part of the magic. Overture Center, Madison. overture.org

2/9 1 p.m.

PROCESS OF ANIMATION WORKSHOP

Dive into the world of animation in its most basic form with artist-in-residence, Rodney Lambright II. All are welcome to join in drawing, doodling and exploring different ways to tell stories through characters, dialogue and movement. Bubbler Room, Central Library, Madison. madisonpubliclibrary.org/events









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2/9 5:30 p.m.

ALL AGES IMPROV SHOW

Monkey Business Institute puts on a fast-paced, one-hour improv show featuring audience participation and content appropriate for kids. Seating begins at 4:45 p.m. every Saturday. Glass Nickel Pizza Company, Madison. monkeybusinessinstitute.com

2/16 - 2/24 Times Vary

"HOW I BECAME A PIRATE"

Yo-ho! Ahoy Mateys! Join Captain Braidbeard and his comical crew of pirates as they enlist young Jeremy Jacobs' help to find the perfect spot to bury their treasure. Overture Center, Madison. ctmtheater.org

2/22 5 p.m.

PBS KIDS LIVE!

"Really BIG tiny Adventure" is the first ever live theatrical touring event presented by the number one educational media brand for children. More than just a show, kids can meet their favorite PBS KIDS characters at this interactive evening. The Orpheum Theater, Madison. madisonorpheum.com

2/23 9:30 a.m.

FAMILY SCIENCE DAY

Bring your tiny Einsteins to a hands-on, educational adventure in science! Give your kids the freedom to explore and watch them become more curious, creative and confident with every discovery. Featuring four different science departments from UW-Madison. DreamBank, Madison. dreamfearlessly.com/dreambank/events

2/23 | 11 a.m.

ROOFTOP RAMBLE: STAR CONSTELLATIONS

Kids aged 3 to 12 can learn constellations visible from our hemisphere and even make their own 3D star constellations. Free with admission to the museum, the fun takes place in the Rooftop Clubhouse. Madison Children's Museum, Madison, madisonchildrensmuseum.org

JAUNT

2/2 7:30 p.m.

ANGEL OF MUSIC

Acclaimed Broadway veterans Franc D'Ambrosio and Glory Crampton celebrate the music of Andrew Lloyd Webber from his many beloved musicals in this wonderful salute. Edgerton Performing Arts Center, Edgerton. edgerton.k12.wi.us/EPAC.cfm









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2/9 7 p.m.

CASH BOX KINGS

Come hear the Madison-founded, Chicagorenowned Cash Box Kings play their powerhouse blend of contemporary and old-school authentic blues for free. Tyranena Brewing Company, Lake Mills. tyranena.com/live-music

2/15 - 2/17 Times Vary

SKY CIRCUS ON ICE

See some of the greatest kite performers in the world along with expert ice and snow carvers. Kids can make their own kites! Lake Lawn Resort & Calladora Spa, Delavan. delavanwi.org

2/16 10:30 a.m.

PIG IN THE ICE FESTIVAL

All day fun featuring pig roast, ice fishing tournament, snowmobile races, ice cube hunts and fireworks display. Broughton Marsh Park, Flkhart Lake elkhartlake.com

2/22 - 2/23 Times Vary

BALD EAGLE APPRECIATION DAYS

Live Bald Eagle and raptor programs, educational exhibits and displays, birding experts on hand, outdoor viewing of Bald Eagles through spotting scopes, life-size Bald Eagle nest, craft activities for children and more. Hoffman Hall, Prairie du Chien. prairieduchien.org

SAVOR

2/2 12 p.m.

GREAT DANE BOCKFEST

Enjoy the Bavarian pretzel buffet, get a commemorative glass and participate in a charity benefit raffle as local breweries pour unlimited samples of over 30 Bock beers. Great Dane Hilldale, Madison. greatdanepub.com

2/6 6 p.m.

TUNES, TAPS & TACOS

Choose from five types of specialty tacos, sip on select Wisconsin Brewing Company draft beers and listen to house musician Pat Ferguson. Held every Wednesday. The Wise, Madison. thewiserestaurant.com

2/9 2 p.m.

VALENTINE'S DAY COOKIE DECORATING CLASS

Get hands-on sugar cookie decorating experience with royal icing and learn piping, flooding and wet-on-wet design in this two-hour class. Participants will get to take home eight Valentine's Day themed cookies. F.E.E.D Kitchens, Madison. feedkitchens.org

2/28 6 p.m.

COOKING WITH CHEF PAUL: XIAO-LONG-BAO-STEAMED BUNS

Learn to make these unique steamed buns that have a short ferment and thin skin and include a variety of delicious fillings. Willy Street Co-op East, Madison. willystreet.coop

THRIVE

2/8 - 2/10 Times Vary

GARDEN AND LANDSCAPE EXPO

See the latest trends in gardening and landscaping, while joining other enthusiasts to share ideas, gain inspiration and connect with professional landscapers. All proceeds support Wisconsin Public Television. Alliant Energy Center, Madison. wigardenexpo.com

2/13 7:30 p.m.

TRAUMA SENSITIVE YOGA

In this free presentation and trauma-sensitive yoga practice for women and LGBTQ+ people, learn about the causes and effects of complex relational trauma and explore moving the body on your own terms. SuperCharge Foods, Madison. clarenorelle.com

2/21 6:15 p.m.

DREAM BIG: EMBRACING DISRUPTION WITH **BEATRICE GARRETT**

It's easy to consider the disruption caused by unexpected life events as a punishment But instead of falling into the "why me" mentality, lawyer and inspirational speaker Beatrice Garrett explains how disruption is an invitation to discover new beginnings, find purpose, reinvent yourself and shed burdens that have weighed you down. DreamBank, Madison. dreamfearlessly.com/dreambank/events

2/21 6:30 p.m.

GREEN THUMB GARDENING CLASSES

UW-Extension educators and local experts will provide the information you need to keep your home garden thriving, so register now for an individual class or the whole series. Dane County UW-Extension, Madison. dane.uwex.edu

2/28 6:15 p.m.

DREAM BIG: BREATHING HAPPINESS: HOW TO BRING JOY INTO EVERYDAY LIFE WITH **NANCY DEPCIK**

Learn how to see your challenges differently, grow from them and become a better person in the process. Discover a strength you have inside yourself that you didn't even know existed and get started creating a life that is more fulfilled and happier than you ever imagined possible. DreamBank, Madison.

dreamfearlessly.com/dreambank/events

THE NONPROFIT THAT COULD

Despite its humble roots, 100State is thriving

BY GABRIELLA RUSK NBC15 ANCHOR

PHOTOGRAPHED BY VALERIE TOBIAS

LIKE ALL BIG IDEAS, 100State started in a small space.

In a train car on West Washington Avenue, a small group of young entrepreneurs and freelancers could be found working in a space they dubbed the "Coworking Caboose."

Five years later, the nonprofit 100State (which temporarily located at 100 State St.) has a new name and new space but has maintained its original goal: making entrepreneurship accessible through coworking and community-building.

continues to chug along as a working space for anyone from startup founders to remote workers in any field.

"Being a community focused space enables us to be a space that really supports a lot of different types of individuals and types of work styles," says Seidenberg. "We are really open and accepting and welcoming of everyone."

Olivia Barrow, a professional copywriter, has taken advantage of the community building. She has even found a longterm business partner through 100State.



Claudia Seidenberg, 100State's executive director, says it's Wisconsin's largest coworking space.

"If you can work from a computer you can work out of our space," Seidenberg says. "It's for anyone under the sun and we're very industry agnostic."

While railroad tracks are no longer the foundation of the building, 100State

"100State has a great community in the sense that there are a lot of people and they really do interact," Barrow says.

As an extrovert, Barrow says she likes the camaraderie of the community.

"I feel like I'm more productive and happier when I'm working around other people," she added.

Seidenberg says one of her goals in

2019 is to build up those connections.

"We are really focusing inward on the experience of the membership," Seidenberg says.

Membership rates range from \$150 per month to over \$500 per month for a more private space at 100State.

"When you are getting companies started on their own or even just jumping into a new space, that's really hard and that's really brave and we want to support that," Seidenberg says. 🎕

Visit 100state.com for more information.



FEBRUARY NONPROFIT EVENTS

2/1 – 2/3 Times Vary

FROZEN ASSETS FESTIVAL

Participate in free winter activities or compete in the fat bike race or 5K run/walk. Race and walk registration fees support the Clean Lakes Alliance's ongoing environmental and water quality initiatives. The Edgewater, Madison. cleanlakesalliance.org

2/2 12 p.m.

SOUPER BOWL

Select a handcrafted ceramic soup bowl, receive a meal of soup, salad, bread and dessert for a small donation during Habitat for Humanity-UW Madison Campus Chapter's 22nd annual Souper Bowl fundraiser. West High School, Madison. habitatdane.org

2/23 5 p.m.

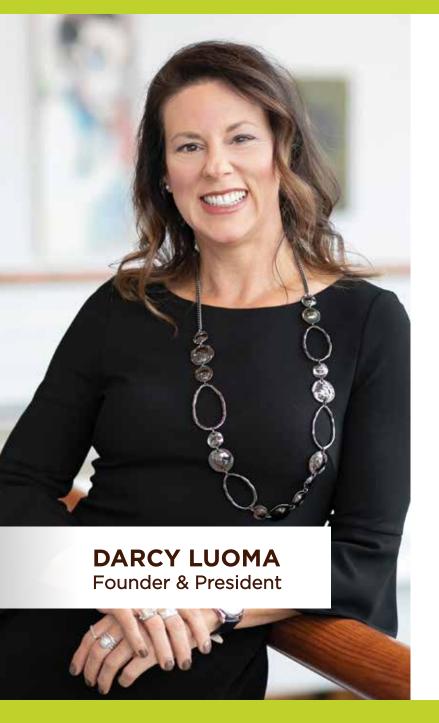
BRINDIS DEL ÉXITO

Join the Latino Professional Association during this annual celebration in recognition of members' recent accomplishments and civic appointments. Madison Club, Madison. lpamadison.org

LINGER



MASQUERADE In this complex collage on vintage paper called "Pavots Doubles," artist Selia Salzsieder combines hand-cut botanical illustrations with shots from a glamor book, disguising the feminine form with florals. Read more about Salzsieder's work in Portrait of an Artist, P. 30.



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Wherever life's opportunites lead, you'll be ready to make the most of them in the new Nautilus. Designed to help you revitalize and recharge between outings, this soothing space features graceful lines, luxurious materials and rejuvenating amenities.

Learn more at Lincoln.com





2019 Lincoln Nautilus