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FRESH INSPIRATION FOR SPRING!

MARCH DREAM BIG EVENTS

AT DREAMBANK

Thursday, March 7, 6:15–7:30 pm

Defining Your Superpower
with **Christie Gause-Bemis**

Thursday, March 14, 6:15–7:30 pm

**Find Your Five: Positive People
Propel Positivity!**
with **Roger Wolkoff**

Monday, March 18, 6:15–7:30 pm

**Connection & Intention Through
the Power of Play**
with **Kirsty Blattner**

Thursday, March 21, 6:15–7:30 pm

Forgiveness Frees
with **Shilagh Mirgain, Ph.D.**

Thursday, March 28, 6:15–7:30 pm

**Finding Your Voice, Unleashing
Your Destiny**
with **Sandy Eichel**

For more inspiration visit:
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@bravamagazine



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ON THE COVER

Track athlete, coach and personal trainer Venus Washington embodies the confidence, poise and fitness we discuss in our feature about the benefits of athletics for girls and women of all ages. Shot by Hillary Schave at Hybrid Athletics in Fitchburg.





SPRING *into* DESIGN

FLOOR360 invites you to a BRAVA Night Out, celebrating Design for a Difference—Madison



Get Involved

Find out which area non-profit will receive a fabulous **Design for a Difference** makeover, and learn how you can help.



Get Inspired

Hear **Matt Muenster**, host of HGTV's *Bath Crashers* and UW-Madison alum, share his passion for design.



Get Happy

Enjoy beer, wine and bourbon tastings with gourmet food pairings, as well as great live music and a silent auction.

🌿 WEDNESDAY, APRIL 3 🌿

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Marc-André Hamelin is one of the major pianists of our time. In his Madison debut he will perform works both before and after intermission in a program that features two of the greatest German composers and two great French impressionists. Always inspired by Mozart, I am delighted to open with his *Prague* symphony. Then comes Strauss' *Burleske* with Marc-André performing a virtuosic and delightful musical fare. After intermission comes another favorite of mine, Ravel's piano concerto with its sultry cabaret-like slow movement that climaxes with a raucous-but-fun last movement. The concert closes with Debussy's *La Mer*, his amazing tone poem that conjures up images of the sea both raging and calm, placing ultimate demands on the orchestra and providing an aural thrill for the audience. — *John DeMain*

DISCOVER MORE: madisonsymphony.org/hamelin

APRIL

FRI, APR. 12
7:30 PM

SAT, APR. 13
8:00 PM

SUN, APR. 14
2:30 PM

John DeMain, *Conductor*
Marc-André Hamelin, *Piano*

Mozart: Symphony No. 38, *Prague*
Strauss: *Burleske*, Marc-André Hamelin, *Piano*
Ravel: Piano Concerto in G, Marc-André Hamelin, *Piano*
Debussy: *La Mer*

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TICKETS: madisonsymphony.org
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APRIL

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BRAVA

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NEI-TURNER MEDIA GROUP

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HANNAH ANDERSON**"WHEN CHILDREN ARE VICTIMS," P. 63**

Hannah anchors NBC15 News at 11 and is the team's investigative reporter. Hannah also anchored mornings in Madison and in Wausau, Wisconsin, for five years.

NICOLE C.W. GRUTER**"ENCORE!" P. 54**

Nicole C.W. Gruter, MFA, writes, performs and organizes. Wisconsin state parks are her favorite getaway, with prosciutto wrapped cantaloupe a close second. *positivespace.life*

EMILY LEAS**"CULTIVATE YOUR INNER ATHLETE," P. 26**

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.

MOLLY NAGAPPALA**"ETHICAL COUTURE," P. 23**

Molly is a writer, a lifelong Wisconsinite, an aspiring world traveler and a recovering bureaucrat. You can find her on Twitter and Instagram @sconniemolly.

MEGAN ROESSLER**"MORE THAN A PRETTY SPACE," P. 14**

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

CANDICE WAGENER**"COMMUNAL EFFORT," P. 53**

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.

ARTISTS

KAIA CALHOUN**"SHAPING YOUR WORLD," P. 40**

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**"COMMUNAL EFFORT," P. 53**

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 @sunnyfrantz.

HILLARY SCHAVE**"CULTIVATE YOUR INNER ATHLETE," P. 26**

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*

VALERIE TOBIAS**"WHEN CHILDREN ARE VICTIMS," 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.

SHANNA WOLF**"ON A DIFFERENT WAVELENGTH," P. 19 AND****"HOME SWEAT HOME," P. 25**

Shanna is a freelance photographer specializing in portrait, documentary and interior photography. Her style is simple and bright and she loves storytelling through still photography. *sphotographyandstyling.com*

To read more about our contributors, visit *BRAVAMagazine.com*.



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GET ACTIVE!

IT'S A FACT: Girls and women benefit from participating in sports in ways even beyond getting in shape and having fun.

They learn to strive for a goal, their confidence increases and their chances of developing anxiety or depression decline, according to the national Women's Sports Foundation. Girls in sports also are less likely to have unintended pregnancies or get involved in drugs.

And, in my estimation, one of the most important lessons girls learn from sports is how to deal with both success and failure. Because in real life, everyone doesn't always win. And learning how to take your knocks and bounce back—gracefully—is a valuable life skill.

For women, similar benefits accrue when we join a team or, even when we pursue individual sports like cross-country skiing, cycling and running. And it helps in the long term.

One to three hours of exercise a week over a woman's reproductive lifetime can bring a 20-30 percent reduction in the risk of breast cancer, the foundation reports.

In our feature story about cultivating female athletes, you'll notice that the local athletes interviewed by writer Emily Leas share similar benefits from their sporting lives. It's actually remarkable

how so many mentioned that they gained confidence in themselves or became more comfortable in their own skin from playing their sport. And those who coach girls noted how they could see self-esteem grow in their charges.

As local sports psychologist Kris Eiring notes, the competition of sports translates into the working world as well for women, who may feel more adept at fighting for a workplace spot after experiencing a turf battle on the playing field.

This month, we also turned our attention to getting active in another way—in your community. The benefits of involvement are many, writer Julia Richards found. Your neighborhood, city or region is nourished and strengthened. Volunteers feel a sense of accomplishment from giving back. We make friends when we join like-minded folks for a cause, and worthy causes are bolstered by the helping hands of the many.

The bottom line is, getting active is good for you and good for your community. So, go work for a good cause, and take time to play as well!

Marni

Marni McEntee
Editor-in-Chief



SAVE THE DATE | Find out which nonprofit will get a free makeover this year as part of the Design for a Difference program, during the Spring Into Design event April 3 at Floor360 in Madison. Enjoy appetizers, drinks and hear Matt Muenster, host of HGTV's Bath Crashers and UW Madison alum, share his passion for design. *Details at floor360.com/D4AD.*

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MONEY SMARTS



As a first-time homebuyer, you likely won't get your dream house to start. Start smaller, build up some equity in the home and when you are ready for the upgrade, buy your next home!

After you have a feel for the price range you can afford, work with the lender to determine which mortgage loan product is right for you. There are many mortgage products and one that is right for your friend may not be right for you. Numerous factors figure in to your best options, including disposable income, the amount you're financing, how long you plan to own the home, the amount of your down payment and how quickly you plan to pay down the mortgage. Well-trained mortgage loan officers can discuss all of this to get you into the best mortgage product for you. A home is often the biggest purchase of your life, and the difference in the cost of your mortgage can vary by thousands of dollars. Also, it's important to find a lender that services your mortgage locally and will be available if you ever need assistance. Helping members find their best options and servicing locally is what we do at Summit Credit Union and why we are the number one mortgage lender in Dane County.*

You will be in a stronger position in negotiating an offer if you obtain a preapproval letter. A Summit preapproval carries a great deal of weight as you search for a home because it means we've reviewed your financial picture and approved you for financing. It also helps to ensure that your closing on the home will be timely and go smoothly.

MONEY SMARTS

BY KIM SPONEM

I want to buy my first house this year. Where should I start?

Well that is exciting! Being a first-time homebuyer, I'm sure you will have a lot of questions along the way. The homebuying and mortgage process has many steps that we are happy to help you with.

First, let's establish how much you can afford to borrow. This may seem easy but there are several variables to consider. A general guideline is that you can comfortably afford a payment that is roughly 28% of your gross income. What does comfortably mean to you? People generally want to know what the maximum amount they can be approved for is. I recommend you find a home that is under that amount. Borrowing up to that amount may mean a pretty big change in lifestyle. While you can "technically" afford it, you may not want to afford it. With new homeownership comes unexpected costs that you also want to make sure you have money for when they happen. Plus, you want to keep saving money after you buy your home. Start with a price range that is under the maximum amount approved. Test that against the new expenses that come with homeownership to make sure you still have money to do the other things you want to do.

The process is more efficient if you have gathered the following items: recent pay stubs, W-2s, checking, savings, and investment account statements, and your recent tax return. If you are still saving for a down payment, think about setting a goal and cutting back significantly on any splurges for a time period while also paying down debt more aggressively. After that, it's a matter of contacting us and getting the process started. It's exciting to own your first home and we are excited to help make that happen!

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Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$3.2 billion, member-owned financial cooperative with more than 184,000 members. Kim has a passion for empowering people to improve their financial well-being for a richer life.

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

CONNECT



PHOTO COUTESY KRISTINE HANSEN

SAY CHEESE! | Travel writer and longtime BRAVA contributor Kristine Hansen explores 60 scrumptious recipes cultivated from 28 of Wisconsin's finest creameries in the newly-released "Wisconsin Cheese Cookbook." Travel buffs and Wisconsinites alike can savor the history and flavor of the local French, Italian and Swiss-rooted artisan cheesemakers by whipping up dairy state delicacies—like mascarpone cheesecake and grilled cheese—in the comfort of their own kitchens. Join author Kristine Hansen on March 9 at Fromagination for a book signing and a Landmark Creamery cheese tasting. Details at fromagination.com. 🍷

BRAVA EVENTS



3/2 - 3/3 | Times Vary

Madison Kids Expo

Collect the kids for a weekend of fun at the annual Madison Kids Expo, where the whole family can get out for days full of activities and exhibits especially for the little ones. You'll find age-appropriate bounce houses, live animal displays, dance performances, face painting and more! *Alliant Energy Center, Madison. madisonkidsexpo.com*

CONGRATS!



Giant Jones Brewing Company has just become Madison's first certified organic brewery. The brewery opened in June 2018 and specializes in higher-alcohol style beers including Weizenbock, Scotch Ale and Double IPA. Co-owners Jessica and Erika Jones—a 2017 BRAVA Woman to Watch—started Giant Jones Brewing Company with the goal of producing organic beers. All of the brewery's 10 annual beers are certified, along with the spent brewers grains. *Giantjones.com*



BRAVA SPONSORED EVENTS



3/12 | 9 a.m. - 5 p.m.

Wisconsin Alliance for Women's Health Summit

Spend the day with women's health experts from around the state and beyond, delving into the health and wellness issues that resonate for many of us, every day. The event features, among others, YWCA CEO Vanessa McDowell and Paula Tran Inzeo, program director of Mobilizing Action Towards Community Health at UW-Madison's Population Health Institute. *Monona Terrace, Madison. For details and tickets, visit supportwomenshealth.org.* 🌸

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FROM LEFT TO RIGHT: PAPPY JOHNSON, AMY JACOB, MICHAEL BACSI, KAREN WEDVICK, KOREY FREY

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Simply describing Capitol Bank's mortgage team as "experienced" and "trusted" does not begin to scratch the surface. Amy, Howard and Cori have an average of 24 years of banking experience and have worked together for 10 years as the faces of mortgage lending at Capitol Bank. This team has become well-known for their responsiveness to customers and the expertise they bring to the process. What is their secret to success?

"We know our customers appreciate working directly with those making the lending decisions at Capitol Bank," said Amy Gile-Enge, Vice President of Mortgage Lending.

This seamless approach, combined with their longevity as a team, is unique in Madison's mortgage lending landscape. The team's responsiveness is especially important during the housing market booms of recent years, when homes may be only on the market for a few days.

Whether you are working toward your first home or your forever home in 2019, Capitol Bank makes the mortgage experience simple and rewarding for our customers.



CONNECT | IN THEIR SHOES

MORE THAN A PRETTY SPACE

Women designing for a difference

BY MEGAN ROESSLER



PHOTOGRAPHED BY HILLARY SCHAVE

From left to right: Karen Kavanaugh, Kavanaugh Restaurant Supply; Abbey Weiss, Bella Domicile; Laurie Lundgren, Laurie Lundgren Color & Design; Tara Buedding, The Happy Home Organizer; Jessica Feggestad, Madison College Interior Design Department; Cathy Driftmier, Driftmier Design; Patti Stindt-Gill, Steinhafels; Courtney Wollersheim and Angela Skaltzky, FLOOR360.

DESIGN FOR A DIFFERENCE—MADISON (DFAD)

brings change to deserving nonprofits by enlisting the help of professional designers to make over their spaces—pro bono. Over the last five years, Madison makeovers have included the Respite Center at RISE, the Rainbow Project, Centro Hispano and the East Madison Community Center. Nine Madison women, with a range of specialties, tastes and backgrounds, are at the heart of these efforts to create

unique spaces for deserving Madison communities:

Angela Skaltzky, one of BRAVA's 2019 Women to Watch, has worked on the Design for a Difference team since the organization first made over the Respite Center at RISE—formerly called the Center for Families—in 2015. As the director of DFAD, she takes a big picture view of the organization, and says that it, “allows a passion for design and creativity to come to the forefront of making a difference

in our community.” The spaces “make people feel welcomed with positivity and respect as they walk through the door.”

Tara Buedding is a professional organizer, and after working in the design industry for over 16 years she has owned her own organizing business—The Happy Home Organizer, LLC—for the last three. As one of the original Madison design team members and a National Ambassador for DFAD, she has strong connections to every Madison makeover—“It’s

hard for me to pick a favorite," she says, "...my heart and soul go into each project" Thinking about the ways DFAD has influenced her approach to design, she says, "It has definitely made me think outside the box."

Cathy Driftmier is an independent kitchen and bath designer who has been working in the design industry for 15 years, and owned her own business—Driftmier Design—for the last 10. "None of us knew what to expect," she says excitedly, thinking back to the early meetings of the RISE makeover. After being involved with all of Madison's DFAD projects she says that RISE, the first, remains her favorite. She says, "The expressions on their face when they see it is a golden moment"

After working in the design field for over 20 years, mainly in Arizona where she specialized in window décor, **Courtney Wollersheim** moved back to her native Wisconsin five years ago. That's when she joined the Floor360 team and became involved with DFAD. "You're more aware of how spaces make people feel and of small ways to give back," she says, reflecting on the makeovers. Wollersheim emphasizes that these projects bring people together. "Everyone gets involved in some level," she explains, talking about the networks of connections between designers, their families, nonprofits, the communities they serve and beyond.

"You can see that it literally changes their lives," says **Patti Stindt**, of the program's rewards. As a decorating solutions manager at Steinhafel's who specializes in residential and commercial interiors, Stindt is no stranger to helping make spaces comforting and special to the people that use them. Of the DFAD projects she has worked on—The Rainbow Project, Centro Hispano and the East Madison Community Center—she says that the Rainbow Project has been her favorite. "It could be the worst day of their life when they need to go there, and to help make that environment a place that is calming and nurturing was very rewarding."

Having spent 20 years painting murals across the city of Madison and working in color consultation, **Laurie Lundgren** has a keen understanding of how color can transform a space. "I approach all color and design projects through the eyes of an artist," she says. Lundgren has brought her artistry to the DFAD team on the makeovers of Centro Hispano and the East Madison Community Center. "All these years as a self-employed artist and designer, I have worked alone," she says, "But on DFAD I got to work with a team of over 40 designers. I have gained a deep appreciation for collaboration in the creative process."

With over a decade of teaching at Madison College under her belt, **Jessica Feggestad** is currently the program director of the school's Interior Design Program and joined the DFAD team to work on the East Madison Community Center renovation. There, her students joined in to help make over the space. "It was great as an instructor to be able to work side by side with many of our Madison College Interior Design Program alumni," she says of the renovation, "Seeing their dedication and talent demonstrated on a project like this makes me very proud."

Director of Operation at Bella Domicile **Abbey Weiss** has been involved with Design for a Difference since the beginning. "Each project has been unique and a favorite of mine in different ways," she says. Thinking about the impact that DFAD has had on her, she says, "I have become more aware of the social issues many face in the Madison area," adding, "I am astounded by the selfless employees at all of these nonprofits."

Karen Kavanaugh grew up around design and renovation. Her parents founded Kavanaugh Restaurant Supply, where she started in 2013. Since then, Kavanaugh has worked with DFAD on their two most recent makeovers at Centro Hispano and the East Madison Community Center. While often working on the more technical end of design, she says, "DFAD has helped me look at projects of a bigger picture." Her connections to Centro

Hispano make that picture even broader. "Centro Hispano is just blocks away from our office," she says, adding, "it was fun to make over a place that essentially is our neighbor."

DFAD projects similar to these unfold in 22 cities across the United States each year. The organization is set to reveal its 2019 Madison makeover recipient in April. Stay tuned! 🌸

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PHOTOGRAPHED BY SHANNA WOLF

Clockwise from top: Keep Curl Memory Gel by Organic Curl Systems, \$30; Organic Beauty Salon and Spa. Superfood Oil-to-Milk Cleansing Balm, \$34; The Sunday Standard. Baby Oil, \$12; Madre Yerba. Nurturing Drops by Oway, \$33; Organic Pumpkin Firming Serum by Divinity Organics, \$30; Organic Beauty Salon and Spa. Baby Whip Butter, \$17; Madre Yerba. Blue Tansy & GLA Ultra-Clarifying Facial Oil, \$58; The Sunday Standard. Harmonizing Cleanser by Divinity Organics, \$20; Organic Beauty Salon and Spa. Fruit Enzyme & Vitamin C Resurfacing Mask, \$36; Citrus Mint Hydrating Lip Butter, \$8; The Sunday Standard.

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ON A DIFFERENT WAVELENGTH

Infrared saunas heat you to the core

BY MARNI MCENTEE

I EXPERIENCED MY first session in an infrared sauna on a day when it had just started turning chilly for the winter and I'd been cold all day.

Nothing seemed to warm me up, until I stepped, naked but for a fluffy towel, into the deliciously sultry infrared sauna at the Hopewell Healing Center on Madison's West Side.

DeeDee Delkamp, a practitioner at the center who is a licensed nutritionist and herbalist, had walked me through what to expect before I dipped my toe inside the warm, wooden enclosure.

The timer was set for 30 minutes, but I could get out whenever I wanted if I felt too warm or it felt too close. The temperature was set for 170 degrees, and there were optional colored lights pulsating in the sauna, which Delkamp says have some additional healing properties, depending on the color.

I left the lights on but then decided to turn them off. Guests also can choose to play music during their session. I sat in silence.

One advantage of infrared saunas over traditional dry-heat saunas is that the light is what creates the heat, Delkamp says. So, those who have trouble tolerating the higher temperatures in traditional saunas may be able to enjoy the healing benefits of an infrared sauna.

But the many benefits of soaking in the warmth of a sauna are similar, she says. Infrared saunas can help soothe sore muscles and joints, detoxify the body due to the sweat a user generates, and help with other issues as varied as rosacea and hormone problems.

"It heats your body from the inside, out," Delkamp says. "The infrared rays penetrate the body 6 to 8 inches."

According to the Mayo Clinic's website, several studies have tested whether infrared saunas also can be of help for those with high blood pressure, congestive heart failure, rheumatoid arthritis and more. But, the site says, more tests are needed to conclusively determine if saunas have long-term benefits.

As I sat in the sauna, daydreaming, I began to sweat and warm up. I got out a couple of times to cool off and to get a drink of water, but I did complete a 30-minute session.

When I emerged, my skin looked like a ripe tomato—a product probably less of the heat than of my own case of rosacea. But, boy, I felt good. I was warm, but not too warm. And the relaxation created by my stint in the hot box lasted for hours afterward.

As I write this story, we're in the midst of a polar vortex where temperatures are expected to plunge to some 25 degrees below zero. When it gets warm enough for me to go outside again, I plan on booking another session at Hopewell. Because 170 degrees for a high is better than 25 below any day. 🌸

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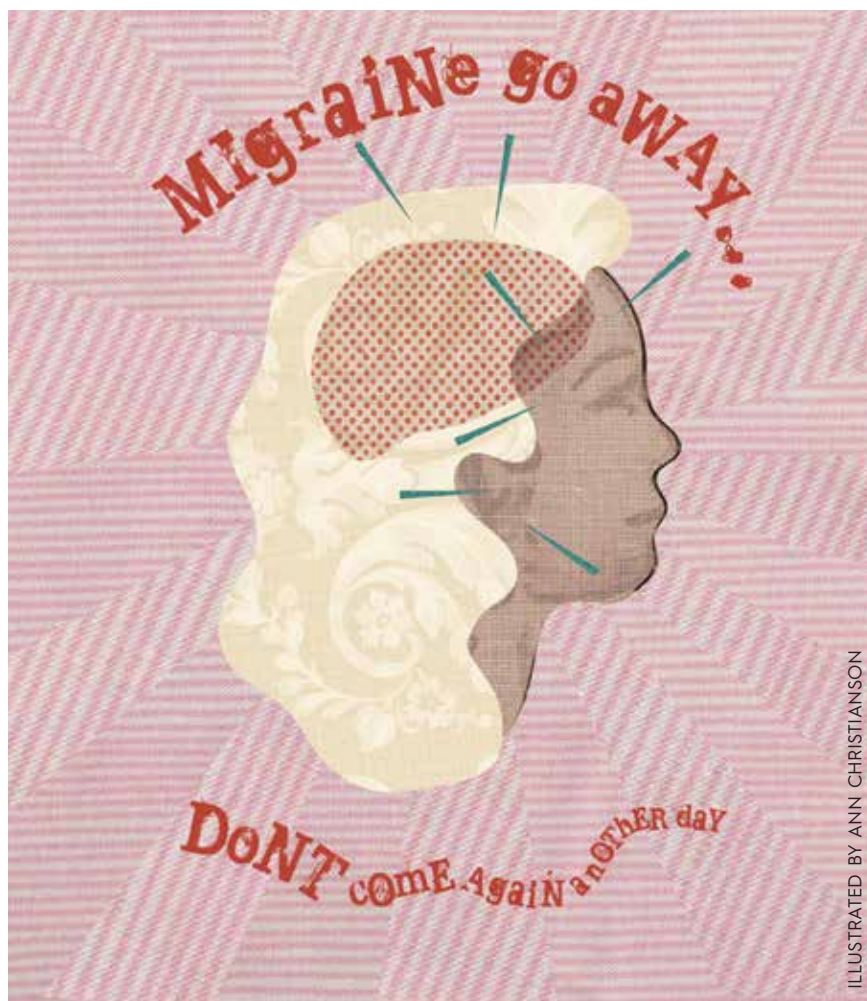
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MIGRAINE MISERY

Non-drug options for the most persistent headaches

BY ANNIE ROSEMURGY

THOSE UNLUCKY ENOUGH to be familiar with migraines know they are more than a simple headache. Thus, they don't usually respond to standard over-the-counter treatments. Prescription medications have come a long way in the past two decades but don't work well enough for some and aren't appropriate for others. On the bright side? There are many effective, non-drug solutions available, with more available every year.

Dr. Susan Seeger of UW Health's Headache Clinic strongly advises anyone coping with chronic headaches to begin by taking a long, hard look at lifestyle. First, she says, examine "headache hygiene"—issues such as sleep schedule, caffeine intake, sugar consumption, and, for women, the relationship of migraines to the menstrual cycle. She encourages patients to keep a detailed, daily "headache journal." Patients are often surprised by how minor tweaks to lifestyle can produce major results in symptom management.

Once lifestyle is accounted for, the hunt for effective treatment begins. While prescription medications target the brain itself, some complementary therapies focus on nerves and muscles as critical cogs in migraine's feedback loop. Acupuncture, a prac-

tice originating in ancient China, is a "life-saver" for many chronic sufferers, says Seeger. Baiyan Zhou of Madison Acupuncture and Herb Clinic explains that when pathways in the body, or meridians, are blocked, the life force, "chi," can't flow freely. Illness, including migraines, results. She inserts fine needles at particular points, opening the meridians and relieving the pain. Zhou emphasizes that managing migraines through acupuncture is an individual process. "As patients proceed with treatment, they learn how frequently they need to come in to stay healthy."

Dry-needling is a "close cousin" to acupuncture, according to Seeger. Here, doctors locate areas of tension in the head and neck and use larger needles to "mechanically break up the knots," she explains.

When doctors began using Botox—the infamous anti-aging "wrinkle shots"—patients reported that their headaches disappeared, too. FDA-approved for migraines in 2010, UW plastic surgeon Dr. Ahmed Afifi uses Botox in a low-risk surgical procedure to "turn off the migraine switch" in 80 percent of tough cases. "The patients who see me are at the end of a long road. Allowing patients to enjoy the simple things in life again" is Afifi's mission. "If a patient reports to me that after surgery they were able to enjoy three hours of their daughter's birthday party, this is what keeps me going."

Seeger estimates that 90 percent of patients will be effectively treated through some combination of medication, lifestyle adjustments and complementary therapies. But for the most stubborn cases, UW pain specialist Dr. Alaa Abd-Elseyed has pioneered the "radio-frequency ablation" procedure. "We basically damage the nerve that transmits the pain signals to the brain," he says. Nerve function is maintained, "only the pain is blocked." While the idea of "migraine surgery" may be disconcerting, Abd-Elseyed reports that his patients are surprised to learn the procedure is non-invasive, hospital time is minimal and recovery is relatively easy. 🌸



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*- Helen Johnson-Leipold
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ETHICAL COUTURE

FAIR TRADE FASHION is having a moment, with companies like H&M promoting their organic and sustainable lines of apparel to catch the zeitgeist. The fair trade label means producers are paid fair prices. Madison's own Fair Indigo has been in business since 2006, and plans to be around for the long haul, selling their popular women's 95/5 tees (95 percent organic cotton, 5 percent spandex) along with organic clothing for men and kids. Co-founder Robert Behnke says the common denominator of Fair Indigo customers is "a desire to buy better clothes that use sustainable materials, that are ethically made, with quality to last over several years: the opposite of fast fashion." Designer Stacy Imhoff says that one of her favorite pieces for spring is the Organic Bias Cut Dress, based off a design she created in high school. Fair Indigo doesn't currently operate a brick-and-mortar store, but a selection of their wares can be found at Change Boutique at 1252 Williamson St. —Molly Nagappala 🌸

fairindigo.com



Right: Organic Bias Cut Dress, \$69.90.

Top: Joobles Organic Stuffed Animal, \$25.90.

Middle: Fair Trade Organic Essential Scoop Neck Tee, \$32.90.



PHOTOS COURTESY FAIR INDIGO.



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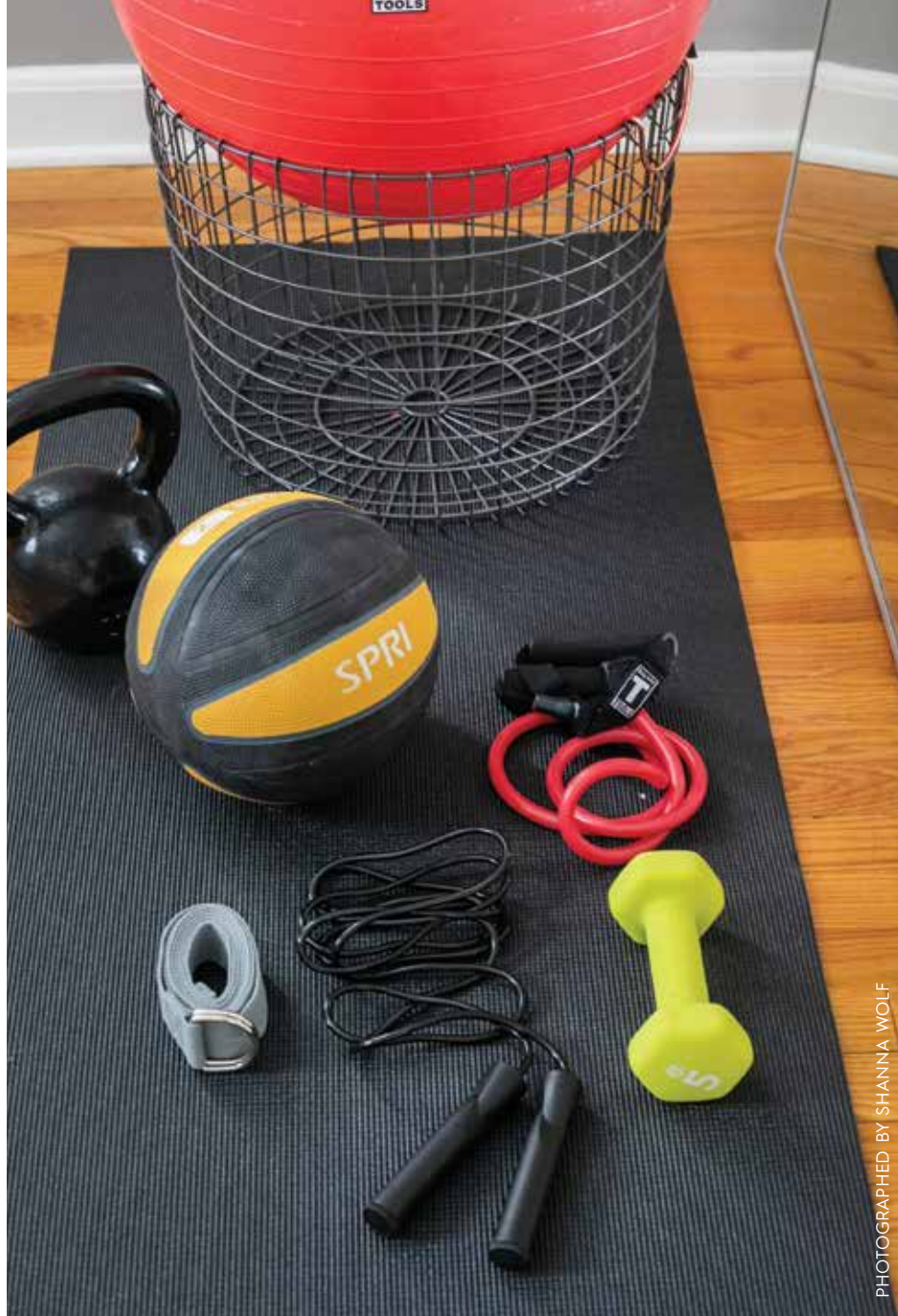
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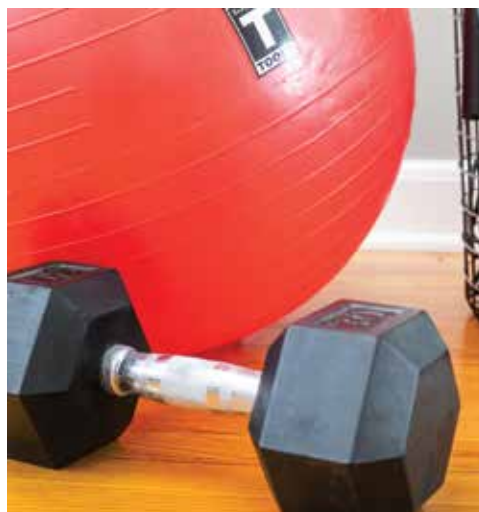
PHOTOGRAPHED BY SHANNA WOLF



Above: Kettlebell, Medicine Ball, Resistance Tube, Free Weight, Speed Rope, Yoga Strap, Exercise Mat, prices vary; Bill's Fitness Store.

Right: Free Weight, Anti-Burst Exercise Ball, prices vary; Bill's Fitness Store.

Far Right: Wire Basket, \$25; Target Aston Sneaker by Vince, \$225; Twigs Withings Body Cardio Wi-Fi Smart Scale, \$149; Apple Hilldale.



Cultivate Your Inner Athlete

Why it's important to get your game on throughout your life

BY EMILY LEAS

PHOTOGRAPHED BY HILLARY SCHAVE

SHOT ON LOCATION AT HYBRID ATHLETICS, FITCHBURG

It's been almost 50 years since the passage of Title IX, a federal law preventing discrimination based on gender in education programs, including sports. The landmark 1972 legislation leveled the playing field for women and girls in federally funded athletic programs, including those at colleges, helping set the stage for their participation in club and professional sports.

Yet, women are still fighting for equal pay and opportunity at all levels, from the high school hockey rink to the world-class pitches of professional soccer.

But, as many girls and women find, the benefits of physical activity—from solo pursuits to team sports—are worth the fight. Athletics can make women better collaborators and better leaders, experts say, and help them stay fit and focused amid all the other duties they still juggle in our society.

Kris Eiring, a licensed psychologist with a certification in sports psychology, points out that about 94 percent of female executives played sports.

"As women become more competitive and more athletic, they're exposed to the same on-the-field conditions as men," she says. "They have to focus and fight for a spot. That competitive edge can transfer out to the professional world."

And the spider web of opportunity that Title IX created continues to expand as more women break down the barriers of what is considered "traditional." For example, 48 colleges in the U.S. now offer varsity women's wrestling programs. And, according to USA Hockey, women's registration in the 2017-2018 season was 6.5 times greater than men's.

However, Eiring points out, Title IX created another opportunity...for men: coaching roles. Historically women's teams were coached by volunteers, typically female. As these became paid positions, they are often snatched up by men.

Alicia Pelton knows firsthand the importance of having female



coaches. As a former athlete and the founder of the Athletic Leadership Alliance, she drives advocacy and change in women's sports.

"Girls are more sensitive to coaching than boys are. It's a trust issue, it's a communication issue," Pelton explains. "Girls have more multitasking minds and boys tend to be more focused. Girls tend to feel good socially and emotionally. It's important to understand all of that."

In recent years, sports medicine practitioners have turned their attention to the unique physical needs of female athletes. Dave Knight, sports performance program manager for UW Health Sports Medicine, explains that puberty is a critical time for preventing future injuries in female athletes.

"During puberty when girls are putting on mass, they're not getting stronger and this puts them at greater risk for injury," Knight says. "We have to focus on building strength during this time."



“As women become more competitive and more athletic, they’re exposed to the same on-the-field conditions as men... That competitive edge can transfer out to the professional world.”

–Kris Eiring, sports psychologist

Knight’s programs for young female athletes emphasize a strong movement vocabulary to create stability and core strength.

“If we can build this in the early phases of their adult maturity, there’s a high probability they’ll take those movement mechanics into adulthood and we reduce that risk of injury even further.”

Young female athletes are up to six times as likely to tear their ACL, a knee ligament, and have higher rates of stress fractures.

Erin Hammer, a family medicine physician focusing on sports medicine and one of the team doctors for UW-Madison Athletics, says that bodies exposed to testosterone have more bone mineral density at baseline, reducing the chance of stress fractures, but there are other factors that put women at risk for bone stress injuries.

“Female athletes are more at risk for disordered eating, and being underweight means their bodies aren’t producing the hormones to protect their bone mineral density,” she says. On top of that, women are often involved in sports that emphasize leanness, which follows that same pathway.

A surprising trend that she sees at her new Women’s Sports Medicine Clinic with her partner Jenny Kempf, a physical therapist, is that female recreational athletes in sports like running marathons and cycling don’t identify as athletes.

“That’s not a phenomenon we see in males as much,” she says. “So we’re trying to change that paradigm. We need to help women understand the resources available to them and help them see themselves as worthy of seeking out those resources.”

We chatted with a few local gals involved in athletics about the impact it has on their lives and how they’re helping other girls and women (and men) to seek equality on and off the field.



Maureen Busalacchi



*“My goal
is to bike
until I’m
100.”*

After two knee surgeries, Maureen Busalacchi knew her running days were over. Not one to sit still, this mom, wife and busy professional needed a new outlet. She found it in cycling in 2010 as she entered her 40s.

Her competitive nature pushed her to fit training into her busy schedule with early morning weekend rides and by finishing the last 15 miles of her commute to Milwaukee on her bike. A program officer for Advancing a Healthier Wisconsin Endowment at the Medical College of Wisconsin, Busalacchi makes every mile count.

“You have to get picky about what you do to stay active and when you can do it to make sure you can meet your family and work obligations. You don’t want to be working out and feeling guilty that you’re not at home,” she says.

As she notes, cycling gives more than it takes.

“I can be completely in the moment instead of distracted about other things. There’s something about how it settles your mind that is so important. It’s that rhythm.”

The tight bonds formed with her cycling friends and the chance to find and test her own limits keep her coming back to her bike.

“My goal is to bike until I’m 100. I don’t care if it’s an adult tricycle, I just want to stay active at whatever speed makes sense.”



Venus Washington



“...You might find you’re stronger than you thought.”



Track and field was not on Venus Washington’s radar when she was young, even though she could beat her older cousins in any foot race. Then she learned about Marion Jones, the world champion track star and professional basketball player. Washington, who grew up in Milwaukee and had also played basketball, realized she could put her speed to use off the court, too.

Washington focused on long jump and sprints in high school and as a UW-Madison athlete. She later coached at UW-Madison, then at Madison East High School.

She founded Madison Elite Track Club, where she is a coach and occasional competitor. She also is a certified health and wellness coach running her own business, R U Fit.

She says she strives to get her clients to listen to their bodies and to the power within themselves.

“If you stop and breathe and intentionally move your body, you might find you’re stronger than you thought,” she explains.

She knows that’s a particularly critical message in the African-American community. “You may feel like you don’t have a voice, but then you start investing in your health and now you feel empowered. Now your voice is different.”

When women show up, she says, they make a shift.

“If we’re not investing in ourselves and our health, that shift is not going to be sustainable. That’s the power of health and wellness.”



LaRonda McLin



*“It’s so
important
we instill
confidence
no matter
their role.”*

LaRonda McLin was always the only girl playing basketball with the boys growing up on Madison’s East Side.

“I felt like if I could be one of the better players among the boys, then I could be really good,” McLin says.

And she was. A standout career at Madison East High School led to two years at Carthage College in Kenosha, Wisconsin. Persistent injuries ended her college career, but she was snatched up as a coach by Madison School and Community Recreation when she returned to Madison, and is now the community learning center director for MSCR as part of the Madison Metropolitan School District.

McLin discovered a love for coaching and training the next generation of girls. She landed the job as the girls’ JV coach at East High School in 2015, then joined Madison West High as the girls’ varsity assistant and JV head coach in 2018.

From her perspective, as girls move from middle to high school, they transition from learning skills to learning their role on the team.

“By building a positive relationship with these girls, I can get so much more out of them,” says McLin. “There is a broad range of skills on any team, and that’s why it’s so important we instill confidence no matter their role.”

When McLin isn’t coaching, training, working and being a mom, you can still find her on the court, practicing her shots and playing with the MSCR adult rec league.

“It’s so important to set aside that time to do something you love. For me that’s reading and basketball. That’s for my own wellness.”



Emma Zoch



“Rugby made me more comfortable with myself...”



Emma Zoch had never played sports when a friend asked her to join a local rugby club team during her senior year at Madison East High School.

“I went to two practices and then I was in a game,” says Zoch. “That’s pretty common in rugby because it’s often hard to find girls to play at that level, and it’s the best way to learn.”

Zoch fell in love with the team camaraderie and physical intensity of the sport and ended up playing on the club team at the University of Minnesota. After graduating, she joined the Wisconsin Women’s Rugby Football Club in Madison. In her nine years with the club, she has served as its president for two years and helped the team to a national championship in 2015.

She’s excited to see more colleges starting to offer rugby as a varsity sport, which drives more high schools to offer the sport and gives girls something to strive for.

She says her sedentary lifestyle in high school probably would have led her down a different path, were it not for that first invitation to play rugby.

“Rugby made a really big impact on my life,” she says. “I had very low confidence back in high school and rugby made me more comfortable with myself and with leading groups. That has made me want to stay in the sport and to help it grow.”



Kaya Pelton-Byce, left,
and Grace Bonnell

Kaya Pelton-Byce & Grace Bonnell



*“It changed
when they
realized
we were
good.”*

Kaya Pelton-Byce and Grace Bonnell come from hockey families and they’ve played since they could walk. Now the two 14-year-olds play for the local club team, Madison Mavericks, and the Tier 1 Team Wisconsin, which combines 14-19-year-old girls and boys from around the state into three teams based on age and gender.

Kaya and Grace are used to playing with and against boys since there’s often not enough female players to form a team.

The two played their way into the “boys club.”

“When I was younger, the boys wouldn’t pass to me or associate with me,” says Grace.

Kaya adds, “It changed when they realized we were good.” Grace jokes, “They get really salty about it.”

Both girls admit winning isn’t what drives them to be better. It’s more about the friendships and fun they have working together for something bigger. But when they dedicate their precious social time to practice four days a week, plus play in tournaments every weekend, they demand the same amount of respect the boys get.

And they know when they’re not getting it. Sometimes the ref calls them “sweetie,” and slower, less-skilled boys target them simply because of their gender.

Grace and Kaya no longer compete against boys in games. The genders split at age 14 when the boys’ testosterone kicks in. But the girls still practice with the boys in regional sessions with Team Wisconsin.

“Last year we didn’t even know the practices were happening. We had two practices as a team before we went to Nationals,” explains Kaya.

When the boys’ team coaches took over the girls’ team this season, Grace says they were finally treated like equals.

Next, it’s off to high school hockey. On the Memorial High team alone, up to nine girls will join from their club team, a testament to the growth of girls’ hockey in the Madison area.



Developing resilient girls

Meghan Skrepenski Strong Girls Boot Camp

As the mother of two pre-teen girls, Meghan Skrepenski has watched mean-girl mentality creep into the lives of elementary school-age kids. Two years ago, she decided to help give her daughters, and all girls, a voice to stand up to bullying and the negativity fomented by social media.

Using her 18-year military career and background in physical and health education, Skrepenski started Strong Girls Boot Camp in Madison.

Her eight-week boot camps start each session with a true boot camp mindset: working up a sweat, and going in as an individual and coming out as a team.

The boot campers then move into self-affirmations,



From left to right: Amelia Skrepenski, Meghan Skrepenski, Gracelyn Skrepenski, Teri Thomas and Adella Thomas



“Her favorite is ‘I am bold.’ It’s amazing to hear that from an 8-year-old.”

a big part of the weekly sessions.

“We talk about how you are awesome, I am awesome, we are awesome,” Skrepenski says. “It’s so important for girls to get comfortable with that...it lets them stand up when something isn’t right. It builds resiliency.”

Teri Thomas and her 8-year-old daughter Adella have attended Strong Girls Boot Camp the last two summers. Thomas says it’s made a positive impact on Adella.

“It was a way to get Adella around other girls her age, build self-esteem and build on the positivity her dad and I try to teach at home,” says Thomas.

When she asks Adella her favorite part of the boot camp, Adella says it’s the self-affirmations.

“Her favorite is ‘I am bold,’” says Thomas. “It’s amazing to hear that from an 8-year-old.” 🌸





Diorama of a Driftless Area scene showing the scale of the proposed ATC powerlines, created by artist Deb Eide.

SHAPING YOUR WORLD

THE MANY WAYS AND REASONS TO GET ACTIVE IN YOUR COMMUNITY

BY JULIA RICHARDS
PHOTOGRAPHED BY KAIA CALHOUN

One of the most rewarding ways to get active is by engaging in one's community. Opportunities to get involved abound in the Madison area, with thousands of nonprofits in need of volunteers, not to mention all of the neighborhood groups, parent-teacher organizations and communities of faith that would love a helping hand.

Some volunteers don't consider themselves activists, and some say being involved is just a part of who they are. Many work in small groups that don't get any press, and they take incremental

steps toward the changes they want to make. They may be invisible operatives, but they play a key role in shaping the fabric of our society, from the ground up.

While the volunteers profiled here are working on different issues in different arenas, a number of common threads emerge from their stories, all of which, woven together, show that community activism may be hard work, but it is empowering, vitally important and...downright fun.

JUST SHOWING UP TO MEETINGS OR SENDING EMAILS MAKES A DIFFERENCE

Getting active in the community is frequently unglamorous. Often what's needed is just showing up at meetings or sending out emails. "Sometimes you just need people to step up and fill positions," says Heather Hempel Gomez, who has put in a decade of service on the board of Returned Peace Corps Volunteers of Wisconsin-Madison.

The Driftless Defenders, a group opposing the proposed Cardinal-Hickory Creek transmission line, which would extend through the scenic Driftless Region, spend hours sending out emails to coordinate efforts or encourage people to show up and voice their opinions at public meetings.

And much of Beth Esser's work as co-founder of Madison Gas and Electric Shareholders for Clean Energy is the straightforward, yet vital work of following through. "Making sure you plan the next meeting, making sure you send the follow up email. Those are things that anybody can do, but if you don't have that, then groups disband and stop existing," she says.



When their son was born, Beth Esser and her husband bought stock in local utility company Madison Gas and Electric because their financial planner said it would be a good investment. While the dividends have increased over the years as hoped, Esser is concerned that climate change threatens the very future she is investing in, and a significant portion of MGE's energy comes from greenhouse gas-emitting coal.

Many climate activists have pushed for divestment from such fossil fuel-reliant companies, but given MGE's local presence and its local shareholders, Esser thought shareholder advocacy might be a productive strategy instead. "As shareholders you have a right to engage with the company you own shares with," she says.

Esser, a stay-at-home-mom at the time, joined forces with fellow shareholder Don Wichert in 2014 and reached out to other shareholders they identified. Together they formed MGE Shareholders for Clean Energy with 100 people on an email list (including the author, for full disclosure) and 15-20 active members. The group's main mode of engagement with the company is submitting resolutions that can be brought to a vote at the annual meeting. "It's our leverage point as shareholders to say 'we have these concerns and we want them addressed by the board,'" Esser says of the resolutions.

Since 2014 the group has formally submitted seven resolutions, all regarding the need for MGE to transition to renewable energy to reduce its climate impact and protect shareholders' investment. "What we've always said is, 'what's good for the planet is good for our pocketbook,'" Esser says.

Since many factors influence the direction of a company it's hard to measure the impact the group has had, but Esser believes one of its resolutions helped push the company to announce in 2017 a goal of 80 percent reduction in emissions by 2050.

While pleased that MGE has taken steps in the right direction, the group continues to exist to push the company to do more. "I know MGE is a small utility in the bigger picture of our national scene, but I think it's important that we all work around environmental issues, specifically climate change, in our little spheres that we can influence," Esser says. Co-founder Don Wichert speaks to Esser's dedication: "She arranges all the meetings, does all the communicating with our shareholder list and has the most passion on climate change issues of anyone in our group."

BETH ESSER
WORKING WITHIN
YOUR SPHERES OF
INFLUENCE

ALI MULDROW

CREATING NEW WAYS OF DOING THINGS

Community involvement and being a catalyst for social change seem to permeate all aspects of Ali Muldrow's life. She works to create just schools for LGBTQ youth around the state as co-director of GSAFE, serves on two local nonprofit boards, serves on Governor Evers' criminal justice reform committee, hosts "A Public Affair" weekly on WORT 89.9 FM and is running for a seat on the Madison school board—among other things.


Fundamentally Muldrow sees herself as an educator and communicator. "I am first responsible to give people good information that they can use and apply to their lives," she says. She's long been drawn to radio as a way to have interactive conversations. She did her first interview on community radio station WORT at age 17 as part of a class.

Muldrow shows a curiosity, earnestness and calm confidence that lend themselves to hosting radio. Having meaningful conversations is clearly important to her. "To have these moments of vulnerability, and frankness, and honesty about our experiences challenges the way we interact with people," Muldrow says.

She strives to use the show to "emphasize that another way of doing things, another way of seeing each other, another way of communicating is possible."

In her bid for school board Muldrow is running a joint campaign with another female candidate of color, Ananda Mirilli. The two are collaborating on fundraisers and events. Running parallel campaigns means, "to support another person's leadership, to think working with that person would be a profound opportunity," Muldrow says.

The consent culture she teaches professionally helps Muldrow be able to balance her many activities by keeping strong boundaries. Her advice to those looking to get involved in the community is to "do things that you love to do and do things that make you happy and allow you to be connected to people you care about."

A portrait of Ali Muldrow, a woman with short dark hair, wearing black-rimmed glasses and a red and white plaid shirt. She is smiling slightly and looking towards the camera. The background is a solid yellow color.

*"Another way of
doing things, another
way of seeing each
other, another way of
communicating
is possible."*

PARTICIPATING IN LOCAL DEMOCRACY IS EMPOWERING

Since our governments are supposed to serve our communities, it makes sense that getting involved in the community can be a lesson in the inner workings of local government. "Understanding a little better the systems that are shaping our daily lives," is something Diane Farsetta appreciates from her role representing the Emerson East neighborhood on a regional city planning council. She also attended city meetings to speak in favor of locating the Occupy Madison Tiny Village in the neighborhood and helped address neighbors' concerns about the project.

After making some changes to the original plans, the groundbreaking village was built and has integrated successfully into the neighborhood. "This is an example of how local democracy works and I think it's a really good one," Farsetta says.

The Driftless Defenders have also gone to many public meetings, mainly at the county level, where they spoke in favor of resolutions opposing American Transmission Company's proposed high voltage lines. Lianne Stephenson tells how 100 people showed up to one meeting, "including my 12-year-old daughter who came with me and got to see the government at work."

Deb Eide, also a member of the Driftless Defenders, says it takes courage to speak at a public meeting. "None of us want to do the public speaking, but we all have, because we don't want to let each other down," she says.



“None of us ever had a bumper sticker on our car, never had a yard sign in our front yard,” says Lianne Stephenson. She is sitting at a large wooden dining room table, set with tea and scones along with friends

Deb Eide and Betsy D’Angelo. None of the women considered themselves to be activists before getting involved with Driftless Defenders, a group organized in opposition to the Cardinal-Hickory Creek transmission line proposed by American Transmission Company (ATC) to span three counties in southwest Wisconsin.

Now they’ve seen the same bumper stickers their own vehicles sport all over parking lots at county board meetings, on vehicles otherwise populated with both left- and right-leaning stickers.

The women laugh frequently as they tell about their efforts since 2016 to prevent the transmission line from bisecting the landscape they so clearly love. We are sitting in D’Angelo’s house located just north of Governor Dodge State Park at the edge of a steep, wooded ravine. She draws my attention to an icefall spilling from a rocky ledge.

Pointing out the large windows to the ridge on the opposite side of the ravine, D’Angelo, a retired teacher, says that’s where the 17-story-tall towers would run if ATC built along this route.

It’s hard to imagine such an industrial aesthetic in this pastoral landscape, but the women emphasize they are not opposing the line primarily because of their personal property. “We’re not NIMBY people,” says Eide, a retired art teacher. “Our opposition is that we don’t need it.” The group argues that electricity demand has been

DEB EIDE BETSY D’ANGELO & LIANNE STEPHENSON

UNINTENTIONAL ACTIVISTS
FOR THE LAND THEY LOVE

flat or falling in Wisconsin and grid reliability is already good, so such a line holds no benefit for local residents.

“As citizens we think that the utilities would be making good decisions and we think that the government—at least I thought—that the government would not even consider building something like this that’s not needed,” says Stephenson, a physician at UW Hospital.

When the group first organized, “Driftless Defender’s main mission was to raise public awareness,” explains D’Angelo. That meant making brochures, a website, those bumper stickers and yard signs, and becoming a presence in the summer staple of small-town parades. This was all new to them, and D’Angelo says, “I really felt like a fool to be honest,” but they gradually became more comfortable finding their voice in speaking up for the unique landscape they call home.

Eide felt it was important to give people a visual representation and created a scaled diorama showing the transmission towers with a farmstead. It’s been displayed at public meetings and area public libraries.

The Driftless Defenders have formed a coalition with other area groups against the line which is currently in the review process before the Public Service Commission. Two counties, Iowa and Dane, are now intervenors in the case, opposing ATC.

Whatever happens next, Stephenson, D’Angelo and Eide agree, they are not giving up. “Someone said, ‘you’re not going to win you know’ and I thought maybe we’re not, but I have to try. We can’t sit by. We have to be one of the ones that does something,” Eide says.



HEATHER HEMPEL GOMEZ

KEEPING VITAL WORK GOING

It was not long after Heather Hempel Gomez returned in 2001 from a Peace Corps stint in Bulgaria that she connected with the Returned Peace Corps Volunteers of Wisconsin-Madison. Since then she has served in various roles in the organization including membership coordinator, vice-president and president. Still, she is humble about her function in the nonprofit. “I’m not

much of a leader, I’m kind of like a worker bee,” she says. When it comes to helping with annual events Hempel Gomez asks, “where do you need me to be, when?”

It’s that kind of dedication that keeps the work going of educating people about the Peace Corps, reaching out to welcome local refugee families and raising \$25,000 a year for development projects around the world.

“I just stick to my way to contribute to the group because I so much support the group as a whole. And I am able to put the time in to attend the meetings and things like that, because I don’t have children, for example. You know, sometimes it’s just more logistics,” Hempel Gomez says.

Fellow board member Tamara England sees great value in the “real world business experience” Hempel Gomez, a provider support specialist at Exact Sciences, brings to the group. “She...is deft at getting to the heart of a matter under consideration and sometimes defusing conflict. She asks good questions and keeps her eye on the most important efforts of our group,” England says.

While some may find board meetings boring, Hempel Gomez says they’re a way to connect with like-minded people to do meaningful work. “Every time I leave I just feel so good because it’s like, oh wow, we just gave away more money, we just heard more impactful stories from people who are involved in this project or that project,” she says.

ACTIVISM IS HARD WORK, BUT NOT AS HARD AS DOING NOTHING

Community activists can get burned out and may put in a lot of time and energy without seeing much in the way of desired results. But, they say, standing by and doing nothing isn’t a better option.

“For me it would have been more stressful to do nothing, to just let it happen,” says Betsy D’Angelo, who has spent untold hours on the leadership and outreach teams of the Driftless Defenders.

Muldraw expresses a similar sentiment: “There’s a lot of people who

look at the work I do and go ‘that would be really hard.’ And I think what would be really hard would be to sit back and live in a world that is unjust. And not doing anything about it. That would be hard. The fun part about living in an oppressive society is fighting to change it, and I love Madison because it’s a great place to believe in change.”

CHANGE TAKES TIME

Creating change—whether social change or change in public opinion or reaching a particular goal—takes time. Sometimes a lot of time. All of the community change agents in-

terviewed here though, are willing to take the long view. “When you’re talking about racism or sexism in our society, what you are talking about are value systems that are entrenched over centuries,” says Ali Muldraw, Wednesday host of “A Public Affair” on WORT 89.9FM. “One of the jokes I like to tell people is, this has been going on for centuries, and so we’ve got about eight weeks to fix it.”

Patience and persistence are just part of the process in shareholder activism, according to Esser, whose MGE Shareholders for Clean Energy have been introducing resolutions since 2014 to push MGE to transition more

rapidly to renewable energy. Their resolutions, while not immediately accepted by the company, received triple the support needed to be resubmitted the next year. It's a glacial process, but often necessary to build momentum and see the company make real change.

REMEMBER TO CELEBRATE

There's a definite social aspect to getting involved in the community. Besides the important work of raising and allocating thousands of dollars a year to worthy development projects in communities around the world, the Returned Peace Corps Volunteers have regular happy hours and a hiking group to socialize, Hempel Gomez says.

The MGE shareholders group also socialize at a potluck they have after MGE's annual meeting where the resolutions get a vote. "Even if it feels sometimes like nothing's changing or it's not changing fast enough, you've got to take time to celebrate," Esser says.

This past summer D'Angelo, Stephenson and Eide organized a rally to "celebrate both the Driftless itself, but also all of the people who had been working so hard to protect it," Stephenson says. They had a live band, pizza and cider from local purveyors and a bike ride on the Military Ridge State Trail.

As feminist activist Emma Goldman once said, "If I can't dance, I don't want to be part of your revolution."

For more information visit: mgeshareholders.com;
WORTfm.org; driftlessdefenders.com;
rpcmadison.org; occupymadisoninc.com.



DIANE FARSETTA EXPANDING OUR SENSE OF COMMUNITY

Diane Farsetta says being engaged in the community is part of who she is. After starting grad school at UW-Madison, the first thing she got involved with was the East Timor Solidarity movement at the university. The group helped set up a sister-city relationship with Ainaro, East Timor. Former Alder Barbara Vedder was the lead sponsor on that resolution and saw Farsetta's leadership potential.

When Farsetta attended her first meeting of the Emerson East Neighborhood Association Vedder nominated her to represent the neighborhood on the East Isthmus Neighborhood Planning Council. Since then, Farsetta has helped with various neighborhood efforts including establishing a community garden and planning public art projects.

"She's been deeply committed to our neighborhood association and tremendously cares about our collective wellness from the individual level to the furthestmost part of the international world," Vedder says.

Farsetta was especially involved when Occupy Madison sought to locate their tiny village of houses for homeless residents in the neighborhood. "I would speak up and say 'My house is two blocks from where they're looking to go in, and I can't wait for this to happen,'" Farsetta says. She served as a liaison between Occupy Madison and the neighborhood association, helping to address concerns.

Farsetta is proud of the village's successful assimilation into the neighborhood. "For me it was a really inspiring example in a group that I continue to volunteer with about how we can come together in small ways to make big differences," she says.

Now Farsetta is running to represent her district on the city council. She sees this as a critical time for the district with the planned public market and the Oscar Meyer redevelopment. "For me the underlying thing is how do we build community and how do we expand what community means?" Farsetta says. "Because Madison is a wonderful place to live for a lot of people, but not for everybody, right? And we need to keep on challenging ourselves to make that definition of community broader." ❀

Refresh Your Home, Refresh Your Life

These small
home design tweaks
will have a big impact

By Shelby Deering



A home is a place that's meant to feel comfortable, familiar and friendly, but sometimes, it can seem as if your surroundings are looking a little too comfortable. Perhaps you've had that same coffee table since college. Or you moved into a home and never found the time to repaint it. Perhaps you haven't updated a single decorative accent since the start of the millennium.

If you think your home could use a shake-up, but remodeling isn't within your budget, look no further than small, yet impactful, design updates you can make throughout your abode. It can be as simple as putting up eye-catching, patterned wallpaper in your powder room or making a trip to your favorite home decor store for a gorgeous rug.

Allison Mercier, an interior designer at Sun Prairie's Interiors by JW, knows a thing or two about making small-scale changes with big payoffs. She says, "I enjoy helping clients choose styles, materials and finishes that will not only coordinate with the style of their house but will look new and updated for many years."

STARTING THE PROCESS

Even if you're only looking to make tiny tweaks in your home, it can feel over-

whelming as you navigate paint colors, countertop materials and try to discover your own personal style in the process. Mercier recommends starting by visiting a design showroom to create interest and jumpstart the design process. It's an opportunity to peruse kitchen and bathroom displays, cabinets, lighting, tile and hardware.

"Whether looking for a small or large project, it helps to see the material and quality of work in person," she says.

Next comes the research, in which you'll uncover your likes and dislikes and begin to envision your refreshed home. Mercier encourages taking time with this step, and even has some high-tech tricks up her sleeve.

"I work with 3D modeling programs to create realistic renderings in order to help

my clients envision their space before the project has begun," Mercier says. "Designers oftentimes have an easy time visualizing what the end product will look like. However, the rendering programs we use really help our clients get engaged and excited about the process."

MAKING THE DESIGN CHOICES

One of the most efficient ways to update your surroundings is with a fresh coat of paint. Mercier advises, "Staying consistent with your paint color helps your space to look cohesive, especially with open concept homes. However, if you are looking to pack a design punch, foyers and powder rooms can be great opportunities for impactful colors and patterns. Go for that bold jewel tone you've been eyeing or try a graphic print wallpaper. Those small, often overlooked spaces can become something really exciting with a little planning."

Another painless way to spice up your décor is to swap out your rugs, but it's important to keep the size of each room in mind as you make your choices.

"Scaling your room for the proper-sized rug is important," Mercier says. "Take into consideration your furniture and the use of the space. For more heavy-traffic areas, you may want to select an area rug that has a mix of colors and a pattern—this will help with everyday use and wear."

If you have kids and pets, Mercier suggests an indoor/outdoor rug. "You would be surprised at how nice some of them can be," she says.

Another recommendation Mercier has is giving a visual boost to your windows.

She says, "Window treatments are another great way to freshen up your home. They're great for privacy and temperature control, but from a design perspective, they help complete the look of a room. We offer a variety of window treatments including shades, blinds, shutters and draperies."

Once the main design elements are in place, it's time to consider updating your décor. Take time to be thoughtful and personal with your choices. Mercier says, "Investing in new furniture will have an immediate impact. But smaller-



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investment area rugs, lamps and wall décor are another way to perk up a room. Adding a framed mirror, artwork and curated family photos will help tailor your rooms and inject personality.”

Even if you have a limited design budget, it can be helpful to invest in a few high-quality pieces. Mercier notes, “When adding new items, look for quality and value over rock-bottom prices.”

CREATING A NEW LOOK

Luckily when you embark upon a refresh of your home, you don’t have to do it alone. You always have the option of hiring an interior designer to assist with those choices, big and small.

“When working with our clients, we are hands-on with them and get to know our clients’ needs and wants very well. During our design time, I love helping clients select design styles they wouldn’t have thought of and creating a unique space just for them,” Mercier says.

After the refresh has been completed, you may feel the pull in the future to do a more involved remodeling of your home. Mercier says, “Choosing to remodel versus redesigning a room is up to the homeowner. Full remodel projects take time and are a larger investment. With full remodel projects, we take the time to create detailed plans and elevations, select materials, create renderings and detail the scope of work needed. I work with you to envision your remodeled space before we even begin.”

A home is more than where we hang our hats—if you think about it, it’s your entire lifestyle, and a refresh is something that can feel good inside and out.

Mercier says, “We know there can be an overwhelming amount of options out there. Working with a designer can help take the guesswork out of your purchases. We’ll work with you to space plan and will even do an in-home visit to make sure the fabrics and finishes we choose will work with your existing pieces as well as your lifestyle.”

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GO+DO



PHOTO COURTESY TIM ERICKSON PHOTOGRAPHY

TIMELESS ALLURE | The musical acts at Stoughton Opera House are varied and top-notch; The Subdudes, Leo Kottke, Carlene Carter, Asleep at the Wheel and Riders in the Sky are all on the roster for the coming months. Performers appreciate the excellent acoustics and visitors enjoy the ornate aesthetic of the refurbished theater, which dates to 1901. *For more on the restored opera houses scattered around the state, see JAUNT, P. 54.*

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COMMUNAL EFFORT

Shop local at Christine's Kitchens

BY CANDICE WAGENER

WITH TWO kitchens, 800 square feet of storage space and plenty of room to spare, Christine Ameigh is working alongside well-known Madison food vendors Looking Glass Bakery, A Lush Life, Origin Breads, Meals by Cassoulet, Chef K. Clark Pickles & Preserves and food carts The Ugly Apple and Aloha Wagon. A small retail space at the front of the building offers products from these tenants plus other local items like Off the Block Salsa.



PHOTOGRAPHED BY SUNNY FRANTZ

PRODUCT

Ameigh launched this new venture on East Washington in 2014 out of need for a space near downtown with storage and prep area for making her Slide gourmet potato chips and for her mobile food biz of the same name. Ameigh is now making five flavors of chips—including curry garlic and spicy BBQ—which are available at 35 different retail and restaurant locations in Madison, New Glarus and Milwaukee. The business will be expanding into the neighboring space later this spring, which will provide additional room for cooking classes, private events and pop-up dinners.

christines-kitchens.business.site

PASSION

Ameigh can remember being a student at East High School telling friends about her dream of opening a restaurant. After graduation, Ameigh relocated to Southern California, where she was exposed to a variety of food trucks and felt inspired to take the trend back to Madison.

PHILOSOPHY

Ameigh is genuine in her appreciation and support of the other vendors she is working with, commenting on how they all purchase from each other and problem solve together. "Knowing that not everyone is your competition and it's okay to help each other out," helps the spirit of collaboration blossom at Christine's Kitchens. 🌸



PROMOTION

Experience Villa Dolce

By Sue Sveum

When dining out in Europe, it's not unusual to find unique dishes served in an intimate home-like setting. Villa Dolce has taken the best of that European dining experience and recreated it for people to enjoy right here in their Middleton restaurant.

There's seating for 60 inside Villa Dolce's many intimate dining areas, where bold colors create a cozy appeal. Capacity doubles from the end of April through October when customers can enjoy their meal al fresco at tables dotting the restaurant's wrap-around sidewalk.



And don't be fooled when it comes to the food here. Although widely known for their artisan pizzas and house-made gelato, the restaurant is much more than that. Villa Dolce is open weekdays from 11 a.m. to 2:30 p.m. for counter service delivered to your table. And dinner, with full table service from 4:30 to 9 p.m., features those popular pizzas along with larger entrees ranging from a grilled seafood platter to wild mushroom ravioli to steak. Date Night Wednesday is especially popular for its select half-price wines. Dinner reservations are recommended!

Villa Dolce changes their menu with the seasons, mixing the latest trends with perennial favorites. People may come here for the food—but they come back for the whole experience.

ENCORE!

The revival of Wisconsin's opera houses

BY NICOLE GRUTER



PHOTO COURTESY MARK FAY



PHOTO COURTESY TIM ERICKSON

NO ONE PLACE EMBODIES the symbiosis between culture and community quite like the stellar opera houses dotting Wisconsin. They equip their communities for civic needs while providing entertainment and artistic awareness. With grandiose design melding expertly with intimate scale, they use an historic journey of the imagination to connect the audience to modern-day productions.

Often referred to as the “jewel of the city,” these theaters are historically multipurpose. Built in 1901, **Stoughton Opera House** was once home to a library, fire station and police station (complete with a basement jail cell) in addition to the city hall, which remains today.

Since its inception, the theater portion has housed an incredible array of entertainment, from vaudeville and circuses in the early 20th century, to its current roster of Western Swing, chamber choirs, and wouldn't you know it,

opera. “We try to play to the strengths of the room, which is an acoustically strong space,” explains Bill Brehm, Stoughton Opera House director. “And no matter where you're sitting, it feels very intimate.”

Much like its beginnings, the opera house continues to “act as an economic engine for the community, bringing people and dollars into town,” says Brehm. After crumbling into disrepair for decades, a nearly 20-year intensive restoration brought the Stoughton Opera House back to life, reopening in 2001. Pressed gold leaf fleur-de-lis accents, refurbished chandeliers and the original asbestos fire screen (encapsulated during restoration) painted with whimsical early 20th century ads take you back in time, creating an enchanting theater experience.

Heading northwest to Menomonie, discover the extraordinary **Mabel Tainter Center for the Arts**, named by prominent lumber baron parents for their daughter who died at age 19 in 1886. Touted as one of “15 spectacular theaters in the world” (CNN Travel), the building's majestic Richardson Romanesque architecture and Moorish Revival interior impress upon us that no cost was spared in creating a tribute honoring Mabel, a lover of art and music.

Having undergone restoration in 2007, “the building has evolved after going through some



rough times, but has come back full circle to what it was meant to be," says Lucy Weidner, a longtime Mabel Tainter docent and volunteer. "The Tainters wanted to provide a place for educational, cultural and spiritual enrichment. They truly gave back to the community."

Sometimes a theater's drama extends past the proscenium, as is the legacy of Oshkosh's **Grand Opera House**. Restoration of this stunning Victorian-style 550-person capacity theater was highly contested but ultimately approved. Patrons now enjoy national, regional and local acts in a modern, exquisite facility.

Additional historical Wisconsin theaters saved from demise include both **Mineral Point Opera House**, whose original grandeur was restored in 2008, and **Thrasher Opera House** in unassuming Green Lake. Thrasher was home to "talkies" as early as 1912, showing movies accompanied by live piano up until World War II. Now the beautifully restored theater is home to an eclectic array of music, theater, comedy and visual art shows.

With citizens providing countless volunteer hours and a dedicated staff, the love exhibited toward Wisconsin's many elegant opera houses is palpable. Both Brehm and Weiden reflect common sentiment; "The theater is like a friend of ours," says Brehm. And like a dependable friend, Weiden says "it's always felt like home to me, a place I can feel really settled in." 🌸

For more information visit:
stoughtonoperahouse.com; mabeltainter.org;
thegrandoshkosh.org; mineralpointoperahouse.org;
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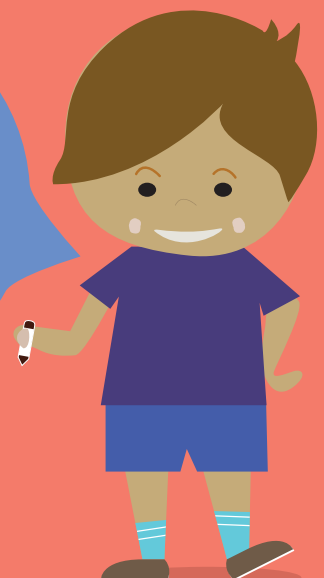
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Aldo Leopold Nature Center	MadCity Martial Arts
Amare - the Mental Wellness Co.	Madison College Challenge Course
American Camp Association	Madison Mallards
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Caravel Autism Health	Paik's Traditional Martial Arts
Cave of the Mounds	Painted Faces
National Natural Landmark	Paparazzi by Caron
Color Street	Professional Fire Fighters of Wisconsin Charitable Foundation
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MARCH



PERFORMING ARTS

3/1 - 3/9 | Times Vary

"LOVESICK"

A sequel written by the playwright of "Almost Maine," "Lovesick" features 10 one-act love stories that all take place at the same time and day within the backdrop of suburbia. Equally hilarious, heartwarming and disheartening all at once, this show is for mature audiences. *The Diane Ballweg Theatre, Madison. theatre.edgewood.edu*

3/1 - 3/9 | Times vary

"TROUBLE IN MIND"

Veteran actress Wileta Mayer grapples with the choice between a once-in-a-lifetime chance to play the lead role in a Broadway show, and the cost of compromising her principles, as her white director and playwright fail to listen to cast members' objections to the representation of African-American lives. *Bartell Theatre, Madison. krassentheatre.com*

3/5 | 7:30 p.m.

NATIONAL GEOGRAPHIC LIVE: STANDING AT THE WATER'S EDGE

Photojournalist Cristina Mittermeier explores the power of water in three disparate communities. *Overture Center, Madison. overture.org*

3/8 - 3/10 | Times Vary

ORCHESTRAL BRILLANCE, THREE VIRTUOSI

The Madison Symphony Orchestra celebrates three of its own artists—concertmaster Naha Greenholtz, clarinetist JJ Koh, and tubist Joshua Biere—exhibiting a technical and evocative mastery of their instruments via a series of solo pieces from Prokofiev, Debussy and Vaughan Williams. *Overture Center, Madison. madisonsymphony.org*

3/9 - 3/17 | Times vary

"TIBET THROUGH THE RED BOX"

Across cultures and continents, a boy and his father find their way back to each other through a remarkable chain of events. *Overture Center, Madison. ctmtheater.org*



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3/14 - 3/17 | Times vary

"ROMEO & JULIET"

Love is love. But what if your first true love was someone you'd been told to hate? And what if your first love was someone of the same gender? Both are forbidden. And yet...undeniable. *Overture Center, Madison. theatrelila.com*

3/15 - 3/30 | Times Vary

"CABARET"

The classic musical by Kander and Ebb gets a gritty update as the Emcee, Sally Bowles and a raucous ensemble take the stage nightly to tantalize the crowd—and to leave their troubles outside. *Bartell Theatre, Madison. stageq.org*

3/15 - 3/30 | Times Vary

"THE FATHER: A TRAGIC FARCE"

As Andre slips further into dementia, his daughter Anne struggles to strike a balance between his daily care and her own autonomy. *Bartell Theatre, Madison. strollerstheatre.org*

3/16 | 8 p.m.

ROSANNE CASH WITH JOHN LEVENTHAL

One of the country's preeminent singer/songwriters, Cash has released 15 albums, winning her four Grammy Awards. Her acclaimed 2014 album, "The River & The Thread," which she co-wrote with husband/producer and arranger John Leventhal, was hailed by Newsweek as "the work of a lifetime." *Overture Center, Madison. overture.org*

3/20 | 7:30 p.m.

EXPERIENCE HENDRIX

These special concert performances present legendary artists who join together to pay homage to Jimi Hendrix. *Overture Center, Madison. overture.org*

3/22 | 7:30 p.m.

WISCONSIN CHAMBER ORCHESTRA PRESENTS MICHAEL AND JESSICA SHINN, PIANO

Michael and Jessica Shinn return with an encore performance of Double Rainbow, a work commissioned and premiered in 2017. *Overture Center, Madison. wisconsinchamberorchestra.org*

3/27 | 8 p.m.

PEDRITO MARTINEZ GROUP

Hailed by NPR as “both a cosmopolitan entertainer and an authentic folklorist” Cuban percussionist and rumba aficionado Pedrito Martinez finds links between the old and the new. His electrifying and unpredictable playing style has won him admiration from musicians in all fields. *University of Wisconsin Memorial Union, Madison. unions.wisc.edu*

3/28 – 4/14 | Times vary

“LIFE SUCKS”

In this bold and funny reworking of Chekhov’s Uncle Vanya, a group of old friends, ex-lovers, estranged in-laws and lifelong enemies lurches between love and lust, laughter and longing, and the many ways in which life does, and doesn’t.. suck. *Overture Center, Madison. overture.org*

3/30 | 7:30 p.m.

APOLLO’S FIRE

Apollo’s Fire orchestral group has been nationally recognized for “joyous spontaneity” (The New Yorker) and “superlative music making” (The Daily Telegraph). In this performance they bring their virtuosity to the concertos of Bach and Vivaldi. *University of Madison Memorial Union, Madison, union.wisc.edu*

3/30 | 8 p.m.

NATIONAL GEOGRAPHIC: SYMPHONY FOR OUR WORLD

This unprecedented event pairs National Geographic’s stunning natural history footage with an original symphony composed by Bleeding Fingers Music, performed live by the Madison Symphony Orchestra and Chorus. *Overture Center, Madison. overture.org*

ENTERTAINMENT

3/2 | 6 p.m.

AA DEKHEN ZARA (ADZ)

Aa Dekhen Zara is Wisconsin’s biggest annual Indian dance competition. This will be the 10th such show hosted in Madison and showcases premium talent from all across the United States. *Overture Center, Madison. overture.org*

3/7 | 5:30 p.m.

LINCRAWL 2019

Three topics. Three breweries. One do-good time. Join us on our second annual LINCrawl! Hear about United Way LINC programs in the areas of education, income and health while sipping on brews at three amazing local breweries: Karben4, Giant Jones, and Working Draft Brewery. *United Way of Dane County, Madison. unitedwaydaneconomy.org*



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ILLUSTRATED BY ANNI CHRISTIANSON

3/8 | 6 p.m.

ADULT SWIM: APOCALYPSE WOW!

Come out and enjoy adult beverages provided by the Great Dane Brewing Company along with live music, games, art and crafts, along with a healthy dose of competition. This month’s swim features an apocalyptic, sci-fi theme. Over 21 only. *Madison Children’s Museum, Madison. madisonchildrensmuseum.org*

3/10 | Times Vary

EARTH’S PREHISTORIC AQUARIUM ADVENTURE

Bring your family to explore the mystery of the dinosaurs of the deep, in this immersive theater experience. *Overture Center, Madison. overture.org*

3/14 | 4 p.m.

BOUNCE INTO SPRING ULTIMATE DODGEBALL INVITATIONAL

Bounce off the winter blues at this family-friendly non-competitive, fun-filled tournament. Register a team of six in advance or join a wildcard team on admission. *Sky Zone Trampoline Park, Madison. skyzone.com*

3/15 | 6 p.m.

TOTO’S GALA

Celebrate the joy that our fuzzy canine companions bring to life in this evening of cocktails, dinner, silent auction and dancing. *Monona Terrace, Madison. giveshelter.org*

3/17 | 1:30 p.m.

22ND ANNUAL ST. PATRICK’S DAY PARADE

It’s time again for the “wearing of the green” during this cherished annual local celebration of Irish heritage. *Capitol Square, Madison. stpatismadison.org*

3/22 – 3/23 | Times vary

YAHARA BAY DISTILLERY HOSTS THE FITCHRONA ARTS CRAWL

The winning artist of last year’s Arts Crawl, Megan Bloesch, will be creating a live painting. Come watch the artist at work and enjoy drink specials featuring Yahara Bay’s own hand-distilled spirits. *Yahara Bay Distillery, Verona. yaharabay.com*

3/30 | 2 p.m.

PARADISE ALLEY

Sylvester Stallone’s directorial debut also stars the actor as one of three brothers scheming to make a buck in the wrestling arena. Filmmaker Andrew Bujalski will discuss the movie after the screening. *UW Cinematheque, Madison. cinema.wisc.edu*

FAMILY

3/2 | Times vary

TOM PEASE—KIDS IN THE ROTUNDA

The power of reading, the universal language of song and the healing effects of laughter are all messages found throughout Tom Pease’s performance. *Overture Center, Madison. overture.org*

3/2 | 9:30 a.m.**KIDS BOXING WITH CANVAS CLUB BOXING**

Boxing is a fun way to be active for people of all ages! Canvas Club instructors teach kids all the elementary boxing moves including jabs, hooks and uppercuts in a fun, non-competitive environment. *DreamBank, Madison. amfam.com*

3/9 | 10:30 a.m.**BADGER EXPLORATIONS: DIGGIN' ARCHEOLOGY**

What was life like in Wisconsin hundreds or even thousands of years ago? Kids immerse themselves in the tools and techniques archeologists use to uncover answers to the mysteries of the past in this hands-on, interactive workshop. *Wisconsin Historical Museum, Madison. historicalmuseum.wisconsinhistory.org*

3/16 – 4/21 | Times vary**YOUNG AT ART**

Take your kids to see their peer's artwork (or their own!) displayed in a professional gallery. A full range of subject matter and mediums are represented including drawing, painting, photography, sculpture, ceramics, jewelry and more. *Madison Museum of Contemporary Art, Madison. mmoca.org*

3/23 | 9:30 p.m.**MAPLE SYRUP MINI-FEST WITH ALDO LEOPOLD NATURE CENTER**

Spend a fun morning with the family learning about forest wildlife, tapping trees, playing nature games and getting up close to the fascinating process of making irresistibly delicious maple syrup. *Aldo Leopold Nature Center, Monona. aldoleopoldnaturecenter.org*

3/26-3/31 | 10 a.m.**HEALTHY HABITS WEEK**

Museum-wide special activities abound focusing on getting fit, healthy food choices and smart safety. *Madison Children's Museum, Madison. madisonchildrensmuseum.org*

3/27 | 9:30 a.m.**ARTISTIC FOODIE CAMP: JUNIOR CHEFS**

We eat first with our eyes. Come learn how to make beautiful, artistic, healthy, delicious delicacies at this free workshop. *Hy-Vee, Madison. yummysprout.com*

SAVOR**3/5 | 6:30 p.m.****WHOLE HOG DINNER**

Multi-time James Beard nominated chef Dan Fox of Heritage Tavern will create a five-course, pork-forward menu. Come discover how versatile and delicious the humble pig can be! *Heritage Tavern, Madison. madisonchefs.com*

3/5 | 6:30 p.m.**CHEESE PAIRINGS: CHEESE WITH WINE AND BEER**

Learn how to combine cheese with both wine and beer to highlight flavors, textures and aromas. We will be sampling cheeses from the shop with various wines and beers throughout the evening. *Fromagination, Madison. fromagination.com*

3/10 | 1 p.m.**BACK TO THE FUTURE: VEGGIE BURGER SHOWDOWN**

They cook, you vote. Ten local chefs battle to make the best veggie burgers, French fries and sweet potato fries in town. *Graduate Hotel, Madison. madisonchefs.com*

3/11 | 5:30 p.m.**THE SUNDAY ITALIAN DINNER**

Greenbush Bar's chef Patrick DePula hosts a four-course, family style, old-school, Italian Sunday supper. Come enjoy nostalgic favorites in a casual atmosphere. *The Italian Workmen's Club, Madison. madisonchefs.com*

3/17 | 11 a.m.**ST. PATRICK'S DAY CELEBRATION WITH THE CURRACH**

Listen to local Irish band The Currach as you enjoy a traditional Irish feast complete with corned beef and cabbage. Irish beers and whiskeys will be on special all day. *Brocach Irish Pub and Whiskey Den, Madison. brocach.com/capitol*

3/23 | 9 a.m.**SUSTAINABLE COFFEE PRODUCTION**

Learn how local worker-owned coffee roaster, Just Coffee Cooperative, builds relationships with coffee growers to create trade that is transparent and supports human dignity and environmental sustainability. Bring your coffee mug! *Lake Farm County Park-Lussier Family Heritage Center, Madison. danecountyparks.com*

JAUNT**3/1 | 7 p.m.****BETTMAN AND HALPIN, FOLK AMERICANA**

Soaring vocals, heartfelt lyrics, and rollicking instrumentals make for a high-energy, crowd-pleasing show. This duo never disappoints. *River Arts Center, Prairie du Sac. riverartscenter.com*

3/1- 3/31 | Times vary**"MY FAIR LADY"**

Often called the world's greatest musical, "My Fair Lady" tells the charming Cinderella story of Eliza Doolittle's education into high society by the irascible Professor Higgins. The Fireside brings this classic to dazzling life with gorgeous costumes and a famously toe-tapping score. *Fireside Theatre Company, Fort Atkinson. firesidetheatre.com*

3/14 | 3:30 p.m.**STITCH-N-BITCH**

Bring your handiwork and join the group at the Long Table for a beverage, conversation and a chance to work on your project in a community-building environment. *Spring Green General Store, Spring Green. springgreengeneralstore.com*

3/15 | 7 p.m.**MAM AFTER DARK: QUIET CLUBBING**

Come enjoy the artsiest club scene in town! Quirky tours, throw-back jams, DIY art projects and cocktails turn the Milwaukee Art Museum into a one-of-a-kind party the third Friday of every month. *Milwaukee Art Museum, Milwaukee. MAM.org*

3/20 | 7 p.m.**SHAKERAG WINTER WRITERS READING SERIES**

Award-winning Wisconsin author Matt Cashion will read from selected works and take questions as part of the Winter Writers Reading Series. *Shake Rag Alley Center for the Arts, Mineral Point. shakeraggallery.com*



PHOTO COURTESY OVERTURE CENTER

THRIVE

3/2 | 9:30 a.m.

UW ARBORETUM 14TH ANNUAL MADISON READS LEOPOLD'S "A SAND COUNTY ALMANAC"

Stop by or stay all day to hear local politicians, professors, writers and conservation scientists read favorite essays from the beloved classic in the very place that Leopold himself loved so dearly. *UW Madison Arboretum Visitor's Center, Madison. arboretum/wisc.edu*

3/5 | 12:15 p.m.

THE HISTORY OF SCHOOL LUNCHES IN WISCONSIN'S RURAL SCHOOLS

Although school lunch programs began in cities at the turn of the 20th century, most rural schools had to approach the problem of nutritional improvement with little more than ingenuity and effort. Author Dr. Andrew Ruis, reveals how Wisconsin created perhaps the most extensive system of rural school lunch programs in the United States during the 1910s and 1920s. *Wisconsin Historical Museum, Madison. historicalmuseum.wisconsinhistory.org*

3/10 – 3/25 | 10 a.m.

OLBRICH'S SPRING FLOWER SHOW

The grounds at Olbrich Gardens come alive each spring with colorful daffodils, tulips and hyacinth at this beloved annual event heralding the arrival of warmer, longer days. *Olbrich Gardens, Madison. olbrich.org*

3/16 | 8 a.m.

MADISON SHAMROCK SHUFFLE

Wear green to raise some green for the Boys and Girls Club of Dane County. Race distances include 10K, 5K and a 5K family fun walk. *Downtown, the corner of Frances and State, Madison. shamrockshuffle.squarespace.com*

3/16 – 3/17 | Times vary

SCRAPBOOKING, STAMPING & CRAFTING SUPPLY CONSIGNMENT SALE

Shop supplies for scrapbooking, stamping, jewelry making, beading, baking, candle and soap making. Everything you need—except yarn and fabric—which have their own separate sale. *Comfort Inn & Suites-North Star Conference Center, DeForest. greenwhimsy.com*

3/21 | 6:15 p.m.

DREAM BIG: FORGIVENESS FREES WITH SHILAGH MIRGAIN, Ph. D.

In this experiential talk with Shilagh Mirgain, we'll explore the path to forgiveness and the process of healing. We'll discuss how to let go of the pain, work through emotions and regain your sense of power by focusing on fully living in the present. You'll leave ready to move on and grow into a stronger, better and happier person. *DreamBank, Madison. amfam.com/making-a-difference/dreambank*

3/28 | 6:15 p.m.

DREAM BIG: FINDING YOUR VOICE, UNLEASHING YOUR DESTINY WITH SANDY EICHEL

In this talk designed to empower you to lead the way and find your voice, Sandy will share stories to show how past experiences can fuel change and lead you to your most authentic, vibrant life. Your destiny is out there, you just need to find it. *DreamBank, Madison. amfam.com/making-a-difference/dreambank*



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WHEN CHILDREN ARE VICTIMS

Safe Harbor provides a place to voice the unspeakable

BY HANNAH ANDERSON
NBC15 ANCHOR

PHOTOGRAPHED BY VALERIE TOBIAS

"IT NEVER ONCE dawned on me it would be her."

Sarah remembered her 15-year-old daughter Molly as vibrant, happy and excited to be in school. In 2016, Molly changed.

"She alienated herself from her friends," Sarah says. "I couldn't get her to go to school, and if she got to school, she would hide in the bathroom for hours."

Molly was suicidal and wouldn't tell anyone what was wrong. Sarah later discovered a family acquaintance sexually assaulted Molly. (All names have been changed to protect victim's identities).

Advocacy Center, says. Safe Harbor is a resource in Madison that reduces trauma and promotes healing for children, as well as adults with intellectual disabilities. They are victims of or witness to crime.

"Instead of interviewing your child in the back of a police car, they bring the child to Safe Harbor, which is a safe child-friendly trauma-informed place," Ginsburg says. The forensic interviews are recorded one-on-one, monitored by a team of trained professionals.

Safe Harbor provided 336 child forensic interviews in 2018, a 15 percent increase since 2015. Since 2010, Safe Har-

"We come in at a time when the family is in crisis."
—Jennifer Ginsburg, executive director of Safe Harbor
Child Advocacy Center

"She missed a bus, Brady offered to give her a ride home. He never took her home and took her to a local park and raped her," Sarah said.

Within 24 hours of the start of the investigation, Sarah called Safe Harbor.

"We come in at a time when the family is in crisis," Jennifer Ginsburg, executive director of the Safe Harbor Child

bor recorded a 137 percent increase in interviews.

"So many children say at the end of the interview when I ask how they're feeling, they're feeling so much better because they've been keeping these secrets for so long," Ginsburg says.

In 2018, 63 percent of interviews at Safe Harbor involved sexual abuse, 21 percent



Jennifer Ginsburg

involved physical abuse, 11 percent involved children as witnesses to domestic violence and 1 percent involved neglect.

Molly didn't break her silence for a year after her incident, but thanks to Safe Harbor justice and recovery were possible.

"You change as a person. You change as a parent" Sarah says. "Without Safe Harbor, I wouldn't have been able to do it without them." 🌸

Visit safeharborhelpskids.org for more information.

MARCH NONPROFIT EVENTS

3/7 | 5 p.m.

FINDING YOUR VOICE: GIRLS INC. CELEBRATION OF INTERNATIONAL WOMEN'S DAY

Celebrate the strength and diversity of girls and women on the eve of International Women's Day. Dine, connect with other attendees and listen to a series of powerhouse speakers. *Overture Center, Madison.* goodmancenter.org/women

3/17 | 10 a.m.

4TH ANNUAL SPRING FLING VENDOR AND CRAFT FAIR TO BENEFIT OCCUPAWS

OccuPaw's mission is to place fully trained guide dogs with visually impaired residents of Wisconsin at no charge, through an in-home training program. Support the mission while browsing 50-plus local vendors, crafters and artists. *Prairie View Middle School, Sun Prairie.* occupaws.org

3/23 | 1 p.m.

BOWLING AGAINST HUNGER

Bring a team of four to this nine-pin tap tournament to benefit Badger Prairie Needs Network. The network operates one of the busiest food pantries in Dane County, as well as offering a range of vital nutrition services. *Ten Pin Alley, Fitchburg.* bpnn.org



PHOTOGRAPHED BY HILLARY SCHAVE

FERCE! | When girls and women participate in athletics, even in the amateur arena, their confidence and leadership skills rise, along with their physical health. Venus Washington, who coaches a local club track team, along with working as a personal trainer, embodies that bold outlook on life.

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