

BRAVA

women + style + substance

URBAN ODYSSEYS

FIVE MIDWESTERN CITIES WITH
SIGHTS TO SEE!

Plus
**CITY-CHIC
FASHION**

INSIDE |

**Will Run
for Food**

**Passing the Torch
at UMOJA Magazine**

**Don't-Miss BRAVA Event Guides
THRIVE Conference &
THRIVE After 55 Expo!**

APRIL 2019 \$3.95
BRAVAMAGAZINE.COM





DREAMBANK'S APRIL DREAM BIG EVENTS

FIND INSPIRATION AND TOOLS FOR GROWTH THIS SPRING.

Thursday, April 4, 6:15–7:30 pm

How to Move from Crazy to Crazy Good
with Cheri Neal

Thursday, April 11, 6:15–7:30 pm

**Cultivating Healthier Relationships
for Happiness**
with Pelin Kesebir, Ph.D.

Monday, April 15, 6:15–7:30 pm

**Connection & Intention Through
Visual Intention Maps**
with What's Possible Now, LLC

Thursday, April 18, 6:15–7:30 pm

Become CEO of Your Life
with Anna Gouker

Thursday, April 25, 6:15–7:30 pm

Re-Connecting to Your Creativity
with Sarah Young

For more inspiration visit:
AmFam.com/DreamBank

Events that encourage your passions and inspire your dreams.



FREE EVENTS | IN THE HEART OF MADISON | OPEN TO ALL | RSVP BY VISITING: amfam.com/dreambank

Mon – Thur: 8 am – 8 pm | Fri: 8 am – 5 pm | Sat: 9 am – 4 pm | Sun: Closed

821 East Washington Avenue | Madison, WI 53703 | 608.286.3150 | amfam.com/dreambank

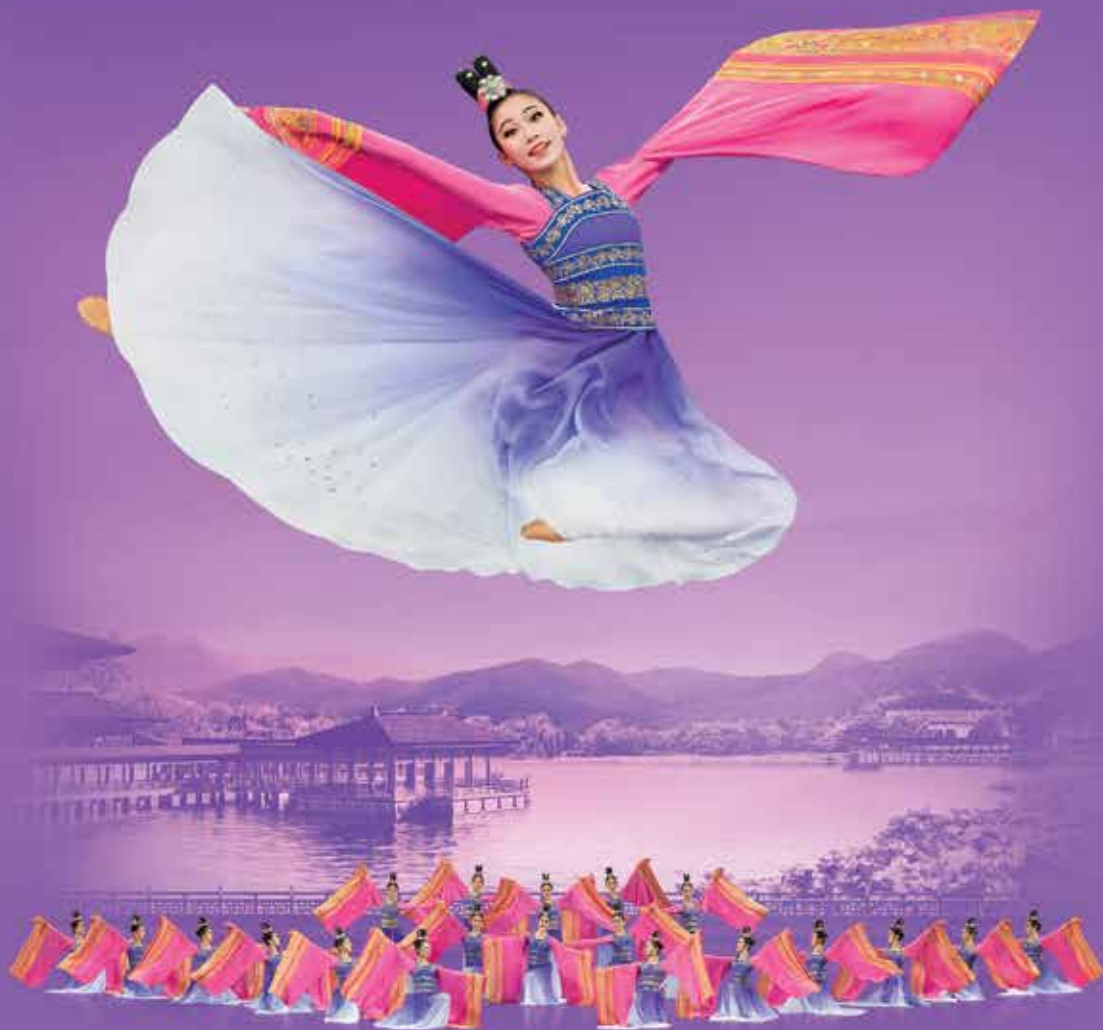


5,000 YEARS OF CIVILIZATION REBORN

神韻晚會 2019 SHEN YUN



ALL-NEW 2019 PRODUCTION
WITH LIVE ORCHESTRA



**“I felt like
I was in heaven.**

If people watch
this production, their inner
souls will be purified.
This really is a performance
for the very fortunate.”

—Choi Yun Xi, award-winning
Korean dance artist

**“Shen Yun
brings out the
most heavenly
experience.** I feel like
my troubles just walked
away, it's a spiritual,
peaceful and absorbing
experience.”

—Steve R. Kates, TV host

“There is a massive power in this that can embrace the world.
It brings great hope... It is truly a touch of heaven.”

—Daniel Herman, former Minister of Culture of the Czech Republic

“The greatest of the great! **It must be experienced.**”

—Christine Walevska, “Goddess of the cello”, watched Shen Yun 5 times

MAY 7–8, OVERTURE CENTER

Order Your Tickets Today!

ShenYun.com/Madison 800-800-4410

**“I found my
heart blossoming
and opening.**

It was outside and inner
experience combining
heaven and earth in one.
I felt healing and uplifting
in my body, almost like
rejuvenation.”

—Pamela Marton, Priestess



CARPET & RUGS

JOYFUL HUGS



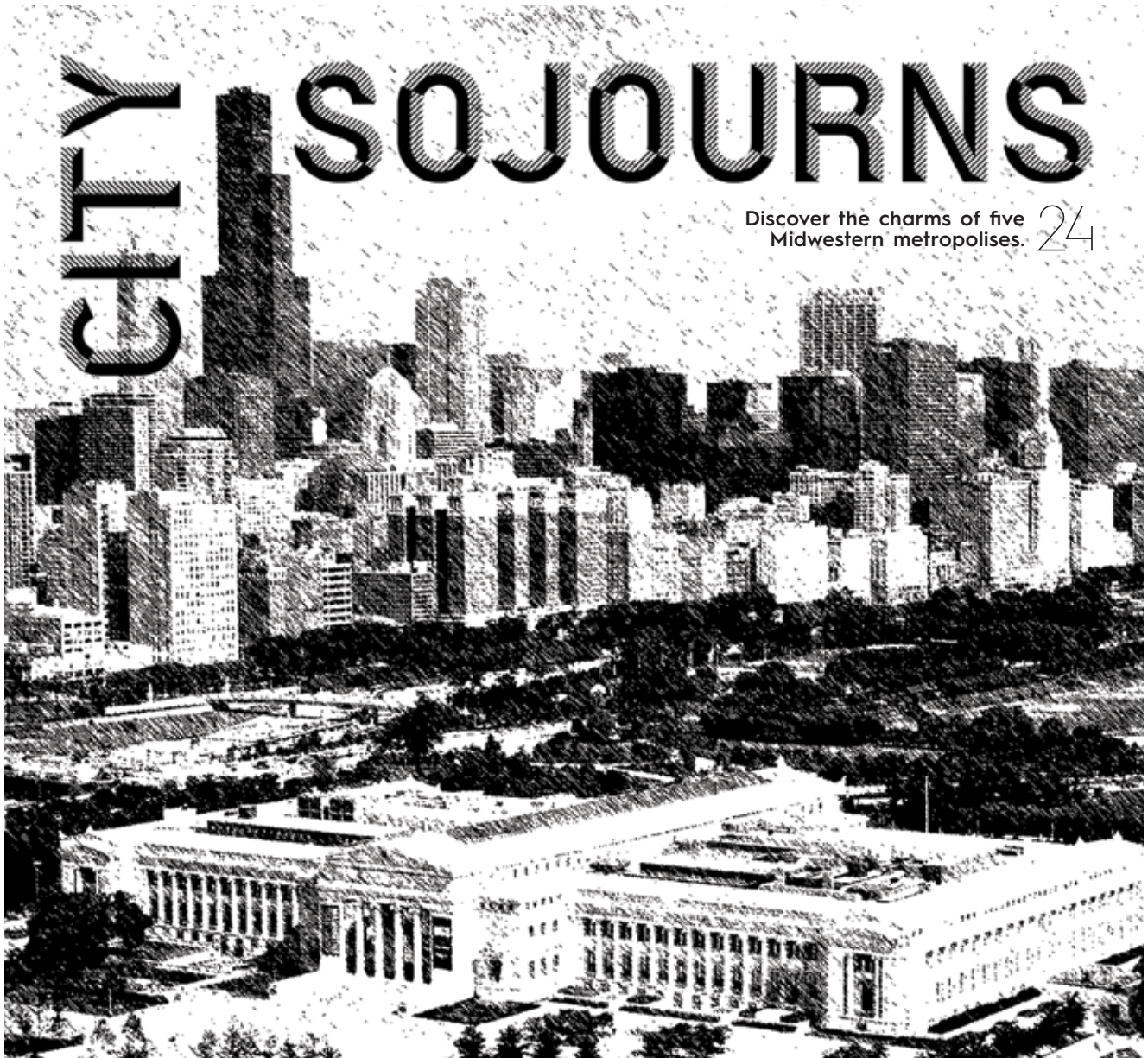
Design for a Difference—Madison
2015: Center for Families
2016: The Rainbow Project
2017: Centro Hispano
2018: East Madison Community Center

There are many reasons to shop at FLOOR360. Exclusive lines of hardwood, carpet, tile and stone. A showroom staffed with certified interior designers who bring your ideas to life. But the best reason might be that every purchase supports Design for a Difference—Madison, a movement to make over spaces that serve our community. Visit us and see what a difference design can make, both in your home and in our neighborhood. **FLOOR360. Design is Our Difference.**

FLOOR360 

5117 VERONA RD | 608.274.2500 | FLOOR360.COM

FEATURES



THRIVE

22 **THRIVE**
After 55
Expo Guide

55 **THRIVE**
Conference
Guide



DEPARTMENTS



@bravamagazine



Perspective
13



Eats+Drinks
46

CONNECT

- 11 Coiffure Creations**
Fantastical do's benefit MMoCA.
- 12 Engaging Community**
The latest news, events, discussions and BRAVA promotions you can't live without
- 13 Perspective**
Milele Chikasa Anana passes the UMOJA torch.
- 15 In Her Shoes**
Meet Women Who Explore's Alexandra Moritz-Hanson.

THRIVE

- 17 Going Mobile**
Portable devices bring entertainment along.
- 18 Wellbeing**
Solving the mystery of adult ADHD
- 20 Dwell**
Create a retreat from life's hustle.

GO+DO

- 45 Savory and Seasonal**
Urban eats at Milwaukee's Odd Duck
- 46 Eats+Drinks**
A moveable menu at Odd Duck
- 52 Jaunt**
Run for fun and food.



Catalyst
63

- 63 Catalyst**
Clean Wisconsin works for clean air, water and land.

IN EVERY ISSUE

- 7 Contributors**
- 8 Relate**
- 60 Events Calendar**
- 64 Linger**

SPECIAL ADVERTISING SECTIONS

- 19 Professional Profile: Madison Men to Know**
- 22 BRAVA THRIVE After 55 Expo Guide**
- 42 Sponsored Content: Dental and Orthodontic Care**
- 47 Dining Guide**
- 48 Travel Guide**
- 55 BRAVA THRIVE Conference Guide**
- 62 BRAVA Kids**

ON THE COVER

Visit the Walker Art Center in Minneapolis, one of five urban getaways BRAVA features this month, to get a load of the iconic Spoonbridge and Cherry sculpture, erected in 1985. Photo courtesy Explore Minnesota.



SHOP LOCAL



HOORAY — IT'S OUR 6 YEAR BRANDIVERSARY!

We've been blossoming and growing for the last six years — THANKS for your support! Qet Botanicals was born because of the need for clean, healthy, and nontoxic ways to care for ourselves. Peek at our current blog for our specials, or pop into our Skin Studio. Cheers to clean beauty!

QET BOTANICALS
2018 Main St.
Cross Plains, WI
608.798.1738
QetBotanicals.com



HAND-BUILT IN THE USA

Rubin's is proud to carry Younger Furniture - bench built in North Carolina. Stop by today to see our wide selection of style and finish options, and don't forget to ask about Younger's quick ship program!

RUBIN'S
CONTEMPORARY FURNITURE
317 E. Wilson St., Madison (608) 255-8998
670 S. Whitney Way, Madison (608) 274-5575
rubinsfurniture.com



THRIVE
AFTER 55 EXPO



*Life is about second acts
and vibrant living.*

The THRIVE AFTER 55 EXPO shares the resources attendees need to do just that—and more.

FRIDAY, MAY 31, 2019
MADISON MARRIOTT WEST
9AM - 4PM
MADISONTHRIVEAFTER55.COM

Laser vs. Electrolysis
Electrolysis is the clear
winner for permanent results!



PERMANENT HAIR REMOVAL

At Elemental Electrolysis we utilize state-of-the art Electrolysis technology assuring our clients a gentler way to permanent hair removal. Conveniently located on Monona Drive for 12 years. Call today for your FREE consultation.

ELEMENTAL ELECTROLYSIS
6213 Monona Drive
Monona, WI 53716
608.720.1212
elementalwi.com
indulgespa.net





**MADISON
SYMPHONY
ORCHESTRA**
JOHN DEMAIN | MUSIC DIRECTOR

SYMPHONY OF A THOUSAND

JOHN DEMAIN 25
INSPIRED YEARS

My 25th anniversary season comes to a thrilling conclusion with Mahler's powerful expression of faith and redemption that is the basis for his colossal eighth symphony. I began my tenure here in Madison with Mahler's first symphony, and performed the eighth as a triumphal closing celebration of our first season in Overture Hall. Mahler didn't compose any operas, but his symphonies are often operatic in scope, and indeed this eighth symphony has tempted some to call it his opera. It was Leonard Bernstein's passionate embrace of Mahler that introduced this composer to me. I felt immediately that Mahler embraced so totally man's earthly experience and his struggle for salvation. I am deeply grateful to be able to conduct this amazing work for a second time, and on the occasion of my 25th season with our orchestra. – *John DeMain*

MAY

FRI, MAY 3
7:30 PM

SAT, MAY 4
8:00 PM

SUN, MAY 5
2:30 PM

John DeMain, Conductor

DISCOVER MORE: madisonsymphony.org/mahler

Mahler: Symphony No. 8

Alexandra LoBianco, Soprano

Emily Birsan, Soprano

Emily Pogorelec, Soprano

Milena Kitic, Mezzo-Soprano

Julie Miller, Mezzo-Soprano

Clay Hilley, Tenor

Michael Redding, Baritone

Morris Robinson, Bass-Baritone

Madison Symphony Chorus, Beverly Taylor, Director

Madison Youth Choirs, Michael Ross, Artistic Director

UW Choral Union, Beverly Taylor, Director

MAJOR FUNDING PROVIDED BY:

NBCIS • Larry and Jan Phelps
Diane Ballweg • Carla and Fernando Alvarado
Johnson Financial Group • University Research Park

ADDITIONAL FUNDING PROVIDED BY:

DeWitt LLP • Kennedy Gilchrist and Heidi Wilde
Fred A. Wileman • Helen L. Wineke
Wisconsin Arts Board
with funds from the State of Wisconsin and the National Endowment for the Arts

OVERTURE CONCERT ORGAN

Greg Zelek, Organ | Thomas Mesa, Cello

APR

TUE, APR. 16, 7:30 PM

ALL TICKETS \$20

Beethoven:

7 Variations from Mozart's *The Magic Flute*

Debussy:

Beau Soir

Bach:

Prelude from Cello Suite No. 2 in D minor, BWV 1008

Bach:

"Fiddle" Fugue in D minor, BWV 539

Tchaikovsky:

Pezzo Capriccioso, Op. 62

Widor:

Toccata from Symphony for Organ, No. 5, Op. 42

Schubert:

Serenade

SPONSOR: William Steffenhagen

DISCOVER MORE: madisonsymphony.org/zelekmesa



PHOTO: JIYANG CHEN



PHOTO: LISA MARIE-MAZZUCCO

BRAVA

MAGAZINE

BUSINESS

PUBLISHER

Barbara Krause
bak@ntmediagroup.com

VICE PRESIDENT OF PUBLICATIONS

Becky Peck
bpeck@ntmediagroup.com

EDITORIAL

EDITOR-IN-CHIEF

Marni McEntee
marni@bravaenterprises.com

ASSISTANT EDITOR

Julia Richards
julia@bravaenterprises.com

ART DIRECTOR

Ann Christianson
annc@bravaenterprises.com

GRAPHIC DESIGNER

Jerriann Mullen
jem@ntmediagroup.com

EDITORIAL INTERNS

Cassie Hurwitz
Annie Rosemurgy

SALES

SALES MANAGER

Dena Frisch
dena@ntmediagroup.com

SALES EXECUTIVE

Danielle Letenyei
danielle@ntmediagroup.com

SALES EXECUTIVE

Sybil Winchel
sybil@ntmediagroup.com

ADVERTISING COORDINATOR

Julie Schiller
ads@ntmediagroup.com

DIRECTOR OF MARKETING & EVENTS

Ashley Duchemin
and@ntmediagroup.com

BRAVA Magazine is a publication of Nei-Turner Media Group, Inc. Gary E. Nei, Chairman, William Turner, President.

951 Kimball Lane, Suite 104, Verona, WI.
(608) 848-6700.

SUBSCRIBE AT BRAVAMAGAZINE.COM

Subscription Information:
(877) 811-2639 or brava@pubdmgroup.com.

BRAVA (ISSN 1934-4317) April 2019, Volume 20, Number 4, Periodicals postage paid at 3902 Milwaukee St., Madison WI 53714 and additional offices. Subscriptions are \$14/year. Postmaster send address changes to BRAVA Magazine, P.O. Box 343, Oregon, IL 61061-0343. This issue or any part thereof may not be reproduced in any form without written permission from the publisher. All rights reserved. ©2019.

NEI-TURNER MEDIA GROUP

SINGLE TICKETS : madisonsymphony.org, the Overture Center
Box Office or (608) 258-4141

WRITERS

NICOLE C.W. GRUTER

"NATURE NAVIGATOR," P. 15;

"SOLVING THE MYSTERY," P. 18

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

KRISTINE HANSEN

"BASK IN BAY VIEW'S BOHO VIBE," P. 30;

"REDISCOVER AN EVOLVING CITY," P. 32;

"NEVER A DULL MENU," P. 46

Kristine is a Milwaukee travel writer who likes any place on water, whether it's Lake Geneva or the Pacific Ocean. One day she hopes to swim the shores of New Zealand...and also sip locally made Sauvignon Blanc and knit sweaters using fiber sheared from local sheep.

KATIE REISER

"GET ICONIC IN THIS ARTFUL METROPOLIS," P. 36

Katie resides on the Near West Side with her family. She works for a trade association and her side hustles are freelance writing and Poshmark. She visited Istanbul when her dad was on sabbatical there and would go back in a heartbeat.

MEGAN ROESSLER

"THE VARIED DELIGHTS OF LA GRANDE VITESSE," P. 28

Megan studied art history at the University of Wisconsin—Madison. She is interested in environmental history, and she makes comics in her spare time. Someday soon she'd like to visit Hawai'i Volcanoes National Park and enjoy some authentic Hawaiian poke.

LISA SCHUETZ

"A BIRTHPLACE OF ARCHITECTURAL INNOVATION," P. 25

Lisa is an award-winning journalist, a communication strategist and owner of 7 Hills Real Estate, and in her free time a hobby equestrian, gardener and cook. She recommends always packing less than you think you'll need.

HYWANIA THOMPSON

"BLACK AND BEAUTIFUL," P. 13

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

ARTISTS

KAIA CALHOUN

"BLACK AND BEAUTIFUL," P. 13;

"NATURE NAVIGATOR," P. 15

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

"ZEN OUT IN YOUR OWN CURATED MEDITATION SPACE," P. 20

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.

VALERIE TOBIAS

"EVERY DAY IS EARTH DAY AT CLEAN WISCONSIN," 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

"COSMOPOLITAN COUTURE," P. 39

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.



@bravamagazine

"I WISH WE CAME HERE FIRST!"
— We hear that all the time! —



13,000 sq ft Furniture and Accessory Showroom ♦ Experienced Interior Designers on Staff
Reclaimed Barnwood Furniture and Cabinets ♦ Custom Fabric and Leather Upholstery

5262 Verona Road | Madison, WI 53711
608.274.5559 | roughingitinstyle.com





CITY DELIGHTS

ONE OF THE THRILLS of life is being able to travel and experience new places, people, cuisine, customs and yes, accents, in an escape from the workaday world most of us live in every day.

I just got back from a whirlwind trip down South, to the beach towns of the Outer Banks in North Carolina. I can't express how much I enjoyed being called "ma'am," tinged with a little Southern drawl, by every man who spoke to me, including those my own age. Little courtesies and local customs go a long way on the road.

And it's so easy now to get out there, with myriad low-cost online booking options, Ubers and Lyfts at our beck and call, and portable, lightweight entertainment options so you can easily bring your tunes, movies and books along. (See some of those mobile entertainment gadgets in our Thrive section on P. 17 of this issue.)

Not to mention the increasing availability of vacation rentals, where you can enjoy the privacy and security of a home or apartment and save major bucks and calories by cooking your own meals, and still leave the check-out cleaning to someone else.

This month, we bring you five urban destinations in the Midwest easily accessible by car that each boast a

wealth of cultural and historical sights, along with eateries, shops and places to simply sit and enjoy the view. Perhaps not surprisingly, each city has a river running through it, harkening to the time when settlements naturally popped up along navigable waterways. Those rivers remain the social and cultural arteries of these busy burghs even now.

Dive into Chicago's renowned architectural history, the evolving neighborhoods of St. Louis and Milwaukee, the (somewhat surprising) world-class art to be found in Grand Rapids, Michigan, and the urban riches of Minneapolis. And none of it is more than a half-day away.

If you're in Milwaukee, checking out the Bay View neighborhood we feature, don't miss the locally sourced options at Odd Duck restaurant, which we highlight in our Eats & Drinks section on P. 46.

And, in true BRAVA fashion, we also offer up a chic selection of travel wear, on P. 39, curated by BRAVA stylist and photographer Shanna Wolf. No need to look rumpled on the road with these options.

Marni

Marni McEntee
Editor-in-Chief

BRAVA
thrive conference



DON'T MISS | May is a big month at BRAVA, when we host two of our favorite annual events. The daylong THRIVE Conference on May 10 brings a wealth of personal and professional development sessions for women of all stripes. See details on P. 55. And, on May 31, our THRIVE After 55 Expo features a day full of offerings for the mature set. Details on P. 22.

Keuler

CONSTRUCTION, INC.



Simply the Best

keulerconstruction.com 608.798.1771
8308 State Road 19 Cross Plains, WI 53528



HAIR AFFAIR

ZODIAC

April 25 ★ 7-10:30 PM

Experience the runway show of the year at MMoCA! Enjoy over-the-top hair sculptures, DJ mixes from Nick Nice, seasonal hors d'oeuvres, themed cocktails at cash bars, and amusements. Hair Affair is an MMoCA fundraiser that helps keep admission free.

Reserve your spot:
mmoca.org/hair
 608.257.0158 x230

MMoCA
 MADISON MUSEUM
 OF CONTEMPORARY ART
 227 STATE STREET

PARTICIPATING SALONS & SCHOOLS

Anaala Salon & Spa ★ Cha Cha Beauty & Barber ★ Empire Beauty School
 Follicle Hair Studio ★ Hair Forum ★ London's Healthy Hair ★ Neroli Salon & Spa
 Paul Mitchell—The School ★ RZ & Company ★ Studio Z Salon ★ Temptd Salon & Spa
 Thorps Haircuts & Color ★ Union Hair Parlor ★ Wicked Beauty ★ William Jon Salon & Spa

THE CENTURY HOUSE
 Modern | Scandinavian Interiors

summit
 CREDIT UNION



BRAVA
 MAGAZINE

thysse



CONNECT

ENGAGING COMMUNITY



PHOTO COURTESY UEDA PHOTOGRAPHY

COIFFURE CREATIONS | Inspired by the theme of the Zodiac, stunning hair sculptures designed by premier Wisconsin-based salons appear April 25 at the Madison Museum of Contemporary Art's Hair Affair: The Art of Hair. Hair Affair benefits MMoCA's free exhibitions and educational programs. mmoca.org 🌸

BRAVA SPONSORED EVENTS



4/3 | 5:30 – 8:30 p.m.

Spring Into Design

Don't miss the drama as Design for a Difference—Madison unveils which local nonprofit will receive a free design makeover this year. The revelation will be the highlight of the Spring Into Design party, where you can enjoy food, drinks and music and bid on silent auction items to help raise money for the 2019 remodel. Plus, UW-Madison alum Matt Muenster will talk about his experiences remodeling over 200 bathrooms while hosting "Bath Crashers" on HGTV. *Floor360, Madison. bravamagazine.com/event/dfad*

CONGRATS!



Girls on the Run South Central Wisconsin has named longtime volunteer and nonprofit leadership expert Christine Benedict as its new executive director. Benedict succeeds former executive director Sara Pickard, who led the organization since 2007. Girls on the Run inspires girls to be joyful, healthy and confident using a fun, experience-based curriculum that creatively integrates running. Benedict most recently served as vice president of Enrollment Management at Edgewood College. *girlsontherunscwi.org*

TAKE NOTE



Summit Credit Union, a longtime major sponsor of BRAVA events, has unveiled its new headquarters in Cottage Grove. The campus is a stellar example of sustainable development, with its enhanced air circulation, green-friendly flooring and lighting, a 17,500-gallon rainwater harvest cistern to capture and reuse rainwater and electric car chargers for Summit employees and members. That's forward thinking! 🌱

THANKS TO OUR DIGITAL PARTNERS



The law firm of von Briesen & Roper, s.c. cares passionately about our profession, our clients and our community. Committed to unparalleled service, recognized expertise and to excellence, we are invested in the success of our communities. Every year we support events that make a positive impact on the places we live, like the *Movers for Moms*® charitable drive presented by **TWO MEN AND A TRUCK®**.

Because we believe it is important to give back, we want to take a moment to let you know about this great event in our community.

vonBriesen

von Briesen & Roper, s.c. | Attorneys at Law
vonbriesen.com

10 East Doty Street, Suite 900
Madison, WI 53703

TWO MEN AND A TRUCK® *Movers for Moms*

A collection drive for mothers in need.

Movers for Moms seeks donations of soft goods and toiletries to make life in a shelter a little more gentle. This year's recipient shelters are DAIS, YMCA Madison, and YMCA Rock County. Donations are accepted at the **TWO MEN AND A TRUCK** office, located at 3817 Kipp St., as well as a number of generous community partner locations. A full list of donation sites, along with a donation wish list, can be found on the community page of **TWOMENANDATRUCKMADISONWI.COM**.



Each franchise is independently owned and operated. | U.S. DOT No. 919682

BLACK AND BEAUTIFUL

UMOJA publisher
Milele Chikasa Anana
passes the torch

BY HYWANIA THOMPSON

"I DIDN'T LIKE the way the print media handled black people. Most of the stories are crime and athletics." Changing this portrayal was Milele Chikasa Anana's inspiration for starting UMOJA Magazine in 1990. UMOJA shares positive stories of what's happening in the local African-American community. "I knew there were scholarship efforts, there was civic involvement and there were people trying to help people through grassroots organizations," says Anana. The cover of each edition featured work by black artists.

After nearly 30 years at the helm, Anana, 85, retired as UMOJA's publisher in November and sold the magazine to the Urban League of Greater Madison. The Urban League selected veteran journalist Yvette Craig as UMOJA's publisher. Craig's first edition published in February.

Craig is a Milwaukee native who worked as a copy kid at the Milwaukee Journal Sentinel and later as a freelance writer for the Milwaukee Courier. She also worked at papers in Connecticut, New Jersey, Southern Illinois and Texas before moving back to Milwaukee to be near family.

Craig says she's blessed to continue Anana's legacy at UMOJA. "UMOJA will continue featuring positive news about the black community, while featuring eye-catching art on the cover," she says. "UMOJA is a local jewel that must continue to shine."

Anana recently reflected on the evolution of UMOJA, which began as a newsletter. "My thought was to get something out there in print that showed us as holistic people," Anana says. Initially,

Yvette Craig and Milele
Chikasa Anana

PHOTOGRAPHED BY KAIA CALHOUN



*“Do what’s best for
family, company and community.
We are here to make a difference
in this world.”*

*- Helen Johnson-Leipold
Chairman of Johnson Financial Group*

Join Us at the Walk to Cure Arthritis!



Arthritis Foundation

One in every four Americans has arthritis, making it the nation’s leading cause of disability. A painful, debilitating disease, arthritis affects over 1.1 million people in Wisconsin, including 6,000 children. Funds raised will be used for arthritis research and for Camp MASH, a camp for children with arthritis located in Wisconsin Dells.

Whether you’re an arthritis warrior or care about someone who is, sign up and WALK to CURE Arthritis - it’s free to register! Fundraise \$100 or more and earn a prize!



Saturday, May 4, 2019
10 am Kickoff; 11 am Walk
Walk to Cure Arthritis, Lakeview Park
6300 Mendota Ave, Middleton, WI
walktocurearthritis.org/DaneCounty

 **JOHNSON**
FINANCIAL GROUP®



JOHNSONBANK.COM

BANKING WEALTH INSURANCE

CONNECT | PERSPECTIVE

she didn’t see it becoming a magazine, but after a few newsletters, her plans changed. She says readers helped make it a magazine, as did a publisher at the Wisconsin State Journal who gave her advice. Anana found a way to merge writing and art, working with local artists, as well as artists across the country and the world.

Anana says she revolutionized the way black people are presented in the media. “So often we look at ourselves as negative, a black hole, not aspiring to anything,” she says. “I think UMOJA has shown that what we do, carefully thought out, has purpose and community impact. I’ve taken the lemon of discrimination and made lemonade.”

Craig’s vision for UMOJA is to grow the magazine’s reach by including news from around Wisconsin and the nation, while keeping the secret sauce that makes Madison’s African-American community unique. UMOJA will still have “everything Ms. Milele worked tirelessly building for nearly 30 years,” Craig says. The magazine’s logo will receive a facelift and the layout will have a crisp design.

Anana may be retired as UMOJA’s publisher, but she’s not slowing down. Last year she received a humanitarian service award from Downtown Madison Rotary. The award came with a \$2,500 grant for Anana to give to an organization of her choice. She chose the Goodman Community Center, which will work with the Madison Community Foundation to establish a scholarship in Anana’s name for a “future scholar” to go to college. Anana also is working on a Kwanzaa book with local artist Jerry Butler, due out later this year.

Anana says the legacy she leaves is having black people portrayed more positively. “I think it will catch hold, that the other papers will see the good we do...that’s all I can hope for.” ✨

umojamagazine.com

NATURE NAVIGATOR

Women Who Explore's Alexandra Moritz-Hanson wants to take you outside

BY NICOLE GRUTER

IF YOU'VE EVER FOUND yourself wondering if you belonged in the outdoors, you're not alone. Many women ask themselves, "Am I athletic enough? Am I doing this right?" or, "Do I have the right gear?" Dodgeville's Alexandra Moritz-Hanson, an outdoor enthusiast and full-time mom, knew she had what it took to help other women squelch those insecurities.

Moritz-Hanson is southwest Wisconsin's ambassador for Women Who Explore, a worldwide community based in Calgary, Alberta. The organization is dedicated to creating a safe, supportive and welcoming space for women to explore the outdoors.

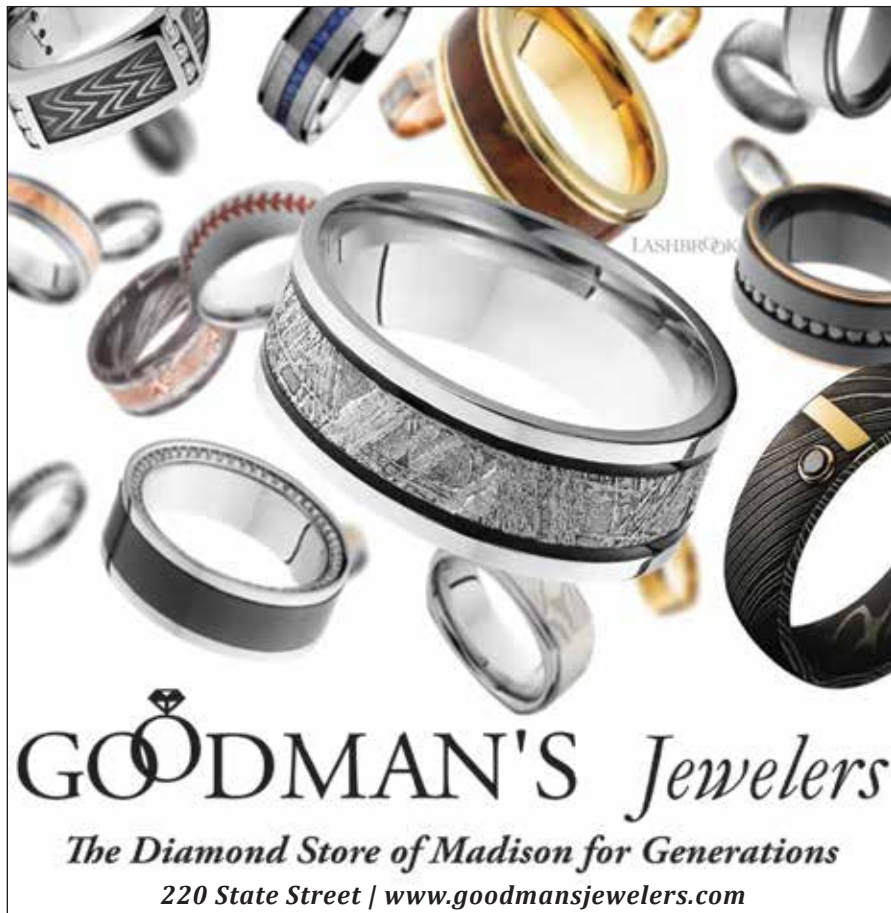
Women can learn to rock climb, paddle board or experience snowshoeing for the first time in a place of non-judgment. Moritz-Hanson learned about the group while scrolling Instagram, and upon finding out southwest Wisconsin needed a representative, she jumped at the role. She is one of Women Who Explore's nearly 200 ambassadors across North America and the world.

Growing up in Los Angeles with "parents who are not outdoorsy at all," Moritz-Hanson feels lucky to have found her passion somewhat by fate. "My mom is perpetually amazed that we spend time outdoors hiking with our kids," she says. After moving to Utah in high school, she experienced her first backpacking trip and was hooked. "I'm amazed I survived," Moritz-Hanson laughs. "I was so under-prepared, but I learned a lot from it."

Now that her children are older, Moritz-Hanson is returning to exploring nature after a long hiatus. "It's hard to carve out time for yourself, but it's

PHOTOGRAPHED BY KAIA CALHOUN





GOODMAN'S Jewelers
The Diamond Store of Madison for Generations
 220 State Street | www.goodmansjewelers.com

CONNECT | IN HER SHOES

important to refill your cup and recharge enough for yourself and those around you. [Women Who Explore] makes that decision accessible. It's essential and empowering to have nature be a part of my life again."

Co-founded barely three years ago by sisters Lindsay and Jenny MacNevin, Women Who Explore has sparked huge interest from women far and wide wanting to enjoy Mother Nature without feeling intimidated by her. Lindsay MacNevin says, "We're not gear junkies or athletes. We're just regular women doing regular things who want to show you anybody can do this."

Local chapters facilitate monthly outings and affordable weekend getaways, while the co-founders help organize international trips to alluring locations such as Iceland, India, Australia and the Yukon.

Exploring the beauty of southwest Wisconsin, Alexandra has led hikes in Wyalusing and Devil's Lake state parks and guided yoga on the Governor Dodge State Park beach. She'll be co-leading a Utah hike this summer, and hopes to include paddling the Apostle Islands, snowshoeing Devil's Lake and rock climbing at Madison's Boulders Gym as future events. Moritz-Hanson lets the members know, "You tell me what you want to do and I can make it happen."

The underlying message of Women Who Explore is that it's a supportive community for every woman out there, no matter what. "It's eye-opening to see what happens when women get together in the outdoors. They cheer each other on and want to lift each other up," says MacNevin. Moritz-Hanson adds, "Everybody deserves to be outside; our goal is to be inclusive. It's not about how much you do or how impressive it is, it's about coming together as a community of women who celebrate our strengths and weaknesses while bonding in nature." 🌸

womenwhoexplore.com



LSM Chiropractic
 Feel Better... Live Better!

With 8 female doctors,
 16 clinic locations & convenient
 extended hours, we're here to
 treat the whole family!

Visit our website to find the location nearest
 you & learn more about chiropractic care
www.lsmchiro.com

THRIVE

GOING MOBILE

It's easy to take your entertainment on the road, with a few key devices. Your Echo Dot, portable speaker and charger, iPad and headphones are easily packable, making music, books, podcasts and movies just a click away. Tune in. Tune out the airport din. Rock on.



PHOTOGRAPHED BY SUNNY FRANTZ



ILLUSTRATED BY ANN CHRISTIANSON

SOLVING THE MYSTERY

Diagnosing and coping with adult ADHD

BY NICOLE GRUTER

HOW DO YOU treat something when you don't know what's wrong?

Adults who unknowingly suffer from attention deficit hyperactivity disorder, commonly known as ADHD, often face this dilemma. According to the national nonprofit organization Children and Adults with Attention-Deficit/Hyperactivity Disorder, approximately 10 million adults have ADHD, with many of them unaware of their medical condition.

Often, the adult disorder is discovered through a parent's child. Psychologist Deborah A. Hoffman, a counselor and coach for adults with ADHD, half-jokes, "It's genetic; we get it from our children." Hoffman explains that sometimes an adult's ADHD is discovered through their child's diagnosis. The parent puts the puzzle pieces of their own life together and realizes they suffer from the disorder as well.

"It affects every area of your life, from relationships, to jobs to simply feeling sane," Hoffman continues. The distinction between everyday challenges and the adult disorder is the frequency, duration, and severity of symptoms, in addition to how many traits are present. Importantly, ADHD must also have been present in childhood to fit the criteria. Clinical guidelines

followed by a qualified physician or mental health care professional can provide a proper diagnosis.

Identifying ADHD can offer welcome relief, alleviating frustration and confusion by shedding light on past behavioral situations and by providing guidelines for treatment. Through coaching, counseling and even time management apps, behavioral strategies can supplement medical treatment by creating a system of reminders and consistent behavior.

"Coaching will help look at your specific behavioral goals, what your obstacles are, and provide a timeline for the assists you need," Hoffman explains. "The greatest gift you can give yourself is habits, because then you don't have to decide things, like when to brush your teeth or when to take medication."

Counseling addresses "the harmful emotions experienced by those with ADHD such as feeling 'crazy' or 'stupid.' Counseling works through the emotional part and looks at the history of what's gotten in a client's way psychologically," says Hoffman.

Lastly, she stresses, "The right medicine in the right amount can make such a difference." ✨

MADISON MEN TO KNOW



KRISTIAN FINROCK, FOUNDER | REGISTERED INVESTMENT ADVISOR

Meet Madison's Money Guy



RETIREMENT INCOME STRATEGIES

7 E. Main St. | Suite 7
 Evansville, WI 53536
 608.208.1800
MadisonMoneyGuy.com

After serving five years as a Military Police Officer in the United States Army and watching his parents struggle financially, Kristian set out to change the way people view retirement. Kristian founded Retirement Income Strategies as he believes the majority of financial and investment advice is fundamentally mistaken and often self-serving.

Kristian is on a quest to empower retirees, small business owners, and women to sculpt a better future and to make better educated and informed financial decisions. He loves to challenge the status quo, expose the truth and drive innovation in the investing world. He designs forward-thinking investment strategies using his trademarked process.

Better known as The Madison Money Guy, Kristian is a radio show host, a frequent TV guest and contributor to multiple publications, including Kiplinger's. He is a Master Elite IRA member with Ed Slott and a member of the American Tax Planning Institute LLC. He teaches courses such as Smart Women Finish Rich, Retirement Elevated, and The Retirement Challenge. He strongly believes that women should not only be an integral part of creating a retirement plan but understanding and taking control of their plan.

Kristian resides in Evansville, Wisconsin, with his two daughters, Kaitlynn and Kendra.

Securities offered through Kalos Capital, Inc. and Investment Advisory Services offered through Kalos Management, Inc., both at 11525 Park Woods Circle, Alpharetta, GA 30005, (678) 356-1100. Retirement Income Strategies is not an affiliate or subsidiary of Kalos Capital, Inc. or Kalos Management, Inc.

ZEN OUT IN YOUR OWN CURATED MEDITATION SPACE

PHOTOGRAPHED BY SUNNY FRANTZ

LIFE—in all its glorious, messy detail—is happening all around us, every day. Now, more than ever, it's critical to take time to step out of the daily hustle to re-center ourselves. Creating a beautiful meditation sanctuary at home need not be complicated. A small, quiet corner and some essential props can transform your space into a personal oasis of calm. Include items that highlight each of the five senses—smell, taste, touch, sound and sight—to help bring awareness to the body as you unwind and bliss out. —Annie Rosemurgy 🌸



Above (clockwise from top): Purple Rug, \$159, Mallet for Singing Bowl, \$7.99; Art Gecko. Crystal Generator Water Bottle, \$59, Sanskrit Singing Bowl, \$46.95; Mimosa. Small Singing Bowl, \$34, Medium Singing Bowl, \$69.99, Buddha Bolster Pillow, \$29; Art Gecko. Singing Bowl Pillow, \$10, Amethyst Mala, \$49.95, Amethyst Cluster, \$59; Mimosa.

Left: Buddha Statue, \$68; Art Gecko. Clear Quartz Crystal, \$59; Art Gecko.

Far Left: Tea Mug, \$14.95, Sanskrit Singing Bowl, \$46.95, Spirit Pillar Candle, \$11.95; Mimosa. Blue Shelf, \$79; Art Gecko.





A community invitation

SCHOLARSHIP LUNCHEON

In 2019, The Business Forum Foundation will have awarded more than \$425,000 in scholarships to women of all ages.

Recipients are invited to the May luncheon, where they are awarded their scholarships and share their stories with the community.

This event is open to anyone who wishes to attend and celebrate this year's amazing scholarship recipients.

MAY 2, 2019

THE MADISON CLUB | MADISON, WI



INFO/REGISTER/TICKETS

www.thebusinessforum.org

TRANSFORM YOUR SPACE INTO AN EXPERIENCE.



Wayne Larrivee & Gina Della DELIVER the Deals!



SPECIAL OFFERS: PELLAWI.COM
#wayneswindows #ginadellapella

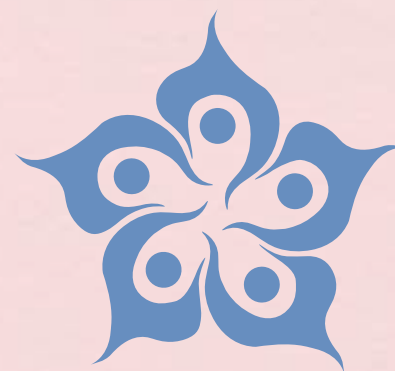
PellaWI.com | 2604 Todd Dr, Madison | 262-783-6600 |





THRIVE

AFTER 55 EXPO



Life is about second acts and vibrant living.

The THRIVE AFTER 55 EXPO shares the resources attendees need to do just that—and more.

**DON'T MISS THIS ONE-DAY EVENT
FRIDAY, MAY 31, 2019**

MADISON MARRIOTT WEST • 9AM - 4PM • Admission \$5

MADISONTHRIVEAFTER55.COM

Sponsored By

EMPOWERED
FINANCIAL MANAGEMENT


SSMHealth

 **Expedia**
cruiseshipcenters



DON'T MISS



*Enjoy engaging presentations about topics relevant to **YOU***

- Financial Knowledge, Tools and Expertise
- Functional Fitness Demonstration
- Cruise Ship Travel Showcase
- Health Screenings
- Live Entertainment
- Chair Massages
- Tips for Thriving in Every Stage of Life

Enjoy complimentary coffee and snacks all day!

Explore & Enjoy These Exhibitors

AARP

Angels Loving Care, Inc.

Clear Captions

Color Street - Crystal Toff

Community Living Alliance

Cornerstone Family Chiropractic

Cress Funeral And Cremation Services

Empowered Financial Management

Everdry Waterproofing

Expedia Cruiseship Centers

Foodelicious Catering & Consulting /
Prime My Body

Ganser Company

Madison School and
Community Recreation (MSCR)

Momentum Insurance Plans, Inc.

My Choice Family Care

Noel Manor

reBalance MFR

SAIL (Age Better)

SSM Health Care of WI

Travel Leaders

US Cellular

Waunakee Remodeling

WI Walk-In Showers

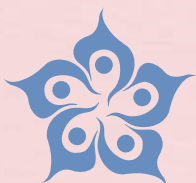
Wisconsin State Journal

Exhibitor list current as of 03/20/2019

...check the website for daily updates.

Madisonthriveafter55.com

THRIVE
AFTER 55 EXPO



**Present this voucher for
ONE FREE ADMISSION
to Thrive After 55.**



CITY

SOCURNS

DIG INTO THESE
FIVE URBAN GEMS

- ✦ *CHICAGO*
- ✦ *GRAND RAPIDS*
- ✦ *MILWAUKEE*
- ✦ *ST. LOUIS*
- ✦ *MINNEAPOLIS*



CHICAGO

A BIRTHPLACE OF ARCHITECTURAL INNOVATION

BY LISA SCHUETZ

PHOTOS COURTESY CHOOSE CHICAGO

THERE'S NO DOUBT that Chicago fascinates those of us who live in its little cousin to the north. We head there for stellar shopping, magical shows and exciting nights on the town. Then there's the draw of its architecture and design. In fact, some would arguably call Chicago the epicenter of architectural innovation, not to mention interior design. And much of it is available to tour.

The second Chicago School describes the modern architectural movement that started around the 1940s led by Ludwig Mies van der Rohe, who is known for saying "less is more." His building at 860-880 Lake Shore Dr. is a strong example. Fazlur Khan and the illustrious firm Skidmore, Owings and Merrill contributed further after 1960. They collaborated to build the John Hancock Center, now called 875 North

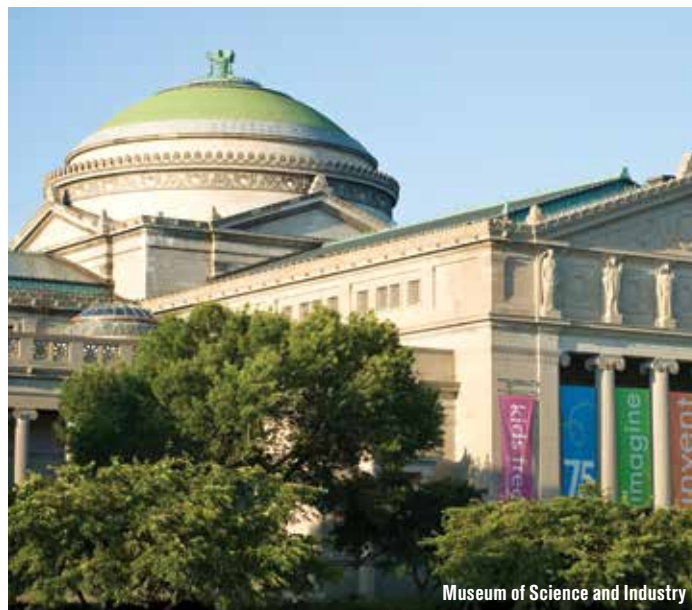


Cloud Gate in Millennium Park

Quite simply, the city has attracted some of the most innovative schools of architectural thought and many of the world's most respected architects have designed buildings there. It was so well known as an innovative center, it was home to the World's Columbian Exposition in 1893 celebrating the 400th anniversary of Columbus landing in the Americas. Its exhibits included multiple buildings by top architects. Although most of the buildings are gone, some, like the Palace of Fine Arts, now the Museum of Science and Industry, still stand.

At around the same time, the city's design style of using steel-frames clad with masonry was known worldwide as the "Chicago School," and included work by Henry Hobson Richardson, Dankmar Adler, Louis Sullivan, John Root and Daniel Burnham. The Rookery at 209 S. LaSalle St. and the Monadnock Building at 53 W. Jackson Blvd., both designed by the firm Burnham and Root, exemplify the early Chicago School.

Michigan Avenue, which at the time was the second tallest building in the world, at 100 stories. Of course, for 25 years after it was built in 1973, the Sears Tower, now the Willis Tower, also designed by Khan, was the world's tallest at 110 stories.



Museum of Science and Industry



Willis Tower

Chicago is also known for its competitions. In 1922, the Chicago Tribune held a competition to build its namesake tower at 435 N. Michigan Ave. There were 260 entries, including such luminaries as Eliel Saarinen, Adolf Loos and Walter Gropius, founder of the Bauhaus school. The winners were John Mead Howells and Raymond Hood with their neo-Gothic design.

And soon, Chicago's O'Hare International Airport will be improved by one of five contest entrants that include some of the world's most well-known architects, including Spaniard Santiago Calatrava



SLEEP

Chicago has several hotels in historic buildings:

THE PALMER HOUSE HILTON

is in Chicago's Loop. Burned in the Great Chicago Fire of 1871 just 13 days after it opened, it was reopened in 1873. The epitome of glamour, it includes a spa and two restaurants.

THE DRAKE HOTEL was built in 1920 and is considered society's choice with royalty and presidents having stayed there. It offers afternoon tea and several restaurants at the top of the Magnificent Mile.

THE ALISE HOTEL was built in 1895 and designed by Daniel Burnham, John Root and Charles Atwood. It includes the restaurant Atwood and is on the National Register of Historic Places.

EAT

When it comes to food, you may want to try one of the innovators:

BAR SÓTANO is the latest Latino food and drink venture by Rick Bayless.

ELSKE offers award-winning Danish fare in indoor and outdoor dining spaces.

VIRTUE in trendy Hyde Park serves upscale soul food.

(who designed the Milwaukee Art Museum) and Chicago's Jeanne Gang, who designed the curvaceous Aqua Towers, built in 2009 at 225 N. Columbus Dr. Even the public got to cast a vote for their favorite of the five entries.

Chicago's architecture has more going for it than skyscrapers and commercial buildings. Its residential architecture is also significant. Four predominant styles can be seen everywhere. More than 100,000 bungalows were built in the mid-20th century. Then there's the Chicago Graystone built with Indiana limestone as both multi-family homes or single-family townhouses; the framed two-flat that typically housed the owner on the first floor and a renter on the second; and the courtyard building, usually a three-story apartment building with six units built around a small greenspace in the early 1900s.

So, what's the best method for seeing the architecture of the city? The Chicago Architecture Center at 111 E. Wacker Dr., (architecture.org), is a nonprofit dedicated to creating tours, exhibitions and programs revolving around architecture. They have more than 85 tours available by bus, bike, foot and boat. You can also see how the wealthy lived in the 19th century by visiting the Glessner House Museum (glessnerhouse.org) at 1800 S. Prairie Ave., designed by Henry Hobson Richardson.



The Alise Chicago (previously Hotel Burnham)



Prairie Avenue flat style homes



Robie House



Chicago River



The Art Institute of Chicago



Gillett Bridge downtown Grand Rapids, Michigan

GRAND RAPIDS

THE VARIED DELIGHTS OF *LA GRANDE VITESSE*

BY MEGAN ROESSLER

PHOTOS COURTESY EXPERIENCE GRAND RAPIDS

GRAND RAPIDS—a mid-sized city in western Michigan on the banks of the Grand River—is known playfully as “Beer City USA.” But this riverside town has a culture and charisma that offers much more than this motto reflects. With something for the art lover, garden guru, history buff and everyone in between, Grand Rapids is a long weekend getaway you’ll never want to leave.

Thoughts of the traffic and hustle through Chicago and Indiana can put the brakes on potential vacation plans. The Lake Express High Speed Ferry out of Milwaukee instead

takes travelers across Lake Michigan—a two-and-a-half-hour trip—before dropping them off in Muskegon, Michigan. From there, it’s just an hour’s drive to Grand Rapids where you’ll be rested and ready to explore the city.

The bold red curves of “*La Grande Vitesse*,” the public sculpture by American artist Alexander Calder, are so iconic that they’ve become part of the Grand Rapids logo and decorate many of its street signs. The massive sculpture—whose name is a coy play on “The Grand Rapids” *en français*, is known to locals

simply as The Calder. Located in a plaza near City Hall, it’s the perfect first stop as you get to know the city.

Nearby, the Urban Institute for Contemporary Arts serves up modern and conceptual art with an edge to ponder on your stroll through the galleries. In contrast, the Grand Rapids Art Museum specializes in 19th and 20th century European and American art, for a classic art museum experience.

Frank Lloyd Wright aficionados will want to make their way to the Meyer May House, in the Heritage Hill Historic District,



Meyer May House



La Grande Vitesse in Calder Plaza

restored to its original Prairie-style beauty. While impressive from the sidewalk, get the full experience and stop in for a free tour on Sundays, Tuesdays or Thursdays and be sure to check out its impressive collection of leaded glass windows.

Across the Grand River, the Gerald R. Ford Presidential Library & Museum houses permanent exhibits on Ford's presidency, along with several smaller rotating galleries in the library. The Grand Rapids Public Museum has a major claim to fame: founded in 1854, it is one of the oldest public museums in the United States. Today, its campus features a planetarium, exhibits on Michigan's indigenous peoples and even one on the history of toys—complete with a 1980s-style arcade.

For those who prefer to get their kicks outdoors, The Frederik Meijer Gardens' extensive horticultural collection allows visitors to walk greenhouses and gardens blooming with carnivorous plants, succulents and more. Be sure to keep your eyes peeled for items from a sculpture collection that features works by Auguste



Gerald Ford Presidential Museum

Rodin, Richard Serra, Louise Bourgeois and more. Back in the city center, Rosa Parks Circle has been recognized as one of America's great public spaces. At the heart of Grand Rapids, the plaza is just blocks from the Calder, Grand Rapids Children's Museum and the Grand Rapids African American Museum and Archives, making it the perfect place to sit down for an afternoon snack and a rest in the sun.



Urban Institute for Contemporary Arts

SLEEP

With distinct neighborhoods that range from hip to historic, Grand Rapids has an eclectic Airbnb scene sure to get you where you want to be. Stephanie Kotschevar of Experience Grand Rapids recommends the **CITYFLATSHOTEL** for enjoying the convenience and character of downtown, but for the ultimate luxury retreat, few places can compare to the **AMWAY GRAND PLAZA**. Built in 1913 and offering sweeping views of the river, its architecture and atmosphere encapsulate everything that makes Grand Rapids unique.

EAT

Kotschevar also recommends treating yourself to a meal at **ZOKO 822**, a chic restaurant specializing in Basque-inspired cuisine that boasts an extensive collection of gins or dining with the locals at **TERRA GR**. After dinner, satisfy your sweet tooth at **LOVE'S ICE CREAM**, which offers traditional, vegan and gluten-free ice creams.



Grand Rapids Public Museum



Aerial view of Menomonee River and Harley-Davidson Museum, Milwaukee

MILWAUKEE

BASK IN BAY VIEW'S BOHO VIBE

BY KRISTINE HANSEN

PHOTOS COURTESY VISIT MILWAUKEE

YOU ALREADY KNOW about all the cool shops and restaurants tucked into historic warehouses in Milwaukee's Third Ward neighborhood. Or the emerging Restaurant Row in Walker's Point. Maybe you've also walked through Cedarburg's and Wauwatosa's adorable downtown villages. But have you been to Bay View?

A mere 10-minute drive south of downtown Milwaukee, hugging Lake Michigan, lies the neighborhood many have likened to Brooklyn, New York, in recent years, if only for the new wave of farm-to-table chefs and boutique owners

that have easily built a day of fun for your next Milwaukee day trip. Although two new micro hotels in Bay View—Kinn Guesthouse's apartment-style rooms above Kindred, a restaurant; and the B&B vibe at The Muse Gallery Guest House—would happily let you stay longer.

Newer shops along the main drag (Kinnickinnic Avenue) sell a mix of clothing and home décor, including URSA, where the vibe is very boho-chic (think Mexican blankets and tasseled pillows). Plume sells both vintage and contemporary dress styles. Vinyl collectors will want

to drop by Rushmore Records and Acme Records. Vintage duds are sold at Tip Top Atomic Shop, Alive and Fine, and Luv Unlimited.

In 2015 a local business owner reopened Avalon Theater, where monthly Saturday morning classic films join nightly blockbuster hits on the marquee. Mistral, led by Joe Schreiter, a chef alum of Harbor House and Joey Gerard's, in the same building delivers to your theater seat.

Other chefs who cut their teeth as chefs and sous chefs in Milwaukee and other cities have begun to adopt Bay View as the location for their first eatery. Within a residential block, the five-year-old



Rushmore Records

Goodkind's second-story dining room—inside a former pizza parlor—feels like the kind of place you'd find in San Francisco. Nightly specials at this farm-to-table spot range from burgers on Tuesday to half-off wines on Monday. Two of the co-owners (Paul Zerkel and Lisa Kirkpatrick) formerly worked at Portland, Oregon, restaurants. Speaking of wines, the list covers the globe and spans beyond big producers, while cocktails fold in locally procured ingredients. Sunday brunch here is very popular.

Ethnic dining in Bay View runs the gamut, from ramen at Hungry Sumo to Naples-style pizzas at Anodyne Coffee (not to be confused with its other location in Walker's Point, which does not have an imported pizza oven). Want a primer in Milwaukee's food artisans? Shop Outpost Natural Foods' shelves for snacks. Much like Willy Street Co-op, the Bay View Outpost also features a café and coffee bar.

Palate pleasing doesn't end with food. It extends to liquid pleasures, too. Twisted Path Distillery's new tasting room in Lincoln Warehouse pours organic, locally made spirits. Distillery tours are offered on Saturdays. Locals are never far from a java fix, whether it's a retrofitted gas station with fresh flowers on every table and killer sandwiches (Sven's) or savory hand pies and pastries the size of your hand at another retrofitted gas station (SmallPie) a few blocks west of Lake Michigan.



Bay View shopping, photo courtesy Tate Bunker



Bayview Bash



Bay View neighborhood sign



ACME Records

Bars here have long been in operation, but Lost Whale—open since last year—is an example of a lounge with fun design, including its wallpaper and Instagram-ready drinks.

Two neighborhood events bring locals out in support of the community: South Shore Farmers' Market (Saturday mornings between June and November in South Shore Park) and Bay View Gallery Night (first Friday in late May or early June, then again in late September).

SLEEP

Is there anything more urban than falling asleep above a trendy restaurant? In 2017 Charles Bailey transformed the upstairs of this 1895 Neoclassical Masonic lodge into **KINN GUESTHOUSE** (KINDRED restaurant is below). Each of the eight rooms are high in design, thanks to exposed-brick walls, barn doors and bed frames crafted from wood found on site. A communal kitchen and lounge are so pretty you'll want the space all to yourself.



Kinn Guest House / Kindred Restaurant



Nearer the Moon, painted by Jenny Jo at Café LuLu



REDISCOVER AN EVOLVING CITY

BY KRISTINE HANSEN

PHOTOS COURTESY ST. LOUIS CONVENTION & VISITORS COMMISSION



Waterfront view of The Gateway Arch, St. Louis, Missouri
Photo courtesy McElroy Fine Art Photography

IF, ON YOUR LAST St. Louis jaunt, you only saw photos of Clydesdales on Anheuser-Busch's brewery tour or squeezed into the tiny elevator ascending to the top of the Gateway Arch, it's time to return. In recent years, Missouri's second-largest city has embraced its urban roots with new boutique hotels, celeb-chef-run restaurants and attractions you definitely won't find anywhere else.

Last July the Gateway Arch (the world's tallest man-made monument) debuted green space along the banks of the Mississippi River, based on the late architect Eero Saarinen's designs,

that connects the attraction by foot to downtown St. Louis. (Before, you had to cross a highway.) Now you can bicycle, walk or jog. Another recent update is a new museum name and concept: 46,000 square feet added to the former Jefferson National Expansion Memorial and the Museum of Westward Expansion, now called Gateway Arch National Park and Museum at the Gateway Arch.

Like most metro areas, St. Louis is a city of neighborhoods. That means there are distinct personalities in each. Troll for antiques—from vintage dresses at Ace of Hearts Vintage or Cherry Bomb Vintage

to architectural salvage at Riverside Architectural Antiques—along six blocks of Cherokee Street, St. Louis' official Antique Row. Bites on the street include cupcakes at Whisk: A Sustainable Bakeshop or a soup-and-sandwich combo at The Mud House, where vintage typewriters and original art comprise the décor.

Another bustling neighborhood is the Delmar Loop in University City, home to vinyl-record shops and fusion-ethnic eats such as Seoul Taco, plus live-music spots like Blueberry Hill, showcasing local and visiting blues musicians. For a taste of St. Louis' signature toasted ravioli (breaded



Saint Louis Art Museum
Photo courtesy Dan Donovan



National Blues Museum
Photo courtesy Gordon Radford

and deep-fried to deliciousness), head to The Hill, which is the city's Italian neighborhood. Mama's on the Hill is an institution, having been in business since the 1940s. Another must-eat while in St. Louis is its gooey butter cake, not difficult to find on dessert menus or at bakeries.

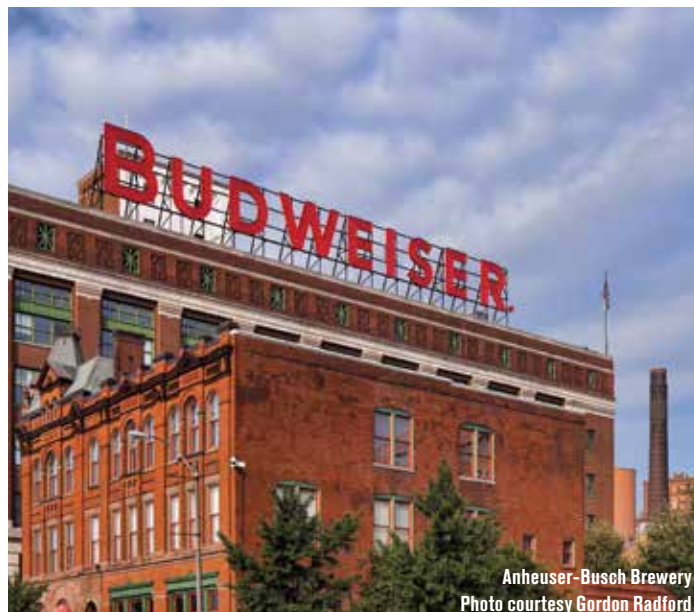
If you love Wisconsin craft beers and ciders—but are curious about what the rest of the Midwest is doing—a new arrival is Brick River Cider's tasting room, open since the fall of 2018. Another groundbreaking brewery is Schafly, which operates a tap room within an historic building. Sample through the sudsy lineup—from Northeast IPA to Chocolate Stout—on your visit.

And while there's nothing to knock about the world-class art (from hand-woven Turkish rugs among the finest in the world, to works by Pablo Picasso and Chuck Close) at the Saint Louis Art Museum (plus admission is free), City Museum is definitely off the beaten path. Open since 1997, and based on the ingenious ideas of founder Bob Cassilly, salvaged products from around the country—such as a Chicago bank's two 3,000-

pound vault doors—are reimagined into playful fun for all ages. Yes, you really can climb into that treehouse or walk into a retired jet.

If weather during your St. Louis trip is sunny, check out the city's two sculpture gardens. Citygarden is right downtown and adjacent to the glass-walled café location for Kaldi's (a coffee roaster),

featuring works by sculptors who include Keith Haring and Mark di Suvero. Twenty minutes by car from downtown lies Laumeier Sculpture Park, home to around 70 works that you'll want to whip out your smartphone for. Bring your hiking shoes because the trails take you into picturesque woods. Both sculpture parks are free to access.



Anheuser-Busch Brewery
Photo courtesy Gordon Radford





City Museum
Photo courtesy McElroy Fine Art Photography



Fox Theatre
Photo courtesy Katherine Bish



Kiener Plaza Park
Photo courtesy McElroy Fine Art Photography



Blueberry Hill

SLEEP

Washington Avenue downtown used to be the shoe manufacturing hub. This spring, the 142-room **THE LAST HOTEL** opens within the former International Shoe Co. warehouse. Rooms feature tiled walk-in showers and original barrel ceilings. Saint Louis Fashion Fund, a fashion incubator next door, attracts budding designers from around the country.



Photo courtesy The Last Hotel

EAT

Tucked into **ANGAD ARTS HOTEL**—a unique property where each of the 146 rooms' colors are designed to tap into certain moods—is St. Louis' first David Burke restaurant. Inventive dishes at **GRAND TAVERN** range from Burke's signature "bacon on a mini clothesline" to BBQ brisket with truffle mac and cheese "toast."



Third Avenue Bridge over Mississippi River, Minneapolis, Minnesota

MINNEAPOLIS

GET ICONIC IN THIS ARTFUL METROPOLIS

BY KATIE REISER

PHOTOS COURTESY EXPLORE MINNESOTA



iconic Spoonbridge and Cherry sculpture, which, as it sounds, is a giant spoon and cherry erected in 1985 by artist Claes Oldenburg and his wife, Coosje van Bruggen. The sculpture is the centerpiece of the Walker Center's sculpture garden, the largest urban sculpture park in the world.

The Minneapolis Institute of Art (MIA) is just as rewarding a destination with plenty of selfie-worthy works of art. Personal favorites are the giant Chuck Close self-portrait and the playful panda sculpture by Takashi Murakami. MIA offers two female-centric exhibits this summer. "Hearts of Our People: Native Women Artists," runs from June 2 to Aug. 18, showcasing achievements of over 115 artists from the U.S. and Canada, spanning over 1,000 years. And, from July 14 to April 21, "Emblems of a Prosperous Life: Women's Robes of Late Imperial China," features the sumptuous court clothing of aristocratic Chinese women in the 1700s and 1800s. With free general admission and ample spots to sit down and chat about the art, it's an inspiring oasis.

Infuse some more culture into your getaway by taking in a show at the Guthrie Theater, where a full slate of performances awaits you.

Need more action? You can combine learning and sampling with a macaron baking class at Amy's Cupcake Shoppe



Midtown Greenway
Photo courtesy Melanie Graves



Kayaking on Mississippi River

IT MIGHT NOT offer more warmth or less snow, but Minneapolis nevertheless entices, with many interesting sights, good eats, satisfying drinks and unique shops.

Enjoy the four-hour drive from Madison to the tune of a Minnesotan playlist, featuring the state's finest exports, including Bob Dylan, Prince and The Replacements.

Once in the city, you'll find no shortage of sights and activities to flesh out your itinerary. And, naturally, you can fill in the time between them with dining, maybe a few drinks and some shopping.

The Walker Art Center in the Lowry Hill area of Minneapolis gets lots of love—and inspires a lot of selfies—alongside the



Mary Tyler Moore Statue



Minnehaha Falls
Photo courtesy Kurt Carlson

or a tour followed by drinks at Twin Spirits, the first female-owned distillery and cocktail room in the Twin Cities.

Need more sweets? Notable choices include the delightful concoctions at Glam Doll Donuts with two sassy, vintage-inspired locations, or the giant shareable gooey caramel roll that accompanies the family style brunch at Ike's Food & Cocktails. (With five locations you'll likely be close to one of

The Mall of America in Bloomington is an obvious shopping mecca, but for an array of both luxe and quirky options, head to the 50th and France area of Edina, a town a bit south of Minneapolis. You'll find beautiful home goods and gifts at Gather, silly and stylish treasures at Pink Door Boutique (including Bob Dylan icon candles, naturally) and gorgeous yarns at Harriet & Alice.

If your shopping budget is a little wanting, you may have more options at Primp, a mini chain of six area stores with carefully curated offerings that are "cheap and chic."

In need of some libations after shopping and sightseeing? Parlour, with locations in both Minneapolis and St. Paul, is frequently at the top of "best cocktails" lists, and Martina offers Argentinian food and craft cocktails with clever names that have

customers swooning.

Before you head out of town, pay homage to the Mary Tyler Moore statue at 7th and Nicollet. As we emerge from a seemingly never-ending winter, you might want to celebrate with your own hat-toss! ❄️

them.) Not in the mood to share? The popular Hen House Eatery offers myriad choices of rolls, in addition to other tasty breakfast offerings—definitely worth the typical wait to get a table.



Bob Dylan mural
Photo courtesy Paul Vincent



Spoonbridge and Cherry at Walker Art Center

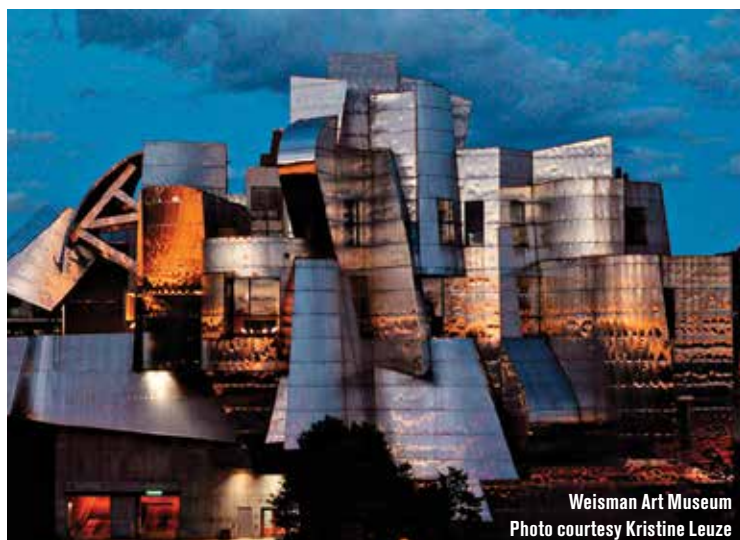
SLEEP

THE HEWING HOTEL, a brick-and-tinder warehouse before its transformation into a unique boutique hotel in Minneapolis' North Loop neighborhood, gets rave reviews for its gorgeous décor and friendly staff. Another chic option at this higher price point is the recently remodeled **HOTEL IVY**.

EAT

Can't agree on dinner? **WORLD STREET KITCHEN** in Minneapolis is a funky spot with reasonably priced global street food.

SPOON AND STABLE, helmed by James Beard award winner Gavin Kaysen, is a special destination in Minneapolis (you'll need a reservation). It's also on best bars lists, so if you can't get a dinner reservation go for a drink (and dessert).



Weisman Art Museum
Photo courtesy Kristine Leuze



First Avenue
Photo courtesy Chad Rieder

Cosmopolitan Couture



Dressing for an urban adventure

By Cassie Hurwitz
Styled and photographed
by Shanna Wolf

Bottomless Bag

A large tote can double as a playful accessory and a storage spot for anything you might need throughout the day. Stash the essentials—sunnies and a scarf for weather changes, a notebook to jot down travel musings and a few statement jewelry pieces—and you'll be prepared to go from daytime sightseeing to nightlife exploring. Bonus points for hands-free bags.

Previous page: Maison Scotch Pink Gingham Blazer, \$198; Twigs. Ombre Scarf, \$195; Chauette. Mini Julia Backpack by Joy Susan, \$64, Make It Happen Notebook, \$20; Little Luxuries. Ava Skinny Jean by Parker Smith, \$184; Chauette. Tan Loafer by Chelsea Crew Black Label, \$89; Shoo. Tortoise Concave Cuff by AV Max, \$60; Twigs.

Malone Duffel by Matt & Nat, \$140, Travel Notebooks, \$17-\$20; Little Luxuries. Rialto Clear Beach Sunglasses by Wonderland, \$185; Shopbop. Blue Pacific Neck Tie, \$30; Chauette.

Layer On, Layer Off

Light jackets and practical-meets-stylish shoes are a traveler's best friend. Not only are you prepared for all temperatures and terrains but your versatile look can go from day to night—sans hotel stops. When happy hour strikes, throw on a structured denim jacket or quilted coat to stay warm, and tie on a silk scarf to jazz up your cool, collected ensemble. ✿

Right: Lize Floral Jacket by FRNCH, \$89; Luceo. Raw Silk Scarf by Argaman & Defiance, \$54; Z. Bella. Kensington Rainboot by Cougar, \$70; Shoo. Ledger Notepad, \$10; Little Luxuries. Venice Watch by Rumba, \$99; Luceo. Handmade Leather Card Case by Sage Conrad of Jackalope Milk, \$30, Wyatt Sunglasses by TOMS, \$119; Shoo. Fanny Pack by Clare Vivier, \$298; Twigs.



Creating a Great Looking Smile

With the help of new dental and orthodontic treatments

By Sue Sveum



If a trip to the dentist makes you feel a little anxious, you aren't alone. Let's face it, dental anxiety is common—giving dentists a bad rap. But the good news? Innovations and improvements in dentistry have made going to the dentist today much different than it was for our parents' generation.

Dr. John Gernetzke of The Grove Family Dental & TMJ Clinic, along with Dr. Sarah McDermott and Dr. Dina Salman, orthodontists at First Choice Dental, explain how the latest trends and techniques make your dental experience as stress-free and painless as possible. Whether getting braces or having a cavity filled, it's a game-changer.

One of the biggest hurdles for many patients is the fear of pain from needles or the drill. Even the sound of the drill can be enough to set your teeth on edge. But Gernetzke has resolved that very problem in his practice—with the use of lasers.

"I'm always looking for new ways to give my patients better, faster and safer care," says Gernetzke, who's one of a growing number of dentists nationwide using laser technology. Although he's used lasers for many years, he says he's especially excited about the Solea laser, which he's used for almost a year now.

"It's the first CO2 laser that cuts through both soft and hard tissues efficiently—and painlessly," says Gernetzke. That makes it perfect for a variety of diagnostic and treatment applications—including prepping a tooth for treatment, decay detection, removal of old fillings, gum surgery,

biopsies and canal cleaning during endodontic treatment.

Patients hear and feel only a gentle pulsing sound and sensation. Better yet, laser dentistry is basically pain-free. "The pulsing light creates analgesia which allows anesthetic and shot-free treatment," explains Gernetzke, adding that he uses the laser as often as he can. "Patients really appreciate me not using the drill, not having a shot and not leaving their appointment with a numb face. It also reduces the time the patient has to spend in the chair."

Most patients say they feel a sensation similar to biting into ice cream during laser treatments.

And if your biggest dental fear is the cost, you'll be happy to know that using lasers is not more expensive. If a patient's insurance covers traditional fillings, then it will cover laser treatments.

"In 30 years practicing dentistry, not once did I wake up in the morning excited to go to my office to give shots and use the drill," says Gernetzke. "But for the past 10 months, I wake up excited to go to my office and use the Solea laser to treat my patients in the most comfortable, efficient way."

Dr. Sarah McDermott and Dr. Dina Salman, along with the rest of the orthodontic team at First Choice Dental, are feeling pretty good about going to work each day, too. Thanks to ongoing research in orthodontics there have been a lot of innovations in this area. And that should make the orthodontic process easier for patients.

In addition to the latest trends and newest techniques, a good relationship between the orthodontist and patient is vitally important. "We really try to get to know our patients and have fun," they stress. "Because we're seeing patients roughly every six weeks for two years, we want to make sure that all of our patients are comfortable and able to communicate any concerns that arise."

Salman is new to the practice but she and McDermott went to dental school

SPONSORED CONTENT

and completed their orthodontic residencies together. Now reunited, they're able to combine their shared training with a similar philosophy and approach to orthodontics—resulting in more consistent treatment and a better patient experience, they say.

So why are orthodontics important, anyway? The goal of orthodontic treatment is a beautiful smile and a good bite—meaning straight teeth that mesh well with the teeth in the opposite jaw. A good bite makes it easier for you to bite, chew and speak.

According to First Choice, about 75 percent of their orthodontic practice are patients under age 18. The American Association of Orthodontists recommends an initial orthodontic screening at age 7. Few patients will need to begin treatment that young, but the screening provides a good baseline, as well as a relaxed introduction to both the orthodontist and any further interactions and procedures that may happen.

At that first appointment, the patient is seen by a treatment coordinator and an orthodontist, who'll complete a brief but thorough exam—allowing plenty of time for questions.

It's no secret that many kids don't look forward to wearing braces, but the orthodontic team says most agree that it was worth it in the end, adding,



We might just call it the

PAUSING WAITING ROOM

Introducing Snap Appointments.

Get in and out with an appointment
that starts and stays on time.
It's your busy day, solved.

First Choice DENTAL

Problem solved.

11 locations | [FirstChoiceDental.com](https://www.FirstChoiceDental.com)

“They’re really proud of that beautiful smile they worked so hard to achieve!”

Luckily, the variety of orthodontic “appliances” available today helps to make the process of achieving that perfect smile a little easier—and they often look better than traditional metal braces. Options include self-ligating braces, tooth-colored braces, clear aligners and other devices.

But keep in mind that not all of these options are right for everyone. It’s important to discuss the choices with your orthodontist to determine which one is best for you or your child.

One option is self-ligating braces. These are placed on the teeth like conventional braces—but archwires are held in place with special clips or brackets instead of the traditional elastic, rubber bands or metal ties. That means there are fewer places for plaque and bacteria to accumulate.





dr john gernetzke
smiles. comfort. confidence.



608.882.4441
smilesbydrjohn.com
109 S Madison Street
Evansville, WI 53536




“Dr. John will walk you and your family through their lifelong dental health journey.”

| pain solutions | great smiles | health |
|------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-------------------------------------------------------------------------|
| <p>TMJ/TMD</p> <p>Anesthesia free soft and hard surface procedures</p> | <p>Orthodontics (including invisalign)</p> <p>One visit crowns and veneers</p> <p>Implant placement and restoration including all-on-4 dentures</p> <p>Teeth whitening</p> | <p>Gum rejuvenation</p> <p>Gum disease</p> <p>Oral Cancer Screening</p> |

We are always accepting new patients, and accept most major insurance plans.

In office membership available

And braces aren’t just for kids any—more. More and more adult patients are seeking orthodontic treatment today—especially with the advancements in Invisalign.

Invisalign is a great system for people who don’t want the look or feel of traditional metal brackets. The benefits include:

- Virtually invisible teeth straightening
- The ability to remove the device for eating and brushing
- You can eat whatever foods you enjoy
- Brush and floss your teeth normally for better gum health
- There’s no metal that may irritate your cheeks and gums

With good care your teeth can last a lifetime. And adults and children alike often find that a beautiful smile adds to self-esteem and self-confidence, dentists say. In our competitive world, that’s something to smile about.

GO+DO



SAVORY AND SEASONAL

Dig into spring with an herb salad and wild mushroom tart with lemon agrodolce at Odd Duck in Milwaukee. See *Eats + Drinks* on P. 46

PHOTO COURTESY ODD DUCK RESTAURANT, ARTEMIO PHOTO

NEVER A DULL MENU

Milwaukee's Odd Duck reinvents itself daily

BY KRISTINE HANSEN

IT'S NO SECRET OPPOSITES ATTRACT IN ROMANCE.

United by a passion for food, Melissa Buchholz handles front-of-the-house matters—including chatting with diners and media interviews—while her boyfriend Ross Bachhuber is happy cooking alone in the kitchen. Together they co-own Odd Duck, a farm-to-table spot along Kinnickinnic Avenue in the heart of Milwaukee's Bay View neighborhood.

"A pretty global philosophy," says Buchholz, drives dish creations, whether that's Malaysian nasi lemak (a fragrant rice dish) or Portuguese feijoada (pork and beans stew), to help diners "explore the world." Cocktails, too, dance among cultures. The menu is printed daily for that night's dinner, reflecting not only what's in season but



PHOTOS COURTESY ODD DUCK, ARTEMIO PHOTO



what has been brought to Odd Duck from food suppliers and farmers that morning. "We work more collaboratively than a lot of places. Some days there's a lot of changes (to the menu)," explains Buchholz. "Other days there's only a few."

Scallops are always on the menu—with a flavor twist that varies—and "most cultures have a seafood stew," says Buchholz. A pasta dish (including pierogi, Polish dumplings) is also a constant feature. "We really love our lamb from Pinn-Oak Ridge Farm in Delavan," she says, and "we always have duck, sometimes in several dishes. We often have some sort of dish where we make (our own) sausage."



The couple's international travels—including a trip to India this past March—inspire the menu.

On a typical evening—no matter if it's Tuesday or Saturday night—there's a vibrancy inside the restaurant, which opened in 2012. Many arrive in groups, intent on sharing dishes, and the cozy space—with its cream-city brick walls—feels both homey and haute. Delightful aromas waft out of the open kitchen in back.

It's almost like walking into one's living room—exactly how Buchholz and Bachhuber want you to feel. "We wanted it to be affordable and not feel fancy or exclusionary," she says. "It's not just our job, it's our life." 🌸



PIZZERIA, RISTORANTE & WINE LOUNGE



1828 Parmenter Street, Middleton
608.833.0033 • www.villadolcecafe.com
Open 11am - 10pm Monday - Saturday
Gourmet Pizza • Pastas • Happy Hour Specials • Catering




LOCAL FARE WITH FRENCH-BELGIAN FLAIR



**From Scratch,
Seasonally-Sourced Menu**

**250 World-Class Craft Beers
30 Wines by the Glass**

1923 Monroe St., Madison
608-255-8500 • BrasserieV.com








**willy
street
co-op**

Fresh. Local. Organic. Yours!



**YOUR OFFICE
NEEDS:**



CATERING



PARTHENONGYROS.COM/CATERING



FUN RUN

Girls' Day Out

Grab your besties - and hit the streets in downtown Monroe!

Some insider tips...

Starters Faves like avocado toast with poached eggs, or pear and artichoke flatbread with jalapeno jam from Black Walnut Kitchen. Why yes, I'd love a mimosa!

Shop Artful Gourmet for cookware and gadgets; Frame n' Color for art prints; House to Home Designs for primitive and unique house décor and furniture; Edelweiss Gifts with an eclectic mix and one-of-a-kind finds; Rock & Rust for vinyl records plus vintage furniture; Toy Haus has toys and games plus fashions for infants; and Orange Kitten Yarns for home-spun fibers and all things knitting.

Style JoAnne's Dress Shop features on trend apparel for fashionistas of all ages; Max's Threads can dress you or suit the man in your life. Urban Boutique & Spa has comfy threads perfect for all your weekend plans; Luecke's Diamond Center can send you off smiling with a unique piece of vintage costume jewelry.

Taste Signature cocktails and appetizers at Buggyworks or Northside Pub & Grill; artisan cheese at Baumgartner's Cheese Store & Tavern. Be like a local and grab a stool at Bartel's & Co Tap for a true neighborhood happy hour. Burgers, pizza, tex-mex, fish fry and more: Suisse Haus, Bullet's Restaurant, Turner Hall. Sweets and treats at Rainbow Confections.

Info MainStreetMonroe.org • 608.328.4023

Cars on the Square

June 7 & August 23

Concerts on the Square

Johnny Rogers Band
May 31

FBI & the Untouchable Horns
June 21

Reloaded
July 12

Water Street Jacks
July 25

Fletcher Rockwell
August 16

All Summer - Musical Chairs

A public art installation guaranteed to inspire you to burst into song and dance in the streets.



**MAIN STREET
MONROE**

TRAVEL GUIDE

NAMED WISCONSIN'S MOST UNDERRATED CITY

Beloit

Wisconsin

Play & Stay

Historic downtown, trendy dining, festivals, boutique hotels, and more!

Farmers' Market

2nd Largest in Wisconsin
from May-October

Thousands of visitors enjoy the award-winning market every Saturday from 8 am-1 pm.

VisitBeloit.com

PLAN
YOUR
GETAWAY
TODAY!

Be a Resorter



Wisconsin's Elkhart Lake

Vacation in the authentic lakeside resort village of Elkhart Lake, where being a RESORTER is not only a way of life but a feeling of belonging. You will be welcomed by a community filled with familiar faces who become just like family. Why be a tourist, when you can be a RESORTER.

WISCONSIN'S
Elkhart Lake
A legendary getaway

ElkhartLake.com | 1-877-355-4278



FORT ATKINSON



We invite you to...



10% OFF YOUR STAY at Country Inn and Suites in Fort Atkinson when you mention this ad

CALL (920) 563-3210 or **VISIT** fortchamber.com



Wisconsin's Best Shopping

SHOP • DINE • EXPLORE • EXPERIENCE

Start planning your getaway today at [FoxCities.org](https://www.FoxCities.org) [f](#) [t](#) [i](#)

GREATER
FOX
CITIES
APPLETON WI

DINE AND DASH

Wisconsinites like to add cheese and beer into all activities, but these runs take the cake

BY CASSIE HURWITZ

HEALTH FOOD and exercise are a logical match. Fitness gurus everywhere have a preferred combination of reps and recipes, often including leafy greens, lean proteins and whole grains. In Wisconsin, however, the mix of food and exercise takes a new turn.

For runners, couch potatoes and foodies alike, the Dairy State offers a slew of “food runs”—typically 5Ks that incentivize participants with scrumptious snacks. Sun Prairie’s **Cheesehead Challenge**, for example, may seem like a standard 5K. But at every 1K completed, runners can stop for cheese samples. “Everybody loves cheese,” says Christy Jagfeld, director of the run and treasurer of Dysautonomia International, the event host. Raising money for the relatively unknown nervous system disorder is their goal. “This is our big hurrah,” says Jagfeld. “[We want to get] the word out there.” Catch it Saturday, April 27, and get training—the winner will be crowned “the big cheese.”

When Brat Fest rolls into town, sign up for the 5K or 10K **Bun Run**, a race around the Alliant Energy Center’s Willow Island on May 25. Runners can sweat it out to earn a Johnsonville Brat before joining the Brat Fest party. The normal race doesn’t allow dogs, but there is a separate 5K, aptly named the Dog Jog, that welcomes furry friends.



Photo Courtesy Wisconsin Riders



Photo Courtesy Brewery Running Series

If running for cheese or brats isn’t your speed, there’s the **Wisconsin Brewery Running Series**. A collection of 5Ks around the Milwaukee area and one at Madison’s Karben4, these events allow participants to end their run with a few cold ones. “The whole concept is about supporting local craft breweries,” says event director Sarah Lockwood. “We have fun, we give back and we drink beer.” Sprint and sip in Madison on May 11, or head to The Fermentorium on April 27, MobCraft on May 4 or Lakefront Brewery on July 13—among 12 other locations until early November—for Milwaukee’s share of boozy bouts.

Finally, for those with an incurable sweet tooth, head to Milwaukee’s **Donut Dash** on April 27. According to Chad Beres, president of the Wisconsin Riders, “It’s a 5K with a twist.” This twist is exactly what it sounds like—a jog for the fried, sugary treats. With each donut gobbled up along the way (provided from local institution Grebe’s Bakery), participants can shave off two minutes from their total race time to create a “donut reduced time.” More importantly, however, the dollars raised benefit the Wisconsin Riders, a group dedicated to remembering fallen officers. “People always like to joke with cops and donuts,” shares Beres, “so why not make a little bit of fun with the situation.”

Running does not have to be synonymous with healthy food, as Wisconsin’s selection of events proves. With spring developing and summer just around the corner, schedule in one of these fun runs to remind yourself of the balance between exercise and indulgence. 🍩

For more information, bit.ly/cheeseheadchallenge; bratfestrun.com; breweryrunningseries.com/wisconsin; wiridersput.com/upcoming-events



Spring is on its way! Time to get your home in shape. New drapes? Reupholstery? Pillows? We can do it all for you! Stop in and look at all the new fabric options for Spring!

Creative Energy Designs, Inc.
125 S. Dickinson St., Madison • 608-256-7696
www.CreativeEnergyDesignsInc.com

Burlington WISCONSIN

Come • Stay • Play

- ChocolateFest
- Maxwell Street Days
- Tall Tales Music Festival
- Farmers Market
- Haylofters Malt House Theater

10 Minutes from Lake Geneva
45 Minutes from Milwaukee

Miles of popular bike trails
Scenic riverwalk
Fishing & watersports
Museums
Lodging
Visit us soon!

Free Visitor Guide

113 E. Chestnut Street • 262-763-6044
www.burlingtonchamber.org

RUN FOR THE ROSES

Bet on a Cowie

APRIL

13

2019

JDRF SPRING GALA

MADISON MARRIOTT WEST
1313 JOHN Q HAMMONS DRIVE
MIDDLETON, WI 53562

HALICK HOLDINGS

WOLF **SUBZERO** **COVE**

UWHealth | **UnityPoint Health Meriter** | **Quartz**

CUNA MUTUAL GROUP | **Innovenn** | **UB&T** (Urban Bank & Trust Company)

Madison Family Dental Associates (Christine Aden-Hornick, DDS and Nicholas Hornick)

Tito's **Handmade** Vodka

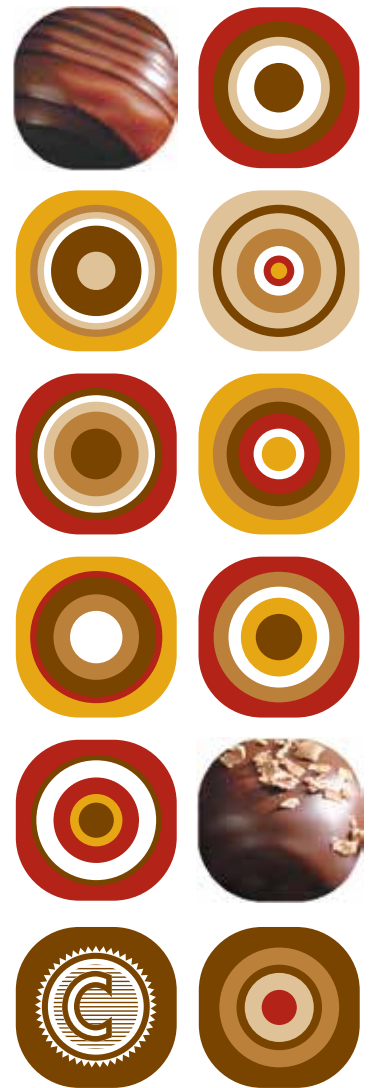
UWHealth University of Wisconsin Transplant Program

several essentials **Love, Tito's** **WILDERNESS** Wisconsin

SUBY **BoardmanClark**

For more information:
608.833.2873 or westernwi@jdrf.org
jdrfpringgala.org

JDRF IMPROVING LIVES, ELIMINATING TYPE 1 DIABETES.



Your mom will wonder what you did wrong.

CANDINAS
CHOCOLATIER

608.845.1545
www.candinas.com

2435 Old PB
Verona, WI 53593

11 West Main Street
Madison, WI 53703

SPRING  GALA



Wisconsin Women's Health Foundation
22ND ANNUAL SPRING GALA

5.18.2019
 8:00pm – Midnight
 STATE CAPITOL

For sponsorship opportunities
 & to purchase tickets visit:
WWW.WWHF.ORG/SPRINGGALA

For more information please contact Allie Ruschell at
aruschell@wwhf.org or call 608-251-1675



 **WISCONSIN WOMEN'S HEALTH FOUNDATION**

Comfort with Style!



Morgan's Shoes
 COMFORT WITH STYLE!

*Board Certified Pedorthists
 on staff. Narrow through
 Wide Widths in stock. Free
 advanced foot evaluation
 with every fitting.*

HILDALE

Mon-Sat 9-9 Sun 11-6
 608.238.3509
morganshoes.com

 **harbor swim school**
 fitness is a lifelong pursuit

Harbor Athletic Club Swim Lessons



"Rather than focusing on passing and failing, we believe that swim school students are always learning and improving, without end."

Parent/child classes through adult beginner and every age in between.

SUMMER SESSION REGISTRATION OPENS MAY 9TH

HarborAthleticClub
 fitness is a lifelong pursuit

WWW.HARBORATHLETIC.COM 2529 ALLEN BLVD, MIDDLETON | 831-6500



Get ready to THRIVE!

Inspiring Day. EMPOWERED LIFE.
BRAVA THRIVE CONFERENCE

Friday, May 10, 2019 | 8 AM - 4 PM
The Madison Concourse Hotel, Madison

Register Now!

TICKETS: **\$110 per person**

INFORMATION & REGISTRATION: **thrivewithbrava.com**

Nonprofit and group rates available for those who qualify. Contact **and@ntmediagroup.com** for more details.



TITLE SPONSOR



Sundara Inn & Spa

SILVER SPONSOR

KEYNOTE SPEAKER | DINA NINA MARTINEZ



THE POWER OF FUNNY WOMEN!

Funny women have always been feared by men. It means we're smart, so yes fear us. Be in awe of us. Humor is a powerful tool that helps us cope, transcend differences and reach great heights. A weapon to have in your arsenal, a device to make the deal and the greatest way to resolve conflict. How do we find strength in humor when we've been told that we're not funny? When we've been told that you'll never make it in this industry? We become funnier and more powerful.

Dina Nina Martinez, who was called "...very funny" by the Late Late Show's James Corden, is a standup comedian and actor from LA who moved to the midwest for her career. Her signature blend of disarming sass and charm has been featured in comedy festivals, multiple world-class comedy venues and keynote for events including Wisconsin Women's Entrepreneur Day, The Chicago Women's Funny Festival, LA's The Comedy Store, Social Change Forum and Chicago's Zanies Comedy Club. She is a Huff Post blogger and creator and executive producer of Lady Laughs Comedy Festival. She was named one of the "40 Hot Queer Women In Comedy" by AfterEllen.com and won Madison's favorite Local Comedian as voted by the readers of the Isthmus. Though LA was cute and she's certainly got fabulousness to spare, Martinez's long term goals are to settle down and be a soccer mom.

Schedule

Craft your perfect day—whether you're attending to focus on your personal life, professional life or both. Choose from 12 inspiring workshops in four powerful categories—plus an uplifting keynote and bonus workshops and sessions in between. Categories include:

EMPOWER: Develop the skills and tools needed to live life on your terms, acquire skills, protect boundaries and cultivate financial freedom.

ENRICH: Stimulate creativity to reveal a fresh perspective on personal priorities and self-care. Craft the life you want to live by tapping into your inner voice.

EDUCATE: Gain knowledge and expand your communication toolbox to influence your team and workplace culture in an effective way.

ENTREPRENEUR: Scale up from biz basics with helpful tips on striking out on your own, funding opportunities, mastering marketing and online promotion.

| | | | | |
|-------------------------------|------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------|
| 8-8:45 AM | Breakfast Registration Laser Coaching ("Own Your Money" Coaching series) Vendor Booths Head Shots | | | |
| 9-10 AM | Keynote Presentation: The Power of Funny Women! with Dina Nina Martinez | | | |
| 10-10:30 AM | Break Vendor Booths Laser Coaching Sessions Head Shots | | | |
| 10:30-11:30 AM (Session 1) | EMPOWER | ENRICH | EDUCATE | ENTREPRENEUR |
| | Innovation: Collaborate to Compete <i>Ann Garvin</i> | Staying Positive Around Negative People <i>Tina Hallis</i> | Take YOUR Brand to the Bank <i>Katrina Cravy</i> | Survival Tips for Entrepreneurs <i>Melissa Blettner</i> |
| 11:30 AM-1 PM | Lunch Break: Vendor Booths Laser Coaching Sessions Head Shots | | | |
| 1-2 PM (Session 2) | EMPOWER | ENRICH | EDUCATE | ENTREPRENEUR |
| | Do I Matter? Thriving with Purpose <i>Mary Helen Conroy</i> | Beginning Storytelling <i>Jen Rubin</i> | Creating Meaningful and Successful Events <i>Ann Imig</i> | Develop Confidence as You Start & Grow <i>Laura Gmeinder, Deborah Biddle, and Eugenia Po-destá, Summit Credit Union</i> |
| 2-2:30 PM | Break Vendor Booths Laser Coaching Sessions ("Own Your Money" Coaching) Head Shots | | | |
| 2:30-3:30 PM (Session 3) | EMPOWER | ENRICH | EDUCATE | ENTREPRENEUR |
| | Real Body Talk – It's Time to Celebrate <i>Krystle Marks, Lev Apparel</i> | RE-WIRE: Surviving to Thriving in 6 Steps <i>Betsy Koepke</i> | Money Feng Shui – Unclutter Your Life to Attract Wealth <i>Amy Crowe, Summit Credit Union</i> | 180 Day Freedom Plan: How to Change Your Side Hustle to Your Full Focus <i>Christie Gause-Bemis, Hot Pink YOUiversity</i> |
| 3:30-4:00 PM | Vendor Booths Head Shots | | | |

Register Now!

TICKETS: **\$110 per person**

INFORMATION & REGISTRATION: thrivewithbrava.com

Nonprofit and group rates available for those who qualify. Contact and@ntmediagroup.com for more details.



Empower

Live life on your terms.

INNOVATION: COLLABORATE TO COMPETE

with Ann Garvin



More women than ever are in entrepreneurial, scientific, technical or artistic careers, however, more of them are also exiting these fields—unfulfilled and under-appreciated. Leadership positions and accolades continue to be male-dominated, leaving most opportunities for success gender-imbalanced in a way that not only discourages and drives away ambitious women but also fosters underperformance. There's a better way for women to break barriers and achieve personal and professional goals.

Ann Garvin, Ph.D., is the USA Today Bestselling author of "I Like You Just Fine When You're Not Around," "The Dog Year," and "On Maggie's Watch." Ann is a professor of Health Psychology at the University of Wisconsin-Whitewater and a professor of writing at Miami University in their Masters of Fine Arts program.

DO I MATTER? THRIVING WITH PURPOSE

with Mary Helen Conroy



Have you ever looked in the mirror and asked, "Do I Matter?" Daily we're caught in the fray of expectations, responsibilities, conflicts and the craziness of life. It's difficult to know what the answer is to this question of mattering. The presentation will examine the good, the bad and the ugly, the scary and sad, and the awesomeness of building lives that truly matter. Through popular culture, great stories and even a recipe for mattering, the audience will leave with strategies for showing others and themselves that they matter.

Mary Helen Conroy, chief creative officer of Life's a Daring Adventure and I'm Not Done Yet is a bestselling author and inspirational speaker.

REAL BODY TALK—IT'S TIME TO CELEBRATE

with Krystle Marks



Each one of us can recall a time when we were shamed for the way we looked. We all want to be accepted, and most of us have tried changing things about ourselves to avoid rejection. What we so desperately need is a rest from the comparison culture we live in. When we embrace our strengths, beauty, physical body and uniqueness, we thrive. Let's get real about how we see ourselves and debunk some of the lies we have believed.

Krystle Marks is a personal stylist, clothing designer, and founder of Lev Apparel. Her focus in personal styling and design always comes back to helping women feel celebrated in each diverse shape they come in.

Enrich

Spark your creativity.

STAYING POSITIVE AROUND NEGATIVE PEOPLE

with Tina Hallis



Don't let the negative people in your workplace or life drain your energy and bring you down! Learn how to build your immunity so you can reduce your stress and increase your happiness. If you're ready to reclaim your power from the negativity of others, this workshop will not only put you on the right path, it will break down that path into simple ideas you can quickly apply in your busy life.

Tina Hallis, Ph.D., is a speaker, author and founder of The Positive Edge. She is certified in Positive Psychology through the WholeBeing Institute, an authorized partner for Everything Disc, and a professional member of the National Speakers Association.

BEGINNING STORYTELLING

with Jen Rubin



In this one hour class, participants will learn how to find, shape and present stories. We will discuss the five main elements to a story and how to discover them. By learning dynamic storytelling elements, you will gain the tools to pull short stories out of everyday life. Participants will learn how to turn an anecdote of something that happened to you into a story that illuminates a central truth about your life.

This will be an interactive workshop with a mixture of mini lecture, 1:1 dialogue, small group work and presentations.

Jen Rubin is a former New Yorker living in Madison. An obsessive maker of mixed tapes and quite possibly the best challah baker in town, she has worked for social change throughout her career.

RE-WIRE: SURVIVING TO THRIVING IN 6 STEPS

with Betsy Koepke



Would you like to learn how to shift your lifestyle from "hamster wheel" surviving to enjoyable thriving? Attend this interactive exercise where you will explore your relationship with your most precious resource: TIME. Identify ways to "invest" your time rather than "spend" it so that you can begin to experience a work/life/play balance that allows you to feel more alive, fulfilled and energized.

Betsy Koepke is a Tony Robbins trained coach, educational psychologist, speaker, wife, mother of two and business owner. Betsy shares secrets, strategies, and stories that empower women to live with passion and purpose while at the same time maintaining balance in all areas of life.

Educate

Gather vital knowledge.

TAKE YOUR BRAND TO THE BANK

with **Katrina Cravy**



Boost your executive presence and communicate with confidence! You're smart, driven and good at what you do. But that alone won't be enough to score you a promotion or a corner office. Find the bigger YOU and how to communicate with confidence to inspire your colleagues and customers. For those of you already in the corner office, do you like speaking in public or doing media interviews? If you're sweating just thinking about it, this talk is for you. Open the gift of your true voice and what Katrina can bring to your career.

Katrina Cravy is an Emmy award-winning TV media veteran and author. As a former investigative reporter and TV host for FOX, NBC and ABC affiliates, she's now dedicated to helping people create and communicate a story that sells.

CREATING MEANINGFUL AND SUCCESSFUL EVENTS

with **Ann Imig**



Learn tips and tricks from Listen to Your Mother founder Ann Imig for creating meaningful local events that attract audience, collaborators and sponsors alike. Learn how to engage and energize your attendees, while building community and attracting attention from the press along the way.

Ann Imig is an award-winning event creator/producer and talent, who has coached women across the country to do the same while earning numerous local and national broadcast and print features.

MONEY FENG SHUI—UNCLUTTER YOUR LIFE TO ATTRACT WEALTH

with **Amy Crowe**



Do you have positive money energy or are negative money messages blocking your potential? Join Amy Crowe, Summit Credit Union financial education specialist, to learn tips, tools, advice and gain support for creating more intentional money habits to build wealth and invite abundances into your life. The interactivity and exercises will get you reflecting and give you time to create steps toward change. Rid yourself of money disorder to attract good energy and flow so you can shift your lifestyle and own your money.

Amy Crowe is a financial education specialist at Summit Credit Union where she started her career in marketing over 20 years ago and now leads its award-winning signature community financial education programs, Project Money and Project Teen Money.

Entrepreneur

Harness your authentic power.

SURVIVAL TIPS FOR ENTREPRENEURS

with **Melissa Blettner**



Ask most people what their dream job would be and one of the most common answers it seems is being able to make your own schedule, create your own success and be your own boss. To do this it takes discipline and some very specific skills. During this presentation, you will learn six survival tips for the female entrepreneur.

Melissa Blettner is the co-founder and CEO of dream BIG academy. She knows that to be successful, you need to link arms with successful, motivated, passionate professionals.

DEVELOP CONFIDENCE AS YOU START & GROW

Moderated by Summit Credit Union featuring panelists **Laura Gmeinder, Deborah Biddle, and Eugenia Podestá**



Living in the often uncomfortable, but exciting space of starting or growing your business? Join Calyn Ostrowski, Managing VP-Business Development & Financial Empowerment at Summit Credit Union with guest panelists as they help you develop confidence, overcome fear and equip you with new knowledge to advance your business forward.

Calyn Ostrowski is Managing Vice President of Business Development & Financial Empowerment at Summit Credit Union.

Laura Gmeinder is a passion igniter. Those in-the-know would tell you she's a top-rated coach and national speaker.

Deborah Biddle influences individuals and teams to successfully rethink and redo the ways they engage with people and make decisions.

Eugenia Podestá is a social entrepreneur and global connector with over 20 years of nonprofit, international development and social impact experience.

180 DAY FREEDOM PLAN: HOW TO CHANGE YOUR SIDE HUSTLE TO YOUR FULL FOCUS

with **Christie Gause-Bemis**



Women want more freedom in their schedule and to work at a job that uses their passions. If you have a side business that feels more like a hobby and want to get serious this year, Christie will offer a step-by-step plan that gives you the support you need to be successful.

Christie Gause-Bemis is CEO and co-founder of Hot Pink YOUNiversity. She began Hot Pink in 2011 and worked her business into a fully thriving career.



Enjoy these optional activities throughout the day to enhance your experience and provide additional tools, tips and takeaways.

LASER COACHING: 15-MINUTE PERSONAL COACHING

BUSINESS LOAN COACHING SERIES

with Dana Hoffman and Julie Spitzack,
VPs of Business Services, Summit Credit Union



Summit Credit Union's business services team will work with you to answer your business money questions on how to be more comfortable with money and gain financial confidence!

Dana Hoffman has been a trusted advisor to many small businesses for over 25 years. She's always looking for new ways to strengthen your business and her experience in the financial services industry has helped many small businesses start and grow. Dana is a board member and past president of The Business Forum, and has served on Wisconsin Business Development's board of directors. She is founding chair of the WI Credit Union League's Business Lending Council.

With over 25 years of experience in the financial service industry, Julie Spitzack has been helping business owners achieve their dream of launching their own business. She works with small business owners and start-ups. She helps make the complicated easy. She works with entrepreneurs to grow their business and reach their financial goals. She also works extensively with real estate investors in the residential and commercial markets.

OWN YOUR MONEY COACHING SERIES

with Melanie Ruelas and Sherry Johnson,
Branch Managers, Summit Credit Union



Summit Credit Union's Project Money Coaches will work with you to answer your money questions on how to save more and reduce your debt to help you be more comfortable with money and gain financial confidence!

Melanie Ruelas is a Branch Manager at Summit Credit Union. She began working in the financial industry straight out of high school and has carried a passion for helping people become financially successful ever since. A Summit veteran of nearly a decade, she has held various positions throughout her tenure of nearly 11 years at Summit.

Sherry Johnson is a branch manager at Summit Credit Union. She's been working at Summit for more than 20 years in many different capacities, including as a teller, member service specialist, loan processor, loan closer, call center, IRA specialist, trainer, Sr. Financial Specialist and manager. She loves to help others find financial success and is invested in helping educate people on how to have healthier finances to reach their dreams.

PROFESSIONAL HEADSHOT MINI-SESSION

with Shanna Wolf



Shanna Wolf is a longtime BRAVA stylist and photographer.

Professional head shot mini sessions available during the THRIVE conference include:

10-minute session, shot on location at the Madison Concourse

Private preview album emailed to you for review

Select your favorite two images and receive high-resolution fully edited jpegs. (Additional images may be purchased for a small charge.)

Session Cost: \$40

To secure your session time early, email and@ntmediagroup.com or book the day of the conference.

Exhibitor Booths

Visit with THRIVE Conference sponsors and exhibitors during the breaks to learn how they can help you thrive in your life!

- Blue River Chiropractic
- The Business Forum
- Color Street - Crystal Toft
- Healthy Horizons Coaching LLC
- L'BRI Skin Care & Cosmetics
- Madison Optometric Center
- Mary Kay - Rhonda Trueblood
- Peach Company
- Positive Space
- Qet Botanicals
- Sherwin Williams
- Summit Credit Union
- Sundara Inn & Spa
- UnityPoint Health - Meriter
- Waunakee Remodeling

APRIL



PERFORMING ARTS

4/4 – 4/6 | 8 p.m.

"WRONG FOR THE PART 2019"

Krass's annual fundraiser—inspired by the Music Theater of Madison's Miscast—offers audiences a wide array of talented local actors all performing short scenes and monologues for which they would never have typically been cast. *Bartell Theatre, Madison. krasstheatre.com*

4/9 | 7:30 p.m.

AN EVENING WITH BRANFORD MARSALIS QUARTET

The Branford Marsalis Quartet is one of the most innovative and forward-thinking jazz ensembles around today. *Overture Center, Madison. overture.org*

4/12 – 4/14 | Times Vary

SPRING'S AWAKENING

Innovation and inspiration in modern dance: new works created as part of the Kanopy Dance Lab Works, an ongoing initiative by company members and guest artists committed to advancing the art of modern dance. *Overture Center, Madison. kanopydance.org*

4/13 | Times Vary

"GRANDMA'S BOY"

A timid man gets a valuable lesson from his grandmother, which helps him summon his courage to capture an infamous criminal and get the girl of his dreams. *Overture Center, Madison. overture.org*

4/19 | 8 p.m.

AN EVENING WITH BERNADETTE PETERS

Throughout her illustrious career, Tony Award-winning actress Bernadette Peters has dazzled audiences and critics with her performances on stage and television, in concert and on recordings. *Overture Center, Madison. overture.org*

4/19 – 4/27 | Times Vary

"RAID! ATTACK ON STONEWALL"

This fully immersive experience will transport audiences back to the Stonewall Inn on the night of the infamous raid. *Bartell Theatre, Madison. bartelltheatre.org*



@bravamagazine

4/25 – 5/4 | Times Vary

"SMALL MOUTH SOUNDS"

In the overwhelming quiet of the woods, six runaways from city life embark on a silent retreat. As these strangers confront internal demons both profound and absurd, their vows of silence collide with the achingly human need to connect. *Bartell Theatre, Madison. madisontheatreguild.org*

4/26 – 4/28 | Times Vary

"RUSALKA"

Based on the classic fairy tale "The Little Mermaid," Dvořák's luxurious 1901 masterpiece travels from a mythical forest to a palace and back again. A water nymph falls in love with a human prince. A witch agrees to make her human—but the spell will break if she ever speaks. *Overture Center, Madison. madisonopera.org*

4/30 | 7:30 p.m.

NATIONAL GEOGRAPHIC LIVE: I BOUGHT A RAINFOREST

Charlie Hamilton James has been shooting in Peru's Manu National Park—the most bio-diverse place on Earth—for more than two decades. Fiercely motivated to protect the rainforest and its inhabitants, he bought a piece of land adjoining the park—only to discover that he had purchased an illegal cocaine factory along with it. *Overture Center, Madison. overture.org*

ENTERTAINMENT

4/11 – 4/13 | 7 p.m.

UW VARSITY BAND CONCERT

Celebrate band director Mike Leckrone's 50th and final season at UW with a night of music and Badger pride. Guest soloists this year will be Disney trumpeter David Jones and jazz composer and performer Dr. Grant Manhart—both UW-Madison alumni. *Kohl Center, Madison. badgerband.com*

4/12 | 7 p.m.

RED GREEN

Red's latest one-man show features some brand new handyman projects, advice to married guys and teenage boys, tips on getting old and an apology to the world on behalf of all baby boomers. *Overture Center, Madison. overture.org*

4/16 | 7:30 p.m.

AN EVENING WITH ANGELA DAVIS

The acclaimed activist and author is partaking in an hour-long moderated Q&A lecture as part of the Wisconsin Union Directorate's Distinguished Lecture Series. Tickets are free but must be reserved in advance. *Memorial Union Shannon Hall, Madison. union.wisc.edu*



Photo courtesy Overture Center

4/25 | 8 p.m.

CHELSEA HANDLER'S SIT-DOWN COMEDY TOUR

Promoting her new memoir, "Life Will Be The Death of Me," the candid comedian is embarking on a tour in which each ticket includes a copy of the book. The show and book chronicle her journey speaking up in a post-Trump America, therapy, childhood trauma and plenty of humor. *Orpheum, Madison. madisonorpheum.com*

FAMILY

4/14 | Times Vary

"B-THE UNDERWATER BUBBLE SHOW"

Mr. B finds himself transported as if by magic to a special, colorful, happy place called Bubblelandia—a place to linger, to dream, to listen, to watch, to savor and to marvel but, above all, a place to dream. *Overture Center, Madison. overture.org*

4/26 – 5/12 | Times Vary

"ROALD DAHL'S WILLY WONKA"

Charlie Bucket's simple life is turned upside down when he finds a golden ticket: an invitation to the Wonka Chocolate Factory! *Overture Center, Madison. ctmttheater.org*

4/27 | Times Vary

DAVEY DOODLE & THE RED HOTS—KIDS IN THE ROTUNDA

Davey Doodle and the Red Hots will get your toes tapping and bodies moving to their own unique interactive family fun music. *Overture Center, Madison. overture.org*

4/27 | 9:30 a.m.

ENGINEERING FOR KIDS

Cultivate your child's innate curiosity about the way things work with fun activities provided by Engineering for Kids of Dane County—a creative organization seeking to encourage a new generation of engineers. *DreamBank, Madison. amfam.com/making-a-difference/dreambank*

JAUNT

4/5 – 4/14 | Times Vary

"NEXT TO NORMAL"

This touching musical centers on a suburban family struggling with the effects of their mother's mental illness. *Kirk Denmark Theatre, Janesville. For tickets call 608-758-6565 ext. 100*

4/6 | 7:30 p.m.

RAIN: A TRIBUTE TO THE BEATLES

Come Together for a celebration of the fab four's penultimate album, Abbey Road, as well as many of their early classics. The chronological-style Broadway show has dazzled fans since its 1975 debut and continues to impress audiences more than four decades later. *The Grand Theater, Wausau. grandtheater.org*

4/26 | 8 p.m.

BILLY JOEL LIVE

The rock and roll legend will make his debut appearance at Miller Park. The only Midwest stop on his 2019 tour and just days before his 70th birthday, this concert is a once-in-a-lifetime opportunity. *Miller Park, Milwaukee. billyjoel.com*

SAVOR

4/6 | 5 p.m.

GOOD HOPS

This fourth annual fundraiser is \$50 per person and supports the Middleton Baseball and Softball Commission Youth Programs. Sample both beer and wine from various local breweries, including New Glarus, Ale Asylum, Karben4 and Next Door. *Holiday Inn-West, Madison. mbscwi.com*

4/23 | 6:30 p.m.

BEER DINNER WITH NEW GLARUS

Go off-menu with a four-course meal paired with unique New Glarus brews—including shrimp spring rolls with a Mango IPA, cherry walnut salad with a Red IPA and strawberry rhubarb turnover with a Strawberry Rhubarb Fruited Sour Ale. *HopCat, Madison. hopcat.com*

4/28 | 8 a.m.

BREAKFAST ON THE FARM

Join the Association of Women in Agriculture for a meal made with fresh, local ingredients. Pile your plate with pancakes, sausage, scrambled eggs and, of course, ice cream. Enjoy entertainment from the UW Marching Band and Bucky Badger himself. *UW-Madison Stock Pavilion, Madison. awamadison.org*

THRIVE

4/18 | 9:30 a.m.

SELF-CARE: AWARENESS, ACKNOWLEDGEMENT & ACTION

Unity Point Health is teaming up with the Wisconsin Women's Health Foundation to provide an hour-long workshop on how women can maintain physical and mental health while staying on top of other tasks and duties. Attendees must register in advance. *Meriter Business Center, Madison. unitypoint.org/classes*

4/18 | 6:15 p.m.

DREAM BIG: BECOME CEO OF YOUR LIFE WITH ANNA GOUKER

Join writer Anna Gouker as she delivers her no-nonsense business approach to life and achievement. With her diverse professional background delivering human services and taking political action, Anna has learned the benefits of Inc-corporating executive power into one's personal life. *DreamBank, Madison. amfam.com/making-a-difference/dreambank*

4/25 | 6:15 p.m.

DREAM BIG: RE-CONNECTING TO YOUR CREATIVITY WITH SARAH YOUNG

Join Sarah Young, founder of Zing Collaborative, for an inspiring talk about creativity in our lives. *DreamBank, Madison. amfam.com/making-a-difference/dreambank*

4/27 | 2 p.m.

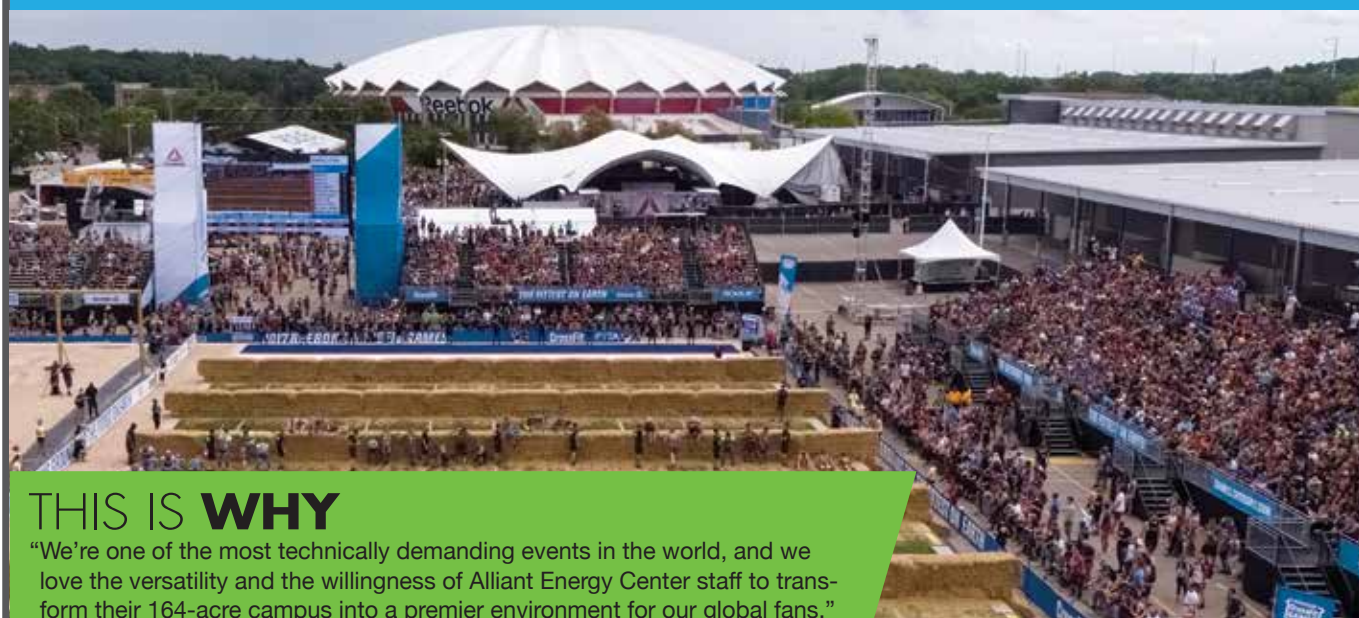
CREATIVE PLAY COLLAGE WORKSHOP

Bring interesting images, graphics, fabrics and papers for a unique collage workshop with Jerry Butler. *Overture Center, Madison. overture.org*



@bravamagazine

THIS IS TRANSFORMING!



THIS IS WHY

"We're one of the most technically demanding events in the world, and we love the versatility and the willingness of Alliant Energy Center staff to transform their 164-acre campus into a premier environment for our global fans."

— Justin Bergh, General Manager, CrossFit Games

ALLIANTENERGYCENTER.COM | SHIRLEY KALTENBERG | 608-267-1549
KALTENBERG@ALLIANTENERGYCENTER.COM





FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

**NEW
THIS YEAR!**
10% SIBLING
DISCOUNT

**BEST
SUMMER
EVER**

Y Summer Camps YMCA OF DANE COUNTY

- 7 unique, fun, state-licensed camps
- 10% sibling discount
- Hands-on learning and discovery
- Games, sports, arts, swimming and field trips
- East/West Madison and Sun Prairie sites

Register now!

ymcadanecounty.org/summer-camp

**OUTRAGEOUS FUN
AT
CAMP ANOKIJIG**



**NEW FRIENDS
POSITIVE VALUES
PERSONAL GROWTH
GREAT ADVENTURES!**

- Coed, Overnight Resident Camp, Ages 7-16
- Wide variety of Traditional Camp Activities, HORSES, Specialties, Adventure Trips
- Sessions from 4 days to 1 or more weeks

**NURTURING
INDEPENDENCE,
CHARACTER,
AND
CONFIDENCE!**

**DON'T DELAY.
REGISTER TODAY!**

**PLYMOUTH, WI
920-893-0782
WWW.ANOKIJIG.COM**




We are
currently
enrolling
for Fall.
Call today
to schedule
a tour!

**madison
community
montessori
school**
ESTABLISHED IN 1972

**MONTESSORI
EDUCATION
TODDLER THROUGH
8TH GRADE**

8406 Ellington Way
Middleton, WI 53562
(608) 827-MCMS

www.madisoncommunitymontessori.org
advancement@madisoncommunitymontessori.org



BRAVA



Providing local
content and events
that encourage,
inspire and
empower women

SUBSCRIBE TODAY!

Get your first year **FREE**,
BRAVAmagazine.com/subscribe

EVERY DAY IS EARTH DAY AT CLEAN WISCONSIN

Fighting for our environment for nearly 50 years

BY MORGAN WOLFE
CW NEWS AT 9 ANCHOR

PHOTOGRAPHED BY VALERIE TOBIAS

TURNING ON OUR faucets to get a glass of water is something we do without a thought. The surprising fact is that many homes and buildings in Wisconsin still have lead pipes carrying the precious fuel we can't live without. Clean Wisconsin is on a mission to give Wisconsinites the freshest, safest water possible.

"Whether it is the water that you swim in, fish in, or the water that comes out of your tap, we want it all to be clean," says Amber Meyer Smith, Clean Wisconsin's vice president of programs and government relations.

been with the organization since its inception.

The organization's 2019 focus is ensuring that newly elected Gov. Tony Evers keeps his pledge to make 2019 the "year of clean water." The group also has numerous other programs to advance clean air, monitor the effects of climate change and work to promote clean energy.

At least four million U.S. households include kids who are exposed to high levels of lead, which can cause developmental delays and other problems, according to the Centers for Disease Control and Prevention.

"Whether it is the water that you swim in, fish in or the water that comes out of your tap, we want it all to be clean"

—Amber Meyer Smith, Clean Wisconsin's vice president of programs and government relations

Clean Wisconsin is one of the largest environmental nonprofit organizations in the state that just happened to be founded on Earth Day in 1970, a day recognized first as a teach-in by then Sen. Gaylord Nelson. Meyer Smith has

Wisconsin has an alarming number of cities that need to finish replacing lead pipes, which can lead to water toxicity. Madison replaced all of its lead city pipes in 2001. Clean Wisconsin is lobbying to help Milwaukee follow suit.



Amber Meyer Smith

Milwaukee city officials say it would cost the city and residential property owners up to \$750 million.

Outside its advocacy work at the Capitol, Clean Wisconsin helps people get connected with proper resources to test their drinking water, and to replace contaminated drinking water wells.

"Clean drinking water is something Wisconsinites absolutely deserve," Meyer Smith says. 🌸

cleanwisconsin.org

APRIL NONPROFIT EVENTS

4/13 | 5:30 p.m.

JDRF SPRING GALA

Help fund life-changing breakthroughs in preventing and treating type 1 diabetes at a Kentucky Derby-themed evening of cocktails, dinner, auctions and dancing. *Madison Marriott West, Madison. jdrf.org/westernwisconsin/events/2019-jdrf-spring-gala*

4/23 | 11:30 a.m.

PARTNERS FOR CHANGE LUNCHEON

Support the social justice advocacy work of Madison-area Urban Ministry, supporting people returning to the community after incarceration. Emceed by the Honorable Everett Mitchell and featuring keynote speaker the Honorable Paul Higginbotham. *Madison Concourse Hotel and Governor's Club, Madison. emum.org/pfc2019*

4/27 | 5 p.m.

SCHOOLS FOR HAITI FUNDRAISING GALA

Raise money while enjoying dinner, live music and words from former Badger and now NFL player Brandon Williams. Guests can participate in both a live and silent auction. *Madison Marriott West, Middleton. schoolsforhaiti.com*



PHOTO COURTESY CHOOSE CHICAGO

ASCENDING SPLENDOR | The Rookery, a historic building in Chicago's loop, is an example of early Chicago School architecture. It was designed by John Wellborn Root and Daniel Burnham and completed in 1888. Frank Lloyd Wright had his offices in the building and designed a remodel of the lobby. Wind your way through other architectural wonders and urban delights in five Midwestern cities, starting on P. 24.



Beautiful

MADE AFFORDABLE
FLOORING COUNTERTOPS CABINETS



250 W. Beltline Hwy., Madison

608.257.0291

coylecarpet.com

*Celebrating 74 years of service
to the Madison Community*



Photo by: Shanna Wolf

WELL CONNECTED

The suite of social tech in the Lincoln MKC works to seamlessly connect the world inside your vehicle to the world outside. Fully integrated with your favorite apps like Waze and Lincoln+Alexa, and featuring a 4G LTE Wi-Fi hotspot connection for up to 10 devices, so you're free to move through the world a little easier.

Learn more at Lincoln.com



2019 Lincoln MKC