

BRAVA

women + style + substance

Cultivating Beauty

Creative Homes & Gardens

JUNE 2019 \$3.95
BRAVAMAGAZINE.COM



INSIDE |

Baked
Goodness
at Clasen's

Pro-Aging
is a State
of Mind

Lovely
Linens



SUMMER MUSIC SERIES

TUESDAYS | 5:30–7:30 pm

AT DREAMBANK

This summer, we're partnering with local startup, LÜM, to bring you performances by up-and-coming musicians! Come out for this family-friendly event (rain or shine) to enjoy some toe-tapping music and purchase some fantastic eats from local food trucks!

JUNE 4

Pelham & Sesay

JULY 2

Will Pfrang and the Good
Land Gang & OSTON

AUGUST 6

Jayne Joyce
& TeawhYB

SEPTEMBER 3

Paper Holland

IN PARTNERSHIP WITH:



LOCAL FOOD TRUCKS INCLUDE:



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 Ave. | Madison, WI 53703 | 608.286.3150 | amfam.com/dreambank





WHAT IS COLLAGEN INDUCTION THERAPY?

Collagen Induction Therapy (aka Medical Micro-Needling) is a procedure aimed at stimulating the body's own collagen and elastin production in order to tighten, lift and rejuvenate the skin. By breaking down old scar tissue and stimulating skin cells, the structure and appearance of your skin can be greatly improved.

How does Collagen Induction Therapy work?

In Collagen Induction Therapy, very fine needles glide along the skin creating numerous tiny needle wounds. These tiny holes in the skin close up within a short while, so any bleeding stops by the time the treatment is finished and does not cause lasting pain. However, the bleeding acts like a messenger, giving the skin cells a signal to produce collagen and elastin. The after-effects of the bleeding and desired healing activity will show up on your skin within the first few days after treatment.

What conditions does Collagen Induction Therapy treat?

Collagen Induction Therapy can be used to treat acne scars, surgical scarring, fine lines and wrinkles, and stretch marks. It is also effective for tightening skin and improving the skin texture and the appearance of pores.

How long does the procedure take and how long is the recovery time?

Collagen Induction Therapy treatments typically take 30 - 45 minutes. A topical anesthetic gel will be applied prior to the treatment in order to minimize any pain. The micro-needling procedure is followed by a facial

treatment that enhances the results of the needling procedure. Afterwards, the skin typically gets a bit red or pink for a few days and may also swell up (feeling like a mild sunburn). Virtually all patients return to work the day after the treatment.

How many treatments will I need and how often?

The procedure is repeated every 1 - 2 weeks for a total of 6 treatments. The procedure may be repeated every month after first 6 treatments.

Are there any risks or side effects associated with Collagen Induction Therapy?

Collagen Induction Therapy should be performed by a physician or physician assistant. When performed by medical skin care professionals in a clinical setting, there are virtually no risks or negative side effects associated with this procedure.

Who do I contact to learn more or to make an appointment?

Please contact the SSM Health Aesthetic Center at [ssmhealth.com/AestheticCenter](https://www.ssmhealth.com/AestheticCenter) or call **608-821-4000** today.

A HOME CONSTRUCTION LOAN BUILT AROUND YOU

You're building your home because you have a vision. Our loan officers are experienced in finding construction financing options that are built to your specifications. Contact your local expert below to get started today.



Kathy Aiken
Stoughton
608-873-6755
117 King St.
NMLS: 524201



Olga Efremova
Fitchburg
608-278-2449
3002 Fish Hatchery Rd.
NMLS: 1235709



Mike Fumelle
Madison
608-259-4263
4402 East Towne Blvd.
NMLS: 523546



Randy Hirsig
Madison
608-259-4262
4402 East Towne Blvd.
NMLS: 523701



Basia Rompa
Madison
608-259-3747
2001 Londonderry Dr.
NMLS: 523824



Jason Smith
Madison
608-259-3774
8040 Excelsior Dr.
NMLS: 762823



Brandon Strayer
Madison
608-259-2079
448 S. Gammon Rd.
NMLS: 526126



AssociatedBank.com



*The Wisconsin's #1 Mortgage Lender designation is based on information gathered from the Home Mortgage Disclosure Act data compiled annually by the Bureau of Consumer Financial Protection. The results of the data were obtained through the Bureau of Consumer Financial Protection Mortgage Database (HMDA), June 2018. Loan products are offered by Associated Bank, N.A. Loan products are subject to credit approval and involve interest and other costs. Please ask about details on fees and terms and conditions of these products. Property insurance and flood insurance, if applicable, will be required on collateral. Member FDIC. Equal Housing Lender. (3/19) 13956



FEATURES



29 Cultivating Beauty

Creative homes & gardens



40 A Place to Learn and Grow

Olbrich Botanical Gardens' expansion



42 Botanical Beauties

Three Wisconsin gardens you don't want to miss

DEPARTMENTS



@bravamagazine



Perspective
Kathy Cramer

14

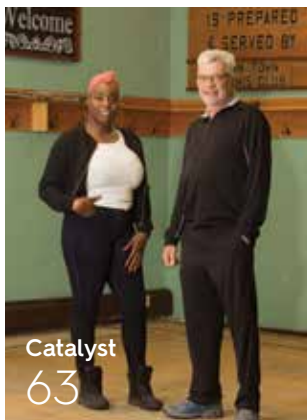


Entrée
Clasen's Bakery

48

CONNECT

- 11 Classical Cool**
Bach Dancing & Dynamite's concert series
- 12 Engaging Community**
The latest news, events, discussions and BRAVA promotions you can't live without
- 14 Perspective**
Kathy Cramer's Local Voices Network creates real conversations.



Catalyst
63

THRIVE

- 19 Water Wear**
Fashion that goes from boat to café
- 20 Wellbeing**
Cultivating a pro-aging attitude
- 22 Delve In**
Meriter's forensic nurses treat sexual assault victims.
- 25 Dwell**
Lovely linens

GO+DO

- 47 Fantastic Flora**
Botanical prints spring up at Tandem Press.
- 48 Entrée**
Clasen's Bakery still delights
- 51 Jaunt**
Campground hosts stay for free.
- 63 Catalyst**
Wil-Mar Center gears up for a makeover.

IN EVERY ISSUE

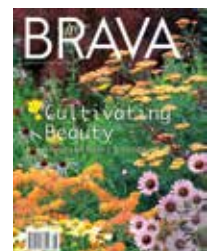
- 7 Contributors**
- 8 Relate**
- 59 Calendar**
- 64 Linger**

SPECIAL ADVERTISING SECTIONS

- 16 Professional Profiles: Attorneys**
- 26 Building and Remodeling Guide**
- 49 Dining Guide**
- 53 Sponsored Content: Design Trends**
- 58 Shop Local**

ON THE COVER

Olbrich Botanical Gardens' gravel garden is resplendent with seasonal blooms in this photo courtesy of Jeff Epping, Olbrich's director of horticulture. Find out about Olbrich's upcoming expansion, public gardens around the state and creative home artist spaces on P. 29.



MONEY SMARTS



MONEY SMARTS

BY KIM SPONEM

I want to start investing but don't know where to start. Am I too young to be thinking about this? If not, how do I get started?

The answer to your first question is almost certainly no, you are not too young to be thinking about investing. You may or may not be ready to actually invest. If you don't have an emergency fund and some savings cushion, for example, it's probably too soon to invest, but even then, it's not too soon to think about investing and to start asking questions.

Thank you for asking how to get started. One of the biggest mistakes people make when it comes to investing is doing nothing because they don't know how to start and, for some reason, feel that they "should" know. Approaching money management from a learner's viewpoint is very wise and pays off in added confidence and added dollars.

Here are some of my suggestions:

- Start with a small amount of money that you do not think you'll need for at least a few years. And ask yourself, in the worst case scenario, can you afford to lose it?
- Mutual funds are the best option for most investors and the easiest to start with. When you invest in a mutual fund, the fund's managers pool your dollars with money from other investors, and buy a range of

assets. You get diversification, so you avoid putting all your "eggs in one basket." You want to avoid putting too much of your money into something that might have a big drop in value. Some mutual funds are extremely diversified, investing across stocks and bonds worldwide. Others diversify within a specific market—for example, they might focus on investing in stocks of U.S. companies that operate in some particular industry like health care.

- One place to learn more about the balance of funds and the risks involved is through your workplace retirement plan. And about that: be sure you are investing in your employer's retirement plan at least up to the amount matched by your employer.
- When choosing mutual funds, look at fees. A fund that charges lower fees will put more of your investment dollars to work for you. And look at the fund's track record for generating income and gains over the long run—some funds can be volatile, so doing really well in the most recent year doesn't mean the next year will go well.
- Some people like investing in particular stocks, instead of mutual funds. Researching the company can be interesting, and you might want to support a local company or a company whose mission you believe in. Investing in a local stock can be a great learning opportunity and fun for your kids, too.
- But buying stock in particular companies isn't necessary for most investors—you'll pay more to buy and sell stocks than it would cost to invest in mutual funds, you'll be less diversified, and you're taking 100% of the responsibility for deciding how your money is invested.
- Start small, learn and have fun. You do not need a lot of money to begin investing.
- And always keep your savings account for all the expenses, including the unexpected, that life brings.

There is plenty of information about investing out there. And there are people who can help you sort through it. Thanks for starting the conversation by reaching out. Keep the conversation going with family, friends or the professionals at Summit Credit Union to help you get started. The bottom line is, you do not need all the answers, or even all the questions to start. Just experiment. Dipping your toe into investing is a great way to start.



SummitCreditUnion.com

Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$3.4 billion, member-owned financial cooperative with more than 186,000 members. Kim has a passion for empowering people to improve their financial well-being for a richer life.

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

MONDAY, JUNE 24, 2019

CONCERT ON THE GREEN

25th Anniversary Year

BISHOPS BAY COUNTRY CLUB



MADISON
SYMPHONY
ORCHESTRA
JOHN DEMAIN | MUSIC DIRECTOR



Grace Kim, The Final Forte, March 2019



CONCERT + DINNER



COCKTAIL PARTY



GOLF

Join us for the Madison Symphony Orchestra League's annual fundraiser benefiting MSO's Education and Community Engagement Programs! Music Director **John DeMain** celebrates 25 years of this exciting summer tradition with Cellist **Grace Kim** as the featured soloist (winner of the 2019 Bolz Young Artist Competition). **Register for the evening cocktail party, concert and dinner, or participate in the full day including the golf tournament.** RSVP by June 13, 2019. Learn more & register: madisonsymphony.org/cog



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 Letenyi
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) June 2019, Volume 20, Number 6, 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

WRITERS

HOLLY HENSCHEN**"TRAINED TO TREAT TRAUMA," P. 22**

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

KATY MACEK**"MAKING ROOM FOR ART," P. 30**

Katy is a freelance writer who specializes in arts and culture, especially if it relates to her college home, Eau Claire.

AMY PFLUGSHAUP**"THE WIL-MAR CENTER'S IN LINE FOR SOME TLC," P. 63**

Amy is an award-winning broadcast journalist who covers hard-hitting topics as part of the NBC15 news team. Her favorite stories connect to her agricultural roots.

HYWANIA THOMPSON**"A PLACE TO LEARN AND GROW," P. 40; "TALKING THINGS OVER," P. 14**

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

CANDICE WAGENER**"SCRATCH-MADE TREASURES," P. 48**

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

ARTISTS

KAIA CALHOUN**"A PLACE TO LEARN AND GROW," P. 40**

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

SUNNY FRANTZ**"SCRATCH-MADE TREASURES," P. 48**

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

HILLARY SCHAVE**"MAKING ROOM FOR ART," P. 30; "TALKING THINGS OVER," P. 14**

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

VALERIE TOBIAS**"THE WIL-MAR CENTER'S IN LINE FOR SOME TLC," 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**"MAKING ROOM FOR ART," P. 30; "LINEN LOVE," P. 25**

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

To read more about our contributors, visit BRAVAMagazine.com



Clean. Local. Sustainable.



Go green.

Power your home or business with solar energy from Madison Gas and Electric.

MGE is planning a new Shared Solar installation at Morey Field in Middleton. Join the program to get locally generated solar energy for your home or business. It's easy, affordable, and it helps grow renewable energy in our community.

Shared Solar—Make it your energy.

Visit energy2030together.com/SharedSolar to learn how to participate.



your community energy company

GS3291 4/9/2019



INSPIRING SPACES

WHEN I WAS A KID, I was fascinated by my dad's workshop, where he engaged in all manner of creative pursuits. He had a paint-splattered vice that I could crank open and closed and a massive tool box where he kept seemingly every size of nut, bolt and washer that I could sort through and try to match. He had hack saws and paint brushes and T-squares and sand paper in a half-dozen different grains.

With these tools, he built bird houses and model boats, and once created a teak patio couch with rope seat webbing that lasted for decades. He painted decoy-like wooden mallards and teals, some of which are on display in my living room and which remind me of the ducks populating the public pond behind my house. After I became an adult and was long single, my dad built me a tool box (every gal needs one) and asked me what color I wanted. I said "sunflower yellow," and every time I see that sunshiny box in our mudroom it makes me smile.

These memories helped guide the direction of our lead Homes and Gardens feature this month, focusing on creative spaces. All of us on the BRAVA editorial team are enthralled with such spaces. Their messy creativity. Their chaotic order. The beauty that emerges from them. We offer you a peek inside the home-based studios of five Wisconsin artists who produce beautiful work in various mediums. It's a chance to look behind the curtain at where they

create and where they live, connecting life and art.

It's no mystery why some of their art mimics natural forms, like flowers and seascapes. Beauty is as beauty does, and that melds perfectly with our garden section this month. We decided to zero in on several public gardens—beautiful spaces where the art of curating flora comes to fruition for the benefit of all. In the hectic, stressed-out world where humans spend most of their time, it's a relief to know that there's a public garden not far away, where we can rejuvenate our minds and bodies and be lost in the silence of the flowers.

Many of you probably have seen the construction under way at Madison's Olbrich Botanical Gardens, a gem of greenery near Lake Monona that draws more than 300,000 visitors a year. We give you a preview of Olbrich's plans for a new education center to teach future generations of would-be naturalists, and a new production greenhouse. Plus, we feature three more public gardens around the state where visitors can bring their kids, ponder historic art, literature and architecture and soak in some natural beauty for the day.

It's gratifying to know that so many people right in our backyard are working so hard to create so many beautiful things, for everyone's benefit.

Marni

Marni McEntee
Editor-in-Chief



DON'T MISS | Now's the time to nominate a 2020 BRAVA Woman to Watch! What's a Woman to Watch? Someone who's got big plans on her agenda for the year to come—plans that will make a lasting impact on the local community and beyond. Find the nomination form at bravamagazine.com/w2w/.

Build your family *LIVABLE COMMUNITIES* memories in a

by Don Tierney



RESIDENTIAL | OFFICE | COMMERCIAL SITES

PARKS | PAVILIONS | POOLS | TRAILS | UNIQUE NEIGHBORHOOD GATHERING PLACES

Waukegan: Arboretum Office Park • Savannah Village • Westbridge* • Kilkenny Farms*

DeForest: Savannah Brooks*

Sun Prairie Area: Windsor Gardens • Bristol Gardens • Happy Valley Addition*

Deerfield: Savannah Parks

* denotes 2019 Parade of Homes™ site

LIVABLE COMMUNITIES
BY DON TIERNEY

608.837.0102 | 608.575.6538
www.dontierney.com

Visit our Livable
Communities at the
MABA Parade of Homes™
June 8-23, 2019



Kristin Lemke
608-220-3528



GOOD NEIGHBOR NIGHTS

Experience the local flavor of the NEW Downtown Middleton every third Thursday.

Register now for a unique VIP **BRAVA** NIGHT OUT at June Good Neighbor Night.

extended hours | **keepsake tote bags** | *meet the artists*
free trolley rides | **SPECIAL OFFERS AND DISCOUNTS**
DEMONSTRATIONS AND WORKSHOPS | *live music*
win exclusive Middleton experiences | **TASTE LOCAL FARE**

Thursday June 20 | 5-9pm | Downtown Middleton

Visit bravamagazine.com/june-bno/ for more info and to register.

#UniquelyMiddleton

SPONSORED BY



PARTICIPATING BUSINESSES



CONNECT



Bach Dancing & Dynamite Society concert in The Playhouse at Overture Center, June 2018. Artistic Directors Jeffrey Sykes, piano, and Stephanie Jutt, flute, with Calum Cook, principal cello of the Chicago Lyric Opera Orchestra. Art installation by Jeff Repko.

PHOTO COURTESY DICK AINSWORTH

CLASSIC COOL | Bach Dancing & Dynamite Society is “Name Dropping” in a series of performances highlighting their musicians’ intimate relationships with big-name composers and musicians—think Johannes Brahms and Lili Boulanger. Six different programs are set for three venues over three weekends. June 12-30. *The Playhouse at Overture Center, Madison; Hillside Theater, Spring Green; Stoughton Opera House, Stoughton.* bachdancing.org

BRAVA EVENTS



6/19 | 8:45 a.m. - 11:45 a.m.

THRIVE Career Workshop

Are you ready for a new challenge but not sure where to start? Burnish your leadership skills in this don't-miss interactive workshop with Sarah Chevis Rogers, Director of Leadership Development with the Girl Scouts-Badgerland Council, and Lisa Curley, 4-H Program Coordinator with the Dane County UW-Extension. Rogers and Curley will help you develop a plan for career success based on your leadership competencies, your talents and growth opportunities. *Details and register at BRAVAmagazine.com.*

BRAVA SPONSORED EVENTS



6/20 | 5 p.m. - 9 p.m.

BRAVA Night Out in Middleton

Two dozen Middleton businesses welcome you with extended hours, special offers and discounts at this free BRAVA Night Out. You can taste local fare, listen to live music and hop the vintage trolley to get around if you like. Plus, see demonstrations and workshops by local artists and proprietors, and head home with a Downtown Middleton canvas tote bag. *Details at BRAVAmagazine.com.*

CONGRATS!



The U.S. Small Business Administration has tabbed two local business women for 2019 honors. **Jessica Cavazos**, president and CEO of the Latino Chamber of Commerce of Dane County, is Wisconsin's Minority Small Business Champion. Cavazos has worked to promote economic development and job creation in the Latino community.

Laura Gallagher is Wisconsin's Women in Business Champion. She is president of The Creative Company and the North American regional ambassador and spokesperson for Women's Entrepreneurship Day, a global movement.

THANKS TO OUR DIGITAL PARTNERS



\$750 OFF

**closing costs on a primary
residential purchase in Dane County**

Put your plans for a new home in motion this summer! Bring this ad to our Verona or Madison location, or mention it when calling.

608-291-7933

Amy Gile-Enge
VP / Mortgage Lending
NMLS #586017

Cori Femrite
AVP / Mortgage Lending
NMLS #594085

Howard Cagle
AVP / Mortgage Lending
NMLS #593729

Capitol Bank is offering \$750 off closing costs on a new fixed rate mortgage loan. Applications received from 8:00 am on February 15, 2019 through 5:00 pm on June 28, 2019 are eligible. Offer valid only on the purchase of a 1-2 family primary residence, with a loan amount equal to or greater than \$150,000. Property must be located in Dane County. Limit one per customer. Some restrictions may apply. Offer subject to credit approval. Limited time offer, terms and conditions subject to change without notice. Must mention this promotion to be eligible.

710 N. High Point Road | Madison, WI 53717
108 E. Verona Ave | Verona, WI 53593

www.CapitolBank.com/750-coupon/





MADE AFFORDABLE
FLOORING COUNTERTOPS CABINETS



250 W. Beltline Hwy., Madison

608.257.0291

coylecarpet.com

*Celebrating 74 years of service
to the Madison Community*



TALKING THINGS OVER

The Local Voices Network aims to elevate crucial conversations

BY HYWANIA THOMPSON

KATHY CRAMER is a political scientist with a knack for delving into the complexities of our society. In researching her award-winning book “The Politics of Resentment,” she traveled around Wisconsin, listening to rural residents and unearthing a deep divide between urban and rural communities in the state.

Her newest project aims to get to the bottom of how people think on a wide variety of topics—particularly those not often heard—by recording conversations, overseen by a facilitator, and compiling the findings for all to hear.

Cramer, a UW-Madison political scientist and expert in social dynamics, is the site lead for Local Voices Network-Madison, which began as a trial in January. Volunteer hosts gather with small groups of people and facilitate constructive conversations using a script and a recording device called a digital hearth. The conversations are constructive in that people “aren’t at each other’s throats and talking about what’s wrong with other people,” says Cramer, who was a 2015 BRAVA Woman to Watch. “It’s conversation that’s about trying to understand and trying to bridge divides—people expressing their own thoughts but then taking the time to listen to other people,” she says.

The work is an extension of her earlier efforts, when she traveled around the state, inviting herself into conversations and listening to what people have to say.

“I had grown up in Wisconsin but was very surprised by a lot of what I was hearing in the rural communities and the small communities in the state,” Cramer says. “This animosity toward the cities and just feeling like they weren’t getting their fair share and just really angry and resentful about it” The results went into her book,

PHOTOGRAPHED BY HILLARY SCHAVE



CONNECT | PERSPECTIVE

and helped many people understand perspectives they hadn't considered before.

After the 2016 election, Cramer was giving talks across the country and internationally on what she was hearing. In spring 2017, she was a panelist at a conference where she met Deb Roy, an associate professor at Massachusetts Institute of Technology. Roy also co-founded Cortico, a media technology nonprofit which works to encourage conversations in the community. After listening to Cramer, Roy says he knew she understood social dynamics in a deep way, so he invited her to visit MIT. Roy and Cramer then exchanged ideas over several months, with Cramer helping Roy and his team develop and pilot the Local Voices Network (LVN).

Roy spent years looking at the value of personal conversations—before social media. He says he learned about the importance of facilitated conversations and the power of technology. “LVN is our attempt to bring these two worlds together and offer a new kind of communication platform designed for healing divisions within and across communities, elevating important and often underheard issues to the media, and connect people through shared local experiences,” Roy says.

Local Voices Network partners with the Madison Public Library system, which houses the digital hearth and uploads the completed conversations. They also partner with local media. The online tool is available for journalists—or anyone—to listen to the recorded conversations. And people can sign up online to be a volunteer facilitator or to be part of a conversation.

Cramer is hopeful about the future of Local Voices Network and says the experience has been eye opening. “I think this is actually an opportunity to bring together the best of human, face-to-face conversation,” says Cramer. “There's no substitute for that, right? There's no substitute for the way we can be good to one another when we're in the same room.” ✨

For more information visit lvn.org



*“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*

Big Brothers Big Sisters Igniting Potential Gala



Congratulations to Dane County's Big of the Year recipient, Porsha Davis

Big Brothers Big Sisters of Dane County's biggest night of the year is here—the Annual Igniting Potential Gala! Celebrate another year of mentoring and changing lives right here in Dane County. This year's guest speaker and Big Brother inspires others by sharing his childhood experiences that led him to rise above challenges and thrive no matter the circumstances. The evening will be full of heart-warming stories, elaborate live and silent auctions, a Champagne-Diamond Raffle and more!



Thursday, July 25, 2019
5 p.m. cocktail reception and silent auction
6 p.m. program and dinner begin
Madison Marriott West
1313 John Q. Hammons Dr.
Middleton, WI 53562
bidpal.net/bbbsgala2019



JOHNSON
FINANCIAL GROUP®

JOHNSONBANK.COM

BANKING WEALTH INSURANCE

PROMOTION

ATTORNEYS



LAUREN CAPITINI

Lauren Capitini

Lauren Capitini, an attorney with Boardman Clark's Banking Group, has an eye on the consumer. In her practice, Lauren advises financial institutions on meeting obligations to individual customers—particularly in a complex regulatory landscape, heightened in a post-financial crisis era. In addition, Lauren has parlayed her knowledge into helping individual clients in the wake of identity theft.

Lauren's practice includes services from advising financial institutions on lending and deposit matters, including new product development, advertising, disclosures and compliance with fair lending requirements, to navigating payments fraud for financial institutions and individuals alike. Most recently, as a member of Boardman Clark's new Hemp & CBD Practice Group, Lauren has advised financial institutions on how they can bank customers involved in hemp-related activities, a growing area of interest resulting from Wisconsin's recently-established Industrial Hemp Pilot Program.

Lauren helps financial institutions think creatively to meet their compliance responsibilities and offers the same level of creativity for her own legal services. Just over two years ago, in an effort to make compliance more accessible to clients, Lauren launched a flat-rate compliance service. This service helps clients address matters proactively, providing peace of mind without the risk of unknown expense.

Outside the office, Lauren and her husband, Christian, can be found trying to keep up with their three kids, ages 3, 5, and 11. Lauren also enjoys reading, running, traveling, and teaching financial literacy, most recently through the Junior Achievement program.



BOARDMAN CLARK

1 S. Pinckney St., Ste 410
Madison, WI 53703
608.283.1724
boardmanclark.com

PROMOTION

ATTORNEYS



JACK LINDBERG, MELISSA RATCLIFF, KIM ZION, HOLLY RYAN,
JAMES SEVERSON, MARK EISENBERG, STEVE EISENBERG



EISENBERG LAW OFFICES, S.C.

308 East Washington Ave.
Madison, WI 53703
608.256.8356
eisenberglaw.org

Not Only Accident/ Injury Attorneys...

Eisenberg Law Offices, S.C. is a full service law firm offering experience and expertise in a number of areas, including personal injury and accident-related law; family law matters such as divorce, division of property, child support, and child custody; criminal defense and OWI/DUI representation; appellate advocacy, and more. Eisenberg Law Offices, S.C. has been helping individuals across the State of Wisconsin for over 35 years. Helping you overcome your legal obstacles and issues in a caring, compassionate, and knowledgeable way is our number one priority. We invite you to take a look at the reviews from many of our satisfied clients on both Google and our website.



ATTORNEY DAPHNE WEBB

Established Dedication

Stafford Rosenbaum LLP Partner Daphne Webb accentuates the firm's 140-year dedication to quality client service and leadership. Webb, in private practice since 1973, is a former Governor of the American Academy of Matrimonial Lawyers, comprising the nation's top family law and divorce attorneys. She has been listed in *The Best Lawyers in America* since 1999 and as a *Lawyer of the Year* in 2019. Webb has appeared in *Super Lawyers Magazine* every year since 2005 and has been named "Top Wisconsin Lawyer" and "Top 50 Wisconsin Super Lawyer" by the magazine.

Webb sets high standards for Stafford Rosenbaum's family law team as the 2019 recipient of the Senior Lawyers Division Leonard L. Loeb Award through the State Bar of Wisconsin. Stafford Rosenbaum LLP's family law attorneys strive to closely follow Webb's example.



STAFFORD ROSENBAUM LLP

222 W. Washington Ave., Suite 900
P.O. Box 1784
Madison, WI 53701
608.256.0226
staffordlaw.com

PROMOTION

ATTORNEYS



PAM KRILL, SHAREHOLDER

Insight into the client's perspective

As a shareholder at Godfrey & Kahn, Pam practices securities and corporate law with particular emphasis on investment adviser/investment company regulation, SEC compliance and reporting, and representation before the SEC, various stock exchanges and the state securities commissions.

Pam has substantial experience working with investment advisers and investment companies, counseling clients on issues including federal and state regulation, corporate governance, strategic business planning, mergers and acquisitions and general corporate matters.

Having practiced law both in-house and in private practice, Pam has unique insight that allows her to provide practical and innovative counsel to her financial services clients.

GODFREY & KAHN, S.C.

500 East Main St., Suite 500
Madison, WI 53703
608.284.2226
pkkrill@gklaw.com
gklaw.com



BRAVA

WOMEN to WATCH

2

2020

Nominations are Open!

Know a standout woman who's got big plans on her radar for 2020? Someone who's inspiring and empowering others both professionally and personally, and is sure to make an impact on the community in the year to come?

Nominate her as a 2020 BRAVA Woman to Watch!

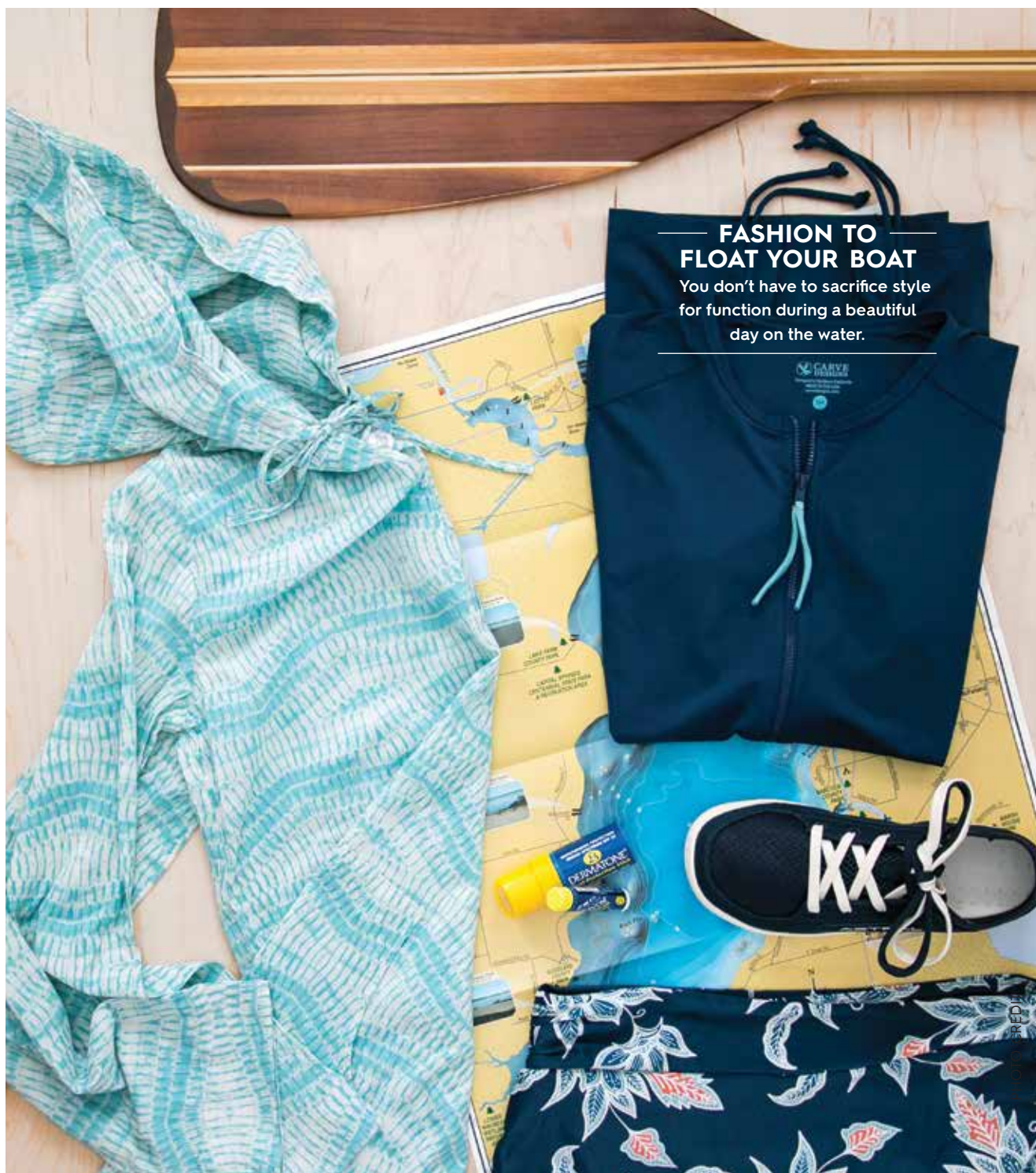
Each year, BRAVA Magazine recognizes and celebrates amazing women who are leading the way to a brighter future in our community.

Winners are announced and profiled in the January issue of BRAVA Magazine and feted at a special BRAVA event.

Nominations close July 31, 2019.

More information at bravamagazine.com/w2w

THRIVE



(Clockwise from left): Carve Designs Harper Hoodie, \$64, Sanborn Canoe Co. Gillis Paddle, \$155, Carve Designs Dawson Rash guard, \$52, Astral Loyak Water Sneaker, \$85, Carve Designs Hoku Swim Skort, \$64, Dermatone Spot Stick, \$8, Dermatone Lip Balm, \$4, Lake Waubesa Map, \$8; Rutabaga Paddlesports.



GETTING BETTER WITH AGE

Pro-aging is a healthy state of mind

BY ANNIE ROSEMURGY

TAKE A QUICK GLANCE around the bastions of culture—magazines, movies, Instagram influencers—and you’ll see that youth is the holy grail, especially for women. We are inundated with messages that aging is something we should dread and fight. Psychologist Karen Kimball says that our culture’s over-emphasis on female beauty leads women to struggle disproportionately. “For women, I think our physical appearance often equates to our value as a person, and when that appearance changes, as it normally does through the process of aging, we can feel ‘less than,’” says Kimball.

It’s possible, however, to abandon this struggle and cultivate a new, gentler philosophy which honors the realities of aging and celebrates a life fully lived. “We can be the generation that re-defines what it means to age as a woman by cultivating a pro-aging mindset. We do this by learning to embrace each season of life,” says UW Health psychologist Shilagh Mirgain.

Reframing aging is so important because internal dialogue affects outcomes. “Attitude about aging makes a huge difference in quality and quantity of life,” says Erin Eggert, a research associate with the Wisconsin Institute for Healthy Aging. She notes that people who have a positive perception of aging live 7.5 years longer than those who don’t, experience higher rates of recovery from illness and injury, have better brain performance and improved memory, and are more likely to engage in other healthful behaviors such as exercising regularly, getting an annual flu shot and scheduling doctor’s visits.

Pelin Kesebir, a scientist at the Center for Healthy Minds,

advocates starting with a conscious move toward gratitude. “I think the critical ingredient of cultivating a pro-aging philosophy is recognizing that living and aging are synonymous. If we are aging, it means that we are alive. If we are grateful to be alive, we also have to be grateful to be aging,” she says.

“Fundamental to a pro-aging mindset is to understand the later years as a time of freedom,” says Kimball. “We can be unlimited in our learning, curiosity and drive. We can finally define ourselves.” With age and experience women often feel freer to express their individuality, and less constrained by cultural norms. “Gaining more years can motivate us to do and be things we always wanted to do and be!” Kimball says.

Instead of focusing on what is lost through the years Mirgain says we can focus on what is gained. “We can look at aging in a different way by exploring what is becoming enlivened within us through the years,” says Mirgain. She asks, “How is my heart learning to love more deeply? How is my mind developing greater wisdom for the world? How might my body be a vessel for deeper compassion?”

Finally, give yourself the loving kindness you deserve, says Mirgain. “Treating our body with care, giving it enough exercise, healthy nutrition, healing touch, surrounding it with beauty, creating environments where it can feel comfortable and bringing in nurturing relationships are the context that allows a woman’s life to thrive.” 🌸

Check out our Web Extra on embracing gray hair at BRVAMagazine.com.



BUILDING A CUSTOM HOME?

Jumbo Loans

Real-time Cost Management

Madison Area Experts

CONTACT US TODAY!



All loans subject to credit approval.

www.parkbank.com

NMLS #477718





TRAINED TO TREAT TRAUMA

Meriter's forensic nurses serve a growing number of assault victims

BY HOLLY HENSCHEN

THE FORENSIC NURSING PROGRAM based at Meriter Hospital is Dane County's only program designed to collect evidence from and treat victims of physical and sexual assault, and child abuse. And, its nurses are seeing more patients each year.

Part of the reason, says Kathy Veerhusen, the program's supervisor, is because the ongoing #MeToo movement has increased awareness of what constitutes assault, reduced stigma about reporting it and emboldened people to come forward.

"Our culture is becoming less and less tolerant of the abuses that happen to individuals and, because of that, people are becoming more empowered to seek the services that they need when things happen," Veerhusen says. The program, which marked 30 years in 2018, is a community resource available to all, anonymously and regardless of ability to pay.

In 2008, these highly skilled nurses treated 360 sexual assault victims. That number grew to 452 in 2018. Domestic abuse/assault patients increased from six in 2008 to 111 in 2018. The program recently has expanded, based on community needs, to also include exams of suspects.

Meriter has 13 full-time forensic nurses trained to treat patients with trauma, as well as identify and record injuries, collect evidence that's admissible in court and act as a trial witness.

Typically, patients are brought to Meriter to see the nurses. In cases of severe patient injury, the nurses will travel to other facilities to treat them.

"From the beginning, we let [patients] know we have two goals: One goal is their physical health, and the other goal is objective evidence gathering," Veerhusen says.

The program also has seen a dramatic increase in the number of patients treated for strangulation, likely due to a 2007 statute that made the act a felony and raised awareness about an initially invisible, yet potentially lethal, injury. Nurses at Meriter treated 16 strangulation victims in 2010, and 159 in 2018.

For victims of violent crimes like domestic, physical and sexual abuse, and even those suspected of committing them, their bodies are crime scenes.

When these traumatic events occur, Meriter's forensic nurses create a safe space. They explain what an exam will entail, possible treatment for the patient, including prophylactic measures, how injuries will be documented and how the patient can access support organizations. Meriter's is the second-largest forensic nurse program in the state behind Milwaukee's Aurora Sinai and one of the few regional hospitals with nurses available 24/7.

To become a forensic nurse, registered nurses complete a 40-hour training program from the Wisconsin Department of Justice or the International Association of Forensic Nurses, followed by six to eight months of observing—and eventually participating in—exams. During that time,

they study and practice methods for caring for patients who've experienced trauma. The nurses are also trained to be witnesses in court, both for specific cases and as experts.

The Forensic Nursing Program is part of a community support network for victims. Working with Safe Harbor Child Advocacy Center, nurses who examine children suspected of suffering sexual abuse work on a multi-disciplinary team, including law enforcement and county officials, to safeguard the interests of the child.

The Rape Crisis Center's helpline directs callers to Meriter, which, upon patient check-in, calls for a Rape Crisis Center advocate who can confidentially counsel patients and ensure their wishes are being communicated and respected.

The nurses act as witnesses for the Dane County District Attorney's office and provide training for law enforcement

"We bring them on board for the officers to understand what they're looking for or looking at and what a victim might do if they've been strangled," says Dane County District Attorney Domestic Violence Unit Manager Marlys Howe. "The victims have always been in the community, they just know what the resource is now," Howe says.

The still-prevalent stigma surrounding abuse has created many myths about how to proceed with health care and legal matters following a physical or sexual assault. Here are a few facts from Meriter's Forensic Nurses Program about patients' rights.

- Absence of injuries does not equal consent. "Our bodies are meant to have sex and they will respond in a certain way physiologically when they are stimulated," Veerhusen says. "That protects our bodies many times from injuries."

- Patients who utilize the forensic nurse staff need not contact the police.
- Patients can stop the exam at any time.
- Patients can be examined only in the areas of their body they request.
- In Wisconsin, victims have 10 years to report a sexual assault. Data taken from a forensic exam will be saved in a restricted location and can be retrieved at the patient's request.
- Forensic nurses can gather evidence up to weeks and months after an attack.
- Meriter accepts insurance from several carriers and can scrub the reason for treatment from carrier records, which may be attractive to college students who are on a parent's plan.
- Anyone who visits the Forensic Nursing Program after an assault will be treated, regardless of ability to pay. 🌸

If you or someone you know has been assaulted you can call the Forensic Nurse Examiners Program at UnityPoint Health-Meriter at (608) 417-5916 or the Rape Crisis Center's 24-hour hotline at (608) 251-7273.



FOOTBALL 101

Benefitting Women's Health

Supports breast and gynecological oncology at UW Carbone Cancer Center
Register & find more information at UWBADGERS.COM/FOOTBALL101

CAMP RANDALL STADIUM June 26, 2019





Keuler
CONSTRUCTION, INC.

Simply the Best.

Celebrating 26 Years Of Excellence

Ask our homeowners what it's like to work with Keuler Construction, and they'll agree, "We're the best in the business."

Ask them why, and you'll hear the same things:
Planning • Quality • Workmanship • Trustworthiness

From the dreaming stage, to your home's completion (and beyond) we're there with you every step of the way.

(608) 798-1771 • keulerconstruction.com



LINEN LOVE

PHOTOGRAPHED BY SHANNA WOLF

WHETHER IN GENTLE neutrals or saturated with sunset colors, blankets and quilts are an easy way to add instant style and character to your room. Drape one of these unique, spring-hued beauties across a sofa to articulate an airy, peaceful vibe and add cozy comfort to your space. —Annie Rosemurgy 🌸

(Left to right): Serrado Pieced Quilt, \$189; Pendleton. Kyte Living Bamboo Blanket, \$180; Satara Home. Yuma Star Stitched Quilt, \$129; Pendleton. Tree of Life Quilt, \$169; Lands' End. One of a Kind Kantha Blanket, \$110; Bungalow 608.



Surprisingly affordable kitchen makeovers

- Beautiful cabinet finishes
- Moldings & Glass
- Replacement doors and drawers
- Quartz, Granite & Marble
- New cabinets & cabinet reconfigurations
- Tile, lighting & more



MIDDLETON SHOWROOM: 608-KITCHEN (548-2436)

WWW.VINEYARDCHICMADISON.COM

Visionaries. Designers. Builders.



608.877.1131

shawbuilders.com

ROOFING • SIDING • GUTTERS**Shingle & Steel Roofing
Gutter Covers & Cleaning**

**We Can Remove
Unsightly
Black Streaks From
Your Roof!**



Hardtland
Home Improvement, LLC

(608) 845-9100 • (608) 575-9317
www.hardtlandllc.com • TomD@tds.net
Locally Owned – Verona, WI
Serving U Since '72

adno-m58841-01

Audio Contractors LLC

Residential, Commercial and Pro Audio & Video

"Your Best Choice for Audio/Video/Automation Systems and More"

We are the #1 Supplier for the Parade Of Homes

Best Service, Best Selection, Best Prices

- Robust Wi-Fi Systems & Home Network Systems
- Automated Lighting, Shades & HVAC Control
- Conference Rooms, Churches, Sports Bars, etc.
- Whole-House Audio/Video/Automation/Voice Control
- Multi-Room Remote/Touch Panel Control
- Dedicated Home Theaters & Media Rooms



MADISON AREA
BUILDERS
ASSOCIATION



For showroom appointments or **FREE**
in-home consultations call: **608-835-0556**

www.audiocontractorsllc.com • We are Happy to Supply References!

BRAVA

THRIVE CAREER

**GROW YOUR SENSE OF SELF
THROUGH LEADERSHIP PROGRESSION**

JUNE 19, 2019



LISA CURLEY



SARAH ROGERS

Sarah Chevis Rogers, Director of Leadership Development with the Girl Scouts-Badgerland Council, and Lisa Curley, 4-H Program Coordinator with the Dane County UW-Extension, have collectively more than 40 years' experience developing leaders in nonprofit organizations. Lisa and Sarah share a passion for helping others identify talents and grow confidently through stretch assignments, development programs and new roles. Both have worked extensively in employee and volunteer engagement and have been successful motivating individuals to build positive, purposeful leadership paths. In addition, both work for organizations that have been developing leaders for more than a century.

Are you ready for a new challenge, but not sure where to start? Empower yourself to enjoy personal and career success by taking charge of your own development path! Successful leadership development is based in progression. You can unleash the powerful and purposeful leader inside by exploring a variety of growth experiences and approaches. In this interactive workshop, you will develop a plan based on leadership competencies, your talents and growth opportunities. Walk away feeling energized and ready to take the next step to becoming an even better leader.

SPONSORED BY

FOR MORE DETAILS + TO REGISTER, VISIT BRAVAMAGAZINE.COM/EVENTS



JASON THOMAS
— HOMES —

INNOVATIVE | ORIGINAL



JASONTOMASHOMES.COM | 608.220.6391



Cultivating Beauty

Creative Homes & Gardens



Making Room for Art

Local artists share their studios and tips for creating inspiring spaces

By Katy Macek

Photographed by Hillary Schave and Shanna Wolf



PHOTOGRAPHED BY HILLARY SCHAVE



Art, Color and Design Barbara Westfall's bright, happy workspace

Stepping into Barbara Westfall's Mount Horeb studio, inspiration radiates from the sunlight streaming through the large, open windows right along to the colorful glass artwork adorning the walls.

It's hard not to feel good, which Westfall says is important for creating her custom-designed fused glass art, a passion she embraced full-time in the early 2010s. Her work features fused glass occasionally mixed with other objects.

She does commissioned pieces, but says her best work usually starts with experimenting with color and melting, or perhaps an idea or drawing from one of the many sketchbooks scattered across her work tables.

A large kiln sits along one wall, while the middle of the room holds a series of tables covered in her papers and current projects. The space connects to a public gallery that features her finished pieces.

"We saved every penny to build this studio. It was an old farmhouse," Westfall says. "My husband and I put in all the hard labor to build this."

The key ingredients to maximize her work? Sunshine and bright light, good ventilation and a cushioned floor built for standing on all day.

The gallery space has existed since 1993,

but the bright studio she's standing in as she shares her story was built just three years ago to accommodate the kiln where her pieces are fired.

Inspiration is key to her work and, for her, that means collaboration, community and connectivity.

"The best days are the days when I've been outside, been interacting with other artists, been with nature or been with my colleagues," she says. "You cannot do it in isolation. That is not a model that worked for me."

When others see her work, she hopes they see that inspiration. Her tagline is "art, color and design for optimal living," and she hopes that's what purveyors of her work come away with.

"Figure out what the intent of the space is, because the art will enhance that experience," she says. "I hope they choose and place my work to suit the mood of that room or environment."

Westfall's advice in creating a space:

- Be intentional. "If you come into the space and it feels icky, don't start making art," she says. "Fix the space first." Even if it's small, little touches can make it more creativity-fueling.
- Natural light. If large windows aren't available, she recommends using natural-light LEDs.
- Connect with others. "Volunteer and be an advocate for the arts," she says. You never know who you might meet.





PHOTOGRAPHED BY HILLARY SCHAVE

Shape Shifter

Julie Raasch's evolving workshop

Walking into Julie Raasch's town of Primrose home, evidence of a jewelry maker is immediately present—copper materials are scattered over the living room coffee table and completed pieces adorn the kitchen table.

Raasch has been doing photography and creating jewelry for many years, moving her passion into her home overlooking a two-acre prairie garden around 2012.

It started with a darkroom door built into the back of her and her

husband's basement, but a computer desk in the front office of the basement quickly took over. Soon, she set up a work bench in the basement's main room and now...well, her studio is wherever she pleases.

Most days you can find her pounding on copper at her jewelry bench—itsself her husband's old work bench she repurposed, like much of the materials she uses.

"It was not super planned out and it's taken a lot of evolutions," Raasch says of her studio. "It came together organically."

That's fitting for Raasch, who also does nature photography. Her jewelry tends to feature flowers and, her latest obsession,



leaves. Raasch does mostly fold-forming copper jewelry, heating, cooling, hammering and reheating the materials until they take on the shapes she desires.

The studio is ever-changing. She's always adding tools, either buying them herself or receiving them as gifts from family and friends.

That natural progression is evident on her workbench, which is covered with half-finished pieces, random materials ranging from silverware to old license plates, and silver platters and other antique items she's collected over the years.

"Most never end up being anything, but I just enjoy them and end up collecting things just to brighten up the studio," Raasch says. "It's kind of messy, but that's life."

Through an open wall kiddie corner from her work bench is an office space with a computer and life-sized jewelry model, whom Raasch named Persephone. Bookshelves covered with graphic-design books and jewelry-making tips, alongside some of Raasch's photography and artwork, adorn one wall.

"This is my creative center in a way," Raasch says while looking around the office, but she could simply be talking about herself.



Raasch's tips to create your own space:

- "It's gotta be comfortable," Raasch says. If you're going to spend so much time in one space, she says, make it cozy.
- Don't stick to prescribed materials. Use whatever you have on hand that can accommodate your needs.
- Don't limit yourself to the space you think "should be" your studio: "Mine started in one place and evolved somewhere else," she says. "You just have to be open to where it's going to go."





A Room of Her Own

Beth Racette designed her dream studio

When it comes to her work, Madison-based artist Beth Racette thinks big. From her large-scale art installations to the two-story studio she built behind her house in 2002 where her garage used to be, physical space is important.

"I like to do installation and work on various projects at a time, so I designed it with many things in mind," Racette says. "It's a versatile space, and it's not precious—the floor is all painted and stained and messy."

She designed the space herself, right down to the high-placed windows—for natural light with maximum wall space—and an open, high ceiling. A staircase at the back leads to a second-story storage space above the right side of the studio and a small hangout where she can work on smaller pieces.

The studio has been cultivated to promote creativity, and it changes depending on her current project.

Her installations depict timely topics she cares about in ways that make people think—two of the reasons she loves her chosen medium.

"I wanted to create work that was about social interaction and engagement, people conversing and thinking together," Racette says. "A central theme in a lot of my work is about interconnection and relationships."

She's tackled topics ranging from politics and the prison system to environmental issues and says her creative process involves many hours researching. She describes her art as a way to understand her observations.

"I'm always taking in new information, and I really try to learn a lot," she says. "My art is kind of a way to synthesize the chaos and confusion in my mind; how do I understand what I just took in?"

In that way, her work is for herself. But she hopes viewers get something out of it, too.

"Primarily, it's making sense of my own mind, but I hope that it does give space for inspiring other people to feel and move and open hearts and minds," she says.

Though she goes in with an idea, her work, like many artists, is always evolving.

"It's a relationship, and it speaks back to you," Racette says. "Whenever I make something, it communicates back and always surprises me. It's really a dance with what I'm making."

Her tips for designing a studio:

- Think about what you need. Each artist's needs are different depending on what they are creating: How much space do you need? How big is your work? What kind of tools?
- Think about your own creative process. Do you work better alone or with others? "Some artists might want a hangout space, a place to sit around and collaborate with people," she says.





PHOTOGRAPHED BY SHANNA WOLF

Small Space, Big Ideas

Where Chris Echtner's imagination soars

Tucked upstairs in the front-left corner of Chris Echtner's two-story West Side Madison home is the small studio where all of her big ideas come together for her mixed-media paintings, a medium she's been doing since college.

Echtner's paintings play with scale and incorporate newsprint and magazine cutouts, which she has collected and organized into labeled bins that sit prominently on one shelf of her studio (with labels such as "furniture," "patterns" (cool and warm), "architecture," and—her favorite—"oddmans," or everything that defies a category.

"I like when you can't discern between the real thing and the paint; that line kind of excites me," she says. "I like to play with

actual pattern or actual chairs."

Where does she find inspiration for her pieces? Right upstairs in her studio, typically, with the materials she's collected over the years.

"It's a lot of rifling," she says.

When using so many materials, organization has been key to her small space. Two tall shelves on parallel walls hold bins of materials and piles of magazines and books. Alongside one wall sits a desk below her paints, which are neatly organized and hanging from nails on a corkboard.

"I found the paint board on Pinterest, and it's been a huge help," she says. "Now I can see exactly what I want."

To the left of the board hangs an inspiration board with various magazine cutouts and phrases tacked up to it.

The space may be small, but it's just what Echtner needs for her big ideas.



“I like looking out the window, and that it’s just at the top of the stairs, not with the other bedrooms,” she says. “It’s my own space, and it can be messy.”

Being able to pick up and put down projects without having to “restart” is important, she thinks. And, if she ever does feel a little cooped up, she says she takes her dog for a walk or works on some of her smaller pieces downstairs at the dining room table—a perk of working at a studio in her own home.

Echtner’s tips for creating your own space:

- Storage and organization: “It depends what you do, but having your materials readily available is important.”
- “Don’t be too tidy.” It’s your space. She’s got an old indoor/outdoor carpet to save the floor a little bit.
- Don’t feel bad about leaving it every once in a while. There’s nothing wrong with going for a walk or needing to take a break, especially if it’s a small space.



Where Creativity Lives

Diana and Tom Johnston's studio home

When high-school sweethearts **Tom and Diana Johnston** married in 1972, their goal was to build a career working together. With 47 years of marriage, the Mineral Point couple has done just that.

The Johnstons own Brewery Pottery, a 20,000-square-foot property on the edge of Mineral Point that has been home to a brewery, winery and a weaving museum and workshop. Now, the space houses their living quarters upstairs, a downstairs gallery and enough studio space for both of them to pursue their passions: pottery, for them both, and Diana's welding and painting.

"This is the most amazing building we've ever seen," Diana says. "It's a

big space so we can stretch out and have as many studios as we want."

And they do. Diana's painting studio is upstairs off of their dining room, while the main floor gallery opens into the pottery studio where they roll and throw clay into the many mugs, bowls and various items they sell in the gallery (though the gallery also sells regional artists' work).

On the opposite end of the building is a kiln room. In the basement is what Diana calls the "department of fun," where her welding studio exists, complete with an assortment of metals she's gathered over the years from flea markets and salvage yards.

The original caverns where the

brewery's beer was stored still stand in the basement and the spring where the brewery got its water still runs through the lower level of the building.

"It's got all the history, and I feel inspired by being here," she says. "Actually, I almost never leave."

The Johnstons say they have always lived in the same space they've worked in, blurring the line between work and home.

"It is such a lifestyle," Tom says. "There are so many things to be done: dishes have to be washed, grass has to be mowed, pots have to be made. It's one huge lifestyle."

The gallery is open 10 a.m. to 5 p.m. April through December, so Tom says that's when most of their pottery gets done. But, Diana adds, it's not a set schedule.

"If people come in, less studio work gets done," she says. "We enjoy the flexibility of, 'whatever the day brings, it brings.'"

The Johnstons' tips to maximize creativity:

- Make what you love, not what people want you to make, Tom says. "Put your whole self into it."
- Dedicate a space, even if it's just a corner or a desk, Diana says. That way, "You have all the riches there and ready to be turned into something."
- Set aside time, even if it's just an hour a week, and don't let anything get in the way of that. "Even if you don't feel inspired, just go and stand in your space" for that time, Diana says. 🌸



PHOTOGRAPHED BY HILLARY SCHAVE

A Place to Learn and Grow

Olbrich Botanical Gardens is expanding

By Hywania Thompson
Photographed by Kaia Calhoun

Olbrich Botanical Gardens on Madison's East Side is known for its beautiful landscapes and lush plants. Take a stroll through the impressive 16-acre outdoor garden and you may forget you're in the city. And the Bolz Conservatory offers tropical relief from the Wisconsin weather.

Olbrich is about to get even more incredible with an expansion—its first since 1991. It includes a new production greenhouse and the first-ever dedicated education building. Some 335,000 visitors flocked to the gardens in 2018, up 10,000 from the year before, so the new space will be a welcome addition.

Room for all

Olbrich offers a number of education and enrichment programs, from gardening classes to yoga. There truly is something for everyone. "We currently have adult programs, we have programs for community groups, whether they're scout groups or other community groups," says Jane Nicholson, Olbrich's director of education. "We have an Explorer school program and we have thousands of children that come through that program." Both Nicholson and Olbrich director Roberta Sladky say the school programs have a long waiting list of teachers wanting their students to learn about plants. And with rentals getting most of the space on weekends, it doesn't leave much time for education programs. "We only have so many slots because weekend space is used for other things. The whole setup has to be



PHOTOS COURTESY OLBRICH BOTANICAL GARDENS, JEFF EPPING

torn down every Thursday and set back up every Tuesday, so if we had space it would allow us to offer more days of school programs and on the weekend have more things for families," says Sladky.

Right now, programs are held in multipurpose rooms, often with young children using adult-sized chairs. Nicholson says the new space will include children's furniture, adjustable adult tables and sinks in its three indoor classrooms. The classrooms will have a view of the gardens and an abundance of natural light. There's also an outdoor classroom, a patio, offices and storage space.

While the new building boasts great views and more space for the community to learn and grow, it also builds on Olbrich's sustainability practices with its 60,000 gallon cistern, solar panels and window frames. The cistern will store rainwater from the roof, which will be filtered and used to water plants. The building's window frames were constructed using ash trees from around

Madison. The trees were destroyed by the Emerald Ash Borer and had to be cut down. Olbrich received a grant specifically for that work from the Madison Community Foundation. It also received a grant from the foundation for the general building project.

The new building is named the Frautschi Family Learning Center. A number of Frautschi family members provided the lead, or largest, gift to the campaign.

Sladky says talk of expansion started in 2010, with approval from the City of Madison around 2015. "We didn't know exactly what we needed but we knew we needed something," Sladky says. The \$12 million project is a joint effort between the city's parks division and Olbrich Botanical Society. They broke ground last September.

The city is chipping in \$6 million for the expansion, while Olbrich Botanical Society is raising the other half. They're still actively fundraising and there are naming opportunities available. Last October, residents were able to purchase \$500 bonds



through Madison's Community Bonds program. According to Madison finance director David Schmiedicke, they sold \$876,000 to support the city's contribution to the project. "The community bonds offered a way for Madison residents to invest in their community and receive a return on that investment," Schmiedicke says.

Plants, plants and more plants

A new greenhouse will replace Olbrich's old, outdated one. "What we're most

excited about for the greenhouse is the new efficiencies...not only more energy efficient just because technology has come a long way, but also space efficiencies," says Katy Plantenberg, public relations and marketing manager. "In our previous greenhouse the benches were all stationary. They were on cinder blocks and you couldn't move them," she says. The new greenhouse will have removable benches so staff can rearrange the space when needed. It'll also have four separate rooms which can be monitored individu-

ally for temperature and humidity.

Olbrich staff produces plants for the gardens, its shows, educational programs and plant sales. The new greenhouse will allow them to produce about 30% more pansies, spring annuals and more. And with a legacy gift from Vera Lee, who died in 2016, Olbrich can produce more orchids. Lee loved orchids and designated part of her gift for the plants. "Just for people to be able to walk in and see all the orchids together and just see what a plant collection looks like I think will be really cool," says Sladky. Another portion of Lee's gift will be used for additional staffing for tours and more orchid programming.

You can feel the energy and enthusiasm from staff about the expansion. Nicholson says they're trying to stay calm but they're "really excited." Plantenberg says the project is cool to see. "For me on a personal level, one of my childhood memories is coming here on a field trip and seeing the conservatory," she says. "As a public garden, that's what we're here for; it's for people to connect with the plants."

The expansion is expected to be completed this fall. Olbrich is planning a grand opening celebration. 🌸



Botanical Beauties

Three Public Gardens in Wisconsin Not to Be Missed

By Cassie Hurwitz



Featuring more than 70 different gardens, each based on a popular children's book, Sheboygan's **Bookworm Gardens** is a space for families with children of all ages. Don't miss the interactive Magic School Bus, featuring bells and whistles for kids to explore. Future archeologists and paleontologists can dig for dinosaur bones in the sand pit. The Magic Tree House series comes to life through a large gazebo, which is one of the spots for the garden's various events, including story time, yoga and art. The best part? The gardens are free for all. bookwormgardens.org

Photos Courtesy Bookworm Gardens



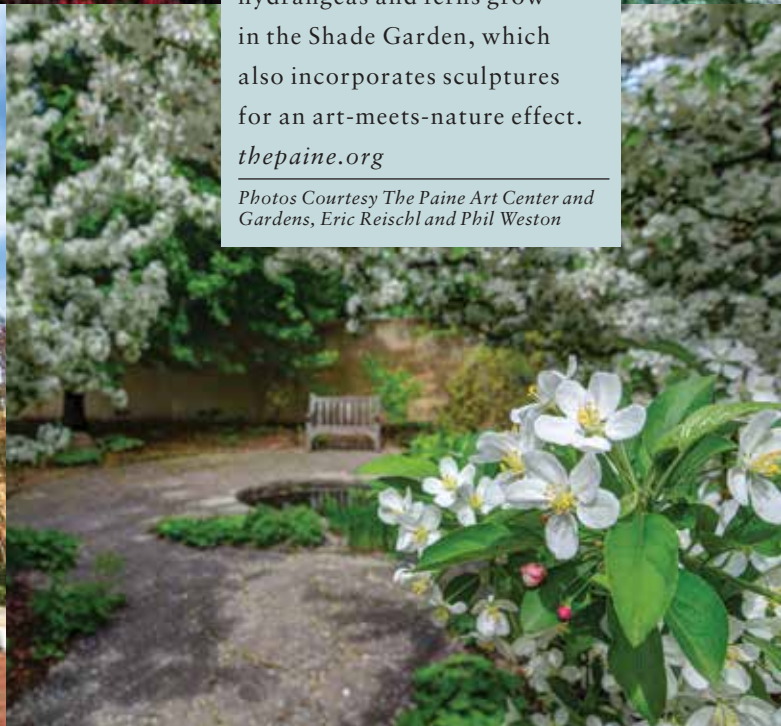


The Paine Art Center and Gardens

in Oshkosh bring exotic plants and local treasures together through a series of 19 gardens surrounding the mansion. In the Evening Terrace, violet and amber perennials—including varieties difficult to grow in Wisconsin—create a foyer-like space by surrounding the house's original door. The Victorian-style, English garden-inspired Morning Terrace stays bright into the late evening and is nicknamed the “moon garden” because of how it catches the moonlight. Hostas, hydrangeas and ferns grow in the Shade Garden, which also incorporates sculptures for an art-meets-nature effect.

thepaine.org

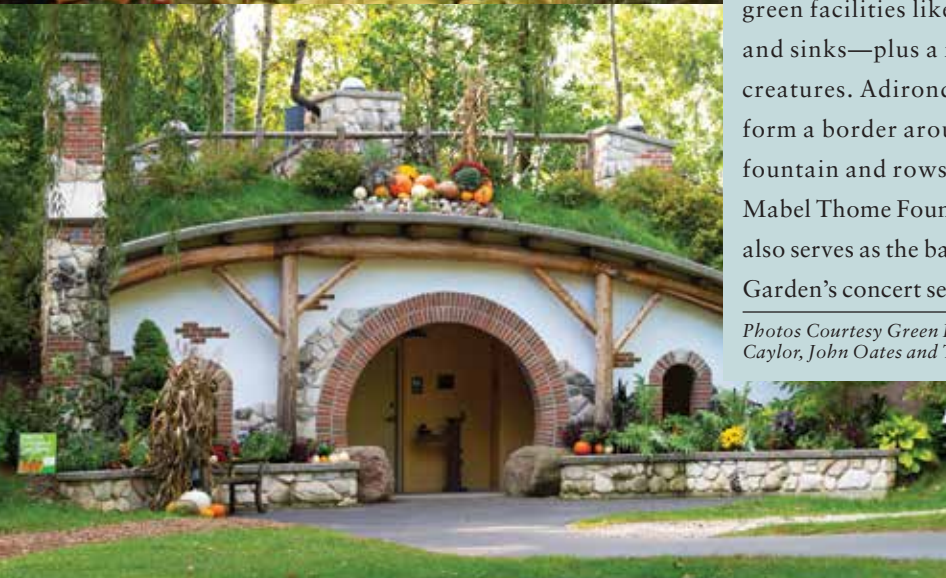
Photos Courtesy The Paine Art Center and Gardens, Eric Reischl and Phil Weston





The 47-acre **Green Bay Botanical Garden** creates something new from the grounds' previous life. The Larsen Orchard Remnant, a garden of tulips and other spring flowers is built around apple trees left from a former orchard there. The Les & Dar Stumpf Hobbit House is built into the side of a hill and features green facilities like water efficient toilets and sinks—plus a roof deck for garden creatures. Adirondack crabapple trees form a border around a spectacular fountain and rows of perennials in the Mabel Thome Fountain & Garden, which also serves as the backdrop for the Botanical Garden's concert series. gbbg.org 🍁

Photos Courtesy Green Bay Botanical Garden; Kathleen Caylor, John Oates and Teresa Hilgenberg Riehl



 **Lasting SkinSolutions®**
608-661-0000
www.lastingskinsolutions.com

IS THIS
VANITY?

NO, THIS IS
CONFIDENCE!

BOTOX® - DYSPORT - JUVEDERM® - RESTYLANE® - SCULPTRA® - RADIESSE® - SKIN TIGHTENING
BIOIDENTICAL HORMONE REPLACEMENT - LEG VEINS - PRP (PLATELET RICH PLASMA) - ULTHERA®
INTENSE PULSED LIGHT - PROFRACTIONAL™ - BODYFX - MOLE REMOVAL - ACNE TREATMENTS

Mention this ad and receive \$100 off your treatment.

Saving Faces Program

RECIPIENT
SHOWCASE

L. was in her 30's and shocked to find herself disfigured after radical excision of a non melanoma skin cancer spot on her forehead. This led to years of avoiding social situations and suffering from an abrupt loss of self esteem and self confidence. Lasting SkinSolutions is proud to give back with its expertise and care, and to uplift women like L. who are suffering from the scars of skin cancer and to help her to reduce the risk for future skin cancer with a protective laser treatment.

Stay tuned to learn more about L.'s journey to self confidence.

NOMINATE SOMEONE TODAY

skinfo@lastingskinsolutions.com

“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

ROUGHING IT
In Style
FURNITURE & DECOR

ENJOY ALL THAT MANITOWISH WATERS HAS TO OFFER




Manitowish Waters
Original “Up North” Experience
Legendary 10-Lake Chain



LODGING



SHOPPING



BIKING

Experience the Northwoods with your family. Visit manitowishwaters.org

GO+DO



IMAGE COURTESY DENNIS NECHVATAL AND TANDEM PRESS

FANTASTIC FLORA | Soak in the sights of the season at "In Bloom," a selection of prints celebrating the myriad colors and shapes of spring and summer plant life at Tandem Press's Apex Gallery. Here, Madison artist Dennis Nechvatal's 2007 woodcut "Offering" reminds us that a bouquet can be a beautiful gift of life. *Through Sept 28. Tandem Press, Madison. tandempress.wisc.edu.*

SCRATCH-MADE TREASURES

Clasen's European Bakery still delights

BY CANDICE WAGENER

FOR RESIDENTS of Middleton, Clasen's is a household name. The bakery has been a stronghold in the community since 1959. Lured by the "American dream," brothers Ralph and Ernst came over from Cologne, Germany and opened the business. Now on their second generation, the Clasen family continues traditions while keeping things fresh with new treats. Clasen's is your one-stop shop for nibbles that are sweet, savory and delectable. Walking into the vast, 15,000-square-foot space, you will be overwhelmed by the delightful aromas and sights.



PHOTOGRAPHED BY SUNNY FRANTZ

PRODUCT

The Clasen's store front end is rich with chocolates, truffles and cupcakes. A refrigerator case holds cakes and tortes. Dozens of varieties of bread loaves, including specialty ryes and artisan sourdough, fill the back wall. Tables are brimming with buns, quiche, coffee cake, Kringle and cookies, all made from scratch on the premises. If you haven't seen it promoted on social yet, Clasen's is teaming up with neighbor Capital Brewery to develop a new line of breads, pretzels and buns using spent grains.

PASSION

While Ralph still works at age 80, his daughter Michelle officially owns the business. Growing up in the bakery environment, Michelle has always loved the craft, even studying at the same pastry school in Germany as her dad. She calls her position "the perfect combo of structure and creativity," because she continues to remain active in production while still attending to business tasks. The bakery roots run deep; two of Michelle's children are active pastry chefs and she is hopeful they will carry on the legacy.

PHILOSOPHY

The Clasen family has made their mark by offering Wisconsinites, many of whom likely have their own personal familial ties with Germany and surrounding countries, a variety of authentic European products whose exceptional home-baked quality is evident in every bite, taking many of us back to Grandma's kitchen. Everything is made to meet the highest standards of quality and follows a creed Michelle learned from her pastry teacher: "If it's not good enough for your mother to eat, you don't put it out for sale." 🌸

GUIDED TOURS

- Saturdays @ 1 & 3pm
- Includes Flight of 5 spirits, Cocktail of choice & one Hidden Cave Cider sample
- Only \$14 per person
- Reservation available thru web site, walk-ins welcome



PRIVATE EVENTS

- Available 7 days/week
- Entertainment options like projector w/ Apple TV, wireless mic & stereo
- Bartenders included
- Events of 30-150 people

OUR PATIO IS OPEN





IMPERIAL GARDEN

**LUNCH • DINNER • COCKTAILS
CARRYOUTS • BANQUET ROOMS**



**Voted best
in Madison
for 36 years**

**2039 ALLEN BLVD., MIDDLETON
CORNER OF UNIVERSITY AVE.**

608.238.6445 • imperialgarden.com

BOULDER

PATIO BREW PUB LOFT

CATERING

PRIVATE PARTIES

LIVE MUSIC

SUNDAY BRUNCH

24 ROTATING TAP LINES


**LARGE GROUPS
WELCOME**

PATIO

950 KIMBALL LANE
VERONA, WI 53593

(608) 845-3323

BOULDERBREW PUB.COM




Biaggi's Ristorante Italiano is Delizioso

By Sue Sveum

You don't have to speak Italian to know that Biaggi's food is delicious—anywhere you eat it. In addition to the spacious remodeled dining room in Middleton's Greenway Station, there's also a large outdoor patio for dining al fresco. And recently, Biaggi's has launched an online-ordering app with delivery through DoorDash—bringing the scents and flavors of Italy right to your doorstep.

Biaggi's has always been a popular choice for proms, graduations and special days, but that's not all, according to Amy Goddard, Biaggi's director of marketing. "We're not just an 'event' restaurant," she says, "we think of ourselves as a Tuesday evening dinner or lunch on Wednesday kind of place." Pretty much anytime is a good time for Biaggi's.



So why do people keep coming back? "The food is super important," she says, "but it's really our phenomenal level of service that sets us apart." She says the restaurant puts a strong emphasis on training its staff to ensure the excellent service.

Biaggi's is open from 11 a.m. to 9 p.m. Sunday through Thursday and Friday and Saturday until 10. But if you can't get there, just go to biaggis.com to check out the menu, place your order and let the food come to you.



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



Photos courtesy Wisconsin Department of Natural Resources

THE HOSTESS WITH THE MOST

Campground hosts stay for free

BY ANNIE ROSEMURGY

WHO WOULDN'T WANT to work where the great outdoors is your office and the daily commute is a hike? Believe it or not this opportunity is real, and it's available here in Wisconsin and nationwide.

In a nutshell, campground hosting is basic bartering. Volunteer hosts trade some of their time and energy to live at, and enjoy, a campground cost-free. At some of the busier national parks hosts also receive a small stipend. Hosts in Wisconsin parks, who typically have an RV, can expect to work 15-20 hours weekly for a month or two, says Janet Hutchens, volunteer coordinator for the Wisconsin Bureau of Parks and Recreation Management.

Veteran host Anita Johnson says the extended park time is the biggest perk of the hosting life. She and her husband plan their annual hosting adventure at Mirror Lake State Park to scale with autumn's arrival. "We love to watch how the landscape changes as the season develops. Hosting has allowed us to experience parks so much more intimately and richly than we could possibly during a standard visit," she says.

Hosts become part of the dynamic life of the park. They know when a moose has been coming to the river in the afternoon at Copper Falls State Park near Mellen, or when the morel mushrooms are ripe for the harvest in the valleys of Wyalusing State Park in Bagley.

Campground hosting is an affordable way to experience an extended stay in an otherwise cost-prohibitive area such as Peninsula State Park in Door County or to escape the summer heat at lakeside, breezy Kohler-Andrae near Sheboygan and Big Bay State Parks in La Pointe.

The first, and most important job of campground hosts, according to David Borsechnik of the Wisconsin Department of

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

GO+DO | JAUNT



Natural Resources, is to serve as “volunteer ambassadors of the park campground.” Hosts greet visitors and help them get settled, answer any questions and provide details on where to get firewood and s’mores supplies.

Good hosts also help visitors optimize their park time, says Hutchins, steering them toward those singular experiences that make each park a treasure. Campground hosts are, as Borsecnik puts it, “the eyes and ears of the campground,” making sure everything runs smoothly. Borsecnik says hosts “ensure the campsites are in good condition, assist in daily campground operations and light maintenance and use outdoor skills to address any minor problems that occur.”

Interested potential volunteers should be “experienced campers with proficiency in the basics—how to put up a tent, how to build a fire, simple first aid training,” says Borsecnik. Most significantly, though, hosts should be “people persons” with excellent interpersonal skills. “The desire to be resourceful and provide excellent customer service is the key to the success of this volunteer position,” Hutchens says. 🌸

For more information about campground hosting opportunities in the Wisconsin State Parks System visit wiparks.net. Information about host openings in the national parks is available on specific park websites.

Pella, Perfectly Beautiful.



Discover The Pella Difference.

Pella focuses on quality products and customer service, with local insight to guarantee you have a great experience with amazing results.



**WINDOWS
& DOORS**
OF WISCONSIN

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

Refresh Your Home

With these design tips

By Sue Sveum

It's only natural to want your home to look its best, whether you do a lot of entertaining or you just want it to suit your family's tastes and lifestyle. But it's not always easy to keep up on what's in style these days. To help you out, we asked six local designers for their expert advice.



“Updating the lighting in a room can really change the space and make it feel more ‘current,’” according to designers Julie Umhoefer and Jenny Haley. The sisters who own Dwellings interior design and home furnishings say there are a lot of things you can do to change up your lighting, from adding a new table or floor lamps to updating fixtures and ceiling fans. “Even adding a new chandelier or large fixture in a place where there wasn’t one can do wonders for a space in terms of making it feel refreshed,” they say.

According to the sisters, accent and decorative lamps, such as ones found on a side table or bookshelf, can be slightly smaller in a room. But functional lamps and lighting should be complementary in height to your upholstered pieces like sofas or chairs. “The proportions are key when choosing a new lamp,” they say, “to make it look correct in the space.”

And when it comes to accessorizing those large pieces, one of the newest trends—ottomans—is every bit as functional as it is fun. “We’re using large ottomans to replace the conventional cocktail table,” the sisters say. “They’re durable and multi-functional pieces that can provide additional seating—or comfort when sitting with your feet up.” They can also be a fun focal point of a room by adding in leather or another piece with different fabric, color or texture. And best of all, they

can function as a table with the simple addition of a tray.

Area rugs are another good way to update a room. “We’re seeing natural fibers and flat weave rugs as well as rugs that appear to have a ‘vintage/old world feel’ to them,” report the sisters.

Old may be new again, but so are items that are, well, actually new. And Umhoefer and Haley say they’re seeing that trend reflected by a slightly more contemporary feel to some spaces, with the use of cleaner lines and gold, metal accents in lighting, hardware and furniture. “This style can be introduced in a variety of ways without having to change the entire room,” they explain. “Try adding a new piece of art, new lamp or area rug to bring an updated style to your space.”

Another tip? Never underestimate the power of nature—even faux nature. The designers say they try to incorporate greenery into every room—and it doesn’t have to be real. “Even if you don’t have a green thumb, a substantial artificial tree can do wonders for a space,” they say.

And according to the designers, creating a conversation grouping with the use of four chairs instead of a conventional sofa is another great way to add interest to a space. And it’s versatile.

It works great in formal living rooms, breakfast areas and secondary seat-

ing areas within larger spaces. The four chairs are often the same material, but don’t necessarily have to be. “And we’re using cocktail tables or those large ottomans in the center of the space,” they explain.

Dottie Motley, store manager at The Montage in McFarland, agrees that this is a trend that’s not only popular today, but one that she expects to last. “A conversation grouping like this is a perfect way to encourage face-to-face contact,” she says. It makes for good family interaction as well as casual entertaining.

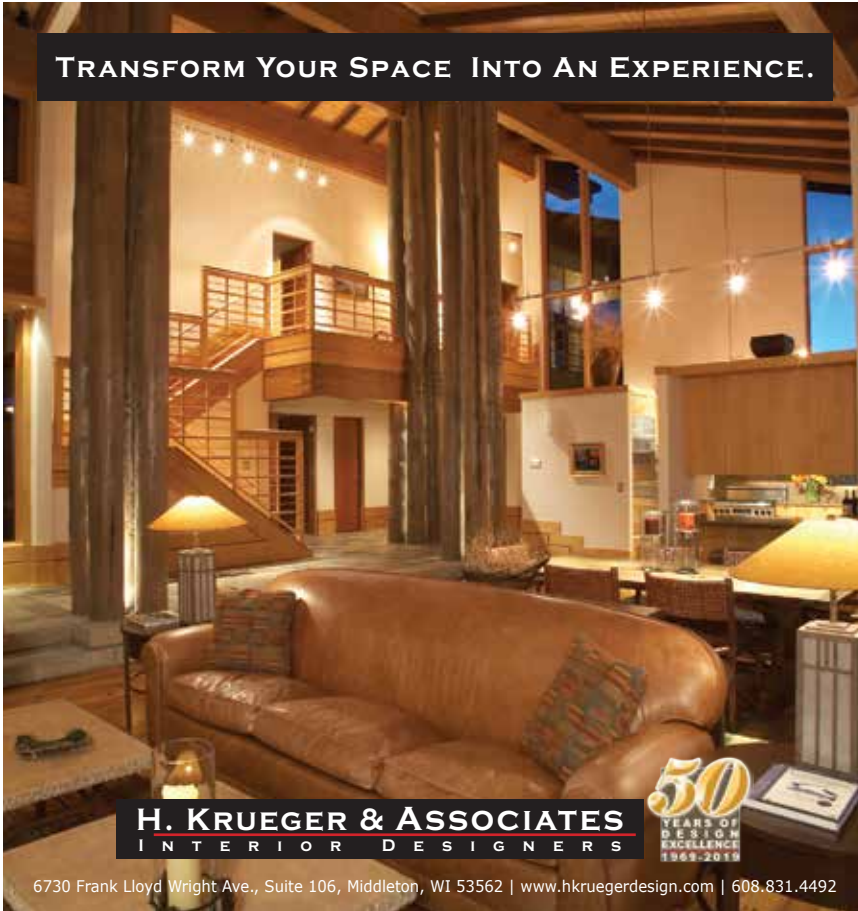
Motley says people today are looking for comfort and simplicity in their decorating style. “We’re here to help you love your space,” she explains, “and that means putting your own personality into your home.” Trends, whether they’re a fun fad or something that will withstand the test of time, are best when combined with the colors and styles that make your house feel like home to you.

Her advice? “Go with the Boho look,” Motley says. “An eclectic mix of flea market finds with a free-spirited mix of colors, fabrics and plants can make your home look both stylish and cozy without spending a lot of money on things that may become outdated.”

One inexpensive update is to creatively edit accessories and accent pieces so a room feels less cluttered. “Simplifying

SPONSORED CONTENT

TRANSFORM YOUR SPACE INTO AN EXPERIENCE.



6730 Frank Lloyd Wright Ave., Suite 106, Middleton, WI 53562 | www.hkruegerdesign.com | 608.831.4492

your accessories can create a sense of breathing space,” she says.

The use of color is another easy way to update a space. Motley suggests mixing black and white with natural elements throughout the house. “Use white for large pieces such as furniture or walls and black for window trim and doors,” she says. “Then bring in color with accents like lamps, pillows or wall art.”

Overwhelmed by color choices? “Grey withstands the test of time and blush tones are very popular right now, too,” says Motley. “Our new furniture line from Norwalk features fabrics that focus on copper finishes and accents with cream, dove and verdigris.” But in the end, color is a personal preference.

“These are design trends—but you have to live in the space,” says Motley. “Our goal is to satisfy and inspire our customers,” she says. “We want to help you love your space again.”

When it comes to updating your home, H. Krueger & Associates owner Andy Krueger says many factors come into play, including your personal budget. Starting small is perfectly OK. “A lot of people have the misconception that a designer wants to come in and do a large overhaul of the space. In reality, we are perfectly happy to help you with smaller spaces as well. After all, it’s the details that really make a difference to an interior.”

Krueger says that his company tends to avoid trends, simply because everyone’s personal taste is different. A designer will create a space that has special meaning that fits with the client’s personality.

For example, Krueger says it’s impractical for Wisconsinites to follow the trend of grey as the dominant color in a home, because the weather here is not always as bright and sunny as it is in California, where the trend originated. “Our eyes need some colors to enhance our mood,” he says.

Trends also have the disadvantage of feeling dated rather quickly, while a space that fits your personality has a more lasting appeal.

“If you hire an interior designer, that designer should spend time getting to



interiors



Visit Interiors by JW for the latest in home remodeling trends for kitchens and bathrooms. Meet with our designers to help personalize your home or shop our selection of custom furniture and home decor.

537 West Main Street, Sun Prairie, WI 53590 | interiorsjw.com | (608) 960-7600



*Madison's
best kept secret....*

\$150 in-home design consultation

FURNISHINGS • ACCESSORIES • PAINT COLORS • WINDOW TREATMENTS

d w e l l i n g s

interior design • home furnishings



410 D'Onofrio Dr., Madison
608.827.5669
dwellings-furniture.com

know you and your likes and dislikes,” Krueger says. “The interior of your home should speak about who you are and should make you happy.”

And what could make a homeowner happier than their own dream kitchen? Tracey Conner, owner of Kitchen Tune-Up, says that kitchen trends, like those in the rest of the home, focus on simplicity and making the space your own. “The move toward crisp lines, with less ornamentation and clutter, and an earthy palette of greys, browns, creams and blues is here to stay,” she says. “It’s a style that can be enhanced to a client’s personality by adding art-work and furnishings—from contemporary to rustic.”

The most popular style in kitchens these days, according to Conner, is modern. “For modern, think about the shaker or mission cabinet door style,” she explains. “Think inviting.”

And updating your kitchen doesn’t have to entail a complete remodel. “In fact, the easiest way to update your

kitchen is by changing your door style,” Conner explains, “by either re-dooring or refacing your current cabinets.” And it doesn’t have to take forever.

According to Conner, wood is slowly giving way to “wood-look” cabinets and even floors in many kitchens these days. “In woods, most people prefer maple for its sleek look and texture,” she says. “But the modern rustic look is becoming a trend too and there are now many variations on the popular mission or shaker style.”

But even with those options, Conner says she’s seeing as many as three out of four clients opting for cabinets refaced with Rigid Thermofoil instead of wood. She says the RTF surface is durable and easy to clean. “It comes in wood grains so you can still have the look of wood without the upkeep,” she explains. “And it comes in many beautiful colors and finishes—from matte to glossy to textured.” What’s not to love?

The same is true of kitchen flooring. “Options have virtually become either

luxury vinyl plank (LVP) in a wood look or a porcelain linen tile finish,” says Conner. It’s a great choice for kitchens because it doesn’t get damaged by liquids like wood and it doesn’t have that cold feel of ceramic or porcelain tile.

“In countertops, granite has virtually become a material of the past,” says Conner. “Clients are either opting for quartz, for its natural brilliance, or solid surfaces for their variety and clean look.” Both are extremely durable and easier to maintain than granite.

“And for a more modern look in back-splashes, glass tile is the No. 1 favorite,” Conner says. “It comes in hundreds of styles and colors—often mixed with stone or metal.” The backsplash shouldn’t overpower, but rather tie in other materials and bring the entire kitchen together. All in a way that reflects your personal style.

Homeowners are looking for ways to lighten up their homes, swapping heavy, monotonous brown, tan and beige color schemes for a lighter fresher look, says Leah Kochaver, Interior Designer for Interiors by JW. Sometimes it’s as simple as adding a new sofa or a fresh coat of paint. “However, those ‘small change’ projects tend to expand quickly once a client sees how impactful a light refresh can be,” Kochaver says.

Lighting trends, too, are evolving. “We’re seeing some really exciting and sculptural forms and hand-hewn material; lots of forms and palettes influenced by nature,” Kochaver says. Partner them with low key, classic pieces to allow statement fixtures to be the star of the show.

As for what’s underfoot and what’s within reach, Kochaver raves about the expansive variety of colors and textures available in floor and wall tiles. As for counter tops, she recommends Cambria quartz, which comes with a lifetime guarantee. “You can go big and bold or you can keep it subtle.”

Kochaver says handmade and heirloom quality décor is working its way back into the mainstream. “Customers are finding it’s worth it to purchase a piece that is a little more expensive if it’s something they’ll treasure for years to come.”



The Montage, your favorite store for the most current trends in furniture and home accessories. Complimentary design services. Stop in and customize your home with us.

5808 Hwy. 51, McFarland | 608.838.7505 | themontagehome.com



kitchentune·up[®]
Remodeling your expectations_{sm}

kitchentuneup.com | 608.616.9766
tconner@kitchentuneup.com



SHOP LOCAL



STYLE - DESIGN - SELECTION

Are you looking for that perfect piece of furniture? We have it! Rubin's specializes in contemporary furnishings and modern accessories. Stop by today to check out our wide selection of styles!

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



JEWELRY FOR YOU

Whether you're shopping for modern or classic, Diny's Diamonds is your number one source for diamond bridal and fashion jewelry.

DINY'S DIAMONDS
1903 Cayuga St, Suite 105
Middleton, WI 53562
608.831.3469
diny.com



Why be a Tourist,

Be a Resorter



WISCONSIN'S
Elkhart Lake
A legendary getaway

ElkhartLake.com | 1-877-355-4278



JUNE

EVENTS



PERFORMING ARTS

6/8 – 8/31 | Times Vary

"TWELFTH NIGHT"

A charming young woman proves to be equally charming disguised as a young man, throwing Illyria's collective love life into wild disarray. Not that the denizens of that town were well-arrayed to begin with. *American Players Theatre, Spring Green. americanplayers.org*

6/14 | 7:30 p.m.

JERRY ENSEMBLE CABARET

Join us and settle in for a night of wonderful singing and cabaret entertainment! The Jerry Ensemble will delight you with songs from musical theater classic gems like "State Fair," to fresh on the scene contemporary shows like "The Greatest Showman." *Overture Center, Madison. overture.org*

6/14 – 6/29 | Times Vary

QUEER SHORTS: SPIRIT OF STONEWALL

Hear stories of how the LGBTQ community has risen over the past half century and where the community is heading in the continuing fight for visibility and equality. *Bartell Theatre, Madison. stageq.org*

6/20 – 6/23 | Times Vary

TWO STEPS FORWARD
MONOLOGUE FESTIVAL

Timed to coincide with the 100th anniversary of Wisconsin's ratification of the 19th Amendment, which gave women the right to vote, this festival will encompass a wide variety of perspectives on and interpretations of our state's long progressive tradition. *Overture Center, Madison. forwardtheater.com*

6/21 – 6/23 | Times Vary

DISNEY'S "THE LITTLE MERMAID"

Based on one of Hans Christian Andersen's most beloved stories, this production of Disney's "The Little Mermaid" will celebrate the 30th anniversary of the classic animated film. *Wisconsin Union Theater, Madison. fourseasonstheatre.com*

6/21 – 10/4 | Times Vary

"MACBETH"

Our favorite Shakespearean super-villain couple makes their first visit to the Hill in 15 years. Fresh off a great military victory, brave Macbeth returns home to a new title, bestowed upon him by good King Duncan. *American Players Theatre, Spring Green. americanplayers.org*

6/23 | 7:30 p.m.

WEIRD AL YANKOVIC:

THE STRINGS ATTACHED TOUR 2019

A high-energy rock and comedy production featuring Weird Al's original band and—for the first time—background singers and a full symphony orchestra. *Overture Center, Madison. overture.org*

6/26 | 7 p.m.

CONCERTS ON THE SQUARE: EAST MEETS WEST

Works by Albeniz, Ravel, Tchaikovsky and Prokofiev, featuring 2019 Young Artist winner Sakurako Eriksen. *Capitol Square, Madison. wisconsinchamberorchestra.org*

6/28 | 7:30 p.m.

"LATIN HISTORY FOR MORONS"

Told by Tony and Emmy Award winner John Leguizamo, "Latin History for Morons" is inspired by the near total absence of Latinos from his son's American History books. *Overture Center, Madison. overture.org*



Photo Courtesy Wisconsin Chamber Orchestra

ENTERTAINMENT

6/8 – 6/9 | Times Vary

MARQUETTE WATERFRONT FESTIVAL

The east-side neighborhood hosts a lineup of both local and regional bands, as well as the Fools' Flotilla, a parade down the Yahara. *Yahara Place Park, Madison. marquette-neighborhood.org*

6/8 – 6/23 | Times vary

PARADE OF HOMES

Check out the latest home design trends at the 2019 Parade of Homes, sponsored by the Madison Area Builders Association. Spend the day browsing properties in eight neighborhoods in Dane County. *Various locations. maba.org/parade-of-homes.*

You're invited!

Madison Women's
EXPO

Explore, Engage, Experience...Enjoy!

Gather your girlfriends to attend the Madison Women's Expo!

Craft Bar • Shopping • Fitness Classes • Spa Services • Live Music

NOVEMBER 23 & 24, 2019 • 10 A.M. - 4 P.M.

ALLIANT ENERGY CENTER

MADISONWOMENSEXPO.COM

DOOR TICKETS \$10 - ONLINE TICKETS \$7

Thanks to our Sponsors:



@bravamagazine

REGISTRATION
OPEN!

GOOD BAD & UGLY

GOLF OUTING



JULY 18, 2019
11:30am - 5pm

PLEASANT VIEW GOLF COURSE
MIDDLETON, WI

ANNUAL CHARITY EVENT
HOSTED IN PARTNERSHIP
WITH LPGA TO BENEFIT
**THE BUSINESS FORUM
SCHOLARSHIP FUND**



REGISTER ONLINE:
TheBusinessForum.org

GO+DO | EVENTS

6/9 | 7 p.m.

MADISON AREA MUSIC ASSOCIATION AWARDS

The 16th annual ceremony celebrates local talent, from musicians to music educators, and includes performances, a red carpet and a taste of local Hollywood glamor. *Overture Center, Madison. themamas.org*

6/11 | 8 p.m.

VAMPIRE WEEKEND: FATHER OF THE BRIDE TOUR

The Grammy-winning NYC-formed group is promoting their upcoming LP by making their way throughout the country. Fans of indie pop-rock will enjoy this show. *The Sylvee, Madison. thesylvee.com*

6/13 | 5:30 p.m.

GILDA'S CLUB BACKYARD BBQ

Enjoy live music, tasty BBQ, beverages and a world-class auction. *Gilda's Club, Middleton. gildasclubmadison.org*

6/24 | 9:30 a.m.

CONCERT ON THE GREEN

Daytime golf tournament, followed by cocktail party, concert and dinner benefitting Madison Symphony Orchestra's education and community engagement programs. RSVP by June 13. *Bishops Bay Country Club, Middleton. madisonsymphony.org/event/concert-on-the-green-2019*

FAMILY

6/8 | Times Vary

SUMMERPALOOZA

Join Madison Children's Museum in kicking off the spectacular season. Enjoy free admission, a parade around the Capitol Square and performances nearby. *Madison Children's Museum, Madison. madisonchildrensmuseum.org*

6/10 | 5:30 p.m.

DAVID LANDAU

Music and laughter for kids ages 2-8 every Monday night. *Harmony Bar, Madison. happytrails.biz*

6/29 | 9:30 a.m.

CELEBRATE THE RED, WHITE AND BLUE

Get ready for Independence Day—DreamBank-style! Swing by with the whole family and make patriotic wands for parade watching, along with other red, white and blue crafts! Let freedom (and creativity) ring! *DreamBank, Madison. amfam.com/making-a-difference/dreambank/*



@bravamagazine

JAUNT

6/1 - 6/8 | Times Vary

PAINT CEDARBURG

Artists from all over Wisconsin will gather to paint outside, celebrating the French term "Plein Air." The final two days of the event include an exhibition and sale in which artists show off their inspired work. *City Hall Lawn, Cedarburg. cedarburgartistsguild.com*

6/1 - 9/22 | Times Vary

REFLECTING PERSPECTIVES: ARTISTS CONFRONT ISSUES OF DIVERSITY AND INCLUSION

This display of art will touch on racism, immigration, climate change, politics and LGBTQ rights, ultimately pointing out the beauty of free speech. *Bergstrom-Mahler Museum of Glass, Neenah. bmmglass.com*

6/6 - 6/9 | Times Vary

SUMMER FROLIC

Revel in live entertainment, carnival rides, games, the Norsk run and a youth baseball tournament just as the warm weather is beginning. *Grundahl Park, Mount Horeb. mthorebsummerfrolic.com*

6/12 | 5:30 p.m.

GIRLFRIEND'S NIGHT OUT: LITTLE BLACK DRESS EDITION

Join the girls for an evening of wine, music and conversation. Admission includes one complimentary glass of wine, as well as entertainment from harmonious duo Michael Massey and Francie Phelps. *Botham Vineyards, Barneveld. bothamvineyards.com*

6/21 - 6/23 | Times Vary

LAKEFRONT FESTIVAL OF ART

Showcasing all mediums, including paint, jewelry and ceramics, to name a few, this weekend-long event attracts nearly 25,000 people. Music, food and silent auctions all accompany the art. *Milwaukee Art Museum, Milwaukee. lfoa.mam.org*

SAVOR

6/16 | 1 p.m.

FATHER'S DAY CELEBRATION: HANDCRAFTED BURGER

Make dad's day delicious with a small-group cooking class. This hands-on experience features smoky brisket burgers, a refreshing wedge salad and warm skillet brownies. *Sur La Table, Madison. surlatable.com*

6/20 | 3 p.m.

FITCHBURG CENTER FARMERS MARKET STRAWBERRY FEST

With the backdrop of live Celtic music, vendors will have special strawberry-themed goods to celebrate the ripest time for the fruit. *Agora Pavilion, Fitchburg. fitchburgmarketwordpress.com*



harbor wellness studios

yoga • tai chi • barre • pilates

Summer Memberships Now Available

2711 allen blvd
middleton, wi 53562
608.821.6501
www.harborathletic.com



We have

Inflatables
Super Slides
SuperFoam Parties
Movie Events
Human Foosball
Pony Hops
Dunk Tanks

For your

Event
Festival
Birthday Party
or any occasion!

THE RUMORS ARE TRUE!

**OPENING FALL 2019
Aldo Leopold
Nature Preschool**

ENROLL TODAY!
aldoleopoldnaturecenter.org



**ALDO LEOPOLD
NATURE CENTER**
Engage • Educate • Empower

330 Femrite Drive • Monona, WI



Summer 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 Summer!

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



Local Owned 10+ Years

**Professional
delivery and set-up**

**608.234.8999
FUNPLAY.BIZ**





HANDCRAFTED HOMES, LIFELONG RELATIONSHIPS



As a preferred custom home builder in the Madison and Milwaukee markets, and the Metropolitan Builders Association's 2018 Builder of the Year, we take heart in delivering handcrafted homes that embody the beautiful surroundings of the communities we build in. Our team's passion ensures that each home is built with extraordinary care, and each promise is delivered. Our Customer Care Process ensures that when we deliver the keys to the new home, we leave a lifelong friend.

follow us on:



Visit our 2 NEW MABA Parade Homes in Middleton & Waunakee!

BUILDING QUALITY CUSTOM HOMES IN WISCONSIN SINCE 2003

SEARCH FOR YOUR DREAM HOME AT

VictoryHomesofWisconsin.com OR CALL 608-733-1115









CHEROKEE


**Beautiful Golf Course located
on the protected Cherokee Marsh!**



Tennis facility offers 8 indoor and 4 outdoor clay courts!



Pool memberships start at \$300 for the whole summer!



With 3 separate banquet spaces, Cherokee is perfect for any event!

cherokeecountryclub.net

5000 N. Sherman Ave. Madison, WI 53704 608.249.1000

GO+DO | EVENTS

6/24 – 6/30 | Times Vary

SUSTAINABLE SEAFOOD WEEK

The Old Fashioned, RED, Lucille, Merchant and other local restaurants are joining together to promote safe fishing practices. Each will offer \$10 dishes that feature sustainable shrimp, salmon, scallops and other favorite fish. Various locations, Madison. madisonchefs.com

6/29 | 11 a.m.

BACON AND BREWS

Snack and sip on curated bites from local restaurants and beer from more than 100 Wisconsin breweries. Live music and yard games keep the fun going all day long. Breese Stevens Field, Madison. bbbfest.com

THRIVE

6/4 | 7:30 a.m.

STRONG WOMEN, STRONG COFFEE

This networking event allows women the opportunity to grow their business, hear about local success stories and make meaningful connections with other empowered women. Wisconsin Women's Business Initiative Corporation, Madison. wwbic.com

6/15 | 9 a.m.

PADDLE & PORTAGE

Beginning in Lake Mendota, crossing through the Capitol Square and finishing off in Lake Monona, the 40th year of this event totals 4.5 miles. Solo and group participants can choose from canoes, paddleboards or kayaks as their mode of transportation. James Madison Park, Madison. paddleandportage.com

6/27 | 6:15 p.m.

DREAM BIG: PLEASE SAY HELLO TO ME WITH MARY HELEN CONROY

We all need someone to say "hello" to us, don't we? Loneliness is a large and rising health risk, and there's no magic pill to cure it. But there are some strategies to help us cope and grow new friendships! DreamBank, Madison. amfam.com/making-a-difference/dreambank/

6/29 | 5 p.m.

FOOTBALL 101

Learn on-field drills with coaches and players, tour the stadium and enjoy a hors d'oeuvres reception all to help UW Carbone Cancer Center fight women's cancers. Ages 18 and up. Camp Randall Stadium, Madison. cancer.wisc.edu/event/football-101



@bravamagazine

THE WIL-MAR CENTER'S IN LINE FOR SOME TLC

It's receiving a Design for a Difference makeover

BY AMY PFLUGSHAUPT

NBC15 ANCHOR

PHOTOGRAPHED BY VALERIE TOBIAS

The Wil-Mar Neighborhood Center has been a community staple for half a century. During that time, not much has changed with the facility and use has only increased.

"We really realized that the building has been loved to the point of some injury," says Steve Silverberg, a board member of the neighborhood center. "It is such a beautiful, old, funky building and so many good things are happening here."

The old church was gifted to the community nearly 50 years ago. On any given week, more than 800 different people use the facility, organizers say. Some of its offerings include 12-step programs, home brewers' meetings and senior exercise classes.

Gary Kallas is the executive director of the center. He believes something magical happens within the four walls of the building.

"This is a place where people's lives become empowered and enriched," says Kallas.

Some big changes are in store for the center on Madison's Near East Side. In April, Wil-Mar was named the recipient of this year's Design for a Difference Makeover.

Design for a Difference is a national program that partners with local designers and organizations that donate their time, talents and goods to transform local nonprofits so the organizations can better serve communities. FLOOR360 has spearheaded the project in the Madison-area for the last five years.

Kallas has been working at the community center since 2001 and said this makeover is long overdue. Like so many other nonprofits in the area, these organizations often run on a shoe-string budget and any money raised usually goes into programming first.

When it comes to the makeover, everyone has their own wish list: fresh paint, bright colors, organizing rooms and even getting the piano fixed.

Angela Skalitzky is the vice president



Executive director Gary Kallas and facility use manager Stahcee Hanger

of retail and design at Floor360 and has been the Design for a Difference Project Manager since 2015.

"We're really excited to come in and preserve the charm of the space while really reviving it to this day and time where people can really enjoy it," says Skalitzky.

Volunteers are already in the planning phase. The final makeover will be revealed later this fall. ✨

JUNE NONPROFIT EVENTS

6/22 | 10 a.m. - 2 p.m.

WISCONSIN WOMEN OF COLOR NETWORK ANNUAL LEADERSHIP SEMINAR

Local health practitioners will present current issues and programs that promote health and wellbeing. Meet and greet new women of color leaders in the community and enjoy lunch. *The Atrium, The Villager Mall, Madison. For reservations, email wwcnagc@gmail.com.*

6/15 | 8:45 a.m.

FREE TO BREATHE YOGA

Stay well while supporting the Lung Cancer Research Foundation. Yoga sessions will be hosted by Dragonfly Hot Yoga and Kingfisher Yoga, and lunch will be included. *Lake Farm Park, Madison. participate.lcrf.org*

6/22 | 7 p.m.

WISHMAKERS BALL: ADVENTURE AWAITS

Join the Young Wishmakers of Wisconsin-Madison to support the Make a Wish Foundation and the wishes of Wisconsin kids. Tickets include food, drinks and a silent auction. *Wisconsin Aviation, Madison. wisconsin.wish.org*



PHOTO COURTESY JIM KOEPNICK PHOTOGRAPHY

PERENNIAL JOY | Spring-flowering fritillaria burst forth at the Paine Art Center and Gardens, a historic mansion and gardens in Oshkosh. *Learn more about other must-see public gardens on P. 42.*

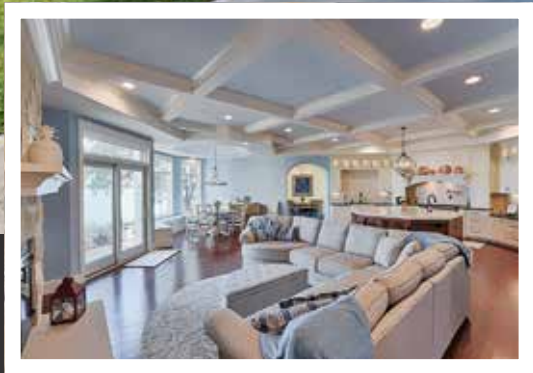


WE'VE GOT PLANS FOR YOUR FUTURE.

OVER 35 YEARS OF WISCONSIN HOME BUILDING EXPERIENCE.

Classic Custom Homes of Waunakee, Inc. has a sound reputation in the construction industry confirmed by over 35 years of Wisconsin home building experience. Our expertise stems from residential and commercial construction, as well as residential and commercial remodeling. The team at Classic Custom Homes of Waunakee bring these talents together to provide our customers with an extraordinary home building experience. Our goal is not to just build a house, but rather to create the unique living environment that you expect. At Classic Custom Homes, your home is not just another job – it's personal. It's about listening and understanding, and then delivering the unsurpassed quality you are worthy of. We bring together the industry's most skilled designers, craftsman, and suppliers to create the custom home that you deserve.

contactus@cchofwaunakee.com | www.cchofwaunakee.com



608-850-4450





AN ELEVATED EXPERIENCE

Taking luxury to new heights means doing the same with expectations. The Lincoln Aviator, a seven passenger three row SUV blends both power and thoughtful luxury that represents something remarkable. Captivating exterior design lines, interior roominess and ample power give rise to the feeling of flight and a sensation that both soothes and excites.

The All-New 2020 Lincoln Aviator

Arriving early summer 2019

Now accepting orders at Lincoln.com



PROUD VEHICLE
SPONSOR OF

