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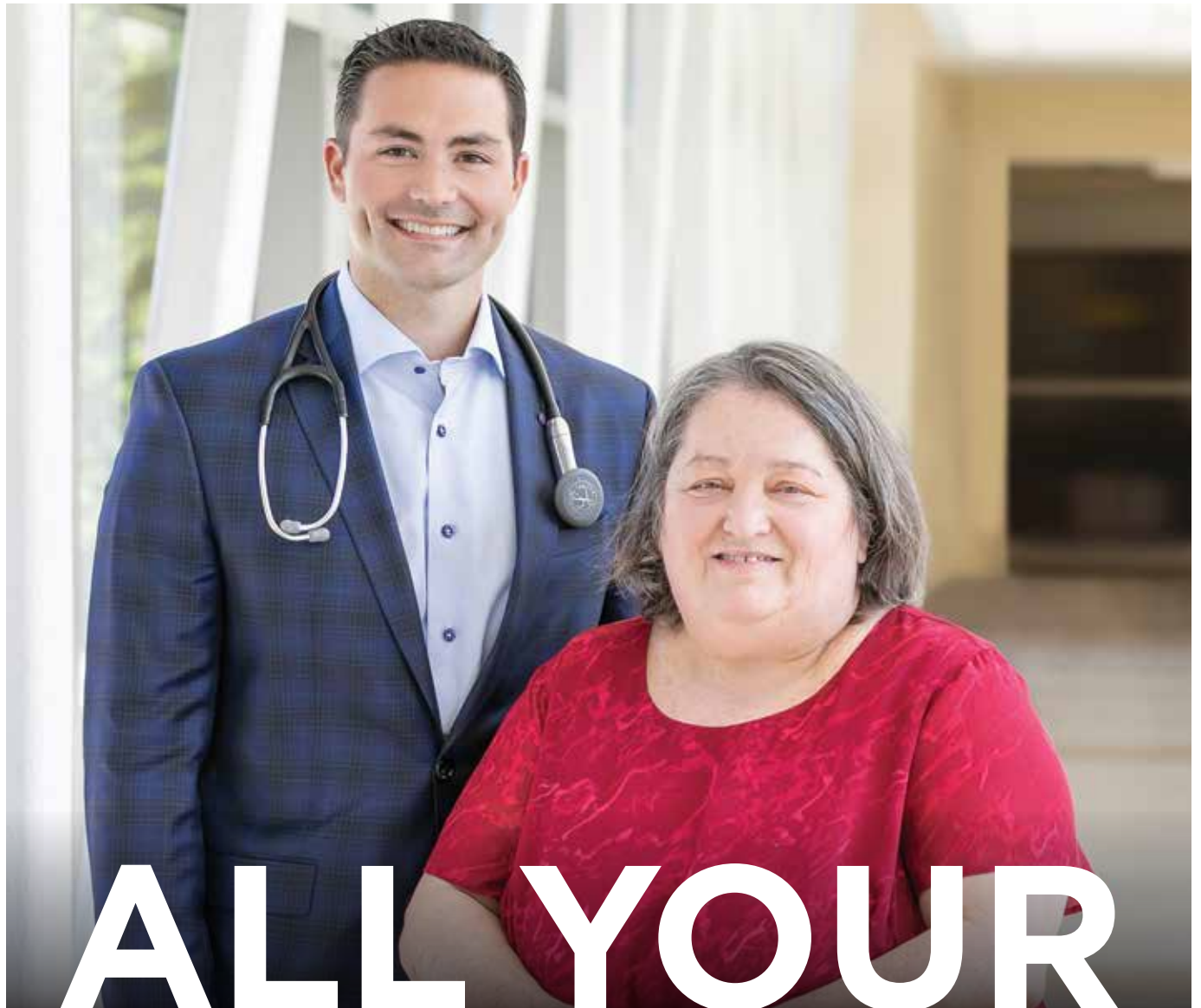
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FEATURES



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For Change**
Four women leading
Madison's community schools

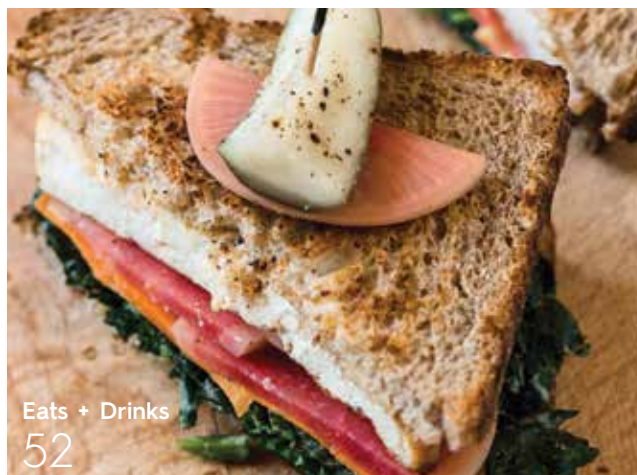
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PHOTOGRAPHED BY HILLARY SCHAVE

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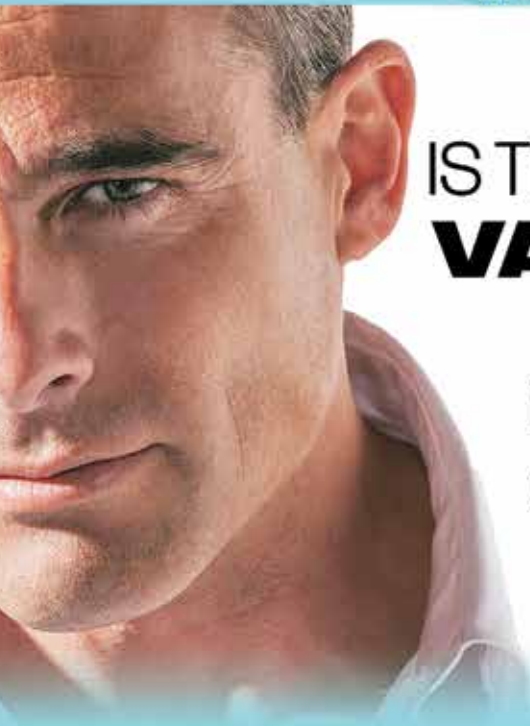
Sonia Spencer, Rosalia Gittens, Rachel Deterding and Ericka Brown are the community resource coordinators for Mendota, Leopold, Lake View and Hawthorne community schools. Photographed by Hillary Schave at Hawthorne Community School.



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BRAVA Magazine is a publication of Nei-Turner
Media Group, Inc. Gary E. Nei, Chairman,
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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) August 2019, Volume 20,
Number 8, 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
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ASK THE EXPERT



TIPS ABOUT DIAMONDS

ASK THE DINY FAMILY

The Diny family has been in the jewelry business since 1983, and we've been journeying to Antwerp, Belgium, to purchase diamonds for over 28 of those years. While Diny's carries a variety of gems and fine jewelry, we decided to change our name a few years ago from Diny's Jewelers to Diny's Diamonds to highlight our amazing diamond selection. Our annual trip to Antwerp gives us the opportunity to choose the absolute best in diamonds.

We believe in establishing relationships with our customers from the moment they step in the door, and we are continuously learning and sharing our knowledge to help you make the right selection. Pete Diny is a Master Graduate Gemologist Appraiser, IJO and Graduate Gemologist, GIA. Beverly Diny and Sara Diny-Alexander have both completed the Diamond and Diamond grading, GIA. Nick Diny focuses on our custom design using a jeweler's CAD program. We've invested in team training since the beginning, and our trip to Antwerp is an extension of that.

Why Antwerp?

Antwerp, Belgium, is heralded as the world's diamond capital. Eighty percent of all rough diamonds in the world are handled here. This selection of rough cut diamonds is then assessed by the world's best diamond cutters. These Master Cutters have centuries of tradition and training to guide them, and the result is a completely unique work of art. Along with the cutters, there are diamond dealers and jewelry manufacturers from around the world to consult.

Why diamonds?

Many people associate diamonds with engagement rings and wedding bands. With the proliferation of new styles and new attitudes, diamonds are now for every occasion, celebration or just because you're worth it. The only limits are your imagination. Keep in mind that diamonds are available in every color of the rainbow! Style a ring, stunning pendant or eye-catching earrings; combine your Antwerp diamond with any gem imaginable to create a one-of-a-kind piece.

Generally, diamonds are discussed using the four C's: cut, color, clarity and carat weight. While we look at diamonds with those in mind, we focus most closely on a diamond's cut. The cut is what brings out the diamond's brilliance and fire. When cut well, a diamond pulls light in and reflects the light back out, creating that sparkle we all look for. That's why we travel to Antwerp to buy from the best diamond cutters in the world.

Why Diny's?

Because we've been in business for almost four decades, we have developed a reputation as a trustworthy family business. While we've focused on diamonds here, we are a full-service jewelry store. We provide repairs, refurbishing of old jewelry, professional appraisals and custom jewelry design.

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CHANGE MAKERS FOR KIDS

WISCONSIN EDUCATORS have long been in the news for the negative things they face every day, including a persistent achievement gap between white students and students of color, growing problems with students acting out and shrinking budgets to meet increasing needs.

What many of us can't always see, however, are the dedicated administrators and staff members who tackle these and the many other societal problems burdening today's students before they even arrive at their school's front door—homelessness, poverty and trauma, to name just a few.

In the Madison Metropolitan School District, four elementaries have been reinventing themselves as community schools, integrating services like health care, tutoring, food access and parent leadership opportunities into school sites in hopes of easing some of those burdens so that student performance can improve.

For this edition, I had the privilege of talking with the four women at the helm of Mendota, Lake View, Leopold and Hawthorne community schools, and to share a brief slice of their stories with you.

What struck me from the outset was how each woman had profound experiences with family and school as she was growing up, and how those memories inform their work today.

Lake View's Rachel Deterding, for example, says she became very resourceful as a kid because her father had spina bifida and with it a host of other health problems. He worked full-time though, and used community resources to stay independent and to

support his family. "This taught me that a person need not feel limited by their circumstances if they believe in the power of positive change and are also able to leverage the resources around them," Deterding says.

Resource coordinators, she says, must be similarly capable, juggling resources to meet the sometimes-overwhelming needs of all a school's stakeholders. But, she says, "while it's hard work, it is absolutely the right work, and for the right people who face many unfair challenges in their daily lives."

Also in this edition, BRAVA writer Emily McCluhan brings you the story of Wisconsin's new Superintendent of Public Instruction, Carolyn Stanford Taylor. Taylor, a lifetime educator, grew up in the segregated South, and helped integrate a school in her Mississippi town, seeing all the racial enmity residents threw at her through the eyes of a child.

Those experiences, she says, shaped her views as the state's first African-American state schools chief. Her daughter, Carletta Stanford, principal of Mendota Community School, says, "She taught me to not just notice what was wrong, or needed to be changed, but to figure out how I could facilitate that change."

Change is hard, but I've got the feeling that these women leading our schools, from top to bottom, are a major part of the solution.

Marni

Marni McEntee
Editor-in-Chief



SAVE THE DATE | **Amber Swenor**, founder of Strategic Partners Marketing, will walk you through the steps you need to market your brand in "The Experience Era." Swenor will explain this technology-driven era and give you tools to engage your customers in meaningful journeys around your brand. *Sept 18, 8 a.m.-12 p.m. at the Promega BTC Center in Fitchburg. Register at BRAVAmagazine.com.*



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"LIFELONG LEARNING," P. 63

Sierra is an anchor and reporter at NBC15 News in Madison. She is a Waunakee native with a degree from Ball State University.

KATY MACEK

"SAVING AN ICONIC BUTTERFLY," P. 21

Katy is a recent Madison transplant who is enjoying learning about the city through telling its residents' many stories. She enjoys discovering new trails, neighborhoods and cute coffee shops.

EMILY MCCLUHAN

"LEADING BY EXAMPLE," P. 14

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

GRACE TIMMERMAN

"ELEVATED COMFORT FOOD," P. 52

A graduate of the CIA Greystone, Grace spent her teens working at Madison staples Vin Santo and L'Etoile. She's passionate about food, wine and travel.

ARTISTS

KAIA CALHOUN

"FROM WASTE TO WORM FOOD," P. 23

Kaia is a portrait photographer (specializing in senior, newborn, family and boudoir photography) and freelance photographer serving the greater Madison area. kaicalhounphotography.com

SUNNY FRANTZ

"ELEVATED COMFORT FOOD," P. 52

A former BRAVA gal, Sunny uses her marketing, graphic design and styled photography skills to connect small businesses with their ideal audience. Follow on Instagram [@sunnyfrantz](https://www.instagram.com/sunnyfrantz).

HILLARY SCHAVE

"LEADING BY EXAMPLE," P. 14 AND

"A FORCE FOR CHANGE," P. 30

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

"REPORT WHAT YOU SEE," P. 42 AND

"LIFELONG LEARNING," 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

"PURE AND NATURAL DÉCOR," P. 24

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

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

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PHOTO COURTESY EUGSTER'S FARM MARKET

BRIGHT, SUNSHINY DAY | Made mostly of dried sunflowers, this silo display at Eugster's Farm Market in Stoughton celebrates the summer staple. More photo ops abound for visitors strolling through the 15 acres of sunflower fields. The blooms will be turning their golden faces to the sun through Aug. 11, depending on growing conditions. eugsters.com/sunflower-days.

BRAVA EVENTS



9/18 | 8 a.m.-12 p.m.

Thrive Career Workshop: Adapt Marketing for the Experience Era

Save the date for our next THRIVE Career Workshop with Amber Swenor, founder of Strategic Partners Marketing. Swenor will present "Adapt Marketing for the Experience Era," reflecting the expectation by customers to have online interaction with brands. "Your brand needs to stand for something, evoke emotion and take the customer on a journey," Swenor says. She'll show you how to do it at this high-energy, interactive workshop. *Promega BTC Center in Fitchburg. Register at BRAVAmagazine.com.*

MOXIE



American politics expert **Kathy Cramer** and director of the Wisconsin Institute for Discovery **Jo Handelsman** have been elected to the American Academy of Arts and Sciences. The election recognizes the contributions to science and public affairs of the two UW-Madison professors.

Kramer, a 2015 BRAVA Woman to Watch, is a professor of political science. She focuses on how individuals understand politics and make political choices.

Handelsman is a Vilas Research Professor of Plant Pathology and Howard Hughes Medical Institute Professor. Congratulations!

BRAVA-SPONSORED EVENTS



9/13 | 7 p.m.-12 a.m.

RHUMBA FOR RAINBOW

Thrill to fabulous salsa music and dancing at the Rainbow Project's annual fundraiser, Rhumba for Rainbow. Watch celebrity contestants and professional dancers perform, participate in a silent auction and try for a best-dressed award. Proceeds benefit the Rainbow Project's work to prevent child abuse and end domestic violence. *Varsity Hall at Union South, 1308 W. Dayton St. in Madison. Details at therainbowproject.net.*

ON THE WEB

**Don't miss these stories at BRAVAmagazine.com!**

- Meet Madison East High grad Tari Kelly, who's performing in her hometown for the first time as a professional actress in "Anastasia" at the Overture Center. Kelly chats with BRAVA about her Madison roots and rise to professional acting, including in multiple Broadway shows.
- Got a great family story? Learn the value of putting your fireside lore into a collection and get tips on how to get started with the project
- It's high season for monarch butterflies in Wisconsin, but the numbers of these dazzling beauties are on the decline. You can help save them! Check out some tips from the experts on how to create monarch habitats and help monarch populations bounce back.

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BRAVA

THRIVE CAREER



**ADAPT MARKETING FOR
THE EXPERIENCE ERA**

SEPTEMBER 18, 2019



Amber Swenor is the founder of Strategic Partners Marketing a firm that provides both strategic brand consultation, and implementation services including media strategy, digital funnels and PR. SPM has earned two Addy Advertising Awards. Amber's fulfilling her personal mission to

empower and inspire others to build their brands through Amberdella Coaching and Consulting where she coaches women to unlock and unleash their personal brand, and up-level their income and impact. She was a 2017 BRAVA Woman to Watch, In Business 40 Under 40, 2018 Vital Voices VVGrow Fellow and 2019 Goldman Sachs fellow. When she's not strategizing with clients, you'll find her rocking with her band, Morningstar.

Over the last 20+ years, we've been experiencing the information technology revolution, with information available at our fingertips. A change is happening...people no longer think of the Internet or a well-designed website, as a luxury; it's an expectation. It's not enough for your business to provide information online; your brand needs to stand for something, evoke emotion and take the customer on a journey. Enter: The Experience Era. Customers now desire a brand experience—to be engaged in meaningful customer journeys. In this talk, Amber will walk you through this evolution. She will teach you changes and new tactics that you can implement in your marketing to ensure that your brand is marketed effectively, for the experience era.

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PHOTOGRAPHED BY HILARY SCHAVE

LEADING BY EXAMPLE

Carolyn Stanford Taylor's journey to becoming state schools superintendent

BY EMILY MCCLUHAN

CAROLYN STANFORD TAYLOR is quick to smile and laugh, immediately creating a sense of welcome and ease. But it's the calm strength of her voice as she tells the story of being one of the first black students to integrate the schools in her rural Mississippi hometown that hints at her leadership. And it reflects why she was appointed as the Wisconsin Superintendent of Public Instruction in January this year, the first African American in that role.

After the Civil Rights Act of 1964 passed, Stanford Taylor's mother gave her and four

of her 13 siblings the choice to stay at their school in Marks, Mississippi, or cross the railroad tracks and enroll in the school where all the students were white, and there were manicured lawns, new books, athletic equipment and most importantly, the only pool in town. She and her siblings didn't hesitate: they chose the pool.

The Stanford kids expected the name calling and bullying from the other students at their new school, but they were not prepared for the treatment the teachers threw at them.

"The adults in the school did not want us there either, and they made us feel that every day," Stanford Taylor recalls. "Kids who had as much potential as I had were beat down by that system, the system that told them that they weren't worthy. That they weren't entitled to be there."

Stanford Taylor's mother refused to allow her children to be punished unfairly and

CONNECT | IN HER SHOES

became an advocate for her kids while teaching them to speak up against this inequity. Stanford Taylor notes that other black students didn't have this advocate at home and ended up dropping out. She credits her current passion to create equity to her childhood experiences of seeing her peers failed by the system.

In the 1970s, the engineering program at UW-Madison actively recruited students of color from the South, which is how Stanford Taylor's brother ended up here. Although she received a scholarship to attend Mississippi Valley State University, Stanford Taylor decided to follow her brother to Madison in the winter of 1975 to pursue a degree in elementary education.

She describes her journey as ordered, but not planned.

"It's always been about somebody getting ready to move on from a role and seeing my potential to lead, and saying, yes, you can do this," she says.

Stanford Taylor taught elementary and middle school in the Madison Metropolitan School District for a number of years, eventually earning a master's degree and certifications to move into administration.

She jumped at the opportunity in the early 1980s to become principal at Marquette Elementary, which gave her exposure to a newly "paired" school where she led grades three through five (kindergarten through second grades moved to Lapham Elementary). Soon after, she became principal at Lincoln Elementary, which was paired with Midvale Elementary. The mission of these paired schools resonated with her.

"If we had not had the pair, Lincoln might have been 98% kids of color since it's on the south side of Madison," she says. "It was a goal to keep those schools desegregated because of where they are located."

During this time, Stanford Taylor met Margaret Planner, a principal at Thoreau Elementary. They built a professional and personal friendship exchanging ideas and learning from each other. Planner says that Stanford Taylor's patience and ability to actively listen made it easy to ask questions and learn about communities of color and backgrounds different from her own.

CONNECT | IN HER SHOES

"As a colleague she was so inspirational because she is so bright," says Planner. "But along with that comes the fact that she is kind and has this ability to bring people together around shared goals. That's probably what has inspired me the most—how she approaches every situation with kindness."

Planner and Stanford Taylor were both selected to join State Superintendent Elizabeth Burmaster at the Department of Public Instruction in 2001, with Planner as the assistant superintendent over student achievement and Stanford Taylor over learning support for equity and advocacy.

"When I got the call from Libby [Burmaster], I didn't even have that on my radar," Stanford Taylor says. "But after the conversation, I thought this might be the next way to influence what happens for all kids. At a different level—a policy level."

After 17 years as assistant superintendent with DPI, Stanford Taylor felt she had found the place she could make the most impact and hopes that she helped change the perception of the agency's role.

"I hope that we're not seen so much as the monitoring and compliance police," she says. "We want districts to understand that we are truly interested in helping them because the better they do the better our children do. It's not about the gotcha...let's talk about challenges and barriers to them being successful with all populations of kids."

This legacy made it easier for her to accept Gov. Tony Evers' appointment as the new state superintendent after Evers was elected governor in 2018.

"I felt like the time was right. That all of the work that I've done in my previous years had led me here and equipped me to take this job," she says.

Stanford Taylor's influence has not only touched students and school communities, but it also had a big impact on her daughter, Carletta Stanford.

"I did not have a desire to go into education. I witnessed firsthand the hard work and long hours and was adamant that I would not be a teacher," says Stanford with a laugh.

Instead she pursued a psychology



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and pre-medicine degree at Spelman College in Georgia but found herself drawn back to working with youth at every turn. She eventually moved to education and has worked for MMSD for 23 years as a teacher, principal, and now as the chief of schools—elementary. Stanford says her mother was an advocate for her and taught her to speak up, just like Stanford Taylor's mother did for her.

"My mother was not only my No. 1 advocate, but she taught me how to advocate for myself and others as well," says Stanford. "She taught me to not just notice what was wrong, or needed to be changed, but to figure out how I could facilitate that change."

Stanford Taylor pushes that same message of advocacy and community in all areas of her life, across her large family, to her deep involvement with her church, to speaking opportunities with groups of our future leaders.

She recently had a chance to interact with Badger Girls State, a weeklong government and leadership conference for young women in their junior year of high school. When the African American girl who had been elected governor for the week approached Stanford Taylor to tearfully thank her for being there, Stanford Taylor realized the impact she has in her new role.

"I started to understand that it wasn't just about being superintendent, but about bringing a message of hope and what the world could look like," she says. "That's what I told them. You are our future leaders, you all will be the ones to turn things around, to create a better world. And they will."

Stanford Taylor says she feels honored to be state superintendent and knows that she represents more than just herself and her experience. When she thinks about what success will look like through her tenure, she sees all students walking into a school environment feeling safe, respected and taking ownership in their school. She's optimistic that the groundwork is laid at DPI to build school communities that thrive on the equity and opportunity she missed as a young girl in Mississippi. And she's already creating that change. 🌸

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PHOTO COURTESY SHANE MICHAEL PHOTOGRAPHY

VINTAGE FLAIR | When Judi Dilks and her husband bought their 1948 home in Madison's Westmorland neighborhood, the kitchen had poor light and little working space for Dilks to whip together meals and entertain. After a carefully planned remodel with help from Architectural Building Arts, Dilks says, it's a "place to hang out now." Colors were inspired by those in a vintage poster hanging on the kitchen wall; apple green for the cubbies above the cabinets, red for the pendant light and orange for the handmade-tile backsplash accents. The cork floor is also something you might have seen in a post-war home, Dilks says. And the couple eschewed stainless appliances for white ones, to keep the original vibe.



BACTERIAL BALANCE ACT

When your doctor may suspect SIBO

BY JULIA RICHARDS

YOU MAY HAVE heard of the microbiome, that array of microbes that populates our bodies, particularly our gut. Bacteria play an important role in digestion and people often eat yogurt and other foods known for their probiotics in order to support gut health. But maintaining the right balance of the right bacteria can be tricky, and sometimes it gets out of whack.

That's what happens in SIBO, or small intestinal bacterial overgrowth; there's too much of the wrong type of bacteria in the small bowel.

Doctors may suspect SIBO in cases of bloating, excess gas, abdominal pain and diarrhea that haven't responded to treatment for more common conditions, like irritable bowel syndrome (IBS). While some cases of IBS may actually be undiagnosed SIBO, this is controversial because there's not an easy test for the condition. "Are we over-testing, for it? Are we under-testing? Are we over-treating it? I don't have a great answer," says Dr. Kerstin Austin, assistant professor in the UW Department of Gastroenterology.

SIBO is diagnosed through either a breath test that's not very

accurate, or an endoscopy, which few doctors order since it's so invasive, explains Austin. Nonetheless, in patients with persistent bloating who haven't responded to her go-to recommendations of eliminating triggering foods, Austin may consider treating for SIBO.

The treatment is a short course of antibiotics, which often relieves symptoms quickly. Even then, Austin says, it's important to be careful of maintaining that delicate balance to prevent infection from a dangerous bacterial strain like *C. diff* and she recommends patients take probiotics at the same time.

"The more we learn about [the microbiome] the more complicated it seems to get," she says.

Austin is more likely to suspect SIBO in patients who are at higher risk, including those with diabetes and those who have had surgery on their small bowel. The condition also becomes more common with age.

"It's probably worth a trial if someone has those symptoms and they're not responding to our normal therapies," Austin says. 🌸



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JOB SEARCH ESSENTIAL

How to craft an effective resume

BY ADDIE RADANDT

WHETHER you're looking for your first job right out of school or are a seasoned member of the workforce, nobody wants to have their resume passed over because of an easily fixable mistake. With the overwhelming amount of information out there claiming to give your resume that much needed boost, how can you be sure what actually works? Career specialist Amy Yang, from UW-Madison's SuccessWorks, and Susanne Treiber, writing center coordinator at Madison College, offer some expert advice.

FORMATTING MATTERS

"One of the most common mistakes I see on resumes is inconsistency with formatting," says Yang. "In some cases, the dates may be in the same area of the resume, but then they are not aligned together. In resume writing, it's important to stay consistent so that it'll be easy for the human resources and/or the hiring committee to review a resume."

Resume templates can help eliminate formatting issues, and when it comes to finding a good one, try looking on your local university's website. If you are a student and need some extra help, make a one-on-one appointment with your school's career adviser. Treiber also recommends the website Ask a Manager (askamanager.org) for accurate and helpful resume advice.

TAILOR YOUR RESUME TO THE SPECIFIC POSITION

Yang suggests asking yourself a key question: "If I was a hiring manager what would I like to see?" Having only relevant information on your resume might seem obvious but be careful what you deem relevant. "You want to make sure that the experiences that you are including attend to your audience. They have to add value to the position and add value to the audience," says Treiber. If you are considering changing careers, be intentional with how you present your information. "You want to really think creatively when you are listing skills. Don't just list responsibilities; look at skills that can be transferable. How does what I learn in one industry apply to the other?" says Treiber.

CREATE A MASTER RESUME

Finally, Yang suggests that it can be helpful to create a master resume so you don't have to remember all the dates and details every time you apply to a new position. "A master resume is a document you never turn in, it could be as many pages as you'd like it to be, and it houses all experiences and skills. When you apply to a specific role, you would copy relevant experiences from that master resume and paste it into a new document. That new document will be the one you turn in for the role you'll be applying to." ✨



PHOTO COURTESY JOSHUA MAYER

SAVING AN ICONIC BUTTERFLY

The Wisconsin Monarch Collaborative works to conserve its habitat

BY KATY MACEK

IF YOU LIVE in Wisconsin, chances are you've seen a monarch butterfly or two flitting about come summertime. Perhaps you've also noticed those sightings aren't as frequent as they used to be.

Though the monarch butterfly may be small, it is mighty, and its presence in Wisconsin can serve as a reminder of our role in protecting the natural environment.

"People remember seeing tons of monarchs as a kid and now hardly see any in the summer," says Brenna Jones, coordinator of the state Department of Natural Resources' new endeavor, the Wisconsin Monarch Collaborative.

Jones and several other women around Madison and the state are key players in the collaborative. The initiative was designed to integrate things already being done in communities to create habitats

and track monarch data, says Jones.

"This is all voluntary actions that people can take—we really want to make this a fun and exciting initiative anyone can help out with, even if you have a little balcony in an urban area or if you have acres of land in a more rural area," Jones says. "The underlying piece is that together we are greater than the sum of our parts."

Monarchs winter in Mexico and migrate 3,000 miles to North America in the spring to breed. Their caterpillars eat only milkweed, which was once plentiful along American roadsides and around farm fields. But milkweed habitat destruction and the use of pesticides has caused monarch populations to plummet by some 80% in the last 20 years.

To help bring it back from the brink, the 70 partners in the Monarch Collaborative, from nonprofits to state agencies, hope to encourage Wisconsinites to save and plant additional milkweed in public and private places, and to encourage citizens to help track the iconic butterfly.

"What we wanted to do was build a network of stakeholders who are all interested or are already working on monarch conservation," Jones says. "(On a statewide level) this is the first of its kind in Wisconsin."

While work is being done on an official level, she adds that a lot of what they're aiming for is to encourage people to create monarch habitats in their own outdoor spaces, whatever those may be. Via its website, wimonarchs.org, people can also learn how to create their own monarch habitats and where they can upload their own data, everything from when they see their first monarch butterfly in the spring to keeping count of chrysalises and caterpillars, plus much more.

The collaborative also focuses on innovative ways to create monarch habitats, such as working with the state Department of Transportation to plant milkweed in rights-of-way and among other roadside greenery.



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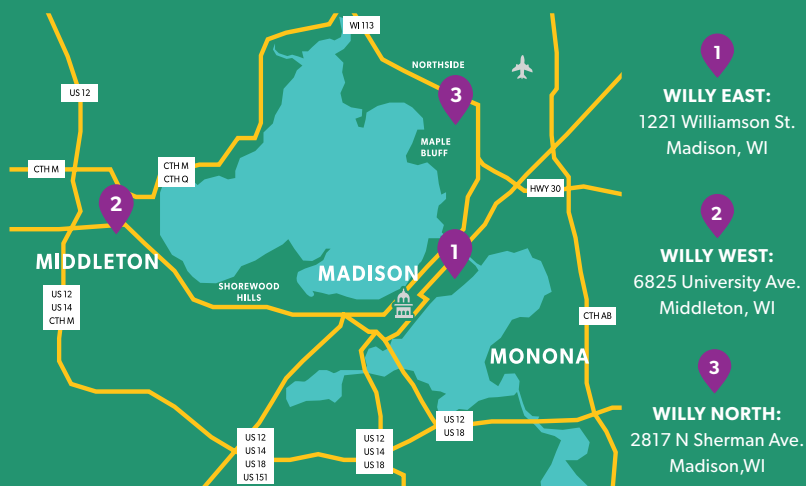
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Collaborative member Karen Oberhauser, current director of the UW-Arboretum, has been researching monarchs for more than 30 years. She describes them as a “flagship” species, one that is well-known and a reminder of natural beauty. Preserving monarchs can increase the likelihood that other pollinators like birds and bees will survive as well.

Another reason to save the monarch? From a selfish perspective, Oberhauser says such vulnerable species are also indicators of humans’ ability to survive in this environment.

“If the world changes so much that it no longer supports monarchs, it’s likely going to affect the ways we live on this planet,” she says. 🌸

Learn how to help monarchs and other creatures through citizen science in our story on P. 42. And check out bravamagazine.com for ways you can help monarchs today.

FROM WASTE TO WORM FOOD

Earth Stew makes composting easy

BY ADDIE RADANDT

THE U.S. ENVIRONMENTAL Protection Agency estimates that 22% of waste going to landfills and incinerators is food. Composting leftover food scraps is an easy way to reduce this waste, but factors like lack of space or physical ability can prevent people from doing so. Enter Earth Stew Compost Services, LLC, which will do the work for you.

Clients get a 4- or 5-gallon bucket to fill with food waste. Depending on how many scraps you generate and how much you'd like to spend, Earth Stew then comes and collects the bucket either on a weekly, bi-weekly or monthly basis. The company also provides shredded cardboard to help manage odors.

The food waste is taken to a local farm and composted in wooden bins. Once it has been composted down, it's transported to a worm farm where worms break it down further into vermicompost. Yard waste, which worms can't digest, is not allowed. Earth Stew then delivers the finished vermicompost back to you in the spring.

"Vermicompost makes a lot richer compost than regular compost," says Joanne Tooley, permaculturist and owner of Earth Stew.

Tooley, who has a degree in landscape architecture from UW-Madison, was disturbed to learn how wasteful the U.S. food system is and took the step to become a master composter in 2011. Now her business makes it easy for people to take this simple step toward a more sustainable lifestyle.

Earth Stew Composting Service currently serves both households and small businesses in the cities of Madison, Middleton, Monona and Fitchburg. 🌸

earthstew.com



PHOTOGRAPHED BY KAIA CALHOUN



THRIVE | DWELL

PURE AND NATURAL DÉCOR

PHOTOGRAPHED BY SHANNA WOLF

YOUR HOME is your sanctuary. And making it more eco-friendly is becoming easier as green options become more available. The first step is looking at what's in the materials you use. Choose natural materials over manufactured ones full of chemicals you can't pronounce. Like with food, real ingredients usually yield superior results, and in this case, timeless beauty. Just as you don't want to load up your diet with artificial ingredients, you can minimize the manufactured chemicals you bring into the spaces you live every day. —*Julia Richards*





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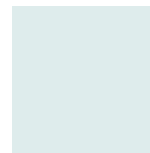
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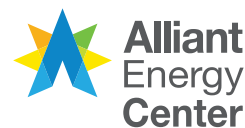
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A TREE GROWS IN MADISON

Caring for your arboreal canopy

BY KATHRYN WISNIEWSKI

A GREEN and shady tree cultivates serenity on a city street but knowing how to care for the lifelong investment of our natural arbors can be difficult

Arborists provide expert advice on everything from deciding if a struggling tree needs to be removed to knowing exactly what species of tree to plant

"I think anyone who has mature trees should have an arborist in their life," says Briana Frank, owner of Tree Health Management.

Fall is one of the best times for homeowners to plant new trees on their property, Frank says. Trees have a lower water requirement in autumn than in the hot months, which takes some pressure off the homeowner to water the tree continuously after planting.

When it comes to choosing a species to plant, Frank stresses the importance of ensuring the tree has enough space to grow

Arbor Equity: The Urban Tree Alliance plants trees for free

The wide-ranging benefits of urban trees, from cooler summer temperatures to increased property values, are not evenly distributed, with low-income neighborhoods often having less canopy cover. The Urban Tree Alliance is working to fill in the gaps by planting trees on residential lots in targeted neighborhoods, as well as school grounds and Community Development

Authority properties.

Under the mantra "Trees for All," the Madison Canopy Project, one of the alliance's programs, provides one or two trees to homeowners in select neighborhoods for free. A map and list of the 18 neighborhoods included in the project can be found on the alliance website, urbantree-alliance.org.

From the Madison Rotary Club to school parent-teacher organizations, individual teachers or neighborhood associations, the alliance works with hundreds of people throughout the community. One message they convey to all is the importance of species diversity, which increases urban forest resilience, says Jeremy Kane, director of the Urban Tree Alliance.

The potential for pests or fungi to wipe out a wide cross section of the urban tree population decreases with more diversity of trees. Too few species could spell disaster if an infection or infestation wipes out one of them. Madison is still dealing with the effects of an emerald ash borer infestation that took out a big chunk of the city's ash trees.

Madison uses a 10% genus diversification goal, Kane says, which means the ideal is to have no more than 10% of the trees in Madison be any one type, whether that be maples, oaks or any other variety of tree.

For this reason, the Urban Tree Alliance doesn't plant maple trees. This doesn't mean that maples are bad, but there are already a lot of them. "I have maples in my front yard," Kane says, "but the idea is to avoid having too much reliance on one species or genus, so that's the real push for diversity and just an opportunity to experiment with trees in Madison."

Spreading the stewardship of the urban canopy, amid species of trees and amid people in the community, strengthens the future of trees in Madison, which we can all enjoy. —*Kathryn Wisniewski*

THRIVE | DWELL

to its full size. Planting large trees under power lines or other obstructions, for example, can hinder the tree's growth as it matures.

Another consideration to take into account is the soil conditions of your property.

"If you have a wet site, you want to make sure you have a moisture-loving tree," Frank says.

After selecting the species and the location for a new tree, Frank recommends purchasing a tree cultivated in Wisconsin soil. Trees at a nursery can come from all over the country but ensuring that your sapling has been raised in-state increases its chance of surviving its first Wisconsin winters.

When everything relating to planting is said and done, Tree Health Management reminds its property owners that trees need care.

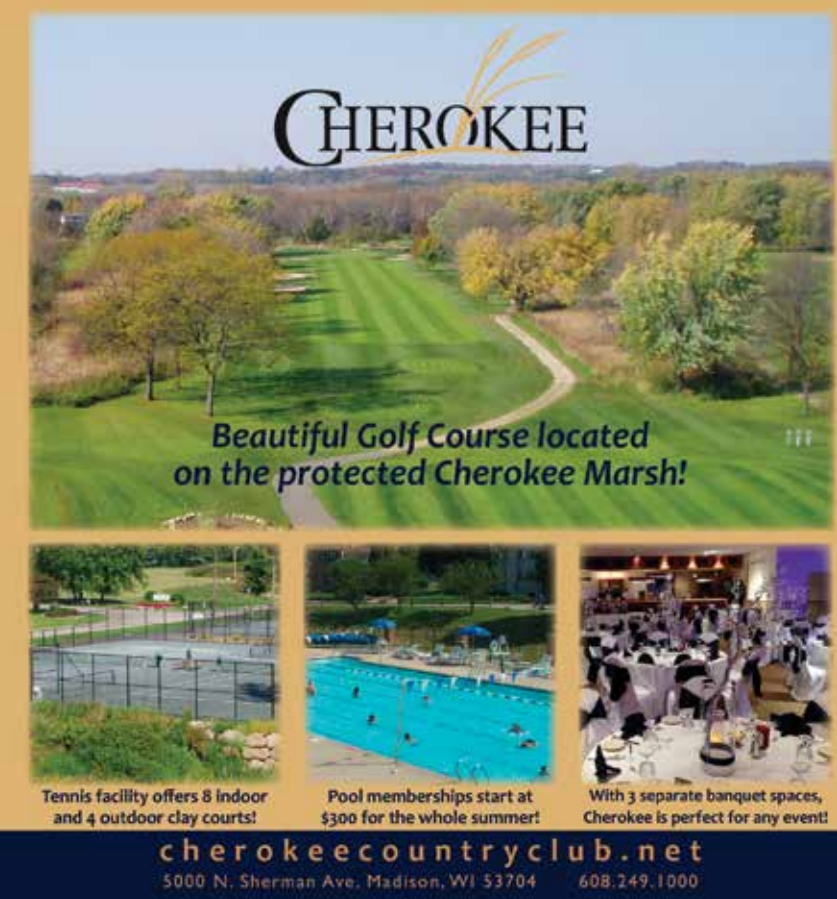
Frank advises homeowners with already mature trees to have them inspected. She says that trees have a lag time in showing symptoms, so by the time an untrained eye sees distress in the tree, such as a rotting limb, the tree has likely been experiencing stress for several years. An arborist will also know what diseases or insects your species of tree is most prone to.

"A lot of the issues that we have in mature trees in urban settings is because they weren't cared for when they were young," Frank says.

Preventative care, such as correcting structural issues of the tree, should be performed when the tree is small, Frank says, though many people don't know that trees need care that early in their lives.

"You can really do this tiny amount of preventative care all along, and that's how we get trees to have the best structure" to survive storms and fit well adjacent to homes and other buildings, Frank says.

If properly cared for throughout the years, trees give so much to urban spaces, from absorbing rain water to purifying the air. Planting and caring for trees is "not a small decision. It's a decision that affects generations," Frank says. 🌸



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A FORCE FOR CHANGE

Four women leading Madison's community schools

BY MARNI MCENTEE

PHOTOGRAPHED BY HILLARY SCHAVE



As of the most recent academic year, Madison is home to four community schools, which integrate services like health care, academic tutoring, mentoring, food access through healthy snacks and food pantries, and parent leadership opportunities into elementary school sites.

The idea behind the increased services is to tackle persistent problems in these four sites, which are among the lowest academically performing schools in the Madison Metropolitan School District. Their populations face a host of problems, from high mobility due to homelessness and housing insecurity, to food insecurity, high numbers of families who speak English as a second language, and other issues.

Mendota and Leopold elementaries were the first two schools selected to be community schools, launching in the 2016-2017 school year. The model was implemented starting last year at Hawthorne and Lake View.

“One of the biggest things in becoming a community school is looking at what barriers we can eliminate, because the idea is that the more we can have to support and strengthen the family, that will have a positive impact on the students,” says Mendota Principal Carlettra Stanford.

Women are at the helm of each new school model, serving as community resource coordinators. They juggle the many services made available and work hand-in-glove with staff, parents and community stakeholders to make sure those resources are put to good use.

Here's a look at the women who are helping the Madison school district make the leap to the community school model; their backgrounds, motivations and hopes for the students.



SONIA SPENCER

Mendota Community School



IT'S A WARM June evening, and the Mendota Community School grounds are buzzing with activity. Sonia Spencer, the school community resource coordinator, is standing at the Family Fun Night check-in table, and kids rush up to her, blurting out little updates about their lives and coming in for hugs.

It's one of several school events each year. Its goal is fun, of course, but also to give Mendota families another opportunity, outside the workaday world and school time, to engage with the school's staff and with other parents to help boost academic achievement and to ease the many barriers to success that they face: poverty, a high mobility rate, homelessness and trauma.

"The way we describe community schools and what's happened here is that our school has become a hub of the community and that's why it's important," Spencer says.

Mendota, on the city's North Side, also hosts group parent-teacher conferences, making it easier for parents to liaise with each other about their kids' educational challenges. Evening events typically come with dinner.

The school has been a resource for employment, transportation, after-school activities and its food pantry is set up to fulfill the additional needs of families whose kids already eat free breakfast and lunch at school. It even offers a holiday store so that people can buy low-cost gifts. It all helps ease the burden families face, so their kids can focus on learning.

Both Spencer and Mendota Principal Carlettra Stanford have the importance of education in their DNA. Stanford is an East High grad and

went to UW-Madison before ascending through various positions in the district to her current post. Her mother, Carolyn Stanford Taylor, is the first African-American State Superintendent of Public Instruction, replacing Tony Evers when he became governor. (Read about the new superintendent on P. 14.)

Spencer and her family came as refugees from their native Angola to Milwaukee when she was 7 and they eventually moved to Madison. She credits her African parents' strict belief in the value of education—and their respect for authority, including teachers—for her success and for her views on raising her three kids with African values. Her oldest son is attending Edgewood College this fall in the education department, and her youngest daughter has taken an interest in becoming an educator as well.

Spencer, who started out as Mendota's parent-liaison when it became a community school, says she's seen positive results.

"With any new initiative, it takes time to really build it and have people kind of believe in it. But, because of the work that we've done in the past here, and because of the transition to being a community school, we have seen a lot of improvement with our families," she says.

She says of the school's parents, "I have seen them rise. I've seen them obtain stable housing and get transportation. And, I've seen them more engaged with the scholars at school."

Another chance to celebrate their community ties happens this month at Mendota's annual block party on Aug. 24.

GRADES:

Pre-K-5

STUDENTS:

325

LOW
INCOME:

76%

MAP
MATH
PROFICIENCY:

37%

MAP
READING
PROFICIENCY:

32%

Source: MMSD School Profile, 2017-2018

A portrait of a Black woman with voluminous, curly hair dyed in shades of dark red and burgundy. She is smiling warmly at the camera. She wears a teal-colored sleeveless top, a large gold chain necklace with several interlocking oval links, and a matching large gold hoop earring. Her arms are crossed, and she wears a multi-strand beaded bracelet on her left wrist. The background is a blurred indoor setting with warm lighting and a blue slatted door or partition on the left.

*“I have seen
[parents] rise....
And, I’ve seen
them more
engaged with
the scholars
at school.”*

ERICKA BROWN

Hawthorne Community School



ERICKA BROWN KNOWS a bit about keeping kids busy, safe and healthy. Much of it she learned as a child, after her mom brought the family to Madison from Chicago back in the late 1970s.

Brown's mother, Doris Brown, was a lead advocate for a community center in their Allied Drive neighborhood as a way to keep kids occupied and off the streets during the summer. Over time, the neighborhood, with the help of churches and other organizations like Madison School and Community Recreation, was able to ramp up the services that moms like Brown had lobbied for.

The experience left Ericka Brown, now Hawthorne's community resource coordinator, with a passion for helping others, particularly youngsters.

"So, that's where my love of community comes from," says Brown. Early in her career, Brown had a childcare business and later served as a program leader for MSCR.

Brown and her two siblings didn't have it easy. Their mom had four strokes while they were growing up. "You know, there were tough times. Just that anxiety of day-to-day living was there. School was our safe haven."

Brown hopes that Hawthorne will provide its students that kind of refuge. Some 80% of its students, who are nearly equally split between African-American, white and Asian ethnicities, are on the free and reduced lunch program.

Hawthorne's population is highly mobile, due to either homelessness or housing insecurity.

"Even that time that they're here with

us we try to give them that time of rest until their next step," she says.

Hawthorne, as well as Lake View Community School, were the most recent to adopt the community school model. School staff have outlined their priorities thus far as meeting students' basic needs, wellness for students and staff, and academic support.

To those ends, the school started a food pantry, offers homework help for parents to be able to aid their kids, has three community dinners a week and is planning to hire a mental health professional for the students, among other things.

Principal Beth Lehman says that Brown has been instrumental in getting families more involved with the school, partly because she's been so involved, through MSCR, over the years.

"She really already had built up quite a system of trust and respect and comfort in being in our school with a lot of our families," Lehman says.

Perhaps the most visible project that the new community school has undertaken is the cleanup and painting of a tunnel under East Washington Avenue that many kids walk through to and from school. The work, paid for by grant funds, will be done through Dane Arts Mural Arts and will be unveiled in October.

Such visible accomplishments mean the world to Brown.

"I just love this position. It's strategic and it's driven by what's needed," says Brown, whose face lights up with an easy smile. "When I tell people about the upcoming years and what we can do, you get that spark back in their eyes. Like, something different, you know?"

GRADES:

Pre-K-5

STUDENTS:

390

LOW
INCOME:

66%


MAP
MATH
PROFICIENCY:

36%

MAP
READING
PROFICIENCY:

26%

Source: MMSD School Profile, 2017-2018



*“I just love
this position.
It’s strategic
and it’s driven
by what’s
needed.”*

“You’re strengthening your core instruction because more kids are engaged, more kids are comfortable, families are comfortable, families are engaged and we’re all on the same page.”

*– Kim O’Donahue,
Leopold teacher*





ROSALIA GITTENS

Leopold Community School



ROSALIA GITTENS KNOWS from experience just how much schools can do to help families. Gittens, who is from Panama, was 10 when her mother died of lupus and 13 when her father died from diabetes. She and her three siblings were placed with relatives in separate homes, because no one could afford to take them all.

She found that her teachers were the ones who rallied around them when she and her siblings needed anything.

“If we needed food, there was food. I remember I needed clothing and shoes and the teachers organized to provide them. The school didn’t have any resources. It was literally the teachers doing everything,” she says.

Gittens immigrated to the U.S. when she was 18 and joined her sister here in Madison. After earning a bachelor’s degree in business, she later decided that teaching suited her better, so she got an emergency teaching credential, offered to bilingual candidates.

Gittens, who became the community resource coordinator at Leopold Community School last year, says that her life experience is very similar to what many Leopold kids contend with every day. Mired in poverty, homelessness and facing other societal problems, they often come to school hungry, stressed and without proper clothing.

There’s an additional layer of stress for the school’s majority Hispanic population, who fear being deported in the current federal crackdown on immigrants. Many, Gittens says, have a

difficult time seeking help, feeling like they must bear the burden alone.

When they do allow others to help them, Gittens says she can work with school staff, community partners and others to provide it.

The neighborhood, on the border of Fitchburg, lacks some of the other resources that might help, such as easily accessible grocery stores or a nearby neighborhood community center, says longtime Madison teacher Kim O’Donahue, who moved to Leopold this school year to teach fifth grade because she sees the value in the community school model.

Leopold, which has nearly 750 students, is set up to meet many of its families’ needs that are beyond getting an education. A food pantry, English classes for adults and cultural identity classes for students are among its offerings. In addition, teachers can access things like healthy snacks if a student arrives hungry or snow pants for a kid who has none.

Other innovative programs have included monthly classes at Edgewood College for staff and parents to learn how to create a science night, which O’Donahue says was well-attended.

“It gets you in the mindset of teaching that whole child,” O’Donahue says of the community school model. “Naturally, you’re strengthening your core instruction because more kids are engaged, more kids are comfortable, families are comfortable, families are engaged and we’re all on the same page.”

GRADES:

Pre-K-5

STUDENTS:

750

**LOW
INCOME:**

70%

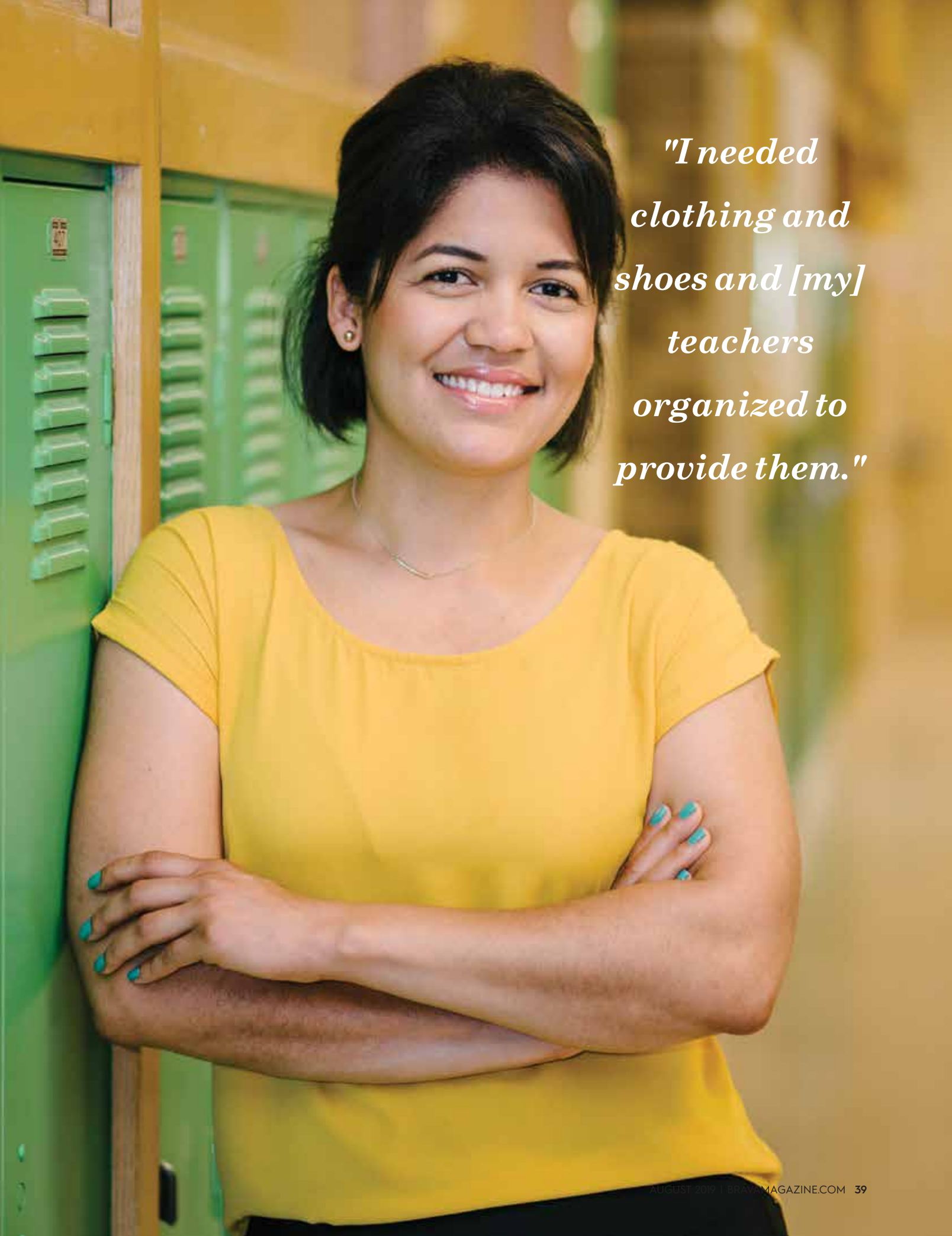
**MAP
MATH
PROFICIENCY:**

29%

**MAP
READING
PROFICIENCY:**

24%

Source: MMSD School Profile, 2016-2017

A young woman with dark hair, smiling, wearing a bright yellow short-sleeved shirt. She is standing in front of a row of green school lockers. Her arms are crossed, and she has teal-colored nail polish. The background is slightly blurred, showing more lockers and a hallway.

*"I needed
clothing and
shoes and [my]
teachers
organized to
provide them."*

RACHEL DETERDING

Lake View Community School



RACHEL DETERDING has some deep roots at Lake View Community School. The Madison native attended Lake View, on the city's North Side, as a kid, and two of her own teachers still work at the elementary school.

"My lifelong dream was to be a teacher," Deterding says. "Teachers made a huge difference in my life and school was a very positive experience for me." She doesn't fall far from the family tree either. Both Deterding's parents have education degrees, though her mother moved into health care and her father became a social worker.

After graduating from UW-Madison with a degree in Spanish literature, she built her career in various positions, first with AmeriCorps as a literacy tutor, and later as an assistant in Chavez Elementary's dual language immersion program. She later returned to Lake View as the MSCR Site Director for five years before leaving the academic world for a brief time to work as a community social worker.

Last year she was named Lake View's community resource coordinator.

It's been a challenging year, Deterding says, working to find common ground among all the stakeholders who will shape the school's initial goals. She says certain themes continue to emerge, such as setting up a system to meet kids' basic needs.

Most of the 260 kids come from low-income families, and 42% of the kids speak a language other than English at home.

Also, from September 2018 to April this year, almost 2,000 visits were logged at the school nurse's office, and 91% of the student population made those visits.

"The most common reason was basic needs, so food, sleep, hygiene, lack of proper clothing," Deterding says. "The second main cause was gastrointestinal issues, which could potentially be related to nutrition, or maybe anxiety."

But, Deterding says, hope can be found in the midst of such heartbreaking statistics.

"It's been simultaneously the toughest thing about this job and also the most rewarding thing about this job, because you look at some of this data and you're like, 'wow, this is such a sad story.' But, there's a great potential for improvements.

"And, people see that and it really impacts them, intellectually and emotionally and then they're motivated to band together to do this work. This work is heavy work. It's hard work. But it's the right work to be doing."

Lake View's social worker, DeShala Walker, shares an office with Deterding and the school's parent liaison. She's been at Lake View for nearly three years and says she's seen an uptick in parent involvement and use of services such as transportation to school, use of the food pantry, job search and housing support, and mental health counseling since Lake View became a community school.

"With the three of us, we all have similar mindsets and individual strengths to help parents," Walker says.

Deterding says she considers her work at Lake View as a calling, not just a job.

"I feel really lucky that I found a position like this," she says. "And I'm really happy to be helping to bring people together to make this change sustainable at our school." 🌸

GRADES:

Pre-K-5

STUDENTS:

260

LOW
INCOME:

74%


MAP
MATH
PROFICIENCY:

22%

MAP
READING
PROFICIENCY:

27%

Source: MMSD School Profile, 2017-2018



*“This work is
heavy work.
It’s hard work.
But it’s the
right work
to be doing.”*



Report What You See

Get involved with citizen
science in Wisconsin

By Julia Richards

It sounds so simple, but the impact is huge. Spend time observing the natural world around you, write down what you see, enter the data online. Those basic steps, multiplied by thousands around the state, help scientists understand how ecosystems function and policymakers decide what species to protect.

Wisconsin leads the way in this kind of citizen-based monitoring, according to Eva Lewandowski, who coordinates the efforts at the state's Department of Natural Resources. "We have an infrastructure that other states don't have," she says. The Wisconsin Citizen-Based Monitoring Network is a partnership of over 190 different organizations and groups doing volunteer monitoring. Different entities, whether the DNR, a university, a nonprofit organization or a county agency, lead projects monitoring different species and habitats. The statewide network provides support to all these efforts.



PHOTOGRAPHED BY VALERIE TOBIAS





Local residents look for butterflies on a Madison Audubon-hosted hike at Cherokee Marsh.



The possibilities are wide and varied. There's the Turtle Crossing Program, where anyone can report a turtle sighting, particularly by a road. Or the Bumble Bee Brigade, whose members identify and record the species of bumble bees found in a patch of wildflowers. Volunteers can watch bald eagle or kestrel nests, monitor streams and lakes, look for invasive species and more.

People can choose either one-time events that involve training, observing and reporting all in one day, or they can make an ongoing commitment to monitor a certain location regularly throughout the year.

Karl and Dorothy Legler are hooked. The retirees have been surveying species in Wisconsin for decades. They've done bird surveys, frog surveys and lately butterfly surveys. "We went from birdwatching to butterfly

watching," says Karl Legler, 79. He rattles off names and years: In 1992 an eruption of Painted Ladies hit Wisconsin. In 2014 Red Admirals came through in huge numbers. Drought years in 2007, 2010 and 2012 were hard on the butterflies.

Neither Legler nor his wife have a background in biology, but they've learned to identify untold species of flora and fauna. He even wrote a book on identifying dragonflies in Wisconsin. For most people, "nature is like wallpaper," he says, just in the background, but the ability to identify much of what you're seeing makes it exciting.

"We just have a blast. We spend all day at it," Legler says.

Many of the projects lend themselves to kid participation. The Monarch Larva Monitoring Project simply requires looking at milkweed leaves and counting any monarch butterfly eggs or

caterpillars on them. "Kids love that project because they're good at it," says Lewandowski, noting that young eyes are at the right level to spot the tiny eggs. Families can then log onto the project's website and enter their findings. "Whenever possible we like to get the kids involved in the submitting of the data because it helps them understand the whole process—the fact that they are contributing to real science," says Lewandowski. The data furthers conservation research and management of monarchs, which have been declining in recent years.

Youth have also helped with monitoring bat populations, as well as photographing, identifying and logging data on bee and dragonfly species. Lewandowski has seen youth who get involved in citizen science go on to careers in conservation biology or environmental science. Each year

"We like to get the kids involved in the submitting of the data because it helps them understand the whole process—the fact that they are contributing to real science."

—Eva Lewandowski,
Citizen-based
Monitoring Coordinator



the Citizen-based Monitoring Network awards youth, as well as adult volunteers, for their outstanding contributions.

Not all citizen science projects focus on individual animals or plants. Some look at the health of other natural elements, such as lakes. Rachel Sabre coordinates the efforts of 120 volunteers to gather data in 800 or more of Wisconsin's 15,000 lakes. The volunteers may be people who live on the lake and want to help, or people who enjoy visiting and kayaking on a lake they love. They measure water clarity at regular intervals, as well as levels of phosphorus, chlorophyll and dissolved oxygen. At certain times of the year they'll also scan the beaches for invasive species.

Sabre helps train people in how to take the measurements. Despite being amateurs, the volunteers provide accurate data. "[The

Environmental Protection Agency] has accepted this data for over 33 years. It's just as good as a biologist going out," Sabre says. Quality control measures are important to citizen science data, just like any other scientific data, Lewandowski explains. Professionals will look at the numbers as they come in and may inspect certain sites or follow up on unusual finds.

Once all this data is vetted, it has a huge impact—furthering scientific research, guiding conservation efforts and even informing regulations. Volunteer-submitted data helped lead to the recent listing of the rusty patched bumble bee as an endangered species, explains Lewandowski. "Decisions on whether a species warrants protections, on whether a waterway warrants protections are a really critical way that governments [county, state and national] are using citizen science data," she says.

Collected by the public, the data is often open to the public as well. Someone looking to buy lakefront property, for instance, can look up information about the lake's water clarity on the DNR website, Sabre explains. At the butterfly website he contributes to, Legler can see in real time which species are out in the state. "You can see the unfolding of the butterfly population over the course of a year," he says.

By coordinating the efforts of all these budding scientists and enthusiastic volunteers, the DNR and other agencies are able to collect a tremendous amount of additional data to advance their work. "To have an additional 13,000 or more boots on the ground is really powerful," says Lewandowski. "We are able to get more observations in more locations at more times of day and more times of year." 🌸

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PHOTOGRAPHED BY SUNNY FRANTZ

Read more about The Winnebago's offerings in Eats + Drinks, P. 52.

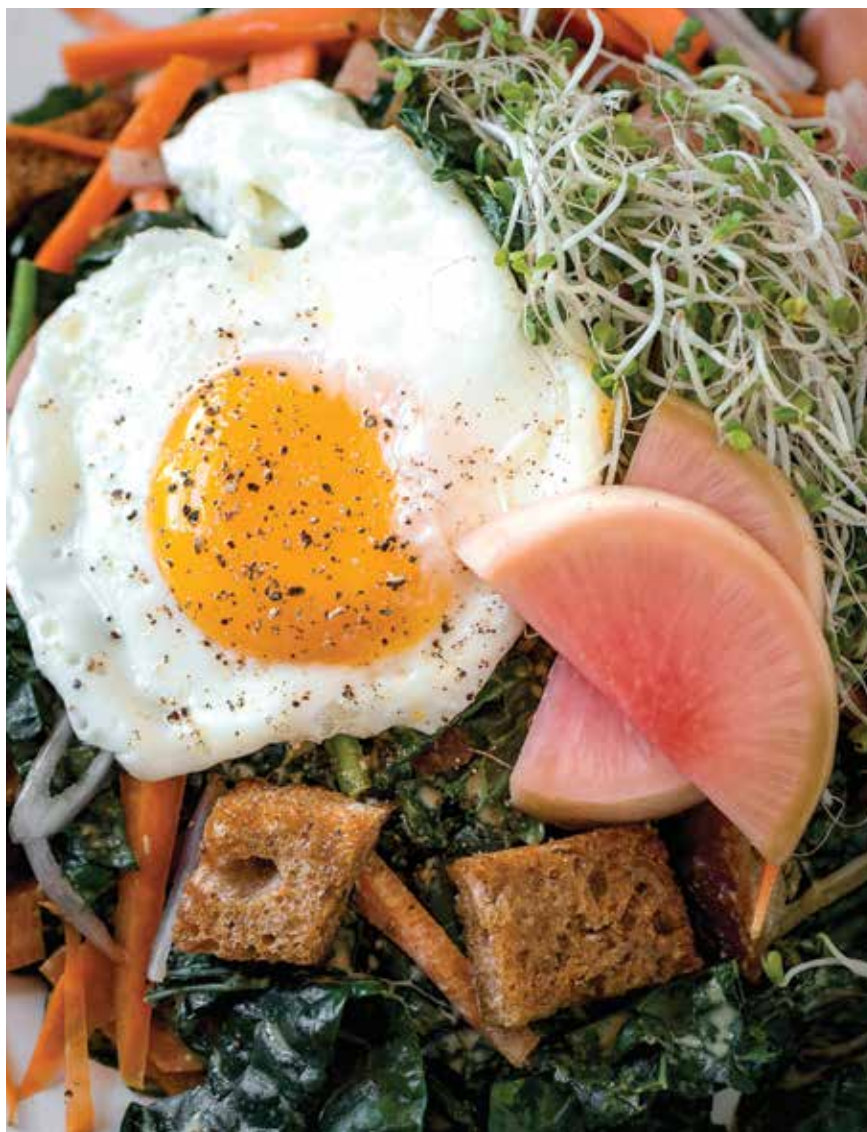
ELEVATED COMFORT FOOD

Veggies come with a side of culture at The Winnebago

BY GRACE TIMMERMAN

THERE'S NO QUESTION that you're on the Near East Side of Madison when you step into The Winnebago, and there's no mistaking its novelty either. Inspired by their late mother, who was a multi-media artist, brothers Jake and John DeHaven, along with several friends, went to great lengths to renovate the Sons of Norway building into a mash-up destination whose main room resembles, as head chef Will Byrd puts it, "an up-side-down ship."

The bar and dining nook that first welcomes you is brimming with natural light, modern pastels, and artwork that makes you





PHOTOGRAPHED BY SUNNY FRANTZ



feel right at home. You can admire locally-thrown coffee mugs as you sip a refreshing grapefruit mimosa (pleasantly tart), and the Biscuit of the Day is sure to pause conversation while its unpretentious, layered flavors slowly reveal their complexity between slices of comforting, buttery pastry.

Since The Winnebago's inception there's been an emphasis on an inclusive menu with an abundance of vegetables. As Jake DeHaven and Byrd explain, after hosting a Winnebago stand-up comedy show at its back-room entertainment area, they hope friends who eat meat will be just as satisfied as friends who don't. "We're making comfort food that can also be healthy and that people wouldn't necessarily make on their own at home," says Byrd. Think you're not a tempeh fan? When Byrd dips it in lemon pepper and layers it with a fried egg, fresh greens and a smear of homemade aioli, you'll likely change your tune.

They also actively strive for their establishment to be affordable, which can be a challenge when trying to support local purveyors. The Winnebago's team is painstakingly cultivating valuable relationships in order to create dishes that are unmistakably Wisconsin-grown, but not to be mistaken with anyone else's menu in town.

Hailing from Memphis, Tennessee, The Winnebago's newest chef brings humble southern soul to a menu packed with local Wisconsin products. The main dinner staple at the time of writing is focaccia pizza—crispy on the outside, soft and fluffy on the inside—made with stone-ground, unprocessed Lonesome



Stone flour from Lone Rock, Wisconsin. Favorite flavor combinations include the Veggienator—a winning medley of garlic, feta and spinach—and the BBQ tofu.

Another great example of “elevated comfort food” is the Tahini Kale Salad, a simple, gently massaged ode to the green of the decade, garnished with rainbow radishes and ribbons of fresh carrot. No one in Madison is new to the nation’s kale obsession, but the tangy, creamy, and

savory tahini dressing reclassifies what could be a “good enough” salad into the “clean plate club” category.

And there’s so much more to come. Diners can look forward to burgers and more varied sandwiches, expanded dinner options, pop-up collaborations and espresso drinks.

DeHaven emphasizes that the Winnie’s encompassing concept was created around the Viennese-style stage, unique-

ly suited to much more than live music (although there will be no shortage of that). In addition to comedy, check out open mic nights, jazz ensembles, spoken word poetry and more. “Historically, Madison’s East Side has always been a creative hub,” says DeHaven. “We want to contribute to that by offering an authentically Madison cultural experience.”



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SEE THE WORLD ON TWO WHEELS

Bikepacking is the ultimate in green travel

BY KATHRYN WISNIEWSKI



PHOTO COURTESY MADELINE VALENTINE

"HERE IN WISCONSIN, you can ride an hour any direction of Madison and be out in the woods, away from people, and you can get yourself there by your own power. All you need is a bike to get you where you need to go," says Katie Shaw, co-founder of Rad Bags and an avid bikepacker.

Bikepacking combines camping, backpacking and cycling into a multi-day trek where your bike carries all the equipment. "You're working really hard but being rewarded every moment," Shaw says of the experience.

Unlike other trips using cars, trains or planes, cycling leaves behind no carbon emissions. Bikepacking limits the logistics to you, your bike and the road ahead.

"I think a lot of folks think that they can't do something if they don't have the right gear or might be intimidated," Shaw says. But places like the Cargo Bike Shop, Revolution Cycle or Madison's REI are resources for new bikepackers to discover the activity and connect with others.

Besides the bicycle, the rest of the equipment depends on the individual and the trip.



PHOTO COURTESY KATIE SHAW

"The best gear is the gear you already own," Shaw says. Camping gear just needs to be compact enough to pack onto a bike.

Karl Galko, outdoor programs and outreach market coordinator at REI Madison, explains that after the bike, a frame bag is one of the first pieces of equipment someone new to the sport will want. These, like the ones handmade by Rad Bags in Madison, attach to the bike frame, allowing bikepackers to bring their gear along without having to carry it in a backpack. Different types of bags can be attached to different parts of the bike, such as the handlebars or behind the seat. For long or overnight trips, you'll need a sleeping bag, food and water, and a bike repair kit.

"How you deck out your bike rig is really going to depend on where you plan to head with it and how long you might be out," Galko says.

A fully-prepped rig opens the door to the byways of Wisconsin, from Lake Kegonsa to Blue Mounds or Governor Dodge state parks. Looping together stops like these is one of RC Anderson's favorite routes in Wisconsin. Anderson is a mechanic at the Cargo Bike shop and the other half of the Rad Bags duo. She immersed herself in the world of self-supported



travel after hiking the Appalachian Trail in 2012 and later doing a road bike tour.

Tools like the Dane County Bicycle Map app make planning trips a breeze. The map, available online via computer or smartphone web browser, produces bike-friendly routes between locations, calculates distances and cycling times and can include camping or food stops.

"You don't have to have a super-fancy bike or legs of steel to do this," says Anderson. "I really believe that anybody can go bikepacking and you can go as fast or slow as you want and just make it your trip." 🌸



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PHOTOGRAPHED BY SHALICIA JOHNSON



LOCAL LUXURIES

Middleton's Evolving Downtown

BY ADDIE RADANT



DOWNTOWN MIDDLETON is a study in change, with newer businesses joining longstanding enterprises to give the city's core a fresh look and feel.

Stalwarts like Barrique's and Hubbard Avenue Diner have been joined recently by upstarts like **Helbachs Coffee House**, a wide-open space with an industrial vibe featuring locally roasted artisanal coffee. A family run business, Helbachs fills its menu with family recipes, and also hosts a coffee class every Wednesday. Come see them showcase their roasting, demonstrate how to brew the perfect cup or listen to a talk about the farm origins of their coffee.

If you're looking for a fun night out, **Longtable Beer Café** has a 300-plus craft beer menu, along with house-smoked meats and several different types of aioli. Their house-made chipotle aioli makes a great dipping sauce for their best-selling frites. The café's front section opens to the outside, making for a comfortable summer evening hangout.

If you prefer wine over beer, **Grape Water Wine Bar** offers quality wine without the high price tag and extra frills. And the best part is you don't have to commit to a full glass if you're unsure of what you like. Their digitized dispensers have three different settings that pour out exact portions of wine, so you can get just a taste. "It just makes the experience a little more fun, in my opinion, and gives people options," says Grape Water owner Nicki Prestigiaco.

Middleton's boutique shopping options also have grown. You

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can still buy the perfect party dress at Mes Amies, or get some unique home décor at Fontaine Home or specialty clothing at Chauette. And new store **Cloth and Metal**, features unique jewelry and timeless clothing. The jewelry, mostly made of sterling silver, is hand formed and cut by owner Lisa McGuire.

The **Regal Find** is a whimsically unique gift shop that started in 2013, but ex-



panded in April of this year. It features over 80 different local makers and independent artists, most from Wisconsin. From organic bath bombs and lotions to hand made pet beds and candles, you're bound to find the perfect item for your friend or loved one. "I wanted to work with people who are making things, and I felt passionate about telling their stories and selling their items," says owner Jessica Regele.

So head west of Madison, where a jaunt to Middleton makes for a great daylong adventure. 🌸

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AUGUST



PERFORMING ARTS

8/1 – 8/2 | 7 p.m.

"GREASE" (HIGH SCHOOL EDITION)

Grease is the word! Step back into the 1950s, where T-Birds and Pink Ladies rule Rydell High. When tough guy Danny falls for good girl Sandy, can their summer fling withstand high school cliques? *Overture Center, Madison. ctmtheater.org*

8/2 – 9/28 | Times Vary

AUGUST WILSON'S "FENCES"

Troy Maxson's story is both unique and universal—a portrait of the unsteady bridge between fathers and sons, and the wives and mothers who stand cheering for both sides while hanging their own dreams out to dry. *American Players Theatre, Spring Green. americanplayers.org*

8/8 – 8/11 | Times Vary

"BEAUTY AND THE BEAST"

The classic story of Belle, a young woman in a provincial town, and the Beast, who is really a prince trapped under the spell of an enchantress. If the Beast can learn to love and be loved, the curse will end and he will be transformed into his former self. *Middleton Performing Arts Center, Madison. middletonplayers.com*

8/9 – 8/11 | Times Vary

"CARRIE, THE MUSICAL"

Carrie White is a misfit. But she's just discovered she's got a special power, and if pushed too far, she's not afraid to use it. *Madison College's Mitby Theater, Madison. capitalcitytheatre.org*

8/10 | 7:30 p.m.

TENTH ANNUAL BARTELL THEATRE AWARDS

Stroll the red carpet to this yearly awards program and fundraiser! Celebrate the past theatrical season with the Who's Who of Madison theatre and reminisce about your favorite performances of the year. *Bartell Theatre, Madison. bartelltheatre.org*

8/10 – 8/17 | Times Vary

"TITANIC, THE MUSICAL"

Since its sinking on its maiden voyage over 100 years ago, the story of the RMS Titanic has resonated with the hearts of millions. *Oregon School District Performing Arts Center, Oregon. oshponline.org*



PHOTO COURTESY AMERICAN PLAYERS THEATRE

8/11 | 5 p.m.

SUMMER SERENADES: MADISON NEW MUSIC ENSEMBLE

Enjoy classical chamber music on the Terrace this summer! The perfect view and the casual setting make the outdoor classical concerts a truly unique concert experience. *Terrace at Memorial Union, Madison. union.wisc.edu*

8/14 – 10/5 | Times Vary

"A DOLL'S HOUSE"

Nora and Torvald Helmer are well-to-do and, by appearance, happy. But cracks appear in this façade as blackmail, lies and love triangles begin to decay the foundations of the Helmer household. *American Players Theatre, Spring Green. americanplayers.org*

8/16 – 8/24 | Times Vary

"HEPHAESTUS"

The story of the physically deformed, oft-forgotten Greek God of fire, Hephaestus is cast down to Earth by his mother, the jealous and powerful Hera. He reaches into his soul and identifies his strength as an artisan to win back his spot on Mount Olympus. *Play Circle at the Memorial Union, Madison. mtmadison.com*

8/31 | 11 a.m.

FREE FARMERS' MARKET ORGAN CONCERT

Step into the cool expanse of Overture Hall during the Dane County Farmers' Market to enjoy the gift of beautiful music by the Madison Symphony Orchestra's Overture concert organ. *Overture Center, Madison. madisonsymphony.org*



FOOTLIGHTS.COM

* Performing arts listings partially supplied by Footlights, a regional guide to performing arts.

BRAVA'S Volunteer Opportunity of the Month!

Donate to the Back-2-Skool Bash, an annual event to get kids what they need for the new school year. Kids can get a new hairdo, outfit and backpack full of supplies. School supply donations needed.

Volunteer stylists and barbers needed as well on Sept. 2 at Penn Park, Madison.

Contact Jacquelyn Hunt to volunteer or donate: jacquelyn.hunt@gmail.com or (608) 628-7708.



ENTERTAINMENT

8/8 – 8/10 | Times Vary

EMMA WILLMANN

Featured in the Netflix Original Comedy Special, catch the New York City comedian on her national tour. *Comedy on State, Madison.* madisoncomedy.com

8/18 | 1 p.m.

OUTREACH MAGIC FESTIVAL

Commemorate the 50th anniversary of Stonewall and the 30th anniversary of Madison's first pride parade. Entertainment, food, vendors and information will fill out the day. *Warner Park, Madison.* outreachmagicfestival.org

8/22 | 5:30 p.m.

MESS NIGHT AT THE MUSEUM:
THE STORY OF THE B-17 BOMBER
CALLED MISS GREEN BAY

Where every veteran is a story, hear about the World War II bomber and the men whose stories intertwined with hers. *Wisconsin Veteran's Museum, Madison.* wisvetmuseum.com

8/24 | 5 p.m.

WATER LANTERN FESTIVAL

Partake in a magical night by designing your own wood and rice paper lantern before witnessing the lantern launch. Food trucks and music, too! *Warner Park, Madison.* waterlanternfestival.com

8/29 – 9/1 | Times Vary

MADISON FASHION WEEK

Experience the buzz of fashion week right here in Madison. With shows all weekend for all ages and levels of dress, you'll find a runway right for you. *Crowne Plaza Hotel, Madison.* madisonfashionweek.com

8/30 – 8/31 | Times Vary

WISCONSIN STATE COW CHIP
THROW & FESTIVAL

An eccentric tradition of Wisconsin, let loose with a day full of events, including 5K and 10K runs, music, a craft fair and, of course, cow chip throwing! *Marion Park, Prairie du Sac.* wiscowchip.com

FAMILY

8/3 | 10 a.m.

NATIONAL MUSTARD DAY

Squeeze the day! Celebrate with thousands of mustard lovers of all ages with music and events all day long, rain or shine. *National Mustard Museum, Middleton.* mustardmuseum.com

8/4 | 10 a.m.

MADISON COMIC CON

Join special guests Jeffrey Moy and Frank Fosco at Madison's own comic book celebration. Admission for children 12 and under is free! *Monona Terrace, Madison.* mightyconshows.com

8/9 | 5 p.m.

WARNER PARK FAMILY FUN NIGHT

Get the family moving and participating in hands-on fun! From sports and fitness classes, to art and pottery projects to a head-to-head foosball or air hockey game, there will be something for everyone. *Warner Park Community Recreation Center, Madison.* cityofmadison.com

8/10 | 7 a.m.

OREGON KIDS TRIATHLON

Give your kids a chance to safely explore their love of swimming, biking and running with race lengths determined by age group. T-shirts and finisher medals included with registration. *Oregon Community Pool, Oregon.* oregonkidstri.com

8/17 | 10:30 a.m.

HOMEMADE PASTA: SPROUTING CHEFS

Children ages 5 to 11 are welcome at this culinary class where your little chef will learn to be creative with food by learning the basics of pasta making. *Hy-Vee, Madison.* yummysprout.com

8/17 | 12 p.m.

FREE GOLF INSTRUCTION SATURDAY

All ages and skill levels are welcome at this one-hour class covering golf basics from practicing putting to understanding swing mechanics. *Odana Hills Golf Course, Madison.* cityofmadison.com

8/22 – 8/23 | Times Vary

LIL' BADGER CONSIGNMENT SALE

From newborns to teens, find or sell gently-used clothing, toys and more at this free admission sale. *Monona Community Center, Monona.* lilbadgerconsignmentsale.com

8/31 | 9:30 a.m.

BADGER FANDEMONIUM

Show your Wisconsin pride and get ready for the upcoming football season, DreamBank style! Bring your badger spirit and make crafts to cheer on your favorite player or team. Bucky Badger will stop by along with a face painter. *DreamBank, Madison.* amfam.com/making-a-difference/dreambank/events

Fall Recreation



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JAUNT

8/6 | 8 a.m.

HORTICULTURE THERAPY SYMPOSIUM

Cultivate wellness by learning about topics for home gardeners, occupational therapists, activity professionals, special educators, social workers and more. Breakfast and lunch included. *Rotary Botanical Gardens, Janesville.* rotarybotanicalgardens.org

8/9 – 8/11 | 9 a.m.

REFINING AND EXPANDING WHEEL THROWING TECHNIQUES

Spend a weekend at the potter's wheel, learning the ins and outs of throwing in a highly personalized workshop. *Shake Rag Alley Center for the Arts, Mineral Point.* shakeragalley.com

8/11 | 10 a.m.

24TH ANNUAL BOTHAM VINEYARDS VINTAGE CELEBRATION

Take a ride down memory lane by viewing vintage automobiles from all eras while enjoying a glass of wine and live music. *Botham Vineyards & Winery, Barneveld.* bothamvineyards.com

8/16 | 3 p.m.

'80S IN THE DELLS

Catch cars, characters, clothing and music of the '80s at this music festival with both indoor and outdoor performances. *Crystal Grand Music Theatre, Wisconsin Dells.* crystalgrand.com

8/17 | 8 a.m.

TEDXFONDULAC

A day of inspirational speakers exploring the theme of "Life Unscripted." *Thelma Sadoff Center for the Arts, Fond du Lac.* tedxfondulac.com

8/17 | 11 a.m.

TOMATOPALOOZA

Fire up your taste buds for tomato and pepper tasting. Live music. Salsa contest Talk to Master Gardeners. *Edgewater Home and Garden, Portage.* business.portagewi.com

8/24 | 5 p.m.

RHYTHM ON THE RIVER

Don't let the summer get away without a proper sendoff complete with food, drink and music along the Rock River. *South Water Street East, Fort Atkinson.* fortchamber.com



SAVOR

8/3 | 10 a.m.

MADISON VEGAN FEST

Free and fun for all ages, vegan exhibitions, food and speakers will bring you the best of the vegan community. *Madison College Truax Campus, Madison.* madisonveganfest.org

8/3 | 4 p.m.

TASTE AROUND THE WORLD

This dinner and auction includes eight drink samples from trip locations up for auction. Taste rum from Aruba, Irish whiskey and Argentinian wine, among others in this 90-minute exploration. *University Ridge Golf Course, Madison.* tri4schools.org/events/golf

8/5 | Times Vary

MONDAY NIGHT OUT: DINNER & NAILS

Start your night with wine, salad, dinner and dessert at Luigi's before heading next door to Fancy Nails for a classic manicure and pedicure. *Luigi's Pizza, Madison.* luigismadison.com

8/8 | 6:30 p.m.

DRINK-N-DRAW AT THE MUSEUM

Get to know the museum's traveling art exhibits at an evening of sketching objects in the collection while enjoying cocktails. *Wisconsin Veterans Museum, Madison.* wisvetmuseum.com

8/11 | 11 a.m.

MADISON'S BIGGEST BLOODY MARY BAR

Enjoy live music with a pint of this classic cocktail made with Deep Eddy Vodka. *High Noon Saloon, Madison.* high-noon.com

8/17 | 9 a.m.

STOUGHTON COFFEE BREAK FESTIVAL

Gather for a coffee brew-off, bean spit contest, pork roast, beer garden and more. *Mandt Park, Stoughton.* stoughtonwi.com

THRIVE

8/14 | 10 a.m.

BALANCE OF WANTS AND HEALTH AND SAFETY

Taught by Andrea Gehling, a certified person-centered thinking trainer, this course explores the balance between Important To (wants) and Important For (health and safety) and can be used with people you support. *Community Living Alliance, Madison.* cow.waisman.wisc.edu

8/16 | 8 a.m.

NINE HEALTHY HABITS INVITATIONAL

Explore golf through this free day focusing on the mental and physical health benefits of the sport. *Monona Golf Course, Madison.* thefirstteescw.org

8/18 | 8:30 a.m.

TOUR DE FORT METRIC CENTURY

Choose from three distances on paved, scenic roads. Breakfast will be available before start time. *Jones Park, Fort Atkinson.* fortchamber.com

8/22 – 8/29 | Times Vary

THE FORWARD FESTIVAL

Organized by entrepreneurs for entrepreneurs, celebrate Midwestern innovation. From tech to family, types of events vary during this eight-day learning and networking opportunity. *Locations vary, Madison.* forwardfest.org

8/22 | 6:15 p.m.

DREAM BIG: ENCOURAGING YOURSELF BY INSPIRING OTHERS

Join speaker and author Bill Schultz as he talks about his personal journey of being encouraged by others while facing physical obstacles and how he has transformed into an inspiration champion for others. *DreamBank, Madison.* amfam.com/making-a-difference/dreambank/events

8/29 | 6:15 p.m.

DREAM BIG: TUNING IN TO INTUITION AND MANIFESTING THE LIFE YOU WERE MEANT TO LIVE

Liza Abitz, founder of Life Center of Wisconsin, will remind you how to incorporate simple daily practices to tap into your authentic self, slow down and listen to your inner guidance system. Living in balance is possible when we turn off the buzz and tune into ourselves. *DreamBank, Madison.* amfam.com/making-a-difference/dreambank/events

8/31 | Times Vary

ROCKIN BREWS MARATHON

Full marathon, half marathon, walk or relay, go the distance and then enjoy the Finish Line Festival. Unlimited soda, beer and live music await! *Winnequah Park, Monona.* runmadcity.com



LIFELONG LEARNING

Goodman Community Center keeps students engaged all year long

BY SIERRA GILLESPIE
NBC15 ANCHOR

PHOTOGRAPHED BY VALERIE TOBIAS

For most kids, the summer months usually mean vacation. But for some students, school is still in session at Goodman Community Center.

"We're really busy in the summer when school is out; that's our busiest time of year," says Becky Steinhoff, executive director at Goodman.

"They do a lot of reading and writing, but we try to do everything in a fun, project-based, hands-on learning environment, so it doesn't feel anything like school," Steinhoff says. "Plus developing new relationships, having positive experiences; all things that are really important for young people, particularly

"We try to do everything in a fun, project-based, hands-on learning environment."

*—Becky Steinhoff, Goodman Community Center
Executive Director*

The center offers a variety of programs for students of all ages, with activity-based learning to grab their attention and keep it. Plus, Goodman has fitness classes, classes on healthy eating and breastfeeding support groups, to name a few. This summer, more than 700 students have used Goodman.

One of Goodman's newest offerings during the school year is the Transition Academy, a micro-school where Madison East High students can get more engagement—and have a better chance to succeed—than they do in a traditional high school setting.

low-income people who don't have resources within their families."

For students Naomi Knowles and Patrice Brown, Goodman does exactly that. Just a few months ago, both were students at East High, struggling to find their way.

"[At] East you only have one teacher in a classroom with 30 kids," Knowles says. "It doesn't work like that. Everybody doesn't get the help they need."

Both girls say they would not have been able to complete high school, had they stayed at such a large public school.

They attend the Transition Academy,



Becky Steinhoff

but also make up school credits and use the Goodman Community Center the rest of the year. This season, they've traveled to Devil's Lake, visited a strawberry patch, worked in the Goodman garden and honed their culinary skills. 🌸

AUGUST NONPROFIT EVENTS

8/8 | 4 p.m.

SECOND HARVEST FOODBANK BENEFIT NIGHT

Support Second Harvest's mission to end hunger in southwestern Wisconsin. Soak in the Madison summer with a view of Lake Monona while enjoying a cold drink. *Biergarten at Olbrich Park, Madison. olbrichbiergarten.com*

8/16 | 6 p.m.

NEW HARVEST FOUNDATION 35TH GALA

Celebrate three and a half decades of the foundation's work to provide grant money to LGBTQ causes. This black-tie casino night will also feature keynote speaker Gov. Tony Evers. *The Edgewater Hotel, Madison. newharvestfoundation.org*

8/20 | 4 p.m.

FALL SEASONS OF CARING: COMMUNITY KICKOFF

An evening of family-friendly volunteer projects to support United Way's Agenda for Change community programs. Includes food, fun and a short program. *Mallards Duck Pond, Madison. unitedwaydanecounty.org*



ETCHED INTO HISTORY | Taliesin, architect Frank Lloyd Wright's estate in Spring Green, is among eight Wright works named as UNESCO World Heritage sites. Such sites are deemed to have universal value that crosses international boundaries. The Herbert and Katherine Jacobs House in Madison, along with two Wright sites in Illinois are among those listed. Visit usonial.com for information on the Jacobs house, which only occasionally hosts public tours. Visit taliesinpreservation.org for information about Taliesin's many public tours. *Photo of the Taliesin living room by T.S. Long, courtesy Taliesin Preservation*






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