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Thursday, October 10, 6:15–7:30 pm

THE ABC'S OF A Powerful Life

with Stacey Bean

Photo courtesy of BRAVA magazine.

We learn our ABC's at a very young age. And, over time, they continue to be a crucial building block for learning. So why not apply them to some of the harder times in life? When Stacey Bean unexpectedly lost her husband, she was forced to learn a new way of living. And from there she defined what she calls the ABC's of a Powerful Life — Attitude, Belief and Commitment. Join her as she shares her inspiring journey and teaches us how to move through our days with an attitude of abundance and gratitude. She's here to help others learn to tackle the highs and lows and step back into our power, no matter what life's got in store.



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Amber Schroeder is booster-in-chief at Badgers United.



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Breast cancer survivors Amy Frank, left, and Stephanie Achten. Photographed by Hillary Schave in her Azena Photography studio.





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LIFE, APPRECIATED

STRENGTH AND RESILIENCE are traits often mentioned in these days of increasing self-awareness and the desire for personal growth.

In our pages this month, you will read about two women who personify these qualities, and more. Both were diagnosed with breast cancer at age 35 and they've shared their stories of fighting the disease and surviving, and what they've learned through the battle.

When I reached out recently to one of the women, Amy Frank, to ask some follow-up questions, she said, "Thanks for letting me be the face of this awful disease. It affects too many people and if it helps one person—it was worth it!"

Breast cancer is the most common cancer in women of all races and ethnicities, affecting 1 in 8 of us.

What Frank and fellow survivor Stephanie Achten found after this epic challenge was a greater appreciation for life: What's important and what's not—how to grasp life's joys, even in the face of potential sorrow. It's a heartwarming read and I'm happy to share it with you.

In a different kind of celebration of living, we also put the spotlight on several cultural offerings worth exploring in the coming weeks and

months. The Wisconsin Triennial, the Madison Museum of Contemporary Art's showcase of the state's contemporary artists, opens this month. This deep survey, which happens only every three years, is an incredible compilation of works in various mediums.

We also take a look at a musical fantasy created by a slate of creative women who banded together to produce a fresh take on a play that's been staged before, including in New York.

You'll also see a variety of other art in these pages offering compelling social commentary that makes us stop and think and, hopefully, learn a thing or two.

As Leah Kolb, MMoCA's curator of exhibitions, says "As a powerful vehicle of human expression, art can open up conversations and push us to explore new ideas and alternative perspectives. In doing so, it plays a vital role in challenging the way we see and understand each other and the world around us."

So take this opportunity, and those in the future, to immerse yourself in Madison's local art scene. There are a wealth of offerings just outside your door.

Marni

Marni McEntee
Editor-in-Chief



SAVE THE DATE | Don't miss the 21st annual Madison Women's Weekend, two full days of activities designed just for you and your gal pals. Enjoy free spa services at our beauty bar, break it down in some free fitness classes, and enjoy informative speakers and chances to get crafty at our craft bar.
Nov. 23-24 at The Alliant Energy Center. Details at MadisonWomensWeekend.com.

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Hear three brilliant Soviet composers prove they deserve their wild popularity. Ms. Pine appears in her Madison Symphony debut, one long overdue!

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Prokofiev Suite from *Lieutenant Kijé*
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Shostakovich Symphony No. 9

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OCT

Fri. 10/18, 7:30 p.m.

Sat. 10/19, 8:00 p.m.

Sun. 10/20, 2:30 p.m.

JOYCE YANG PLAYS PROKOFIEV

“The sound is bold . . .
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– *BBC Magazine*

Troubled with depression and hearing loss, Schumann reached deep to create the uplifting Symphony No. 2, a Beethovenian triumph over pessimism and despair. And Prokofiev's third piano concerto radiates vitality and confidence. The power and agility of Joyce Yang is a perfect match for this demanding masterwork.

John DeMain, *Conductor* • Joyce Yang, *Piano*

Kernis *Newly Drawn Sky*
Prokofiev Piano Concerto No. 3 in C major
Schumann Symphony No. 2

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NOV

Fri. 11/8, 7:30 p.m.

Sat. 11/9, 8:00 p.m.

Sun. 11/10, 2:30 p.m.

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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

Livia King
Addie Radandt
Annie Rosemurgy
Kathryn Wisniewski

SALES

SALES MANAGER

Dena Frisch
dena@ntmediagroup.com

SALES EXECUTIVE

Danielle Letenyei
danielle@ntmediagroup.com

SALES EXECUTIVE

Sybil Winchel
sybil@ntmediagroup.com

ADVERTISING COORDINATOR

Julie Schiller
ads@ntmediagroup.com

DIRECTOR OF MARKETING & EVENTS

Ashley Duchemin
and@ntmediagroup.com

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

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

SUBSCRIBE AT BRAVAMAGAZINE.COM

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

BRAVA (ISSN 1934-4317) October 2019, Volume 20, Number 10, 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.

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CONTRIBUTORS

WRITERS

NICOLE C.W. GRUTER

"IN YOUR FACE FEMINISM," P. 46

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

KATY MACEK

"REWEAVING A PRODUCTION'S TAPESTRY," P. 68

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

"TO LIFE!" P. 55

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.

HYWANIA THOMPSON

"CREAM OF THE CROP," P. 62

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

"EXTOLLING THE VIRTUES OF THE UNIVERSITY OF WISCONSIN," P. 13

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 at *candicewagener*.

ARTISTS

KAIA CALHOUN

"CREAM OF THE CROP," P. 62

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

"LET THEM EAT CAKE," P. 80

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

HILLARY SCHAVE

"TO LIFE!" P. 55; "REWEAVING A PRODUCTION'S TAPESTRY," P. 68

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

"EXTOLLING THE VIRTUES OF THE UNIVERSITY OF WISCONSIN," P. 13; "LEAD TO FOLLOW, FOLLOW TO LEAD," P. 95

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

"BRINGING THE OUTSIDE IN," P. 49;

"FASHION FOR YOUR FLOOR," P. 51

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*

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



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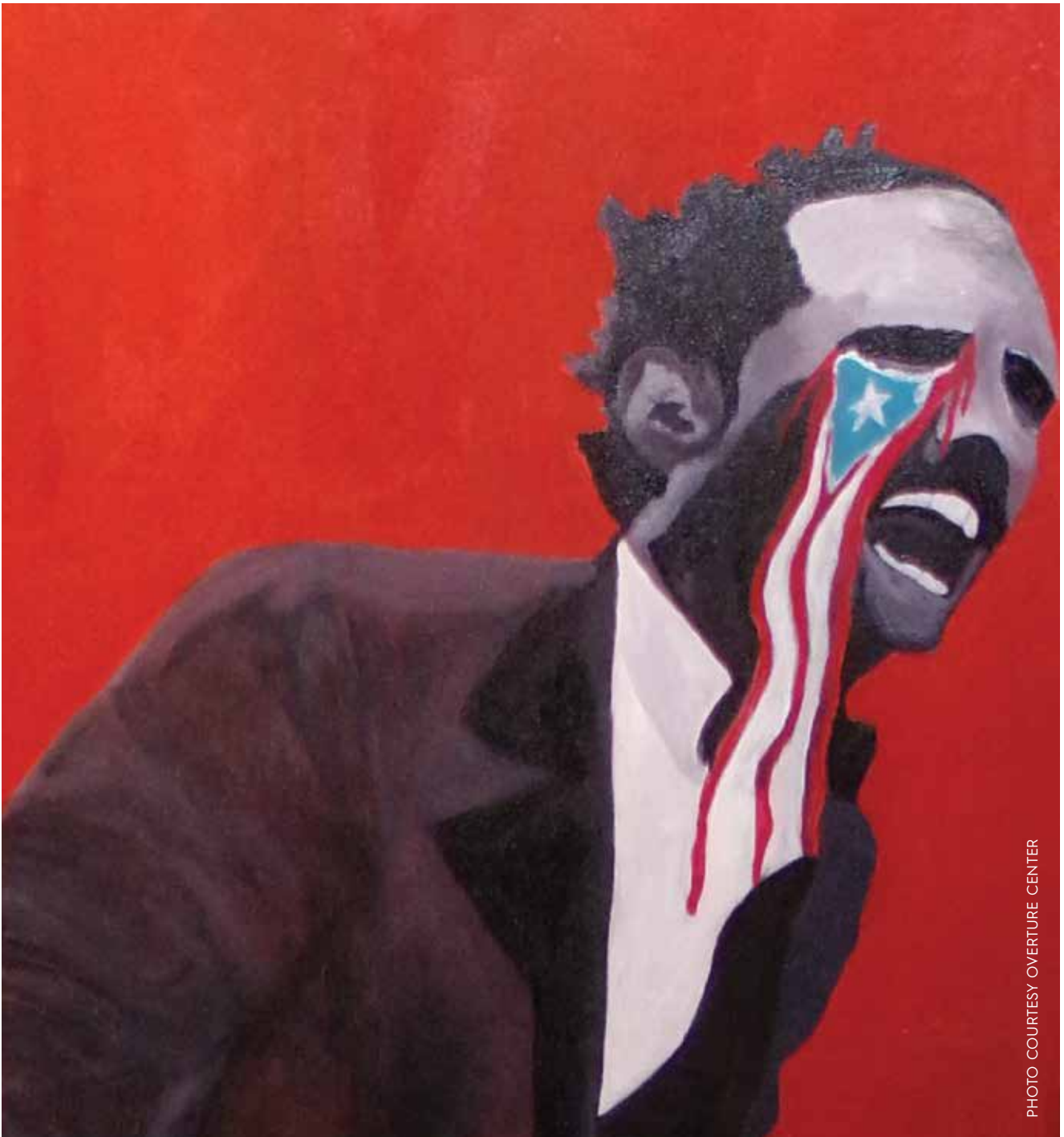


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CONNECT



THE HEALING POWER OF ART | “I believe we are all creative beings; it is that creativity that helps us survive and thrive,” says Veronica Figueroa, executive director of UNIDOS Against Domestic Violence. Originally from Puerto Rico, Figueroa painted “La Patria” (above) portraying Pedro Albizu Campos, a leader of the island’s independence movement. See her paintings, along with those of fellow local artists Julieta Guimaraens and Lori Nelson, at the 7th annual Latino Art Fair, Saturday, Oct. 12 in Overture Center’s Rotunda Gallery. The day features a number of live performances for children and adults. overture.org/LAF

BRAVA EVENTS



11/20 | 8 a.m. - 12 p.m.

BRAVA THRIVE CAREER WORKSHOP

Save the date for this enlightening presentation by Susan Young, who will delve into the "Art of First Impressions for Positive Impact." Young, a coach who specializes in inspiring teams and leaders to creative positive change, will talk about how quickly opinions are formed about you, your business and your service in those first few minutes of an interaction. And, she'll help audience members prevent social mishaps, lost business, rejection and career complacency, among other things. You'll walk away able to create or strengthen relationships, infuse your approach with confidence and courage and make the best possible first impressions from the get-go. *Details and registration at BRAVAmagazine.com.*

ON THE WEB

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

- Our Web Exclusive on the new Miss Black USA, Madison's own TeKema Balentine, finds Balentine embracing her new spotlight to help young girls shine as well. Read about the good deeds she's already done, and what else she has in the works!
- Learn about the many support and resource groups available in the Madison area to anyone fighting or recovering from breast cancer. And don't miss our story about two amazing local women who've gotten new insights on life after surviving the disease.

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BRAVA-SPONSORED EVENTS



10/3 | 5 - 7 p.m.

DINY'S DIAMONDS BRAVA NIGHT OUT

There's more to Belgium than waffles and chocolate. Diamonds! And you can check out some of the country's finest exports of the precious stones at Diny's Diamonds in Middleton during a special BRAVA Night Out. Each year the Diny family travels to Antwerp, Belgium, to hand-select diamonds. They will even select one for you, so stop by the store and tell them what you are looking for. Even if you're not in the market for an Antwerp diamond, come by and enjoy great conversation, tasty food and beautiful jewelry. *1903 Cayuga St., Middleton. Details at BRAVAmagazine.com.*

10/15-10/16 | Times Vary

RACIAL JUSTICE SUMMIT

Join YWCA Madison for an informative day of learning about institutional racism and building a racial justice practice at this annual event. This year's theme is "Transforming our Future." The summit features nationally known keynote speakers and researchers, in addition to local experts and advocates. This year, the featured keynote speakers are Alixa Garcia and Naima Penniman from "Climbing Poetree," and Edgar Villanueva, author of "Decolonizing Wealth." The summit also offers more than 35 breakout sessions to dive deeper into topics. *For more information and to register, visit YWCAMadison.org.*

10/26 | 6 p.m. - 11 p.m.

AGRACE BUTTERFLY GALA

Get swinging at Agrace's annual black-tie fundraiser, this year held at The Sylvee. Enjoy a gourmet dinner, a silent auction and a raffle, along with a program highlighting Agrace's amazing hospice work. You can kick up your heels to music by the Rat Pack! *The Sylvee, Madison. Details and registration at agrace.org/event/butterfly-gala.*

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EXTOLLING THE VIRTUES OF THE UNIVERSITY OF WISCONSIN

Amber Schroeder is booster-in-chief at Badgers United

BY CANDICE WAGENER

LIKE MANY UW-MADISON ALUMNI, Amber Schroeder has a great sense of pride in her alma mater. But Schroeder goes above and beyond in promoting the university through her role as executive director of Badgers United, a non-profit designed to create clear messaging about the university's impact statewide.

"I truly believe [the university] is why I am where I am today," says Schroeder. Badgers United can "connect the dots about why UW-Madison is important to [the community]. We're really trying to use data to tell a different story."

Schroeder has relished the opportunity to use her background in organizational management to break down misperceptions about UW-Madison's impact on Wisconsin residents' day-to-day life in their individual communities. While Madison may directly feel the economic impacts of the campus here, its effects aren't as noticeable in places farther removed like Green Bay and Rhinelander.

However, according to the organization, for every dollar invested into the university, \$24 dollars are generated and circulated across all 72 counties. "Money into the university is money for Wisconsin," says Schroeder. "We're trying to help folks understand that...[and] that research dollars the UW attracts [help the state overall]."

Badgers United's proponents want to communicate, in a politically neutral manner, how policy decisions affect fiscal management. The tuition freeze in effect since 2013 is one example.

The organization recently hosted a panel discussion with state Rep. Dave

PHOTOGRAPHED BY VALERIE TOBIAS

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CONNECT | PERSPECTIVE

Murphy, Regent Emeritus Tim Higgins and president and CEO of the UW Foundation Mike Knetter on how the health of UW-Madison impacts Wisconsin's economy as a whole. Murphy unveiled a bill he will be introducing related to the tuition freeze.

The last piece Badgers United aims to address is accessibility, by engaging community members in the conversation around the investment value of a college degree and increasing awareness of Bucky's Tuition Promise. The promise guarantees scholarships and grants to cover tuition and segregated fees for eight consecutive semesters for Wisconsin residents whose household adjusted gross income is \$58,000 or less.

According to Bill Sepic, president and CEO of the Wisconsin Auto and Truck Dealers Association, who met Schroeder over 15 years ago in her role as a board member at the U.S. Chamber of Commerce, nothing will stop Schroeder from achieving her goals.

"I have never seen anything I didn't believe Amber couldn't conquer...she has a drive and a will and she wants to make sure that she succeeds."

Outside of work, Schroeder is busy with two little girls, ages 3 and 4. "They have absolutely made a positive change in my life," she says. "I'm much more fulfilled."

She volunteers for the Old Glory Honor Flight, a nonprofit that helps transport U.S. military veterans to their service memorials in Washington, D.C.

"When you go with them, you learn that it's more than just about their memories. It's about their need to heal and to tell their stories," she says.

As Badgers United heads into its second year, the group will continue to tell the university's story as well, traveling across the state for community conversations and launching a podcast detailing the economic impact of the university.

"What I really love about this organization is how often we are getting the little light bulbs," says Schroeder. "That's really rewarding." 🌸

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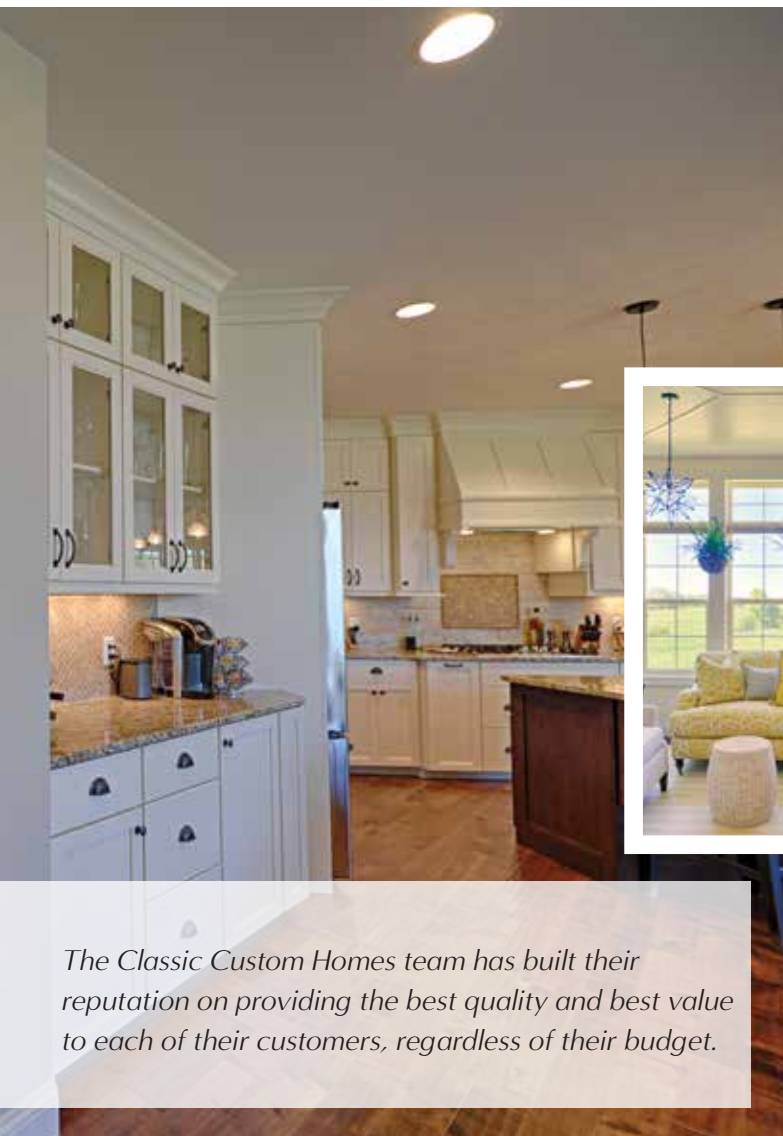
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Classic Custom Homes of Waunakee

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The Classic Custom Homes team has built their reputation on providing the best quality and best value to each of their customers, regardless of their budget.



Homes of Distinction

Serving a radius of one hour surrounding the Madison area, Classic Custom Homes of Waunakee has been creating many of Wisconsin's most admired custom homes for nearly 15 years.

Established in 2005 by Bryan Sipple, every one of the homes that Classic Custom Homes of Waunakee builds is a collaboration of some of the best talent in Wisconsin. Their in-house team of construction professionals, draftsmen, interior designers and other specialty design experts offers you the greatest display of skills and artistry in each phase of design and construction.

"We are a custom home builder and can build any style home that the customer desires—craftsman, traditional, transitional, modern and more," says Jennie Sipple, director of sales and marketing.

The time-honored craftsmanship that is found throughout each home built by Classic Custom Homes of Waunakee has earned the company a premier reputation within the region. Their dedication to design, commitment to craftsmanship and steadfast project management are the cornerstones of the company, and the team's focus on exemplary customer service is evident in every home they construct.

In fact, one unique facet of Classic Custom Homes of Waunakee is the offering of in-house drafting for their customers. Customers work side-by-side with their draftsman to create the perfect home design.

Equally impressive is that the company features a showroom in its office and each customer is assigned an interior designer to assist them throughout the process. "The designers are there to bounce ideas off as well as having someone to keep the customer on time and on budget," Sipple explains. "We understand the current and upcoming trends and can offer alternative materials and design solutions if budgets are crucial."

"Most importantly, we are a full-service builder with our own staff and we take care of our customers after the sale," Sipple says. "Servicing the customer after they move in is very important to us and sets us apart from many of our competitors."

Bringing together the unique combination of professional expertise, proven experience and innate talent of builders means that Classic Custom Homes has raised the building industry standard to a new level. "Many of us have been in construction for our entire adult lives and understand all aspects of the industry," Sipple states.

In the end, both the Classic Custom Homes of Waunakee team and their clients enjoy the journey from concept to reality. The company's creativity and vision leads to the ultimate home building experience for customers.





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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.



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A Family Affair

For Julie Umhoefer and Jennifer Haley, growing up in the furniture business was the catapult that inspired these sisters to eventually establish Dwellings, a full-service store offering products made in North America. Started in 2011 in Madison, Dwellings specializes in offering unique pieces, different than what the typical "big box" stores offer.

"Our parents owned a local furniture store in Madison for over 25 years. When they decided to retire, we took our years of acquired knowledge and resources, and created our own entity," says Umhoefer. The sisters started by offering home staging resources, then quickly added a full retail furniture store. After almost eight years at their west side retail location, they are excited to be opening their new store in Fitchburg this month. Within the new store, the company is expanding its offerings in lighting, window treatments and bedding.

Both Umhoefer and Haley pride themselves on their upholstery collection, which includes hundreds of fabrics, options and sizes. In addition, the store's home accessories collection is all hand chosen by both sisters.

"We never 'buy' the same piece twice," Umhoefer says. "Once it finds a home, we choose something new. This keeps our product mix fresh and current. When you purchase from us, you don't have to worry about seeing the same accessory or custom furniture piece at your neighbor's house."

Furniture and accessories aside, Dwellings's \$150 home design consultation is the heart of their business. The sisters travel to each design customer's home to discuss their project and then they schedule a time to meet at the store for a complete design presentation. This presentation includes scale drawings, paint color recommendations, furniture and fabric selections, as well as area rugs and accessories. Meeting in the store's showroom allows each design client to sit on various furniture pieces and experience the construction and quality of the recommended pieces for their space.

"Creating the perfect sofa or chair for a room in a certain size and fabric is still desired by many people. This is something that can't be done by mass production overseas," Umhoefer says. "Therefore, we will continue to support the American factories and workers. And often times, people are surprised to find out that the price to get 'exactly what you want' is the same as if you were to buy a mass produced piece."

As sisters, both Julie and Jennifer's dreams have finally come true with the new Fitchburg showroom.

"There is so much great product out there to show people to make their homes beautiful, and we are thrilled to have a new space to showcase it in. Interior design is constantly changing and we look forward to continuing to bring fresh ideas and concepts to the Madison market."

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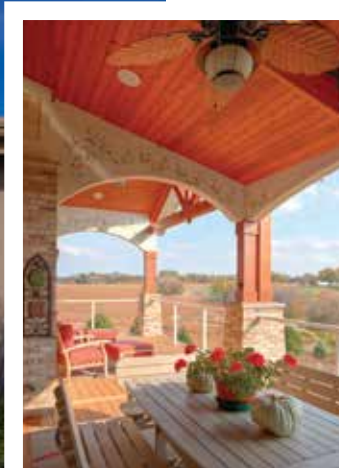
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dwellings-furniture.com

*Our new store in Fitchburg opens in October!
2924 Hardrock Road*



"Each person has a unique personality, situation, site and budget—that's why our projects are crafted specific to the client's vision."

— Bob Bouril



Taking Your Ideas to the Next Level

In his youth, Bob Bouril channeled his independent and creative nature into building sandcastles, snow forts and even tree forts. And as it turns out, it was time well-spent. After learning about Frank Lloyd Wright in grade school, he knew what he wanted to do with his life. High school and college drafting, design and art classes followed—leading to a career in architecture and design spanning more than three decades.

In 1988, Bouril founded Bouril Design Studio (BDS), a local, independent design and architecture firm, where he is still personally involved in every project.

According to Bouril, the work is pretty evenly split between new construction and addition/remodeling jobs. Their focus is primarily on residential projects with an emphasis on waterfront, vacation and empty-nester homes.

The schedule for the design process is typically driven by the client, according to Bouril. "Most people realize that designing a home is an involved process and shouldn't be rushed," he says. "Our typical client starts the design process at least a year before they expect to break ground."

According to Bouril, with people today having access to information on the Internet, most come in well-prepared with specific ideas and a strong vision for the project. "What they lack is the knowledge and experience to turn that vision into a functional design with architectural flare," he says. "We'll use their ideas as a starting point and then take them to the next level."

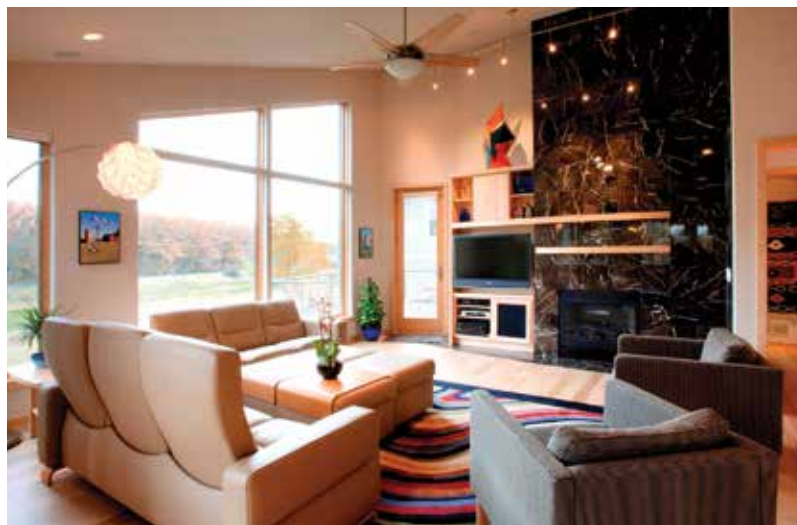
Bouril says construction projects can be complex and technical. "Depending on the project budget or unique circumstances of the client, we provide options and make recommendations on building products, material and technologies," he explains. "And our comprehensive design, drawings and specifications minimize problems and questions down the road."

BDS also uses 3D modeling software for all aspects of the design process—to help clients visualize both exterior and interior design. "3D modeling is a game changer for both the architect and the client," he says. "We can modify exterior geometry, roof pitches, windows, materials and colors quickly, and show options." He says the software allows them to view the interaction of building systems and framing between floors—helping minimize conflicts before construction begins.

While architects are commonly associated with large, expensive, modernist homes, Bouril begs to differ. "We bring experience and value to projects of any size, shape or budget," he says, "and assist people in investing their construction dollars wisely."

Bouril Design Studio, LLC

A R C H I T E C T S





Chalet offers unique merchandise that consumers simply won't find anywhere else in the Madison area. "We travel the world markets and offer many things that are produced exclusively for our company."
– Tony Millonig



Unique Furniture for the Madison Market

For more than 35 years, Chalet Ski & Patio has been a Madison mainstay for enthusiasts of the great outdoors—from winter sports equipment and clothing to exceptional outdoor furnishings. But now consumers throughout Dane County and beyond are turning to Chalet Ski & Patio for their indoor furniture needs. Since its inception, the company has offered the finest brands of outdoor furniture and now their unique indoor furniture offering is wowing its longstanding customer base.

"Over the past 10 years our customers have been looking for higher quality, well designed furniture for both indoor and outdoor use," says owner Tony Millonig. "The furniture area of our store has continued to grow and it's now our primary business."



In fact, thanks to the increased interest in the store's upholstered furniture and leather, Chalet has expanded their indoor furniture selection to include heirloom quality bedroom, innovative custom dining and unique occasional pieces. They take inspiration from the design movements of the past like Shaker, Arts and Crafts and Mid-Century Modern.

"We are now the local source for some of the finest brands of indoor furniture not previously available in the Madison market," Millonig says.

In addition to a wealth of furniture options, Millonig and his wife, Ann, have opened design centers within their store to showcase custom upholstery from Norwalk Furniture, as well as handcrafted wood furniture from SimplyAmish. Chalet has also partnered with several other Amish factories in the Midwest to provide customers with well-constructed furniture in natural hardwoods such as cherry, maple, oak and walnut.

Unlike many "big box" stores that simply don't offer the expertise needed when purchasing home furniture, Millonig invests a lot of time and resources into training employees on every aspect of furniture construction, understanding textiles and leather as well as the properties of weatherproof materials so they can guide customers through the furniture-buying process. In addition, Millonig and his team work with interior designers and architects who understand customer needs and encourage these professionals to enroll in Chalet's designer program to take advantage of the store's vast and well-appointed showroom.

"For most consumers a piece of furniture is more than just something to sit on. It must reflect their own sense of style and design," Millonig says.

"With today's level of technology, we can source products from anywhere," Millonig says. "We can buy raw materials and easily ship them to our factories around the world. The language barriers are gone and the world is open for business. There is no limit to all the cool stuff we can bring home to Madison."

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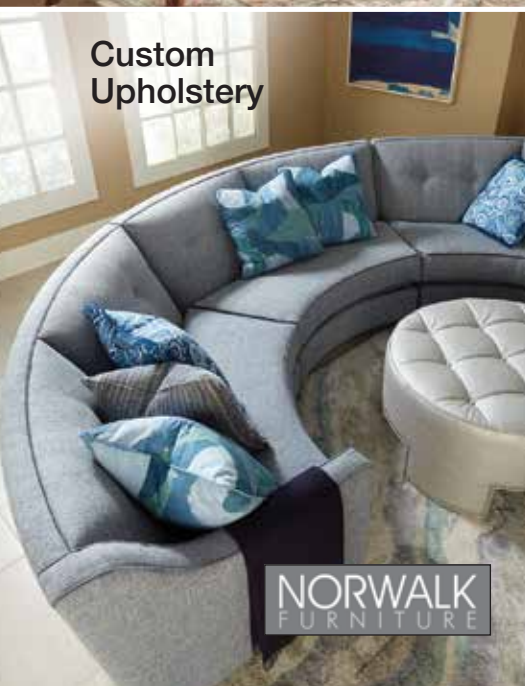
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Family Values Drive Coyle

From its early days as a hardware and building supplies store to its focus on flooring for today's consumers, Coyle Carpet One Floor & Home has become a beacon of sorts for homeowners throughout the Madison area.

In fact, Coyle Carpet One was founded in 1945 by Edward and Irene Coyle and was known as Coyle Hardware. Specializing in hardware, cabinetry, carpeting material and appliances, Coyle Hardware evolved to become Coyle Building and Supplies when it was moved to its current location in

1963. Since that time, flooring and carpeting became the mainstay of the company and eventually it was renamed Coyle Carpet One.

During its 74-year-history, Coyle Carpet One has remained a family affair with Irene and Ed leading the charge until their children, Pat, Mike and Tim, purchased the store from their parents in the late 1970s.

"In 1986, the company joined forces with Carpet One, and in the late 1980s, Pat and Mike purchased Tim's shares and became the sole owners and partners of what is now called Coyle Carpet One Floor & Home," says Michelle Niemeyer, marketing director.

"The business continues to be a family operation. Pat's son Tom works as the general manager and Mike's son Danny is the controller. Everyone at the company is proud to say that three generations have fostered the growth of Coyle."

"Being a member of the Carpet One Floor & Home co-op means that our store is a local business that is owned and operated right here, and it's part of a network of other independent stores just like it," Niemeyer says. "The co-op gives our store the scale and buying power of over 1,000 stores."

In 2008, Coyle Carpet One Floor & Home began to offer cabinets and countertops, catapulting the enterprise to be a one-stop home improvement shop for consumers. Today the company offers an array of services including design consultation, free estimates and professional installation of home improvement products. The company's showroom also boasts a wide selection of cabinets, countertops, carpet, hardwood, tile, stone, luxury vinyl tile and planks, laminate and vinyl sheet goods. In addition, Coyle Carpet One features the Healthier Living Flooring Installation System that delivers antimicrobial protection for flooring, minimizes dust, and inhibits allergens, mold growth and odors.

In today's retail environment, having a seven-decade-long history means something and having a strong community connection has been the backbone of Coyle's success. The Coyle family prides itself on their locally owned and operated company. Their community connection is why the company's sentiment of "shop local" continues to be a driving force for the business.



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Expect to see a renewed presence of gold tones and yellows this next year, along with the ever-popular navy blue.



Bringing Color to Life

The central mission of Hallman Lindsay Quality Paints is to work with their customers to provide high quality products and excellent customer support—to achieve a positive outcome for every painting project. It's a culture that starts at the top. "What makes us better is our people. We care about each project as if it's our own," says Brian Setness, vice president of marketing. "And we really do."

Founded in Madison in 1956, Hallman Lindsay (HL), now headquartered in Sun Prairie, is the only paint company that manufactures and sells their products exclusively in Wisconsin—in 26 locations throughout the state, made and mixed (five of those are located within the Madison area).

Keeping up with the times and color trends can be a complicated task. Setness explains that HL partners with local designers and has an internal team researching national trends. "We constantly monitor colors being purchased," he says. "With over 60 years of experience we continue to forecast new trends through color discovery."

Each year, industry experts choose a Color of the Year (COTY). "Recognizing societal and cultural shifts with the way people are living we choose a color representing consumer mindset," explains Setness. "For instance, when the outlook is strong, colors will be more empowering."

But exteriors are a horse (or house) of a different color. "They remain more consistent over time," says Setness. "Doors and trim are where we may see trendy outdoor colors."

So what's popular right now? According to Setness, you can expect to see a renewed presence of gold tones and yellows this next year, along with the ever-popular navy blue. And trends tend to change roughly every three to five years. "If a color is still popular in seven years, we consider it an 'old favorite,'" he says. And in case you wondered—the color is more important than the name!

"The beauty of paint is everyone can choose colors that suit their own lifestyle," Setness says. "Paint is relatively inexpensive and can be a focal point—or a backdrop." It's OK to go with just one color, have a different color in every room, or even paint your walls all white and accent with colorful artwork.

In keeping with their mission of providing quality, support and positive outcomes, Hallman Lindsay is also committed to supporting local community fundraisers and special projects. And right now they're involved with a number of projects they're very proud of.

"We're opening a large design studio on Watts Road this fall, free to customers, to provide a shared space for designers, painters, builders and others," says Setness. "We want it to be a community workspace for the design community—a fun collaborative space to meet, share ideas and hold educational events." Design mavens as well as novices are welcome.

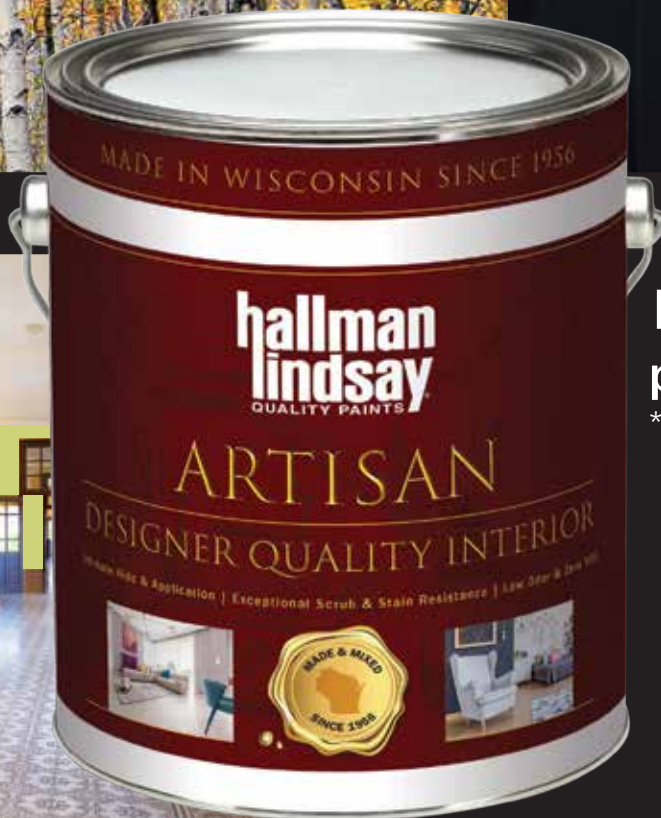
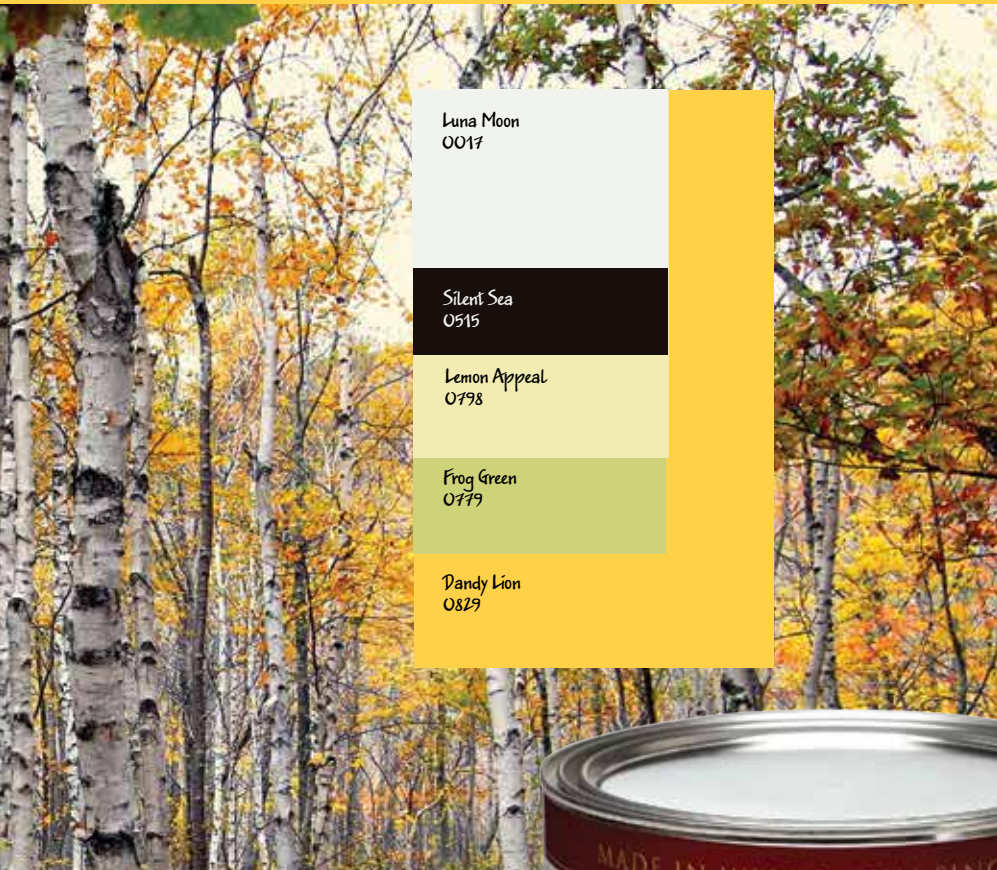
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TDS simplifies the design/build process into a one-step solution by offering both services—and keeping the entire process under one roof.



Making the Design and Build Processes Seamless

With more than 30 years of experience in the remodeling industry, chances are TDS Custom Construction has remodeled a home built in the same year as yours—maybe even one in your own neighborhood. They know what to expect—and that makes them uniquely prepared to anticipate issues that creep up in remodeling older homes in and around Madison.

But if remodeling an older home still sounds a bit daunting, don't worry—it doesn't have to be. According to Jackie

Matelski, TDS Selections and client manager, most people assume they'll need to hire separate design and construction firms for their remodel, but TDS simplifies that design/build process into a one-step solution by offering both services—and keeping the entire process under one roof.

"This saves time and money for our clients and ensures a smooth transition from design to construction," explains Matelski, adding that the concept results in better cost control, a smoother transition from design to construction, as well as greater accountability and communication. "Our designers and carpenters share an office, so when questions arise, we know where to go to get answers—and

ideas can be quickly vetted and revised as needed."

"Our experience gives us a wealth of ideas for how to creatively and cleverly remodel spaces in older homes," she explains. "Good design goes a long way when re-thinking our living spaces."

TDS is especially proud to have a design staff comprised of women in an industry often dominated by men. Design manager Christi Weber, the first passive house consultant in Wisconsin, along with Nancy Kaiser, certified kitchen and bath designer, and Jackie Matelski, understand that integrity is a very important part of the TDS ethos.

"In design, we excel at listening to our clients' concerns and ideas and build upon them to form initial concepts," says Matelski. "Listening and pinpointing issues and creative solutions make a remodeling project go from good to exceptional—and listening to our clients is seriously the most important step."

That integrity extends throughout the company. "Clients know that when they hire TDS, they're getting a quality product," she says, "and they'll get expert craftsmanship and execution from the design process to the final paint stroke."

And don't think you need to have an historic home for TDS to take on your remodeling job. "We are very familiar with the craftsman bungalows of the east side, but our staff loves a good mid-century or a more modern remodel, too," says Matelski. "Our individual styles run the gamut—as does our ability to be flexible among different types of clients and their design preferences. Regardless, we love a challenge!"



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A Store Like No Other

One of Madison's most enduring brands, Rubin's Furniture was founded by the grandfather of the current owner, Bob Rubin, in 1931. Today, Bob and two of his children, Bill and Tama, strive to follow in the footsteps of Bob's father and grandfather — offering the largest selection of contemporary furniture in south central Wisconsin.

"Each of our showrooms has its own unique feel, which makes each a must-see," Bob Rubin says. "We proudly offer complimentary design services to our clients, including fabric and finish selection, and floor plan layouts."

The downtown location boasts three floors, offering customers a wealth of options for each room in their home. The main level features living room vignettes, the lower level showcases bedroom and dining sets, and the upper level is home to the clearance section. Rubin's proudly offers a variety of items manufactured in the United States and Canada.

Rubin's west side location includes two floors and focuses on Mid-Century Modern and Scandinavian designs, and is the only EQ3 showroom in Wisconsin. Both locations showcase a wide variety of artwork, accessories and area rug samples.

"We always recommend that clients come into the store and get a feel for the furniture we offer," Rubin says. "After they find a few pieces they are interested in, one of our designers can schedule a visit in their home and create a presentation which includes fabric, finish selections and layout options. If desired, our designers will offer area rug, lighting and accessory ideas to make the space feel complete."

Rubin's website, rubinsfurniture.com, is an excellent place to start your shopping experience prior to visiting our stores.

"Consumers want to physically sit on the furniture before they buy it," Rubin says. "They want to feel a fabric or leather and see how it looks in their home. What is most rewarding to us is helping our clients create a look or a room that truly makes them happy."

Rubin's strives to offer products that are unique so that when customers visit the showroom, it is truly an experience.

"We proudly offer brands that are not available at most other furniture stores in town, some that aren't even offered anywhere else in Wisconsin," Rubin says. "Our sales consultants and designers are also what set us apart from competitors—they have a passion for design and for helping clients create a unique space that fits their personality and home."



For 50 years, Rubin's Furniture has been the destination of choice for people coming from Madison, Milwaukee and Chicago.





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A fierce summer rainstorm is raging outside. Trees are bent. A torrent of water is rushing down your street while you relax in the safety of your home. Then comes that dreaded sound: drip, drip, drip. Your 15-year-old asphalt roof—the one you thought would last another five years—is leaking.

When you think of residential roofing, what comes to mind? Asphalt? Certainly. Shake or clay tiles? Absolutely. How about steel? Thanks to longevity, unique styles, technologies and colors, steel shingles and standing seam metal roofing are capturing the attention of home and business consumers like never before. Just ask Mike Swita, owner of Swita Metal Roofing, LLC. Mike, along with his wife, Mary, are making inroads in offering unique steel alternatives that provide superior performance, energy efficiency and enduring beauty for years.

Having been in the metal roofing industry for more than 13 years, Mike understands the nuances of steel roofing and how it can enhance the value of a home, while providing the ultimate protection. Before co-founding Swita Metal Roofing, LLC with his wife (and business partner) Mary, Mike was the leading sales executive for a quality metal roofing contractor for 11 years. He is regarded as an industry veteran and is regularly invited to speak to industry leaders at home shows and Metal Roofing Alliance events on trends and advances in metal roofing.

“As a family-owned business, we have our name on the door, which means everything,” Swita says. “We have a true passion to help others. We have expertise in the field of metal roofing for both new construction as well as replacement roofing. We consistently are credited with superb customer service and excellent craftsmanship.” In fact, the company’s experienced craftsmen provide exceptional installation that comes with a 100% satisfaction guarantee.

For many consumers, the idea of a steel roof conjures up images of agricultural metal panels gracing the tops of barns. But thanks to tremendous advancements in technology, the array of styles and colors of today’s metal roofing gives homeowners many options to enhance the look of their home. Low-profile “wood” or high-profile “shake” designs exude the look of traditional roofing systems, while providing exceptional performance. The standing seam style metal roof is a popular choice for a more contemporary look, offering the same type of performance. And in addition to providing energy saving benefits, heat reflecting metal saves money—keeping the home cooler in the summer while insulating better in the winter.

“People are finally realizing the environmental benefits and long-term cost savings of installing metal roofing,” Mike Swita says. “And we are so happy to be able to help so many people.”



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Creating Your Dream Home

While Victory Homes of Wisconsin is in the business of building homes, creating happy clients is one of their main objectives. Just take a quick glance through client testimonials and you'll see that the company has succeeded at both—maybe because they go hand in hand. And it all started in 2003 with several Parade homes in Menomonee Falls, Wis.

"From there the business took off," says David Roembke, vice president of sales. And the company has recently expanded into Madison and Dane County—with 2019 Parade homes in Middleton and Waunakee.

Roembke and his co-owners, John Stoker, founder and president, and David Pflum, vice president and designer, explain that Victory Homes was built on three principles—quality construction, providing an enjoyable building experience and the opportunity to customize their home. The company takes pride in all three.

Quality stems from an outstanding relationship with sub-contractors and vendors—but it really begins way before that. "It starts with the sales process and building trust with the customer early on," explains Roembke. "Many times we hear that another builder just didn't get the design right—or just didn't listen

to what they wanted. We believe listening to a customer's needs from a design perspective is key."

It's been said that building a house together can be a true test of a couple's marriage. Luckily, that's where Victory Homes' commitment to providing an "enjoyable experience" comes in. "We find that most of our customers are on the same page," says Roembke. "And our interior design services, years of experience and friendly sales team ensure we've covered everything with both prior to the sale—and when working with customers through tough decisions."

Those decisions often crop up when customizing a home—in everything from design choices to paint, appliances, budget and more. "Our customers are very savvy buyers and typically come to us with what they want (modern farm, contemporary, traditional, French Country, etc.) and from there we design the home using their ideas and our experience," says Roembke. "Quite a few customers come with Houzz or Pinterest ideas—and others have seen a mix of builders' designs and want to combine them into their own."

But for those that don't know what they want or where to start, Victory Homes can help. "We find that the models we've built are good starting points for our customers," Roembke says, "because they can walk through and feel the home and then customize it to make it their own."

"There's lots of moving parts and there will be hiccups," says Roembke. "That's just normal. But building a home can be enjoyable if you choose the right builder."



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Enjoy dozens of vendors with items for sale, from make-up, jewelry and clothing to home décor, health and wellness products and gifts.

Make a Craft

The popular Craft Bar is back, with craft classes that include cookie decorating, printmaking, terrariums, and more to be announced soon.

Try a FREE Fitness Class

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GLISTEN AND GLIMMER

GEMSTONES HAVE LONG BEEN associated with specific meanings and symbolism, and most popularly with one's month of birth. These colorful wonders brought up from beneath the surface of the earth are reminders of the ever-surprising beauty of the natural world. Their brilliance and luster incorporate seamlessly into jewelry. Whether you wear them to play off the sparkle in your own eyes or to keep in mind a desired characteristic, semiprecious stones are beauties to treasure. *—Julia Richards* ✨

*burniesrockshop.com;
crystalcorejewelry.com*



Clockwise from top: Citrine Earrings, Checkerboard Cut, \$90, Citrine Pendant, Checkerboard Cut, \$58, Ring Set with Rough Crystals of Amethyst and Citrine; \$45; Burnie's Rock Shop, Madison. Super Seven Amethyst, Brass Necklace, \$68, Chrysocolla, Brass Earrings, \$41; Crystal Core, Madison.

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BEFORE REFACING PLUS

What's Old Is New Again

Homeowners are updating their kitchens as never before. Quartz counters, restaurant-style range hoods and custom cabinetry, with options like deep drawers, spice pullouts, and rollout shelves, are high on the wish list for many home remodelers, as they look to upgrade their homes with the latest gourmet features and comforts. These kitchens are being transformed into functional, yet exquisite architectural renditions to meet homeowners' lifestyles.

Because today's kitchens are the hubs of family life, they deserve special care in planning when refreshing or remodeling. That's why Dave Haglund, owner of Kitchen Tune-Up, created his franchise kitchen remodeling company in 1988, when he began 'tuning up' wood cabinets. "The products used are still a secret, and no other company offers this type of cabinet reconditioning," says Tracey Conner, franchise owner of Kitchen Tune-Up in Madison. "It doesn't require sanding or refinishing, yet makes the cabinets look an average of 90% new."

Today, Kitchen Tune-Up's most popular service is cabinet refacing. As Conner explains, instead of buying brand new cabinets, the customer is able to get new cabinet doors, drawer fronts, matching box panels, matching face frame veneer, and new hardware, at around half the cost of custom cabinets.

"It's extremely popular, because homeowners have cabinets in a style and material that they love, without the extra cost, mess or extended amount of time required for demolition," Conner says.

A simple cabinet refacing project generally takes less than five days, however, most of Conner's clients also order new countertops, backsplash, sinks and faucets, as well as new modern range hoods and lighting, along with painting and flooring.

For customers who like the current color of their cabinets and simply want new doors installed, Kitchen Tune-Up's redoing services provide new doors and hardware to "freshen up" or modernize existing cabinets.

And while many customers turn to Kitchen Tune-Up for cabinet refacing projects, the company also provides extensive full interior remodeling services including complete bathroom remodeling and custom closet design and installation.

"We offer a quality, and often unknown option, at a great price," Conner says. "We are constantly adding new vendors that make products that we couldn't previously provide the client. For example, we just added a vendor who has a very high-quality laminate door material, for the budget-conscious client. We strive to have options available for every potential customer, so that everyone can afford to have a beautifully updated kitchen or bath."

"People love the idea of getting a fabulous new look without the hassle or cost of a complete remodel."
— Tracey Conner



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AFTER



MEDITATION IN MOTION

The Healing Power of Qigong

BY MARNI MCENTEE

IN OUR OFTEN-HECTIC LIVES, charged positively or negatively by everything around us, it seems more important than ever to realign our energy away from what might harm us and toward what might do us some good.

Consider the ancient Chinese practice of Qigong as one way to get there. Qi (pronounced “chee”) means energy and gong means the management of energy. The practice, composed of carefully focused postures, exercises, breathing techniques and meditations, is often called meditation in motion.

“Qigong is a learning and experimentation around how to manage your energy, or your internal life force—the internal life force being that source of our vitality, our physical nature, our mental state of wellbeing,” says Qigong instructor Dianne Jean Aldrich. The practice predates Tai Chi, and its movements tend to be gentler and actually easier on the joints and muscles than Tai Chi might be for some practitioners. Tai Chi, in turn, is the predecessor of martial arts.

Aldrich teaches Qigong at her 4Pillars4Health EcoSpace, a wooden roundhouse on her wooded property in Monona. The Madison native left home at 19 to become a professional dancer in New York and succeeded on Broadway, in musical theater and in jazz dance. When she returned 14 years later, she’d also steeped herself in the martial arts and been schooled by a Shaolin Qigong master, Sifu Pragata Blaise.

Now she leads group Qigong classes, works as a life coach, does body work and teaches Pilates. She offers classes for patients and the community at UW Health’s American Center.

Susan Marsden says the class has done wonders for her. The former ballet teacher who once taught Aldrich at the local Kehl School of Dance has now become the student.

“I equate Qigong with a journey and she is the guide,” Marsden says of Aldrich. “It would be useful for just about anybody,” adding that Aldrich creates a safe, caring and warm space for all.

When Marsden began taking the classes, she’d had some mobility issues due to injuries. As a former dancer herself, she wanted to make sure she still kept moving, no matter what.

“What I like about Qigong is that it offers a keen awareness of how and why I’m doing what I’m doing [in class], how it feels and how it fits with my body.”

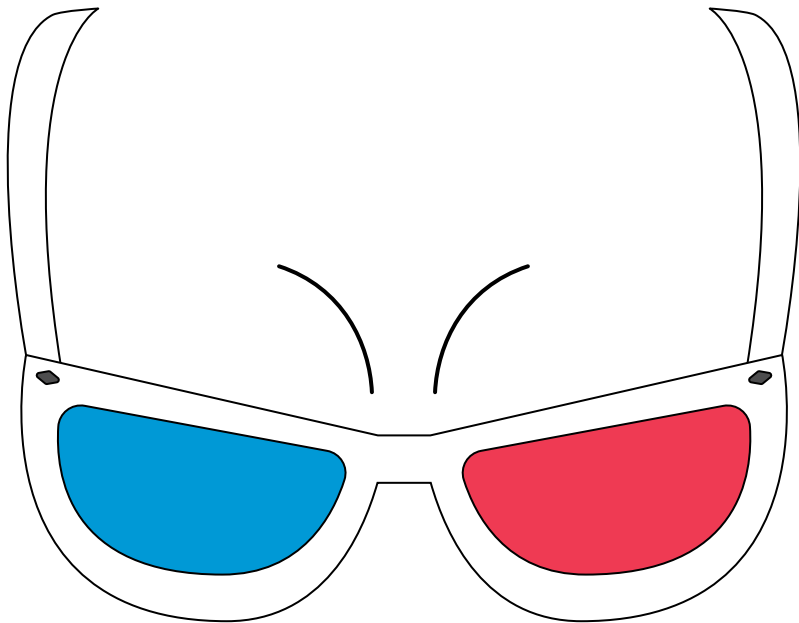
Marsden encourages others to give Qigong a try. The experience is going to be different for each student, Aldrich says. But one way or the other, each person is meant to tap into their awareness—or lack of awareness. “Everything I do here is about transformation. Qigong is about transformation.” 🌸

Aldrich hosts the Qigong master Sifu Pragata Blaise for classes and workshops at the EcoSpace Oct. 23-29. Details at 4pillars4healthecospace.com.

A CLEARER PICTURE

3D mammograms offer more accurate cancer screening

BY JULIA RICHARDS



ILLUSTRATED BY ANN CHRISTIANSON

ANYONE CAN EMPATHIZE with the dread in the pit of your stomach upon getting a call from a nurse saying you need to come back in for more testing after your recent mammogram. Maybe it turns out to be nothing, but for a few hours or days, images of losing your hair and donning a surgical gown flash through your head.

Fortunately, such scares could become less frequent as mammogram technology improves. Mammograms that provide doctors with clearer, three-dimensional views are now available at Madison's major hospitals.

Dr. Dana Henkel, chief of surgery at SSM Health, says of the new technology, "My analogy is like having a television with rabbit ears and you know how the screen can be a little fuzzy and blurred, versus having a high definition television where your picture is really crystal clear."

She's been using the 3D mammograms in her practice for about a year and a half and says their greater accuracy means fewer unnecessary call backs and less stress for women.

The patient's experience during the mammogram is exactly the same, according to Henkel, requiring the same amount of time, compression and radiation exposure. But the three-dimensional rather than two-dimensional image provides a clearer picture to the doctor.

"It's especially helpful in women who have very dense breast tissue," which is more common in younger women, Henkel says.

While guidelines vary across organizations, the American Cancer Society recommends women of average risk discuss with their doctors starting yearly mammograms at age 40. Those with a family history or other risk factors may need to follow different screening guidelines.

The new technology is expensive but it's typically covered by insurance as well as Medicare. Henkel recommends 3D mammograms to all of her patients. "Really, over time this will become the standard of care and we won't even have the old machines," she says. 🌸

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IN YOUR FACE FEMINISM

How a collaborative of three artists is confronting sexist language

BY NICOLE GRUTER

"WHEN THE WOMAN SPEAKS, she names her own oppression," remarked Martha Rosler, pioneering feminist artist SPOOKY BOOBS, a collaborative of three Wisconsin artists, takes this sentiment to heart by using language and performance to help bring awareness, agency and empowerment to themselves as artists and to their audience. Their work uses elements of surprise, audience interaction and humor to place sexist words and attitudes experienced in daily life in the gallery's public sphere.

Formed in 2014, the collaboration by then fellow grad students Amy Cannestra, J Mysza Lewis and Maggie Snyder was created in response to their shared experiences of misogyny, particularly as burgeoning artists.

"We all witnessed a lot of [sexism] as separate artists and realized it was bigger than us," Cannestra says.

Joining forces, they embraced a feminist agenda, disarming the disdain the term can incite. The group chuckled while explaining that feminism is spooky and boobs are funny, funneling both their humor and mission. They chose to present themselves as a unified entity, giving

credit in galleries to SPOOKY BOOBS rather than to each individual artist.

Their overt implementation of feminism "addresses how it's a naughty word—the other F word," says Snyder. "It felt liberating knowing that this was our purpose and it didn't matter if some people wrote us off as a feminist collective because others will be excited about it."

The collaborative has been intentional in being available to the public. For one installation, "Loud and Clear," they wheat pasted sexist quotes from their experience at art school on the walls of the school's elevator.

"We had a full-day reception to allow people to voice their opinions and come and yell at us if they wanted or come and share their stories," Cannestra says. "It was a really grueling day...When women started coming up to us saying, 'I thought it was just me, I feel so alone,' I suddenly felt not alone, and they didn't either."

The collaborative uses text to form not only visual aesthetic, but to open up a literal dialogue. In particular, "You Have the Right to Remain a ___" asks participants to hold a sign "charging" them with societally nonconforming attributes (bitch, bossy, c**t, pu**y, frigid, over emotional, etc.) and pose for their mugshot.

Jolynne Roorda, visual and performing arts director of the Madison Arts + Literature Lab, says of the group's 2018





exhibit there, "Participants had a wide range of reactions. Some people embraced whatever they were accused of, mugging comically for the camera and their friends. Others looked slightly disappointed—and it wasn't always clear whether they were hoping for a better or worse mugshot label. Underneath the playful aspect of the performance, there's anger and sadness. These are words and ideas that hurt and cause a lot of pain."

The collaborative's next project is a card game encouraging the creative use of non-gendered insults. "After making all this work pointing out these terrible words, it seemed like a disservice to not offer a piece that offers alternatives in our language," Synder says. ✨

Check out the SPOOKYBOOBS installations at the Wisconsin Triennial Oct. 19 to Feb. 16 at Madison Museum of Contemporary Art. See story P. 62.



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*- Helen Johnson-Leipold
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PHOTOGRAPHED BY SHANNA WOLF

BRINGING THE OUTSIDE IN

A sunroom with a water view

BY MARNI MCENTEE

BRING ON the mint juleps and the pecan pie.

When Ryan and Janelle Baxter envisioned the sunroom in their Madison manse, they extended the Southern vibe that infuses the rest of their stately lakeside home into the four-season space.

The bright and warm room, with blue accents and nautical décor, is meant to draw a crowd. And, Ryan Baxter says, it does.

The couple, who got engaged in Savannah, Georgia, likes the feel of the Old South. It just brings back happy memories of the day they decided to tie the knot, Baxter says.

"We wanted it to feel like an old Southern porch; relaxing, casual, a place we could always feel like we were on vacation."

It features a red brick fireplace, which allows the room to be used all year, an indoor grill and large windows with a view of Lake Mendota.

The room also has robin's egg blue bead board ceilings to accent the white bead board walls, and cement floors (much loved by the dogs because they're cool in the summer.) The blue pinstripe window

covers were a team effort by Janelle and her mother, Barbara.

Rather than opt for doors leading out to the shoreline, the Baxters decided to allow the room to open via double doors to the rest of the house, built by Classic Custom Homes of Waunakee.

"We got odd looks from people when we said we wanted no

exterior doors, but we were so grateful for doing it that way. We never worry about bugs getting in, and it's also not a busy high-

way with people coming and going all the time," Baxter says.

Plus, the couple has convinced their 2-year-old daughter that the porch is actually "outside," so she can go there any time, be safe and secure and not get bug bites.

In another nod to the South, the Baxters do crab boils three or four times a summer, dumping all the fixings on a news-

paper-covered table in the porch and enjoying the feast And they grill indoors year-round.

"It's the one room in our house where we can just kick back and relax, take in the view, the sounds of the seasons, watch thunderstorms roll in," Baxter says. "We call it our weekend room. It always feels like the weekend when you step in there." 🌸



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FASHION FOR YOUR FLOOR

PHOTOGRAPHED BY SHANNA WOLF

AS THE BIG LEBOWSKI famously said, "A rug can really tie a room together." Even in less expected places like the kitchen or laundry room, runners and small rugs offer color and a soft touch to a space. And with Moroccan-inspired or oriental multicolored patterns you don't have to narrow down your color choices. "You decide what you want to pull out of it" in terms of a color to match, says Doug Zander, designer at Zander's Interiors. "Not only are they practical, because of the pattern, they're durable," he adds of the low-pile, hand-knotted wool rugs.

Going the opposite direction, pattern on pattern rugs with one neutral tone are also popular right now, according to Zander. Dusty, washed tones "give subtle background" to a room, he says. Whether you're going for a traditional or more modern feel, consider what a rug can do for a room—well beyond just covering up a section of the floor.

—Julia Richards 🌸



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BARBARA CARPENTER

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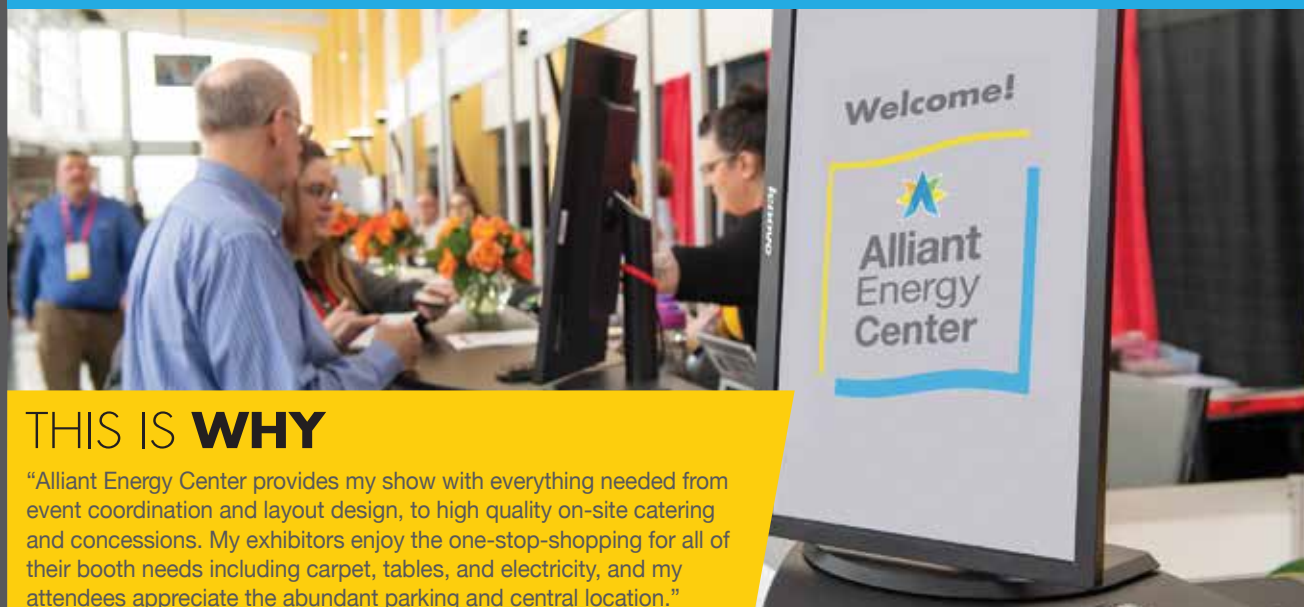
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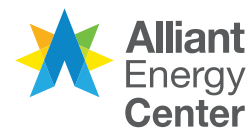


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TO LIFE!

How breast cancer
helped two women zero in
on life's gifts.

BY EMILY MCCLUHAN

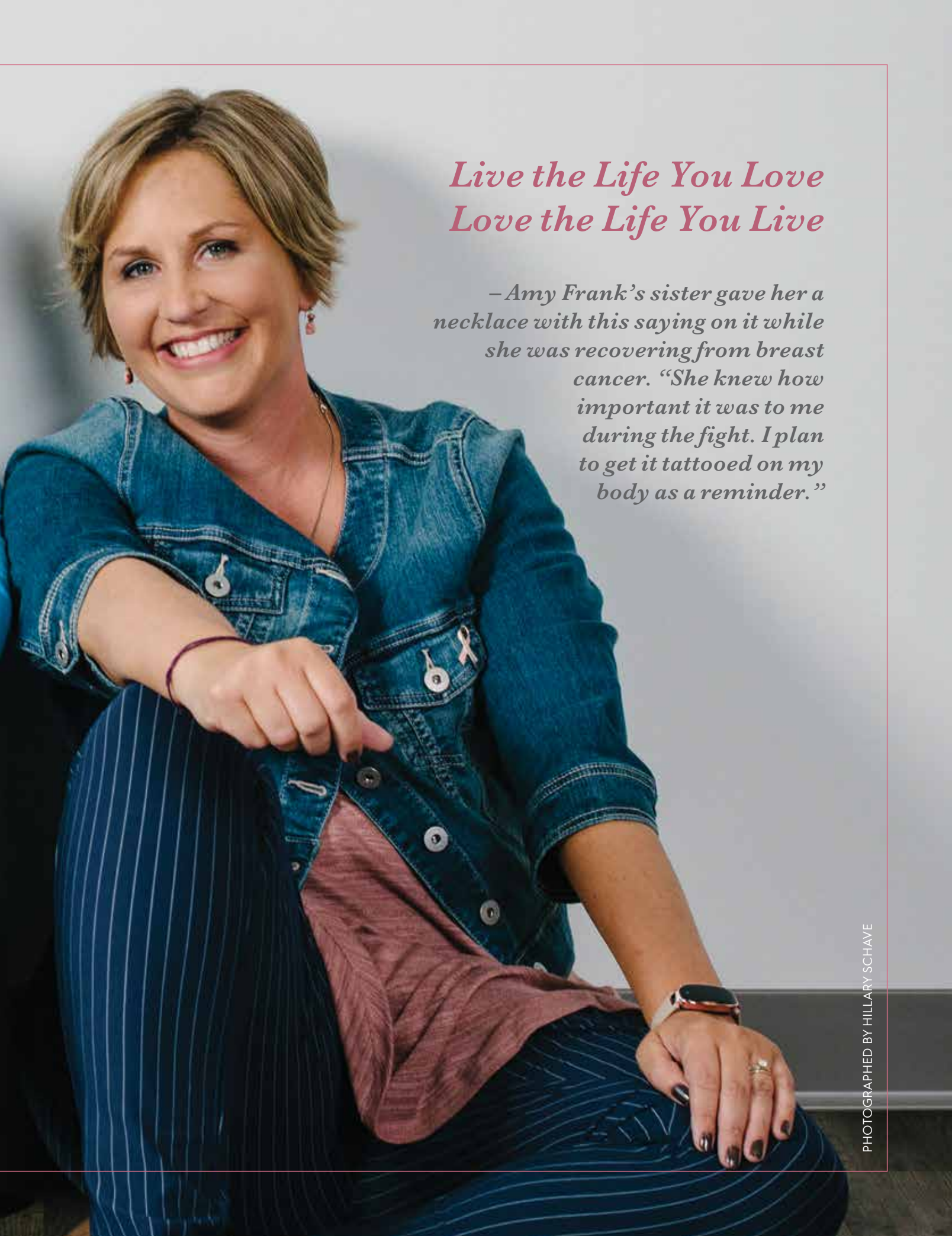


Just ask.

– Stephanie Achten’s mantra during her breast cancer battle.

“By simply asking friends and family who cared for me to assist me with food, trips to the doctor and walks, I was able to include them during a traumatic period in my life and help them feel needed.”





Live the Life You Love Love the Life You Live

– Amy Frank’s sister gave her a necklace with this saying on it while she was recovering from breast cancer. “She knew how important it was to me during the fight. I plan to get it tattooed on my body as a reminder.”

It has been nearly a decade since Amy Frank and Stephanie Achten were diagnosed, both at age 35, with breast cancer. As devastating as that news and its painful aftermath were, both say surviving cancer changed their lives for the better.

“Life is shortened so quickly when you are diagnosed, and you immediately have to face that you might die. It forces you to figure out what is important and what isn’t; what battles to pick and where to move on, without judgement if possible,” Achten reflects.

Frank, a technology integration teacher in the Waunakee School District, remembers the day in 2010 she found a lump on her right breast. She was showering before putting on her wedding dress, a tradition for every anniversary. The mammogram a couple of weeks later didn’t show anything concerning because her breast tissue was too dense, a common outcome for younger women. A biopsy later confirmed the tissue was cancerous and an MRI lit up with the tumor spreading across her entire right breast.

“I opted for a double mastectomy because I have a family history of breast cancer,” Frank says. “During the surgery we found out that 16 of my 19 lymph nodes were cancerous.”

Frank’s cancer diagnosis was stage IIIC, meaning the cancer had spread to 10 or more lymph nodes, but not to other organs, which would’ve put her at a stage IV.

Frank says that telling her 6-year-old and 3-year-old kids was the hardest part.

“Having your children ask if mommy is going to die is a horrible question to answer,” says Frank. “So I said mommy has good doctors and we’re very hopeful.”

Through the long battle of chemotherapy and radiation, the bad news continued to pile up. The radiation treatments zapped her thyroid. Then Tamoxifen, the hormone therapy drug used to prevent recurrence of the cancer, created cysts on her ovaries and uterus, forcing more procedures to have her ovaries removed and the cysts removed from her uterus.

Achten, senior program director at Wisconsin School of Business, Center for Professional Development, faced a similar path when she was diagnosed in October 2011. When she visited a psychic that year, he asked her to bring something she was emotionally attached to. She chose a shirt her mom had worn. When the psychic held the shirt, she says he immediately commented that whoever wore the shirt needed to be checked for breast cancer. Achten often wore the shirt to remember her mom.

“My initial thought was, ‘yeah, whatever,’ but I did a self-exam in the shower a few days later and found a large lump

on my left breast,” she says, remembering her shock. “I was freaking out until I could get in for the mammogram a couple of days later.”

Through the steps of mammo-gram, ultrasound and biopsy, she recalls the doctors telling her there was likely nothing to worry about since she was so young. When she received the results of the biopsy, she went alone to the appointment, thinking everything was fine. It was not. She had stage IIIA breast cancer indicating a tumor larger than 50mm or cancer that has spread to between four and nine lymph nodes. Achten faced the surgery, chemo and radiation battle in the coming months.

THE SURRENDER, THEN THE JOY

Before any of that could start, Achten and her boyfriend at the time, Gabe, decided to start another journey.

“We had been talking about hav-



Top to Bottom Left:
Stephanie Achten, center,
with her brothers.

Achten on a Breast Cancer Recovery
retreat to Madeline Island.

Achten and Blue Man

After completing 100 miles
of the 2011 AIDS Ride





Top to Bottom Right:

Achten and husband Gabe on the weekend Gabe proposed to her, after she'd told him that he didn't have to sign up for what she was in store for.

Achten in her trademark Superman cap with Gabe in the chemo lounge.



ing kids in the future when all of this happened and I did not want that taken out of my realm of possibilities," she says.

Thanks to the Wisconsin Fertility Institute's partnerships with Livestrong Fertility, Fertile Hope and Sam's Fund, Achten was able to access discounted services for IVF treatments. The 23 eggs they retrieved resulted in 13 embryos that would wait for her to finish her cancer treatment.

The successful egg retrieval was a highlight in the long journey, but Gabe recalls it took time to appreciate those gifts and accept what may lie ahead.

"The scariest part and one of the dark gifts of the experience was surrendering to the experience," says Gabe. "I knew that I was thankful to have Stephanie in my life although we had only been together less than two years. I

"The scariest part and one of the dark gifts was ... surrendering to the experience."
— Gabe Achten

gave in to not having any control over whether she would live or die. Once we both surrendered to this, we were able to find fun and joy in even the most challenging moments."

One of those challenging times came during Achten's radiation treatments in 2012.

"I was trying to keep the weight off during and after my chemo treatments and just stay healthy, so I biked to all of my radiation appointments," she says. "It was a 90-degree day and very humid. Later that night in the shower I heard a loud 'wah wah wah' sound in my head. I dropped the soap and when I bent to pick it up, I couldn't figure out why my hand wouldn't work."

Achten was having a stroke. The combination of her weakened body from the radiation and the overexertion had pushed her body to its limit. In the following months, she exchanged radiation treatments for physical and occupational therapy to re-build her strength, speech and day-to-day functions. She eventually returned to radiation and breast reconstruction later that summer, and then tied the knot with Gabe in September 2012.

Through all of this, both women came to grips with the fragility of life. Frank says she went to "cancer college," devouring books on breast cancer and how to battle it. One tip she immediately followed was to corral her support network. Neighbors helped transport her

kids to and from activities, another mowed their lawn, giving the whole family time on the weekends to create memories.

"I never really focused on my survival rate but in one of the books it said I had a 50/50 chance at being alive in five years based on the type of cancer I had," says Frank. "I knew I needed to find the things I could control."

So, she met with a dietician to find the best way to stay strong and healthy during the long slog of chemotherapy



treatments. She visited a physical therapist to learn how to manage the painful arm swelling from her lymphedema, a result of having so many lymph nodes removed. And she started a gratitude journal to remind her of all the sunshine in her life, especially her kids.

When Achten and her husband reflect on those early days after her diagnosis, they remember laughter through the fear and stress.

“The first thing Gabe said when I asked what he remembers about the whole thing was that we had a lot of fun. Cancer was just another thing to do. Life didn’t stop,” she says smiling.

Before her mastectomy surgery, Achten and Gabe wrote on her right breast, “Not this one,” to get a laugh out of her doctor. She rallied friends and family through her Caring Bridge page to join them at the hospital on her surgery day to support Gabe. The 20 people that showed up kept her belly-laughing before and after the procedure.

She pulls out her Caring Bridge book, a printed version of all her posts and all the comments and photos shared to her Caring Bridge page. Her fingers trace across the faces and she smiles as she shares memories of shaving heads and friends doing yard work or painting their nails blue (her favorite color).

Gabe notes that during Achten’s chemo treatments she loved having visitors but didn’t have the mental and emotional capacity to set good boundaries. He acted as a sort of gatekeeper to make sure she had a good balance of support and rest.

“There were times when it would cheer her up and times when she just needed to go upstairs and rest or sleep. I had to be able to see what she needed before she could. I had to be those parts of her that were temporarily unavailable,” he says.

FINDING SUPPORT FROM OTHERS

Achten and Frank also found inspiration and support through local groups like Gilda’s Club in Middleton, a cancer support and education center. Frank joined First Descents, an organization for cancer survivors under 40 that offers adventure trips.

“I’m a rock climber so I was able to find a trip to New York with First Descents, just pay my airfare and spend a week rock climbing with some amaz-



Top Left:
Amy Frank with husband Greg.

Frank rock climbing in New York with First Descents, an adventure camp for young cancer survivors.

With kids Aleah and Ethan.



ing people,” Frank says.

Her son attended Camp Kesem, an organization for kids whose parents had cancer and is staffed by volunteer college students. Frank says the support of these groups is amazing, but it’s hard to lean on it sometimes because not all who fight survive. Her eyes shine with tears as she remembers when her friend lost her battle with breast cancer and how the volunteers from Kesem came to the funeral because her son had attended the camp.

“It’s an amazing organization that just takes care of people.

I was always looking for things to help me like that,” she says.

As these women fully integrate into the world of survivorship, they’ve adjusted their focus from seeking help, to paying it forward and helping others. Achten joined Breast Cancer Recovery’s Infinite Boundaries program for a retreat in the Apostle Islands during her cancer journey and is now a facilitator with the group. Frank enjoys supporting local events like Wine, Women & Shoes, a fundraiser for UW Carbone Cancer Center. She also finds joy in helping others and sharing what she learned.

When Frank found out that

“I knew I needed to find the things I could control.”

—Amy Frank





Top:
Frank in costume at Halloween.

After completing the Race for a Cure in Madison just after Frank's first chemo treatment. She was pushed in a baby stroller at the end because she was too nauseated to finish.

her fellow teacher, Jacqueline Wells, had breast cancer, she jumped into action.

"When I expressed a wish to receive cards of support on my treatment days, she organized all the materials to make it convenient and easy for colleagues to send me a note," Wells says. "During my eight chemo treatments, I always had 30 to 40 cards to open."

What Wells appreciated most was how Frank supported her without pity, answering all of her questions honestly.

"She told me one day I would help other women. I had no idea how true her words would be," Wells says. "Before I reached my one-year cancer anniversary, I had reached out to help four women diagnosed with cancer and talked to two women who had biopsies. Maybe the best way to thank Amy is to continue to pay it forward."

On the other side of cancer, Frank and Achten still

confront lingering aspects of the disease like continued appointments with their oncologists. Frank still takes Tamoxifen (a drug both women call "nasty" because of the ugly side effects like early menopause, the potential for crystals on their retinas and cysts on other female organs). Achten and her husband tried to move ahead with their frozen embryos with Gabe's sister-in-law as a surrogate but had no luck. In 2015, they fostered, and eventually adopted, Achten's niece so they are a family of three, but are thinking of trying for their own.

UNEARTHING THAT INNER STRENGTH

When asked what she learned from cancer, Frank doesn't hesitate.

"I learned that people are genuinely good," she says. "There's so much negativity out there, but I just could not believe the people that rallied around us. Everyone is dealing with something. If we just help each other out a little bit more, the world would be a better place."

Both women admit they learned they were stronger than they thought but know now they must listen to their bodies and take care of themselves. For Frank, that meant trading in her classroom teacher role in Waunakee last year to become the Tech Integration teacher, which means more flexibility and fewer papers to grade at home, giving her more time with her family.

While the journey was stressful, terrifying and at times included a lot of tears in the shower, what was gained is perspective.

"I'm always trying to improve myself, whether that means physically, mentally, professionally or as a mom," says Achten. "I'm still the same person, but I think I'm a wiser person. I think of cancer as a gift."

Achten admits that sounds weird to most people and she's had to hold back on saying it to friends who are recently diagnosed, but she believes her diagnosis helped her take stock of her life and keep a positive outlook.

Frank agrees that while she wouldn't wish cancer on anyone, it changed her life for the better and is a good reminder to check herself when she feels unbalanced.

Neither woman uses the word "remission" because they say that makes it feel like they are waiting for the disease to come back. Instead, they face the future filled with love and surround themselves with both the family they were given and the family they chose. A reminder to us all to appreciate the light of life. ✨

Find resources for breast cancer support and recovery at BRAVAMAGAZINE.COM





Artwork courtesy of MMoCA.

Cream of the Crop

The Wisconsin Triennial showcases
select contemporary artists

BY HYWANIA THOMPSON

The artworks are varied—abstract, monochromatic, works using materials like sand, yarn and aluminum, and much more. They represent the best of contemporary art being created throughout the state and they'll be on display in Madison this month at the Wisconsin Triennial.

Selecting artists for the triennial, held once every three years at the Madison Museum of Contemporary Art, is a well-thought out, deliberate process, including visits to artists' studios. Four MMoCA curators, Sheri Castelnuevo, Stephen Fleischman, Leah Kolb and Mel Becker Solomon, did the work of visiting and choosing the artists. Castelnuevo and Fleischman have both been at the museum since 1991 and helped organize several previous triennials. This is the third triennial for Kolb and the first for Becker Solomon, who most recently worked as a research curator at the Art Institute of Chicago.

The team sifted through some 500 applications and had challenging conversations about how to narrow them down.

Once they made a first round of selections, the four curators split studio visits among them. Fleischman, MMoCA's director, is passionate about traveling the state for the visits. "It allows you to go to different areas of the state and meet the artists, experience their work firsthand and talk with

(continued on P. 67)

"We hope that the galleries are full of people interested in seeing what artists living in Wisconsin are thinking about and creating," says Sheri Castelnuevo, MMoCA collections curator.



Left to right: MMoCA Triennial curators Stephen Fleischman, Leah Kolb, Sheri Castelnuevo and Mel Becker Solomon.



PHOTOS COURTESY OF MIMCOA

*Previous page
clockwise from top left:*

"Midnight Delight,"
Ariana Vaeth,
oil on canvas.

"Fermata,"
Jeffrey Repko,
acrylic,
paint and wood.

"Leader,"
John Himmelfarb,
maple veneer plywood.

"Na'ashch'aa'l,"
Dakota Mace,
cyanotype/digital
media on paper.

"Who is She?,"
Pranar Sood,
acrylic on canvas.

Right:
"My Rainbow Makes
Me Dance,"
Della Wells,
collage on paper.



Spotlight on Two Triennial Artists



"A Reflection on Consumer Culture," Jennifer Bucheit, archival pigment print on post-consumer substrate.



When you check out the Wisconsin Triennial don't miss the work of several local women, including Jennifer Bucheit and Marianne Fairbanks.

After moving to the Madison area in 2011, Bucheit volunteered at the Madison Museum of Contemporary Art. Now her own work is part of the Triennial exhibition.

Bucheit worked as a graphic artist for several years before returning to school for photography. She received her master's degree in fine arts last December from the Academy of Art University in San Francisco.

Her work on display at the triennial is an interactive exhibit that addresses consumerism and its effects on the environment. She doesn't want visitors to be shy when viewing her work—you're welcome to rotate the frames and fully engage with her five pieces. "What's kind of unique about this project is that the prints are printed on consumer packaging so they're double sided," Bucheit says. "I hope people come away with reflecting on their own consumer habits and make small changes that will make a difference for everybody."

Marianne Fairbanks was thrilled when she found out she had been chosen for the triennial. In addition to creating her own art, Fairbanks is a professor in the design studies department at UW-Madison.

Fairbanks says her solo art, her research and her work in Weaving Lab, the social project she created that explores textiles produced in a public space, are all connected. "While I am a weaver, I am also a materialist," Fairbanks says. "I sometimes start the work from an idea and sometimes from the material, its manipulation and its potential meaning."

Visitors can expect "finely detailed work weavings, bold colors and patterns" when they view Fairbanks' work. "With playfulness and wit, the work destabilizes conventional gender-based value systems of hard and soft form-making, and encourages a deep engagement with our material world," Fairbanks says. She hopes people will enjoy looking at her work and hopes they'll ask questions that will keep them looking.

—Hywania Thompson



"Heart of Being 3," Marianne Fairbanks, Hand woven on a digital loom (TC-1) tencel, acrylic, nylon, wool.



The Wisconsin Triennial runs **Oct. 19 to Feb. 16** at MMoCA. The opening is Friday, **Oct. 18**, from 6 to 9 p.m. Drop-in tours of the exhibition are **Nov. 9** and **Dec. 14**. Visitors can also attend artists' talks during the triennial. mmoca.org

them in a very direct way about what they're up to and what's informing their work," he says.

Kolb, the museum's curator of exhibitions, says the studio visits give curators an opportunity to see what's happening on the local art scene. The lustrous gems they discover are impressive. "I am amazed and in awe of the stunning work that's being created behind closed doors—in basements, attics, garages and old warehouses across the state," Becker Solomon says.

After six weeks of studio visits this summer, the curators came back together to discuss their experiences. "We talk about the breadth of what we saw," Fleishman says. "We try to capture that in the exhibition—different stylistic sensibilities, different media, geographic location and backgrounds of the artists."

The curators don't make immediate decisions but have many discussions before selecting the finalists. "It's a tough process just because there are so many artists worthy of having their work shown," Kolb says. Participation in the triennial is prestigious and often builds the careers of artists.

One of the things the curators discussed is representing new voices. "We have a lot of new, diverse voices in the exhibition this year, and most of the artists have not been in the triennial before," Becker Solomon says.

This triennial includes 32 individual artists, as well as two groups of artists working together.

With the exception of its opening, the exhibition is free of charge. Castelnuevo hopes this will draw people in. "We hope that the galleries are full of people interested in seeing what artists living in Wisconsin are thinking about and creating," she says. "I also hope that MMoCA's school tour program, which offers public schools field trip subsidies and Gallery Talks series, are at capacity."

Becker Solomon wants people to feel a sense of pride for the artists. "They are often juggling other careers and working late at night," she says. "It's fun to share those unique voices in our communities and create a space for inspiration for artists of all ages—it's never too late to create, make and be in a museum exhibition." ❀

Read about more of the artists featured in the Wisconsin Triennial in DELVEIN, P. 46.

"Crwth,"
Leslie Vansen,
Acrylic on canvas.



Reweaving a Production's Tapestry

Music Theatre of
Madison's fresh take
on a musical fantasy

BY KATY MACEK



Left to right: Executive director, Meghan Randolph, director Isabella Leigh and writer, Kelly Maxwell.

PHOTOGRAPHED BY HILLARY SCHAVE.

AS DIRECTOR OF Music Theatre of Madison, Meghan Randolph has two missions for her shows: Make them unique and, when possible, make them local.

With MTM's October production of "Held: A Musical Fantasy," Randolph is accomplishing both of these goals, and then some.



The show was co-written by local authors and musicians and has had three runs: at Broom Street Theater in Madison as well as the New York Fringe Festival and New York Musicals Festival.

The creative minds behind the current production are all women. Kelly Maxwell wrote script and lyrics. Meghan Rose wrote the music. It's directed by Isabella Anastasia Leigh, and Lisa Mueller is the music director.

Randolph wanted to take the show's fourth run a step further by teaming up with two local organizations to bring additional visual components to the experience.

abilities to help dye, sew, paint and embellish tapestries that will comprise the show's set.

Those tapestries will be inspired by the music and what the script means to those artists, which Randolph thinks will add a compelling component.

"That's what's cool about this musical," she says. "It resonates with everybody a little bit differently because it's so out there, in a good way."

In addition to the locally made set, X-Tension Dance Company will add a physical movement element to the show. Three dancers are learning choreography to mimic the three main characters in the show, says Johnson. The dancers will help move through transitions in the show.

"Oftentimes with dance you're trying to portray an emotion or a mood, and this one is cool because they are representing the characters, so they'll actually have a character," Johnson says. "That's a cool opportunity."

"Held" is the story of three lifelong friends who are trapped by the Blood Wizard and spend the show figuring out who is holding them hostage. While doing so, the three examine their relationships over time. The

show only has three actors and takes place in a different world filled with magical elements and heightened language, an aspect that immediately drew in Randolph.

"It's very fantasy, which is not necessarily in my realm or the realm of a lot of musicals," Randolph says. "It's made up

in its own world and its own rules, and that's pretty rare in musical theater."

She describes the script as "sumptuous" and "almost Shakespearean," with a unique style of music. It is not told in chronological order. Yet, she adds, it's accessible to everyone, even those who are not fans of the fantasy world, much like herself.

That was the goal when Maxwell wrote the script for her first feature-length show after being asked if she'd like a slot in a season at Broom Street Theater. She adapted it from a 10-minute play she wrote for a local theater group. Originally titled "I Have To," Maxwell says she was intentional in creating a wholly connected world, where every character's action was supported and moved



"It's made up in its own world and its own rules, and that's pretty rare in musical theater."

***—Meghan Randolph,
executive director of Music Theatre of Madison***

"This show has been done with just the cast and the band, and it's wonderful that way," Randolph says, "but I thought, 'What if we reached into the community and found some ways to do something totally different?' This is the first time (writers) Kelly and Meghan have been totally hands off, and I thought we should give them something brand new."

So she reached out to friends Christina Martin-Wright, executive director of Arts For All Wisconsin (formerly VSA Wisconsin), an organization that provides arts programs to adults with disabilities, and Marin Johnson, director and choreographer for the pre-professional dance group X-Tension Dance Company.

Arts For All Wisconsin members are creating tapestry and textile art, Martin-Wright says. She hired two guest artists to lead free workshops for those with dis-



Left to right, bottom: "Held" cast members Adam Qutaishat, Anna Pfefferkorn, Kate Mann. Top: Drew Benish, Abby Topper, Louisa Brody.

toward a big, final action.

"It's very much a relationship piece, a story of life-long friendship and what can happen if you don't allow people to grow within the confines of that kind of closeness," Maxwell says. "The story, script, characters, everything is tight. I tried to have no extra words. Everything is purposeful, and I love it when the actors get the script verbatim."

One of her best friends, Meghan Rose, wrote the music for the show. Rose, who now lives in Brooklyn, New York, says she was delighted to collaborate on the full script.

No matter who acts or directs the show, Rose says each iteration has stayed fairly consistent. She ties that back to Maxwell's writing.

"Kelly's language is very poetic, and she inhabited that world so well for so long while writing it that we haven't changed much, if anything, and same with my music," Rose says. "We love what we made, and the script and story aren't so rigid that it can't be directed in new ways."



That's what's most exciting and terrifying about this latest version, which will be the first time neither Rose nor Maxwell will be involved in the production.

"It's super exciting and scary," Maxwell says of their hands-off approach. "I can't wait to see what [MTM] does. What will they do without me telling them what to do?"

But she's excited for the possibilities and says she has full faith in MTM and the show's director, Isabella Anastasia Leigh.

Martin-Wright is excited to see how the dancers, artists and actors come together to create a new version of an already unique show. She hopes the collaboration of organizations will encourage audience members to be open to other perspectives and see what that kind of collaboration can do.

"I hope [the audience is] inspired," Martin-Wright says, "by witnessing what can be created when different people with different perspectives and different abilities come together." ✨

mtmadison.com

***"Held" runs Oct. 17-19 at Threshold, 2717 Atwood Ave.
Thursday's opening night performance will be a "pay-what-you-can" night.
Additional outreach performances at Arts For All and in Mount Horeb.***

The Sandwich Generation Juggling it all

By Sue Sveum



Do you sometimes feel caught in the middle, juggling the needs of your children, your spouse and your parents, while trying to carve out a little time for yourself? If so, you're not alone. Adult children today—many of them Baby Boomers—are joining the ranks of the so-called sandwich generation. It's a group that cares for, well, everybody. We've gathered some advice from a local attorney and social worker, along with several senior living experts to help you navigate the ins and outs of helping your parents and caring for your kids, all while caring for the caregiver. That's you.

Start with the paperwork

While there are many decisions to consider when planning for the future health and wellbeing of your parents, ensuring they have up-to-date and effective legal documents is an important task that should not be overlooked.

"Many people think that if they have a will, they have an estate plan, but that's only one piece of a complete plan," explains attorney Megan L.W. Jerabek of von Briesen & Roper. "As people age, estate planning becomes more and more important—not just for the purpose of directing how assets transfer on death, but also to ensure that the necessary documents are in place to allow chosen decision makers to assist with financial and medical decisions if assistance is

needed during lifetime." Two of the most important documents in this regard are financial and healthcare powers of attorney.

"A power of attorney can be drafted to transfer authority either immediately upon execution of the document or upon a later declaration of incapacity," she explains. "Financial powers of attorney that are effective upon signing can be helpful in situations where, for example, a parent may need assistance with their affairs because they are starting to get confused or are having good days and bad days, but are not yet at a point where a formal incapacity declaration is appropriate." Health care powers of attorney allow the chosen agent to make medical choices once the

signor is no longer able to understand or communicate his or her wishes.

"My advice to clients who have parents facing declining physical or mental health is to confirm that their parents have effective powers of attorney in place to ensure trusted friends or family members can assist them with their financial and medical decisions," she says. "Without these documents in place, court intervention in these decisions is a real possibility in the event of incapacity."

According to Jerabek, understanding this can be very motivating for individuals with declining health. "It's also important, for those who do already have these important documents, for their children or other close family members to know where these documents are kept, what advisers they have worked with and what assets they have," she says.

"Estate planning is a very specialized area of law, so it's important to use a qualified planning attorney you're comfortable with, who can answer your questions fully. Without this, the peace of mind factor that is so important to many clients may be missing."

And by the way, if you haven't already made an estate plan for yourself, well, there's no time like the present!

Smooth transitions

Sheri Rein, whose mom lives in memory care at Oak Park Place, can attest to that. "My dad (who has since passed away), met with an elder care attorney and set up a POA, living will and trust right after my mom was diagnosed with dementia," she says. "It was a huge gift to me."

Besides the advance planning, Rein says her mom's transition went smoothly because she was already in assisted living in Menasha's Oak Park Place before moving to Madison. In typical sandwich generation fashion, Rein who has a husband, two sons and six grandchildren, found herself tugged in a variety of directions and doing a lot of traveling. "I knew that having her closer was important," she says. "And Oak Park made the transition easy, encouraging us to bring in familiar

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things to help her adjust — even her china cabinet.”

“Our living options here range from independent apartments to assisted living and memory care,” explains Randy Boldt, regional director of marketing at Oak Park Place. “We want all of our residents to make this their home with things near and dear to them.” He says common areas are also designed to remind them of home. And when new residents arrive, they’re assigned a resident ambassador to make them feel comfortable.

“I knew I wanted everything in one place with a continuum of care, activities geared toward those with memory loss and a caring atmosphere,” says Rein. “I was handing off my mom, who had progressive aphasia and couldn’t speak for herself.” Oak Park checked all her boxes.

So was there any guilt? “Almost zero,” says Rein, adding that she knew the move was so much better for her mom. “There’s always someone here, and she gets nutritious food and med management,” she says. “That it was better for me, was just icing on the cake.”

Don’t stress over guilt

Taylor Powless, director of community relations at Heritage Senior Living, says guilt is an understandable, but not a given, part of the transition. “A move to a senior living community is often beneficial to all parties involved, children and parents alike,” he says. “There’s a time when adult children need to take care of themselves, and senior communities provide a level of care that caters to their parents’ social and emotional needs in addition to their health concerns.”

So how do you convince mom or dad? “Families that are openly able to discuss options and safety tend to have smooth transitions into a community setting,” says Powless, adding it’s important to start the conversation early so you can get a sense of your loved one’s preferences and ideas about where they see themselves in the coming years. “Keep an open mind and actively listen to their fears and concerns,” he suggests. “And come prepared with informa-

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tion, including what assisted living is, what options are nearby, and how a senior care community can help them live their best life.”

According to Powless, Heritage offers independent, assisted living, enhanced assisted living and memory care all under the same roof. “This allows individuals to age in place as their care needs change.” He adds, “It can take a person two to six weeks to adapt to a new living environment while they get used to a new space and a new routine.”

Powless says Heritage requests the life story of new residents to help the care team get to know them and introduce them to people with the same interests and experiences.

Find the right fit

Sue White, president of Sienna Crest, which has a mix of independent apartments, assisted living and memory care communities in nine southern Wisconsin locations, says choosing the right senior community also helps with the transition. And they aren’t one size fits all. What might be the right fit for your aunt or your neighbor might not be right for your own parent.

“People are often finding that big beautiful buildings are great for younger seniors who are cognizant and physically able to get around on their own,” she says. “But they aren’t as good for older adults that may be confused or use a walker to get around.”

White says Sienna Crest’s smaller 15–20 room communities cater to older adults who typically need more care. She advises adult children to think about what their loved one’s needs are — not their own vision of what senior living should be. “Choose a place that’s nurturing, where they’ll get the best care and really thrive,” she explains.

What about actual home care? “Many seniors think they’d rather stay in their own home, but it’s not always possible,” says White. “And what you should also keep in mind is that your loved one may be missing out on the socialization they could be getting in a senior community.”

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White suggests narrowing the choices to your top two or three. “And when touring a community it’s important to be honest with the provider,” she stresses, pointing out that everyone wants to portray their loved one in the best light but you may be doing them a disservice. “Be upfront and honest about things such as their level of dementia, incontinence or undesirable behaviors,” she says. “If the community can’t handle those issues, it won’t be a good fit and you’ll have to start all over, and the last thing you want to do is move them twice.”

Changing times

Senior living, in general, has come a long way, according to Katie Rasmussen, executive director of Noel Manor Retirement Living in Verona. “Trends include more dynamic activities such as yoga, art, baking, virtual reality and technology-based activities such as Wii,” she says. “You’ll also see more local community involvement—with outings including shopping, plays, outdoor music and entertainment.” Senior communities have undergone incredible changes, often appealing to younger seniors who are simply ready to downsize. “You’ll find apartments with all the latest high-end amenities and beautiful environments,” says Rasmussen. “They’re filled with vibrant, active seniors who enjoy spending time together participating in a range of modern activities as well as restaurant-style dining and pubs with happy hours.”

Sometimes parents choose senior living on their own, but in cases where an adult child is broaching the subject, Rasmussen suggests bringing up the subject with your parents during a lower stress time. “Come at the topic from a place of love and concern, and get your parents involved in the decision.” Ask your parents what’s important to them in senior living. What location do they prefer? What types of activities and amenities are important? What’s not as important? What’s their monthly budget? What are they looking for as far as dining? Do they know anyone currently living in a community?



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“Once you know what’s important to your parent,” says Rasmussen, “ask the community a lot of questions about those areas to make sure it’s a good fit in every way.” For example, what kinds of activities do they offer? Do they have outings in the community? What kind of transportation is available? How do they staff the community? Do they have a full-time nurse? Can you see a sample dining menu? Do they offer underground parking? What’s the average age in the community?

“Looking for senior housing can be exhausting,” says Rasmussen. “Take good notes, ask lots of questions and support your parents through the process, but don’t feel guilty. It’s like dropping your kids off at college—once they have their independence, they’ll thrive with all of the amenities and services.” If you can find a community in a convenient location, with a lot going on and transportation available, you can find a healthy balance. “Living at home can be very isolating,” she says. “Moving into a community often results in residents truly flourishing in an environment that’s right for them.”

Help at home

Some older adults feel very strongly about remaining at home. Maybe they already have a social network, or the cost of living in a senior community is simply not an affordable option.

Caregivers play an important role in keeping a loved one at home, according to Cricket Hesselberg, program director of aging services at Catholic Charities. “Often, they’re taking care of parent(s) in another household while caring for their own family, which can be stressful—whether it’s financial, personal or overall emotional stress,” she says. “And family caregivers find little time for breaks. Having another person taking care of their loved one, even for a couple hours, can ease that stress.” Catholic Charities offers three nationally accredited programs.

CompanionCare provides non-medical supportive home care for adults 55 and older ranging from assistance with laundry and light cleaning to physical cares such as help with medications and meals. “We also provide transpor-

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tation to medical appointments, grocery shopping, etc., she says, “as well as companionship, socialization and observation of changes/concerns.”

“Our Adult Day Center is open Monday to Friday from 7:30 a.m. to 4:30 p.m., serving adults who have difficulties functioning at home alone due to physical and mental health concerns, including forms of dementia,” Hesselberg explains. “Participants are offered recreational activities, socialization, meals and snacks, as well as health monitoring and assistance with personal care.” Fees may be covered or supplemented by managed care organizations, Wisconsin Department of Veterans Affairs, caregiver grants, qualifying long-term care insurance or paid for privately.

“And finally, Respite Care Team Ministry uses teams of volunteers from faith-based congregations and residential communities,” says Hesselberg. “Volunteers visit individuals within their homes to provide respite for caregivers, increased socialization and much more—at no cost to the individual.”

As the number of older adults and need for long-term care continues to grow, services like these offer cost-effective options for individuals wanting to remain in their own homes.

Help is on the way

Whether your parents are in their own home or a senior community, there are times when a little extra help is needed. Maybe they’re recovering from surgery or an illness and need medical assistance that they, or their spouse or caregiver, is unable to provide. What do you do?

“Unlike regular in-home care which provides help with everyday tasks such as bathing, dressing and grocery shopping, home health services provide medical assistance and training,” says Janet Bollig, business development consultant at SSM Health at Home. “Patients must be referred by their doctor, and the care is generally covered by insurance or Medicare.”

To qualify, a patient must be considered “homebound,” making it difficult or taxing for them to get to a clinic. “We

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provide skilled services by nurses, occupational therapists, physical therapists and social workers,” Bollig explains. “And it’s not just care for those at home—we also come into assisted livings and other senior communities.”

According to Bollig, physicians are typically attuned to when a patient needs home health services and they’ll make a referral, but that wasn’t always the case. “Just 12 or 15 years ago, people had to ask for home health services,” she says. “But now we regularly collaborate with a patient’s medical team and when it’s indicated but not offered, we encourage people to speak up for themselves and ask for it.”

For those living at home, it’s not uncommon to have in-home care service and home health involved in a person’s care—but home healthcare is considered a temporary service. “Our goal is not only to treat the patient, but to teach them—or a caregiver or family member—how to do the task by themselves,” says Bollig, adding that teach-

ing them how to manage their own care is an important part of their service.

With older adults living longer today, more adult children are entering the sandwich generation. “Caregiving is becoming more and more challenging, even if you don’t do it full time,” says Bollig. “It’s a struggle being stuck between the needs of your parents, children and sometimes even grandchildren.”

She advises adult children to plan ahead for when they may need help. “What’s so challenging is that there’s so much to do and only so many hours in a day,” she says. Identify people who might be willing and able to step in. Get creative.

Women, especially, seem to find themselves in a caregiving role, according to Bollig. “Men are often willing to help but just don’t know what to do—or they assume you’ve got it covered,” she says. “Sometimes you’ve just got to tell them.”

And as our parents get older their needs will only increase. It might be time to think about getting in-home care or

suggest they move to senior living. But how do you know when that time comes?

“Share observations with family, friends and neighbors,” Bollig suggests, adding it’s best to broach the subject sooner rather than later. It plants the seed. “In many cases, it’s not a matter of if they’ll need care,” she says, “it’s a matter of when.” Waiting will only make it worse.

“It’s hard to see a loved one change and have health issues,” Bollig says. “It can be heartbreaking—and everyone copes differently.”

And add to that the concern that you’re abandoning your immediate family. “Be honest with them and express how you’re feeling,” she says. “Let them know it’s challenging to manage multiple things at once, but your priority right now is your parent.”

“Figure out what expectations are reasonable and what aren’t,” she says, “and share your goals so you’re on the same page.”

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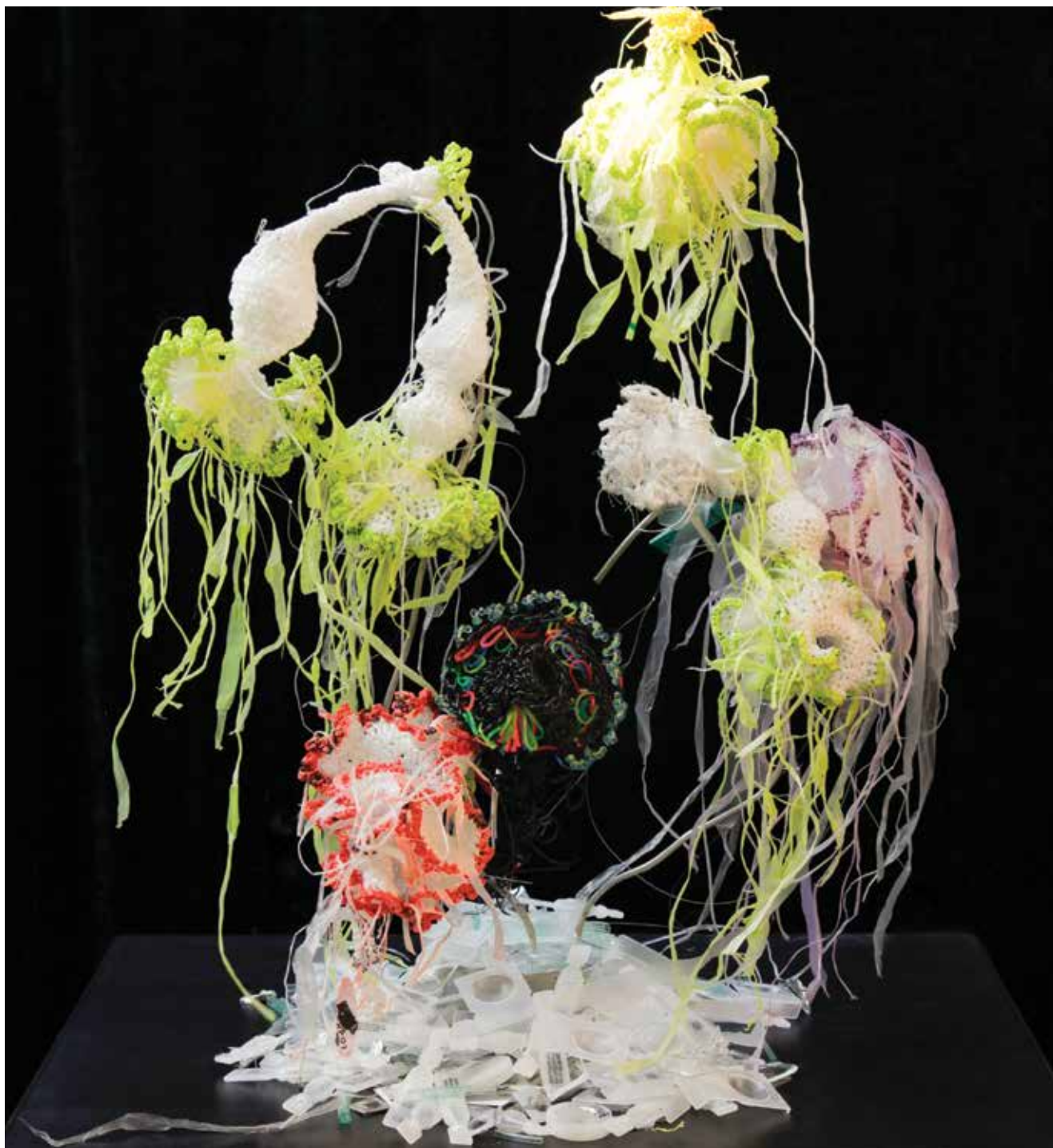


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ETERNAL PLASTIC | Plastics are a convenience—and an intractable problem. The material infiltrates just about every part of our lives and yet, when it's time to dispose of it, it can come back to haunt us, in the air, water and land we rely on for survival. "Plastic Entanglements: Ecology, Aesthetics, Materials," opening this month at the Chazen Museum of Art, features 60 works, including drawings, video installations and sculptures, exploring the complex story of plastic. chazen.wisc.edu.

Plastic Fantastic 1 (Plarn jellyfish by Margaret Wertheim with black plastic sea creature by Arlene Mintzer), 2017, Plastic bags, Jelly-Yarn, hair adornments and (wasted) medical packaging. Photo courtesy Chazen Museum of Art.

LET THEM EAT CAKE

This cheesecake is vegan, gluten free and raw, but don't worry; it tastes just as good as it looks.

Ground cashews create a texture both light and satisfying. All of The Green Owl Cafe's desserts are vegan, and many options are gluten free, nut free, or raw, accommodating a number of dietary needs. The raw cakes contain no soy or refined sugar, and haven't been cooked over 118 degrees, explains pastry chef Cara Moseley. "The theory's that all the enzymes are still intact." Moseley regularly shares her techniques in vegan dessert classes, posted on The Green Owl Facebook page. —Julia Richards

greenowlcafe.com; see more of Moseley's vegan desserts on Instagram @carameadow sweets

Cashews, ground in a high-powered blender, coconut oil and coconut flour form the filling.

Blueberries and lemon juice pureed into the top layer create bright flavor.

Crust made from cashews, coconut, maple syrup, coconut oil and sea salt.

PHOTOGRAPHED BY SUNNY FRANTZ



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At Grape Water Wine bar, owner Nicki Prestigiacomo says her goal is “unsnobbing” wine, one glass at a time. And it shows. In nice weather you can even sit outside.



There are 16 wines on tap—a unique feature. Customers can choose red, white or rosé in one of three pour sizes. There’s no regular dining, so happy hour and after dinner are the busiest times. You can bring in food as long as it’s not cheese and charcuterie, which Grape Water offers.

Wines change quarterly and local beers are also available. Look for bourbon on tap this winter.

Grape Water Wine Bar is open 3 p.m. - 10 p.m., Monday through Thursday, 3 p.m. - 11 p.m. on Friday and 2 p.m. - 11 p.m. on Saturday. Happy Hour: 3 p.m. - 6 p.m. Monday - Friday and 2 p.m. - 5 p.m. Saturdays. Closed Sundays.

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CHEERS TO BEER

Sip some suds at these beer fests

BY LIVIA KING



UFO Day Beer Fest

PHOTO COURTESY UFO DAY BEER FEST

WITH WELL OVER 100 BREWERIES in Wisconsin, it's no wonder there are plenty of opportunities to sample the wares at beer festivals this fall. So save the dates and make a day of it!

QUIVEY'S GROVE 26TH ANNUAL BEER FEST

The sud-filled extravaganza is surely one not to miss. "The brewers themselves tell me it's one of their favorite festivals to do, because of the setting on the beautiful Quivey's Grove grass," says general manager Craig Kuenning. "Because we've been doing it for 26 years, it is one of the longest standing beer festivals around." The Oct. 5 fest in Fitchburg boasts 35 brewers and food from the restaurant and will feature live music from Reverend Ravin and the Chainsmokin' Alter Boys, with Westwide Andy. quiveysgrove.com

SECOND ANNUAL UFO DAY BEER FEST

Sample from 20 breweries and 80 craft beers as part of Belleville's 33rd annual UFO Day. Swelling the village's 2,400-strong population by 1,000 each year, UFO Day kicks off with a pancake breakfast. Then, fall into the new season with a spooky run/walk, haunted trail, costume party and a



parade on Main Street. This Oct. 26 fest has a little something for everyone and prides itself in being a true family affair. bellevillecommunityclub.com

FOURTH ANNUAL DAS BOOT BAR TOUR

Go on an Old World Third Street bar tour Oct. 5 as part of Milwaukee's annual Oktoberfest. Snag a new Oktoberfest Beer at each bar and consider the event a bar crawl and beer festival morphed into one. As the entire day benefits local charities, nobody will be at a loss for a reason to clink their steins. Prost! milwaukeeoktoberfest.com

NORTHEAST WISCONSIN CRAFT BEER FESTIVAL

Snag your sampling glass and taste away at this Oct. 5 foam-fueled celebration in Green Bay offering samples of more than 200 beers from 50 breweries. Plus enjoy live music and a beard



Das Boot Bar Tour

PHOTO COURTESY VISIT MILWAUKEE

competition—featuring a new ladies division this year! Peruse unlimited 2-ounce samples of beer and food. Use the hashtag #craftbeergb to search and join trends at the event throughout the day. reschcenter.com

DELLS ON TAP

Waterpark season might be behind us, but the Wisconsin Dells invites locals and visitors alike to their festival grounds to choose from a sampling of over 200 beers from over 65 craft breweries. “Whether you like to sip a cider, sample a mead, taste an ale or swig a lager, Dells on Tap will be serving up some of the best in the world,” says Leah Hauck, communications manager of the Wisconsin Dells Visitor & Convention Bureau. This Oct. 19 affair offers attendees the chance to chat



with the brewmasters and clink a drink in honor of Wisconsin’s brewing heritage. wisdells.com



BEER & SPIRITS IN LAKE GENEVA

One of Wisconsin’s most popular tourism destinations, Lake Geneva welcomes beer aficionados Nov. 16 for the 10th annual festival held at The Ridge resort. Featuring approximately 140 brews from 35 craft breweries from across the country, fest goers sip and taste their way around the resort’s ballroom—no need to worry about Mother Nature dampening the day! Not into beer? The event also offers a variety of distilled spirits, hard sodas, malt beverages and spiked sparkling water. For those wanting to beat the crowd, consider upgrading for early admission. lakegenevabeerandspirits.com 🍷

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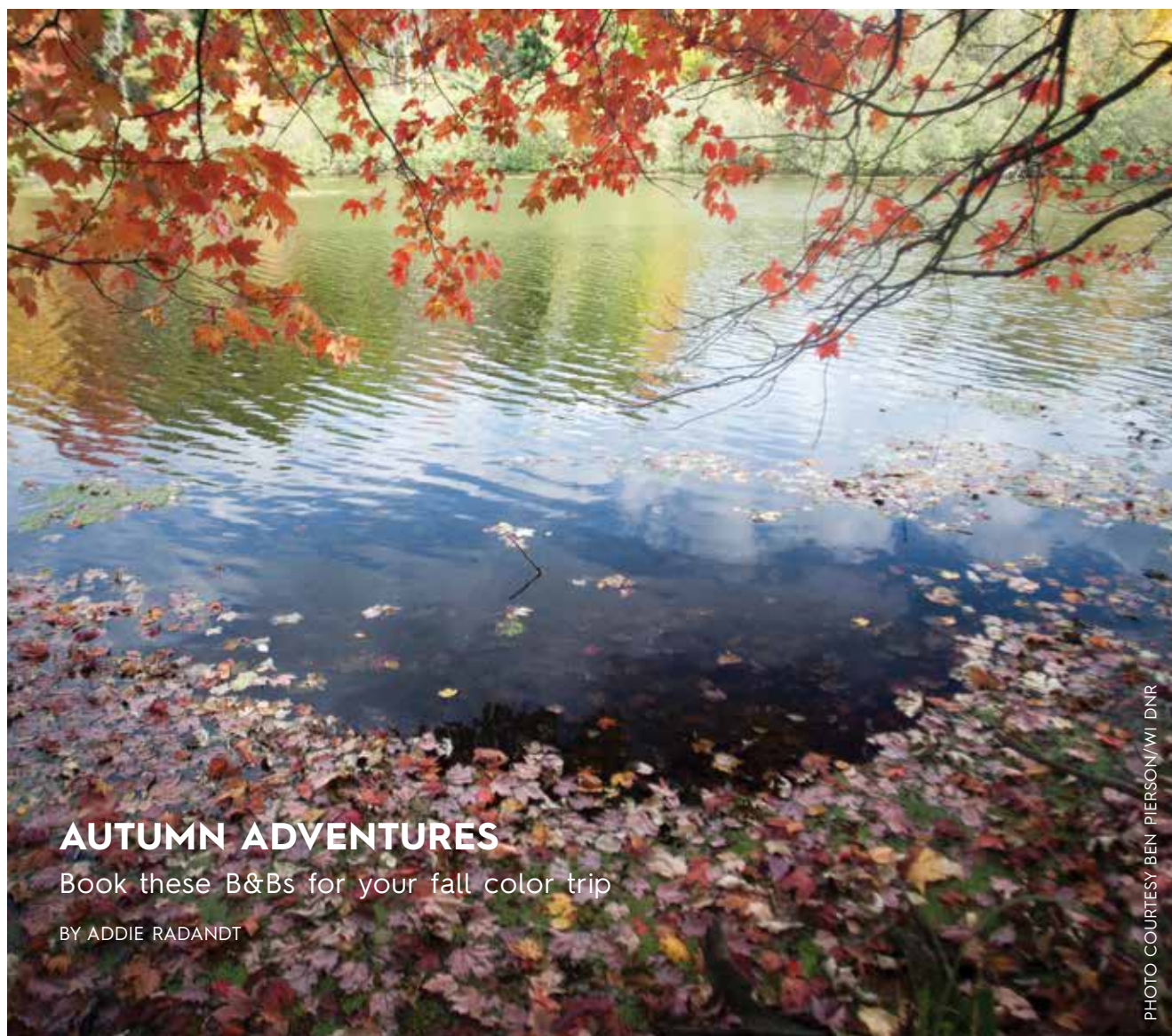
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AUTUMN ADVENTURES

Book these B&Bs for your fall color trip

BY ADDIE RADANDT

PHOTO COURTESY BEN PIERSON/WI DNR

WITH THE LEAVES CHANGING into a collage of reds, oranges and yellows, autumn is a great time to get outside and enjoy a relaxing weekend getaway. You can even track peak foliage with Travel Wisconsin's fall color report, updated by various chambers of commerce, visitor bureaus, tourism organizations and state parks. Plan your stay at one of these locally-owned bed-and-breakfast inns near some of the best places to enjoy the fall colors.

The **Phipps Inn Bed & Breakfast** in Hudson features homemade entrées and pastries and is just four blocks away from downtown Hudson. "We're a Victorian mansion in the heart of the historic district," says owner MaryEllen Cox. The Queen Ann style mansion is also close to multiple state parks. Willow River State Park is about seven miles away and is a great place to go leaf peeping and to enjoy the waterfalls. Just south of Hudson is Kinnickinnic State Park, which offers scenic views of the

St. Croix and Kinnickinnic rivers with several different hiking trails and overlooks. phippsinns.com

The **Crystal River Inn** in Waupaca is a farmstead turned B&B on the Crystal River. With almost a dozen acres of certified wildlife habitat and a labyrinth for you to explore, it's a prime spot for reconnecting with nature. They offer kayak rentals as well. "We bring [visitors] to Marl Lake and then they have a route where they'll see tons of wildlife," says owner Shayna Cappelle. The journey starts off in a series of small crystal-clear lakes and ends back at the B&B. During the first weekend of October you can also head over to the Hidden Studios Art Tour: Art Along the Ice Age Trail, and check out a diverse collection of local art crystalriver-inn.com

Heading farther south, the **Fargo Mansion Inn** in Lake Mills is a historic building with a wraparound porch perfect for wine tasting and admiring the leaves. The owner offers a special wine



Phipps Inn Bed & Breakfast

PHOTO COURTESY PHIPPS INN BED & BREAKFAST



Fargo Mansion Inn

PHOTO COURTESY FARGO MANSION

tasting weekend package where they can set up a private wine tasting right at the inn. The mansion is also conveniently located two blocks away from the town square which is home to various different events, including the Fall Festival of Color on the first Sunday in October. The festival features over 150 different artists and vendors complete with live music and family activities. The Glacial Drumlin State Trail is just a 15-minute drive away and Aztalan State Park is also nearby. fargomansion.com

Overlooking the valley of the lower Wisconsin River in the

Driftless Region is **Sheer Memories Bed & Breakfast**. Located in Muscodia, this B&B has a park-like setting and is surrounded by over 10 acres of colorful woods and fields, complete with hiking paths. After a day out exploring you can come back to sit around the outdoor fire pit or curl up with a book in their library. sheermemories.com

It's worth taking the time to relax and really relish what for many Wisconsinites is their favorite time of the year. 🍁



PHOTO COURTESY BEN PIERSON/WI DNR

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pictured: Night of Luminaria and Living Windows





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We asked some locals to share a few of their downtown favorites...

With this many **Seasonal Sweets & Tasty Treats** to choose from, maybe it won't be so hard to put the flip flops away. Pumpkin Spice Cream Liqueur at Minhas Distillery, Salted Caramel Fudge at Rainbow Confections, French Toast Lattes at Chocolate Temptation, and Milkshake IPA or Cherry Stout from Bullquarian Brewhouse—Monroe's two-barrel nano brewery.

Find cozy sweaters at Urban Boutique and JoAnne's Dress Shop, or knit your own with specialty fibers from Orange Kitten Yarns. Find the latest fashions for guys and gals at Max's Threads.

Warm It Up with boots for the whole family at Burington Shoes. And perhaps some ice would be nice? Luecke's Diamond Center has just the right bling.

For **Good Eats** like pizza, Tex-Mex, fondue and Friday Fish Fry, check the menus at Suisse Haus, Bullet's, Turner Hall, Pancho & Lefty's. More: mac-n-cheese at Buggyworks, "second best chili" at Baumgartner's, stuffed baked potatoes at Garden Deli. Grab a stool for an authentic neighborhood happy hour at Bartels & Co Tap, or sip craft cocktails and regional spirits at North Side Shop.

Fill your **Shopping Bag** at Artful Gourmet (cookware and kitchen gadgets); House to Home Designs (primitives and home décor); Edelweiss Gifts (eclectic and one-of-a-kind); Rock & Rust (vintage vinyl and upcycled furniture); and Toy Haus (games, books, creative stuff, and adorable fashions for infants through 18 months). Exclusive to downtown Monroe: find your signature scent with a custom-blended perfume or serum from Zodica Perfumery.

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OCTOBER

PERFORMING ARTS

10/4 – 10/19 | Times Vary

"SEMINAR"

Four aspiring young novelists sign up for private writing classes with Leonard, an international literary figure. *Bartell Theatre, Madison.* bartelltheatre.org

10/5 | Times Vary

CLASSICAL GUITAR FESTIVAL

A daylong classical guitar festival, culminating in an evening concert by three soloists celebrating women in guitar. *Overture Center, Madison.* overture.org

10/8 – 10/13 | Times Vary

"THE SPONGEBOB MUSICAL"

Broadway's best creative minds reimagine and bring to life the beloved Nickelodeon series with humor, heart and pure theatricality. *Overture Center, Madison.* overture.org

10/11 – 10/27 | Times Vary

ROALD DAHL'S "MATILDA: THE MUSICAL"

Matilda is an extraordinary girl and dreams of a better life. With the help of her friends and her kind-hearted teacher, she boldly steps up to set things right. *Overture Center, Madison.* overture.org

10/12 | Times Vary

ANGELA PUERTA

Angela Puerta is a Colombian singer-songwriter and guitarist celebrating her Latin roots this October, Hispanic Heritage Month, with a festive show for the whole family. *Overture Center, Madison.* overture.org

10/12 | 7:30 p.m.

MARIACHI HERENCIA DE MÉXICO

Released in 2017, their debut disk received a Latin Grammy nomination, attracted news coverage and created new demand for appearances around the country. *Overture Center, Madison.* overture.org

10/13 | 7:30 p.m.

MARY CHAPIN CARPENTER AND SHAWN COLVIN

Carpenter and Colvin—longtime friends for over 30 years—will appear on stage together as an intimate acoustic duo, swapping songs and sharing stories. *Overture Center, Madison.* overture.org



PHOTO COURTESY JIM MCNULTY, OAK BANK

10/15 | 7:30 p.m.

NATIONAL GEOGRAPHIC LIVE: UNTAMED

Wildlife filmmaker and conservationist Filipe DeAndrade gives his unfiltered look at what it's like to come face-to-face with wild animals and make unexpected discoveries. *Overture Center, Madison.* overture.org

10/18 – 10/20 | Times Vary

RACHEL BARTON PINE PLAYS KHACHATURIAN

Hear three brilliant Soviet composers prove they deserve their wild popularity. Pine appears in her Madison Symphony debut, one long overdue! *Overture Center, Madison.* overture.org

10/18 – 10/20 | Times Vary

MARTHA GRAHAM: POWER AND PASSION

A Kanopy Dance Company performance, echoing the power, drama, physicality and immensely beautiful choreography in the Graham lineage. *Overture Center, Madison.* overture.org

10/21 | 7:30 p.m.

EXILE

In 1978 the award-winning band, who had initially set out to play small clubs in Richmond, Kentucky, in 1963, skyrocketed to worldwide fame. *Edgerton Performing Arts Center, Edgerton.* edgerton.k12.wi.us

10/22 | 7:30 p.m.

MICHAEL HEY AND CHRISTIANA LIBERIS

Organist Michael Hey and violinist Christiana Liberis will demonstrate the tremendous versatility of our great instrument with this diverse program of music. *Overture Center, Madison.* overture.org

10/24 | 7 p.m.

SYNDEE WINTERS, LESSONS: FROM A LADY

Spend an intimate evening with Syndee Winters as she shares stories of her life, journey to Broadway and how her road crossed with an unlikely spirit, Lena Horne. *Overture Center, Madison.* overture.org

10/24 – 11/2 | Times Vary

PATCHWORK PUPPETS PARADING ON MERCURY

The first-ever collaboration between Mercury Player's Theatre and Are We Delicious? will turn the Evjue stage into a giant puppet-theater! *Bartell Theatre, Madison.* bartelltheatre.org

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PHOTO COURTESY JIM MCNULTY, OAK BANK

10/25 | 7:30 p.m.**KEEP HOPE ALIVE**

Former Chief Official White House Photographer Pete Souza shows his stunning behind-the-scenes photographs of President Barack Obama. *Overture Center, Madison. overture.org*

10/25 | 8 p.m.**BLACK VIOLIN: IMPOSSIBLE TOUR**

The band uses their unique blend of classical and hip-hop music to overcome stereotypes while encouraging people to break down cultural barriers. *Overture Center, Madison. overture.org*

10/31 - 11/2 | Times Vary**FLIGHT: TORN LIKE A ROSE**

The Peggy Choy Dance Company presents a masterful performance of Afro-Asian dance fusion celebrating a 12th century Sufi poem. *Lathrop Hall, Madison. artsticketing.wisc.edu*



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

ENTERTAINMENT**9/28 - 10/31 | Times Vary****ANDERSON'S PLEASANT PATCH PUMPKINS**

Open from the last weekend in September through Halloween this pumpkin patch has free wagon rides, a kid-friendly haunted house, and hiking trails. You can also find a variety of pumpkins, gourds, squash and seasonal crafts. *Pleasantpatchpumpkins.com*

10/4 | 5 p.m.**GALLERY NIGHT EVENT**

This showcase of works from artists with vision loss will include a discussion by participating artists of how they create art. Part of the citywide Madison Museum of Contemporary Art Gallery Night. *Wisconsin Council of the Blind and Visually Impaired, Madison. wcblind.org/events/gallery-night*

10/6 | 5:30 p.m.**WISCONSIN VETERANS MUSEUM ANNUAL TALKING SPIRITS CANDLELIT CEMETERY TOUR**

This award winning 90-minute walking tour features local actors that share civil war stories by portraying Wisconsin soldiers and citizens buried at Forest Hill Cemetery. *Forest Hill Cemetery, Madison. visitmadison.com*

10/9 | Times Vary**SCIENCE TO STREET ART**

Held at various locations in downtown Madison these street art murals exhibit a variety of ways that innovative placemaking and public art can be created to spotlight science and educational resources in the city of Madison. *Downtown, Madison. visitmadison.com*

10/17 - 10/20 | Times Vary**WISCONSIN BOOK FESTIVAL**

Hosted at Madison Public Library's Central Library, the festival provides opportunities to meet authors, discover new books and have books signed. *Madison Public Library's Central Library. wisconsinbookfestival.org*

10/19 | 9 a.m.**GREAT PUMPKIN GIVEAWAY**

Family-friendly event with local mascots, kids' activities, and horse and carriage rides. Donate to Safe Harbor and get a pumpkin just in time for Halloween! *Oak Bank, Fitchburg. oakbankonline.com/pumpkin-give-away*

10/19 - 10/20 | 9 a.m.**SPOOKTACULAR CRAFT & VENDOR FAIR**

Support OccuPaws Guide Dogs and enjoy more than 110 booths of handmade crafts, artists and vendors. This is a perfect opportunity to support local vendors, shop for your furry family members or just browse for yourself. *Alliant Energy Center, Madison. occupaws.org*

FAMILY**10/4 | 6 p.m.****HARVEST MOON FESTIVAL**

The festival features a torch-lit prairie trail with recreational stations for kids and a silent auction of locally sourced items. You can also enjoy live music, treats and a bonfire. *Lake Farm County Park-Lussier Family Heritage Center, Madison. friendsofcapitalsprings.org*

10/5 | 1 p.m.**GIRLS IN AVIATION DAY**

This free event for girls ages 8 to 11 introduces the world of aviation. Learn about the science of flight, navigation, air traffic control communications and more. *Wisconsin Aviation, Madison. waitfourlakes.org*

10/9 | 5 p.m.**SENSORY-FRIENDLY MUSEUM TIME**

This program's objective is to bring families together to learn and play in an environment that supports the needs of those with ASD and/or sensory challenges. The event is free and is held outside the museum's general admission hours. *Madison Children's Museum, Madison. madisonchildrensmuseum.org*

10/17-10/20 | Times Vary**WISCONSIN SCIENCE FESTIVAL**

This event is open to all ages and is hosted on the UW Madison campus. It includes hands-on science exhibitions, demonstrations, performances and much more. *Locations vary. wisconsin-science-fest.org*

10/23 | 3 p.m.**FAMILY HALLOWEEN**

Over 75 local businesses and organizations will have a variety of games, crafts and, of course, trick-or-treating. The event also features hay rides around the capitol square. *Downtown Madison. visitdowntownmadison.com*

10/26 | Times Vary**DREAMBANK FAMILY: THE MAGIC OF ISAIAH**

Spend quality time with your little ones and prepare to be amazed! Entertainer Isaiah Foster offers a morning of magic, comedy and mystery. Forty-five-minute show starts at 10 and 11 a.m. *DreamBank, Madison. amfam.com/making-a-difference/dreambank*

10/26 | 6 p.m.**GREAT HALLOWEEN HUNT**

This free event includes a variety of different activities such as a scavenger hunt, crafts, games and a movie. Treats and other entertainment are also provided. *Fitchburg Public Library, Fitchburg. fitchburgwi.gov*

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JAUNT

10/4 | 7:30 p.m.

DAVID VICTOR PLAYS HITS OF BOSTON AND STYX

David Victor, formerly of Boston, and his band play a night of feel-good classic rock with hits that'll make you sing along. Monroe High School Performing Arts Center, Monroe. monroeartscenter.com

10/5 | 7 p.m.

CAJUN DANCE WITH THE CAJUN STRANGERS

Come dance to one of the best bands for Cajun and Zydeco music outside of Louisiana. Potluck at 6 p.m., followed by dance lessons at 7 p.m. and dancing at 7:30 p.m. *Folklore Village, Dodgeville.* folklorevillage.org

10/12 – 1/12 | Times Vary

TOM UTTECH: INTO THE WOODS

Wisconsin native and renowned landscape artist Tom Uttech presents the first full-career retrospective of his work, including a spectacular new addition to his migration series. *Museum of Wisconsin Art, West Bend.* wisconsinart.org

10/26 – 10/27 | 10 a.m.

EARTH, WOOD & FIRE ARTIST TOUR

Go for a scenic, self-guided driving tour of artists' studios for an intimate way to get to know the arts scene of south central Wisconsin. Includes 20 selected artists at 13 locations. *Various locations, Cambridge.* earthwoodandfiretour.com

10/31 – 11/3 | 9:30 a.m.

SPLASH OF RED CRANBERRY TOUR

On this two-hour tour led by FFA members you can pick cranberries off the vine and observe the harvesting, testing and freezing of the berries. Includes a cranberry-based lunch. Offered Wednesdays and Fridays in October. *Pittsville High School, Pittsville.* sites.google.com/pittsville.k12.wi.us/cranscience

SAVOR

10/5-10/6 & 10/12-10/13 | Times Vary

FERMENTATION FEST

Two weekends of classes, tastings, art and presentations with farmers, chefs, brewers and more celebrating live culture in all its forms. *Various locations, Reedsburg.* fermentationfest.com

10/20 | 10 a.m.

BEATLES BRUNCH

Watch classic Beatles music videos while enjoying a "fab" made-from-scratch brunch complete with Bloody Mary bar and bottomless mimosas. Every Sunday. *The Rigby Pub, Madison.* therigbypub.com

10/22 | 6 p.m.

CULINARY AND MEDICINAL MUSHROOMS

Linda Conroy of Moonrise Herbs leads this workshop on preparing mushrooms for optimal nourishment and healing. Leave with a tonic made in class. Register by Oct 15. *Olbrich Botanical Gardens, Madison.* olbrich.org/education

THRIVE

10/12 | 9:30 a.m.

WONDEROUS WETLANDS WATERCOLOR WORKSHOP

Learn about the importance of wetlands for cranes and humans with the International Crane Foundation, while creating your own watercolor with artist Janet Flynn. No experience needed. Register by Oct. 4. *Olbrich Botanical Gardens, Madison.* olbrich.org/education

10/17 | 6:15 p.m.

DREAM BIG: PUT STEAM BEHIND YOUR DREAM WITH NANCY KALSOW

Dreams. A cherished aspiration, an ideal state or a deeply desired goal. But in the middle of mortgage payments, work commitments and family responsibilities, we lose our steam and give up on what is often most important to us. Learn from a life coach how to generate your own consistent source of energy, passion and commitment to bring your dreams alive. *DreamBank, Madison.*

amfam.com/making-a-difference/dreambank

10/19 | 6 p.m.

INTO THE WOODS: FOREST BATHING RETREAT

Nurture your health and wellbeing by spending a half-day immersed in the forest for deep nature connection. Join Kate Bast, former editor-in-chief of BRAVA and now a Certified Nature and Forest Therapy Guide, through her business Shinrin-Yoku Madison, as she leads you on a forest bathing walk. Experiential, sense-opening prompts help you to slow down, find mental stillness—and just be. Refreshments served. Madison Metropolitan School District Forest, Verona. *Advanced registration required: Shinrin-YokuMadison.com.*

10/19 | 6 p.m.

BARK AND WINE

Enjoy wine and hors d'oeuvres with the Dane County Humane Society. This event will also give you the opportunity to go behind-the-scenes in their shelter and enjoy one-on-one-time with some of the animals. The tickets tend to sell out fast so be sure to get yours soon. *Dane County Humane Society, Madison.* giveshelter.org

10/24 | 6:15 p.m.

DREAM BIG: HOW TO REALIGN WITH YOURSELF FOR SUCCESS WITH PAULA HOULIHAN

Join award-winning speaker and international coach Paula Houlihan as she walks us through four powerful shifts that can make a real difference in our lives. Learn how to deepen relationships, eliminate energy suckers, reclaim precious "me time," and even redefine your perspective on work. *DreamBank, Madison.* amfam.com/making-a-difference/dreambank

LEAD TO FOLLOW, FOLLOW TO LEAD

End Domestic Abuse Wisconsin's Community Commitment

BY KATHRYN WISNIEWSKI

PHOTOGRAPHED BY VALERIE TOBIAS

FROM LETTER-WRITING with the National Organization for Women in the 1970s to volunteering for the Women's Transit Authority in college, Patti Seger has been fighting to end violence against women for 35 years. She continues that work now as the executive director for End Domestic Abuse Wisconsin.

Their prevention initiative focuses on promoting healthy relationships among youth and raising awareness for domestic abuse before it happens. They now have a statewide youth council of 100 teens. These teen ambassadors work at their schools to form clubs and foster discussions about supporting healthy

Advocates learn from End Domestic Abuse which, in turn, learns from the programs what works at the community level.

"All of our work has focused on how to provide services to people who have been victimized," says Seger.

The nonprofit provides support for domestic abuse programs throughout the state, through training and other resources. They also work with state agencies to develop policies that support victims of domestic violence. They use a "lead-follow-follow-lead approach" when working with programs throughout the state. Through this collaborative method, advocates learn from End Domestic Abuse which, in turn, learns from the programs what works at the community level.

End Domestic Abuse Wisconsin also works with the Centers for Disease Control and Prevention to develop projects to prevent domestic violence.

relationships and educating their peers on issues of domestic violence.

Seger says witnessing the work the teens do "gives you hope for the future when you listen to these kids talk about their hopes for a safer world."

Through their teen advisory council and their lead-follow-follow-lead protocol, End Domestic Abuse Wisconsin is learning from the people of Wisconsin in order to give back their support and expertise.

As Seger says, everybody and every community can play a role in supporting victims and addressing domestic violence in their communities. Through statewide collaboration, End Domestic Abuse works "to support everybody to be safe and thriving." 🌸

endabusewi.org



Patti Seger

OCTOBER NONPROFIT EVENTS

10/6 | 4 p.m.

REVIVE FASHION SHOW FUNDRAISER

Fair Indigo and Dressempar partner to bring this creative fashion show featuring dresses crafted from discarded clothing. After the event, each dress will be auctioned online to benefit organizations rescuing, caring for and educating human trafficking survivors. *The Brink Lounge, Madison.* fairindigo.com/revive

10/25 | 6 p.m.

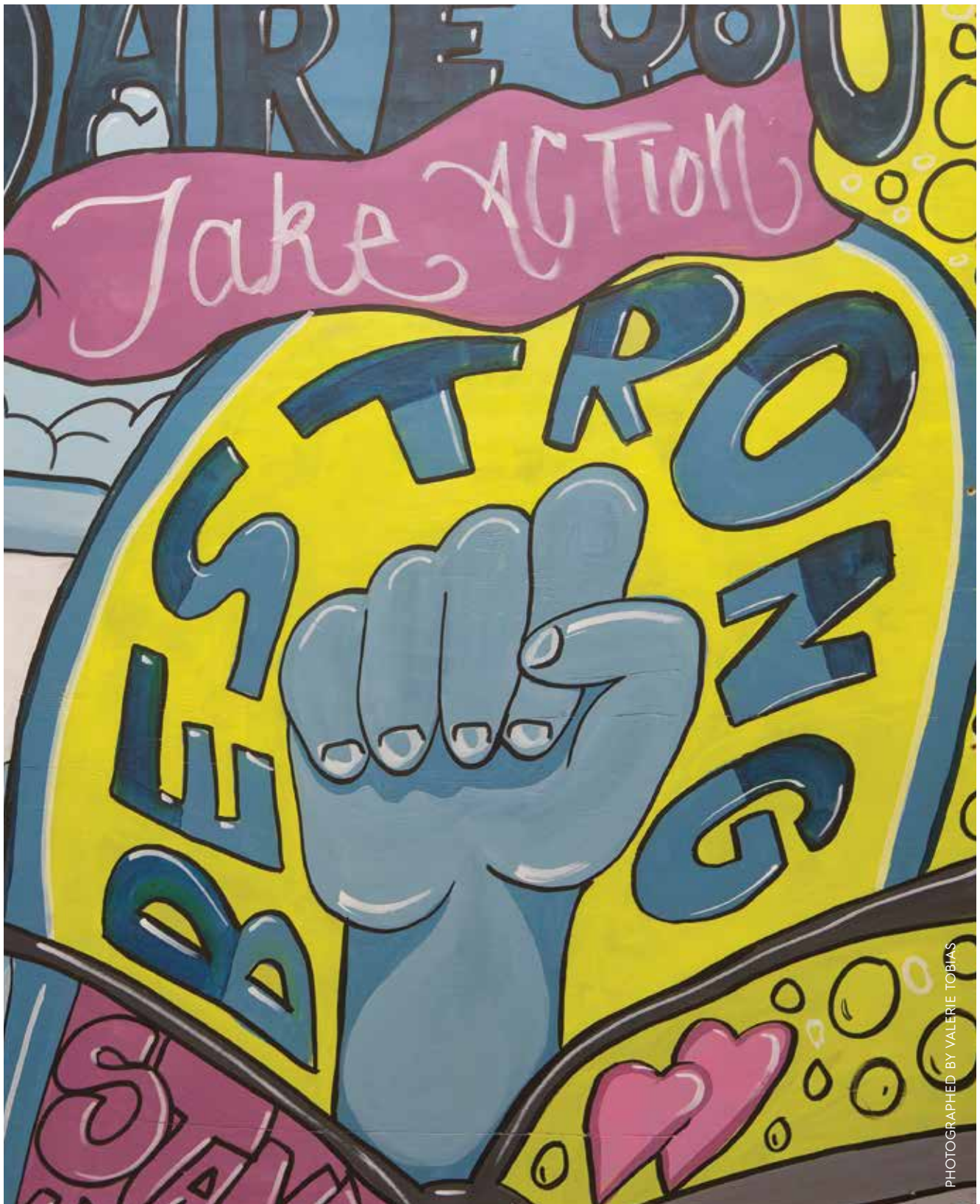
I HAVE A VOICE GALA

Enjoy dinner, cash bar, auctions, dueling pianos, a wine pull, music and dancing at this formal event benefiting the Down syndrome support provided by Gig's Playhouse of Madison. *Lake Windsor Country Club, Windsor.* gigisplayhouse.org/madison/gala

10/25 | 6:30 p.m.

BONE BASH GALA

Raise funds for essential arthritis research at this Halloween-themed evening. Enjoy a costume contest, live and silent auction, games, music and food! *Brassworks Goodman Community Center, Madison.* arthum.ejoinme.org/MyEvents/2019BoneBashWisconsin



PHOTOGRAPHED BY VALERIE TOBIAS

SILENT NO MORE | A mural reminding us to take action and be strong in the face of domestic violence hangs in the Madison office of End Domestic Abuse Wisconsin. The mural was created for the 2019 Teen Summit on Healthy Relationships by Milwaukee-based H2 Collaborative, run by creative team and couple Charlie and Taylor Herrada. *Read more about the nonprofit's mission in CATALYST, P. 95.*

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