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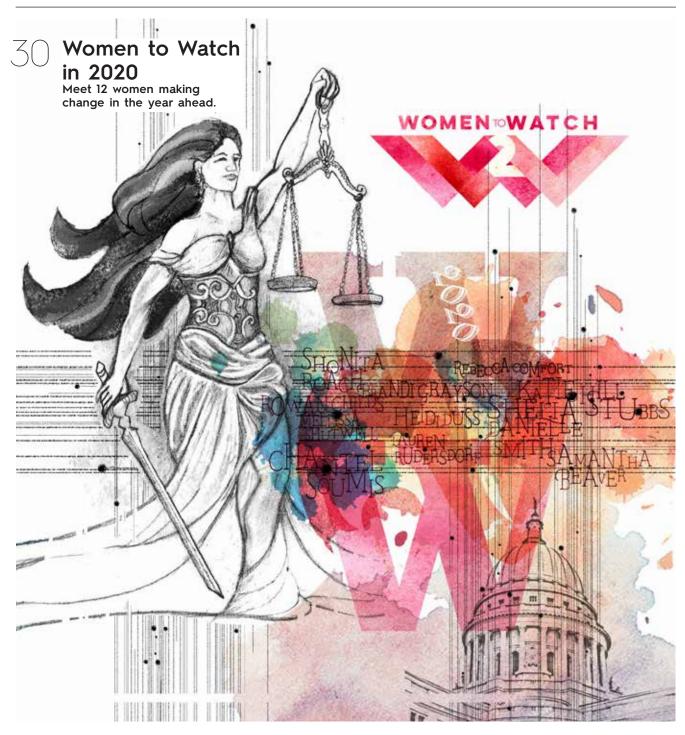
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ON THE COVER

Brandi Grayson, founder of Urban Triage, a community resource organization focusing on healing, community leadership and personal development, was photographed by Hillary Schave on location at the Hilton Madison Monona Terrace.





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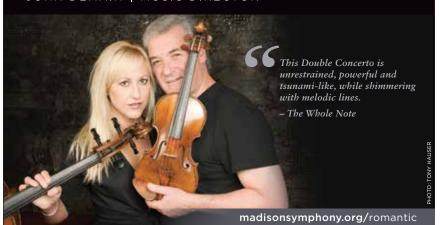




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Berlioz Le Corsaire Overture

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Copland Symphony No. 3

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GEARING UP FOR AN EXCITING **NEW YEAR**

THIS IS A BIG ISSUE in which to introduce myself. Our January edition has marked our annual Women to Watch feature for the past several years, and it's one of our most important. These are women fighting for change, equality and improving lives. It's humbling company to be within the same pages as these noteworthy women.

As a journalist, sharing the stories of people who are changemakers has always inspired me. I realize that as a wife and mother of two young children, my time is at a premium. I can't always volunteer at or attend every event, opening or celebration that commemorates the wonderful things people are doing in our community-but, I can help to promote their causes in our pages and praise the crucial work they are doing. If you're in the same boat as me and your schedule is packed, hopefully you can still carve out some time to read BRAVA each month—and if a particular cause or person inspires you, reach out to their organization to see if there's a way you can help out, or tell others about the amazing person or group you read about in BRAVA, to spread the word.

One event I WON'T miss however, is our 2020 Women to Watch Soiree on Jan. 29, from 5:30 - 8 p.m. at DreamBank. It's a great networking event, and we'll be honoring the women you can read about starting on P. 30. You won't want to miss it!

This issue is fitting for a fresh start as it's the new year, and we have within these pages other small ways you can refresh your life. Hankering to revamp your mealtime routine? Try ordering from John Marrone's Isthmus Eats that we feature on P. 58, a healthy and hyperlocal meal-kit delivery service. Or if you want to do some subtle home interior updates, check out our soothing mood board on P. 21 with paint and tile picks to inspire your own redo. And if you need a career boost, a few local experts dispense some useful professional social media advice on P. 19 that just might land you your next gig.

Looking ahead, I'm excited to tackle and introduce some new changes in 2020, such as reconfiguring some of our coverage areas and bringing in exciting new visuals to pump up our presence. We'll still be the same BRAVA you know-but with a refreshed look.

Something we'll never change is continuing to profile inspiring, courageous and interesting women in our community. I'm honored to continue our mission to encourage women in the Greater Madison community to thrive in their lives by showcasing content and events that inspire, empower and initiate change.

Thank you for reading!

Shy Man_ Shayna Mace **Editorial Director** @shaynamace



READYTO READ We had kicked around the idea for a while of connecting with our readers through a book club and finally, it's happening! This month we kick off the BRAVA Book Club, an online discussion group where we'll read a book together each quarter, and discuss it via our closed Facebook group. (Just search for BRAVA Book Club and you'll find us!). Our first pick for Jan.-March is Madison author Jennifer Chiaverini's "Resistance Women." See P. 11 for more details on Chiaverini's engaging tale.

CONNECT



PHOTO COURTESY OF OVERTURE CENTER GALLERIES

SPECTRUM OF ART Art is a great unifier and equalizer. Lainey Singer, who has autism, created "Morning Coffee" (above; paper on paper with ink, watercolor and marker), which will be displayed as part of the exhibit "Creative Life on the Spectrum," featuring professional artists from ArtWorking, a nonprofit supporting artists with disabilities. Running Jan. 10 - March 1 in Overture Center's Playhouse Gallery, the exhibit runs in collaboration with Children's Theater of Madison's production of "Mockingbird" about a girl on the autism spectrum who processes the world through her art. artworking.org; overture.org/galleries

BRAVA FVFNTS



BRAVA-SPONSORED EVENTS



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2020 Well Expo

Ramp up your metabolism in the new year with the 2020 Well Expo at Monona Terrace, the only event in the Madison area showcasing local resources for wellness programs, healthy foods, green living, weight loss, beauty and much more! It's the Expo's 11th year, and with over 100 exhibitors, it promises to be the best Expo yet. For schedule and tickets, visit BRAVAmagazine.com.

1/29 5:30-8 p.m.

2020 Women to Watch Soiree

Meet BRAVA's 2020 Women to Watch, amazing Madisonarea women whose work enriches the community every day. Nibble on tasty food, enjoy a beverage and network with like-minded women in the fabulous DreamBank space downtown. Details at BRAVAmagazine.com.

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1/11-1/12 11 a.m.-4 p.m.

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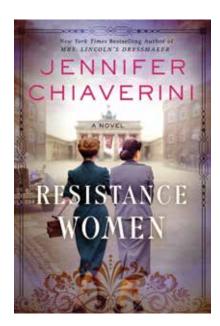
Join other local women online for lively discussion and engaging reads with the all-new BRAVA Book Club!
Every quarter we will select a book and open up discussion in a closed Facebook group. Search for the "BRAVA Book Club." We will discuss the book and you can join in or simply follow along, from now through the end of March.

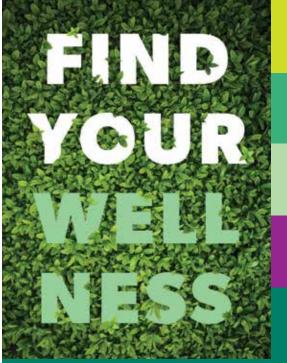
FIRST BOOK CLUB PICK: "RESISTANCE WOMEN"

We kick off the club this month with "Resistance Women" by local author Jennifer Chiaverini. Best known for her Elm Creek Quilt Series, Chiaverini weaves a historic tale of suspense in this recent release. Readers will enjoy local references as the leading character, Mildred, is a UW-Madison

graduate student who marries a German economist and settles in Berlin in the 1930s. The newlyweds enjoy an exciting life with new friends and experiences, but a dark political faction is sweeping across the country and soon will change their fate. With the rise of Hitler and the Nazi Party, Mildred, her husband and friends vow to resist Mildred gathers intelligence, while her German friends collect information from military officers, officials and others within the Nazi regime.

Based on actual events, "Resistance Women" is an unforgettable story of ordinary people determined to resist the rise of evil, sacrificing their own lives and liberty to fight injustice and defend the oppressed.













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THE FIGHT FOR PAID **FAMILY LEAVE**

Legislation would be employee funded

BY KATY MACEK

SARA FINGER KNOWS firsthand the difference between having paid leave and not She took unpaid leave after having her daughter in early 2010. Three years later she had her son and was able to take paid leave to care for him.

"The difference between having a reliable source of income and removing that stress while I was on leave with my son versus a loss of income for three months during leave [with my] daughter was really detrimental to the early start of my daughter's life and early life as a mom," she says.

Finger, who is founder and executive director of the Wisconsin Alliance for Women's Health, hopes the Paid Family Medical Leave legislation would make things easier for future parents.

The Alliance's mission is to help every woman at every stage of life reach optimal economic security, physical and mental health, so backing the legislation is a "no-brainer," says Finger.

"PFML hits on every one of those [goals]," Finger says. "It's one of those things we're lagging behind the rest of the world when it comes to offering this kind of employee protection and financial security for workers."

State Sen. Janis Ringhand, D-Evansville, and State Rep. Sondy Pope, D-Mount Horeb, introduced the legislation, which would allow employees to contribute a percentage of their paychecks to an account run by the state's Department of Workforce Development

The legislation expands far beyond maternity leave. Paid family medical insurance would cover employees who have or adopt a child or need to care for themselves or a sick parent, spouse or child, Ringhand says. The funds would be distributed through DWD and need a doctor's signature to use.

The current Family Medical Leave Act only covers 60% of the workforce, according to WAWH, and only guarantees unpaid leave.

According to WAWH, an estimated 2.7 million Wisconsinites would be eliaible, and 6% of those would access the benefits in a given year. All employees working at least 680 hours a year, plus self-employed individuals who elect this coverage, would be eligible.

Ringhand sees the legislation, which has been proposed for the last five years, as a "common-sense approach." With no cost to the state or employer, it's an easy way to ensure peace of mind should an emergency occur-because no one has control over when that happens.

"Those who are fortunate enough to have paid sick leave is helpful, but even then, it quite often exceeds the time frame companies allow," Ringhand says. "It puts a crimp on your finances, if not fully eliminating them."

Smaller companies and lower-paying jobs often can't quarantee an employee's job if they leave for more than two

WOMEN IN BUSINESS





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ATTORNEY GINGER L. MURRAY (LEFT) AND

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CONNECT | DELVE IN

weeks, a relatively small amount of time for long-term care or parental leave, according to Sarah Webber, a pediatrician with the UW School of Medicine and the director of wellbeing for the department of pediatrics.

Webber says parents having access to paid leave directly influences a newborn child's health as well as the mother's mental and physical health. But she supports the legislation because it goes so much beyond that.

"This is a step toward supporting people financially when they need to be away from work, and in a way that wouldn't burden employers," Webber says. "It could be huge at promoting health and wellbeing at all stages of life."

The American Academy of Pediatrics and American College of Gynecology both recommend paid leave, with AAP recommending up to 12 weeks.

Pope, who has introduced this piece of legislation in the past, says she will continue introducing it as long as she serves until it passes because it's an issue of "basic humanity."

Eight states-California, New Jersey, Rhode Island, New York, Washington, Massachusetts, Connecticut and Oregon, plus Washington D.C.-have some form of paid family leave, and other states have discussed it.

"Knowing one in four new mothers in the U.S. returned to work within two weeks of giving birth doesn't allow us to pretend to support workers, women, families or babies," Pope says.

The odds of this legislation passing are slim. Ringhand says no one across the aisle has voiced support for the bill.

BRAVA Magazine reached out to Rep. Todd Novak, R-Dodgeville, and Rep. David Steffen, R-Green Bay, but requests for comment were not returned.

Even if it doesn't pass, Pope says it still promotes conversations on the topic and, hopefully, motivates voters.

"We must educate others in order to bring Wisconsin to the table," she says. 🎕

To learn more, visit supportwomenshealth.org/ paid-family-medical-leave.html.

THRIVE



(Clockwise from top left) Insulated flannel-lined duck boots, \$99.95; Lands' End. C.C. Exclusives fuzzy lined fur pom-pom beanie, \$28; dētails Boutique. Gentle Fawn Vera teddy coat, \$139; Luceo Boutique & Styling Co. Aunt Vangie's Closet mittens, \$20; Faded Roots Boutique.



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When the weather's frightful, it doesn't mean you still can't look delightful.

(Clockwise from top) Squall insulated snow boots, \$129.95; Lands' End. C.C. Exclusives fuzzy lined mittens, \$25; dētails Boutique. Gentle Fawn Taurus cropped puffer jacket, \$124; Luceo Boutique & Styling Co. Swurly Silk fur pom pom beanie, \$28; Faded Roots Boutique.







AN OUNCE OF PREVENTION

New guidelines for the HPV vaccine for youth and adults

BY EMILY MCCLUHAN



LAST FALL, the FDA expanded the approved age to receive the HPV vaccine from 26 to 45 for both men and women. But how can a vaccine that prevents HPV be effective for adults given that the majority of adults are exposed to HPV as they become sexually active? To understand the reasoning, let's look at the evolution of the vaccine, recommended screenings and the concerning trends of HPV-related cancers in the U.S.

HPV is one of the most common sexually transmitted infections in America and known to cause nearly all cervical cancer in women. It's also linked to certain vulva, anal and penile cancers, and is tied to a rise in throat cancer in men, which now outnumbers cases of cervical cancer in women, according to the U.S. Centers for Disease Control and Prevention. These are facts that Dr. Diana Flint, a family medicine doctor with SSM Health, uses to encourage parents to vaccinate their children before they are exposed to the virus.

"We know the HPV vaccine is most efficacious in people who have not been exposed to HPV yet, and that's why the

recommendation is to get vaccinated between ages 11 or 12, [or even] as early as 9 years old," says Flint.

She notes that in her time as a primary care provider, she's seen parents become more open to the discussion and often ask about the vaccine.

"Initially the main concern parents had is that they are giving permission for their child to have sex, and that's not at all the case. The fact is that we know exposure [to HPV] occurs at a very high rate," Flint says. "It's purely about prevention for when they do become sexually active."

For kids who aren't vaccinated in the recommended timeframe, there is a catch-up schedule for ages 15-26 that requires three shots instead of two. And since the vaccine was not available until 2006 and has evolved with a new version released in 2014 that covers nine strains of the virus, there is a large population of adults who are not vaccinated or could benefit from the newer vaccine. This led the FDA to increase the approved ages for the vaccine to include 27-45-year-olds.

"If you're having new partners at any age, you always have





THRIVE | WELLBEING

an increased risk of new exposure to a different strain of HPV, even if you've been exposed to other strains before, so there may be a benefit there," Flint says.

"But if you're a person who's been in a long term monogamous sexual partnership, then there may not be a need to get an HPV vaccine after the age of 27."

Although some detractors of vaccines try to correlate serious risks with the HPV vaccine, the CDC continues to publish data about its safety and efficacy. From

"If you're baving new partners at any age, you always have an increased risk of new exposure to a different strain of HPV, even if you've been exposed to other strains before, so there may be a benefit [to getting vaccinated]."

—Dr. Diana Flint, SSM Health family medicine physician

Flint's perspective, the minor side effects that are common with most vaccines like injection site redness or pain, nausea and sometimes fainting outweigh the long-term benefits of prevention of potentially life-threatening cancers. She stresses the importance of having the discussion with your child's provider, or your own if you aren't vaccinated, and for women to continue getting screened for HPV with their PAP smears.

"It will take another 10-20 years to fully realize the impact of the vaccine, but we're already seeing a decrease in the prevalence of HPV," Flint says. "And that alone is worth it."

GET SOCIAL

How to use your scrolling time to land a new gig

BY HYWANIA THOMPSON



YOU MAY THINK of Facebook or Instagram as more of a liability than a useful tool in your job search, but if used thoughtfully and intentionally, social media can be a professional boon. According to online career platform The Muse, 92% of companies use social media for hiring. It's not unusual to see job posts on Facebook or social sites other than LinkedIn.

Laura Bermudo, director of client relations at The QTI Group, says both professional and personal social media platforms are used to market careers to both mass and targeted audiences.

"Job seekers beware: the advent of social media has created a very open society, so expect [that] your full online profile, regardless of its nature and intent, can reflect on your reputation as a candidate and employee alike," she says.

A career advice article on The Muse also states that three out of four hiring managers check candidates' social media profiles. Bermudo hasn't experienced that She says outside of LinkedIn, it's extremely rare to hear of an employer using other social media platforms for reviewing talent. However, Bermudo says, it is best practice for human resources and recruiting professionals to research and review databases or social media sites that will provide career-related information on sought-after candidates.

Sam Georgson, a former BRAVA intern and current contributor, landed her present position through social media and networking. Georgson interviewed business owner Kati Whitledge for a story on women in business and later kept in touch by connecting with Whitledge on LinkedIn. That led to Georgson taking on writing projects here and there for Whitledge.

DIGITAL

NETWORKING TO-DOS

UW-Madison digital marketing instructor Don Stanley shares a few tips for branding yourself and leveraging your network on social media:



Spend time
doing research.
Search for things
related to your
industry and
look for people
who show up in

the search results not Google searches—search specifically within the social platforms and start following people.



Make sure your bios on any social media platform are reflective of what you want people to know from a professional

perspective and provide valuable insight about yourself.



Engage in a thoughtful manner and in a way that allows people to remember you. Put yourself

in a position to be someone who has taken the time and energy to build your network.



Provide some original content that shows your thought leadership. Share your perspectives on why a topic is important to you.

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THRIVE | CAREER & FINANCE

Georgson says Whitledge took note of her writing, social media presence and how she engaged with clients.

"I make sure anything I have out there wouldn't be offensive-watching my language, keeping my posts fun, not doing anything too personal or too much for an employer to see," Georgson says. Now, Georgson works full-time doing social media and marketing for Whitledge's company.

Finding people and opportunities through networking has an impact. Georgson says there's no harm in sending that friend request. "Start building that rapport over social media," she says. "Maybe it used to be taboo, but I think now it's accepted. That's kind of a great way to get your foot in the door and make that first connection."

If you're using social media in your job hunt, you can search for people on those platforms who have job titles that you're interested in and start interacting with them. "Basically, the best way to interact is by liking, sharing and commenting on their content," says Don Stanley, UW-Madison digital marketing instructor. Stanley says you must be strategic about building your network. "A lot of people will say your net worth will ultimately be equal to your network," he says.

Bermudo offers a similar perspective. "I would recommend treating LinkedIn like you would an in-person networking environment where you want to invest in others and do the right thing to make real connections and add value," she says.

"Think about how you can give advice, share relevant articles with those you'd like to keep in your trusted circle and become a thought leader by putting time and effort into producing quality content."

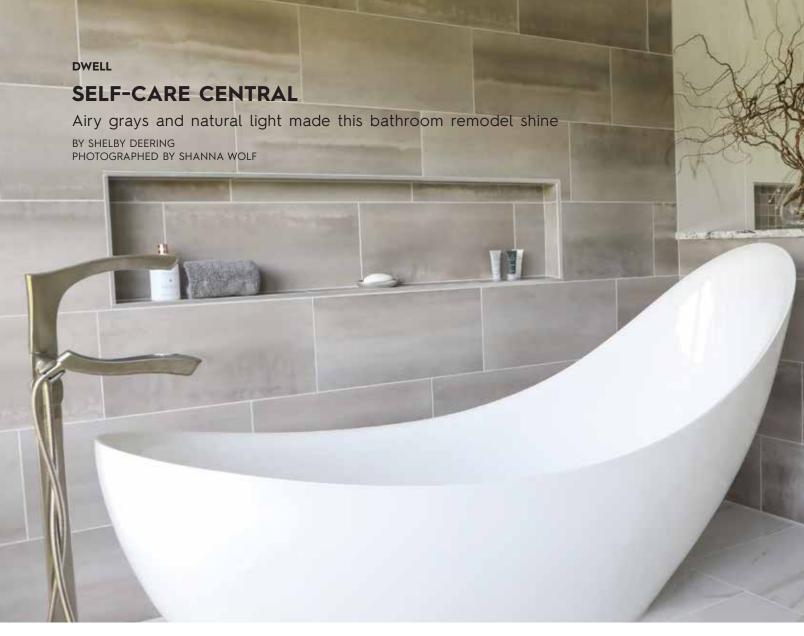
When it comes to social media and your career, Stanley believes you shouldn't post content that you wouldn't want your closest, most respected relative to see. "The other thing I tell people to be cognizant of is nobody is looking to hire you," he says. "They're looking to find a great fit for their job." 🎕

DWELL



(Clockwise from top left) Emser Colori ombre-look glazed ceramic wall tile, Sherwin-Williams Silverplate (SW 7649) and Mega Greige (SW 7031) paint samples, Emser Motif Lace white glazed wall tile, Emser Design Outline porcelain tile, Bellmont Cabinet Company Naval Red Oak Berkeley cabinet, Cambria Mayfair quartz countertop and Bellmont Cabinet Company Pietro Soft Touch Laminate Pisa cabinet All products courtesy of Bella Domicile.

photographed by shanna wolf | product selection courtesy of abbey weiss, bella domicile





A BATHROOM can be more than a bathroom. It can also be a place where you take time for yourself in soothing surroundings-where you can sit in your tub with a glass of wine and watch the snow fall. Or do some stargazing while you soak in a relaxing bubble bath.

It's a feeling that's been captured in this peaceful, modern bathroom belonging to Lori Zoha Tomaselli and her husband, Tony, of Middleton. When the couple purchased the 1970s home in 2001, their goal was to complete one renovation per year. "The interior didn't reflect our tastes," Lori shares.

In April 2018, Lori reached out to Bella Domicile to make her vision for the bathroom a reality.

"I knew what I wanted the bathroom to look like long before we started," she says.

She had always pictured a gray color palette, especially since it's one of her favorite hues.

"Even before decorating in gray was popular, a cool, wintry palette has always been one of my favorite color schemes. Twenty years ago, I started decorating our Christmas trees







in that palette, and everyone thought it was so unique that I slowly started steering our house in that same color scheme," Lori says.

Dana Langreck, lead designer at Bella Domicile, helped Lori bring her dream to life. Completed as part of an addition that wrapped in a master suite, the project started in November 2018 and was finished in June 2019. The team also included Casey Haselwander of Sauk Prairie Remodeling, Inc. and Kris Elser of Nonn's.

Langreck loves many aspects of this bathroom, but she particularly enjoys "how we used a simple collection of materials, but we used them in unique ways like installing the tile in various sizes and directions."

The materials and fixtures really do shine in this space, figuratively and literally. In addition to the two types of porcelain tile used in the bathroom, hints of sparkle peek out from the rhinestone-encrusted cabinet pulls, the light fixture above the vanity and even the granite countertop that glitters in the light.

"I love Lori's additions of bling," Langreck says.

The design process came together through a mix of in-person appointments and internet inspiration. Lori initially met with Langreck to discuss the layout.

"I suggested a new plan flipping the closet and bathroom and showed Lori some ideas to fit with her preference for contemporary styling and used 3-D drawings to help relay these ideas," Langreck says. "I also showed her how we could incorporate big windows to take advantage of her connections with her beautiful countryside setting."

The two went to The Granite Shop of Madison to pick out the perfect granite countertop—a score from their remnant collection. But Lori actually tracked down several accents through websites. She purchased the light fixtures, cabinet hardware and even the luxurious soaking tub online.

There's a good chance that the tub steals the show in this bathroom, acting as an ideal spot to de-stress and take in views of the cornfield Lori transformed into a natural prairie.

She says, "Just walking into that room is like an extension to the outdoors, especially at night with the lights off. You can brush your teeth or sit in the tub while counting the stars."













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FOCUS ON FABRIC

BY ANNIE ROSEMURGY PHOTOGRAPHED BY SHANNA WOLF

ARE YOU COVETING a high-design space on a big-box budget? Then turn your attention to upholstery and fabric.

"There is so much room for your personal style with the textiles available today," says Erica Meier of Zander's Interiors. "Bold color choices and unexpected combinations are everywhere."

Meier advises starting by selecting comfortable, quality furniture in tried-and-true shapes. "We can't forget about the comfort element," she says. "A beautiful sofa that no one wants to sit on is a waste."

Meier has mixed feelings on the topic of reupholstering existing furniture. "If you have a piece you absolutely love and is in excellent condition, reupholstery is a good option," she says. Too often, though, items are of low quality or have significant wear and tear. Investing in new, high-quality custom furnishings means pieces will last for years to come.

Interior designer Courtney Wollersheim of FLOOR360 echoes this sentiment, suggesting that your large investment pieces remain neutral while "going for it with color and pattern" in smaller upholstered items, pillows, rugs and window treatments.

Non-traditional combinations of turquoise, mustard yellow, scarlet, deep plum and bold raspberry are just a few of the on-trend, color-saturated hues that make a room pop.

Gone are the days of "matchy-matchy design," explains Wollersheim. "We are seeing very punchy and unexpected use of color as a trend that's likely to stick." Mixing vintage, ethnic and contemporary materials is another sure-fire way to create a unique style space.

Combining bold colors and patterns can feel intimidating, but there are some design hacks to take the guesswork out of the process. Focus on layering materials of varying scale. Larger, bolder graphic fabrics go well with more fine-grained patterns. Interplay textures for added depth without increasing visual busyness. The result will be a curated space that is personalized and full of style.















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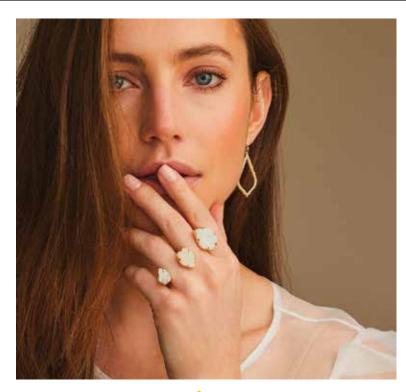
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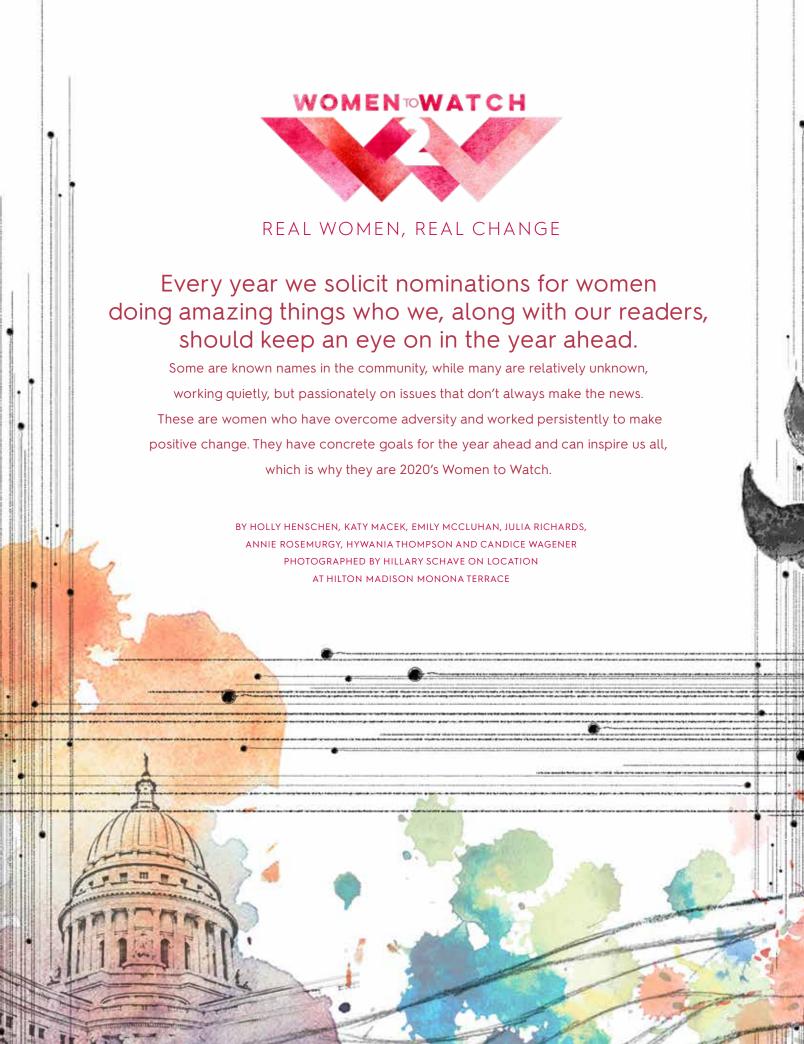
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Rectifying disparities in our criminal justice system

The passion and excitement that pours from Rep. Shelia Stubbs, D-Madison, as she tells her story of activism and her pursuit of racial equity, is contagious. She makes you want to lean forward, to hear more, to join in her mission.

This has always been Stubbs' goal: to create pathways for more people to join her at the table and represent those who aren't always heard. As a pastor, community activist, 14 years as a Dane County Board District 23 Supervisor and in her newest role as the first African American state legislator representing Dane County ("breaking 170 years of history," she notes), she's established a reputation as a game changer.

"I've learned that I might be the only black person in the room, but that doesn't mean I'm the weakest person," Stubbs says. "The lack of representation of folks of color is a motivator to invest in our youth and create pathways for all people to hold leadership positions ... I just know I need to change the room."

As a Board District Supervisor, a role she still holds (and she's currently running for another term), her most meaningful impact came through her work to create the Dane County Community Restorative Courts, a program that works with low-level offenders to create an agreement to acknowledge the impact of their offenses, meet with victims and work through a process of restorative justice.

"Dane County has the highest rate of incarceration for people of color in the state," Stubbs says. "I wanted to find a way to meet people where they are, to address the root cause and ultimately keep them out of the criminal justice system."

Sharon Corrigan, Dane County Board Chair and Board District 26 Supervisor, worked with Stubbs on this project and says 90% of the individuals who go through the program have not re-offended. She attributes this success to Stubbs' leadership.

"Shelia is unique in her tenacity. She's smart about looking for opportunities to move an idea forward, figuring out how to get people on board, and how to draw people in. She has a magnetism about her," says Corrigan.

Stubbs is about one year into her role as a legislator and she is determined to push legislation in what she calls her "framework of equity." She speaks proudly of introducing her first bill last October with Lieutenant



Governor Mandela Barnes to decriminalize marijuana. The bill decriminalizes small amounts of marijuana (less than 28 grams), prohibits law enforcement from establishing probable cause due to the odor of marijuana, and would facilitate expungement or dismissal of prior possession convictions.

"We need to evaluate what we define as punitive," Stubbs says. "The high rate of incarcerations of African Americans is tied to these minor offenses, and it creates racial disparities across so many levels of our society."

Her hope is this bill will address the "daunting" racial disparities that exist in Wisconsin, and help close the equality gap across Wisconsin.

In that vein, Stubbs also introduced an assembly bill that created the Governor's Advisory Council on Equity and Inclusion-which Governor Tony Evers signed as an executive order this past November. The council will advise the governor's staff on ways to improve equity and inclusion in all sectors across the state.

Stubbs is putting in the work for a busy 2020 by diving into issues like funding for education, pushing for sensible gun safety legislation and advocating for services for those who have been historically underrepresented or marginalized. She laughs with a wave of her hand and says, "I've been fighting all my life, so I'm not going to sit on the sideline now that I'm here. I'm going to get in the game." -Emily McCluhan

Changing company culture through linguistics

Communication is key to the workplace, infectious, and it draws people together." and understanding language is key to communication.

That's the premise behind Samantha Beaver's linguistics start-up company, Memra Language Services.

Beaver analyzes companies' naturally occurring communication processes, which could include conversations, meetings, Slack feeds or survey responses, for employers to better understand how teams work together, hierarchy in the country to learn. (Beaver points out that workplace and overall employee satisfaction with the company's culture.

"As we talk, we naturally bring all of ourselves with us-how you speak exposes who you are," Beaver says. "The idea is so compelling, and no one else is doing anything like this."

Beaver, who has a master's degree in linguistics, founded Memra Language Services about a year ago after realizing the work she was doing in school should be applied to workplaces.

Last year was a roller coaster for Beaver, but she's proud of how far she's come. Everyone she's worked with has been supportive of her service, and she can't wait to bring it to more businesses in 2020.

She's working with a local company to create a software program to automate her analytics. Currently, she does everything by hand herself.

Maggie Porter Kratz, who works with the Madison College Foundation, has known Beaver for six years and is continually inspired by her friend's skills.

"Samantha's whole being is fueled by her passion for language and her go-bigor-go-home spirit," Kratz says. "Her enthusiasm for linguistics is interesting and money off it" -Katy Macek

With that attitude, Beaver is also hoping to draw students closer to language. She's working with her mother-a German teacher-to create a K-12 language program students around the state could attend.

LinguaZone follows the premise her mom teaches-bringing authentic immersion language experiences to children, rather than taking them out of the traveling abroad may not be accessible for many families.)

"It's challenging for teachers to provide great immersion experiences, but we have fluent Spanish, French and other speakers in Madison," Beaver says. "We want to create a space for that authentic experience to occur right here."

LinguaZone would be an event teachers could bring their students to twice a year for both foreign-to-the-U.S. languages as well as English as a second language. Kids would learn from and practice with native language speakers.

Beaver says she's gotten some interest from the Wisconsin Department of Public Instruction. She hopes to launch a pilot program this spring. If all goes well, the first LinguaZone would occur in December 2020.

According to Beaver, the hardest part about her work is getting people to believe in it, but she knows that will get easier with time.

"Introducing something new into the world is challenging, but it's important," Beaver says. "You have to have people understand it before you can make





Helping CSA farmers thrive

Everything that on-the-rise familyfarm advocate Lauren Rudersdorf does is informed by her vision for "a food system that helps people eat well and doesn't cause harm to the earth or our communities."

For the past seven years Rudersdorf has helmed the business side of thriving CSA Raleigh's Hillside Farm alongside her husband, Kyle Rudersdorf. In an era where making a living farming has become increasingly difficult, Rudersdorf's willingness to innovate within the Community Supported Agriculture space has created a sustainable, vibrant business that continues to grow annually.

While Raleigh's Hillside Farm flourishes, 2020 will be a year of growth and change for Rudersdorf herself. She'll be lessening her role on the farm to expand her recipe blog, The Leek & The Carrot, and launch a video series aimed at helping beginning and aspiring farmers determine if CSA is the best business model for them.

She'll also become a certified executive business coach and will begin coaching farmer clients on all aspects of creating and growing a sustainable, profitable small agricultural business.

Each of these exciting projects is deeply rooted in Rudersdorf's commitment to support farmers, to encourage farm practices that keep both people and the earth healthy, and to promote the systemic change that will allow farmers to thrive financially in this endeavor.

"Lauren is taking the community-building aspects of CSA to a whole new level," says Bethanee Wright, owner of Winterfell Acres farm. "She sees CSA farmers as teachers who highlight the relationship between land, food and people."

-Annie Rosemurgy

Getting books—and the opportunities they bring—into kids' hands

Books have always been part of Rowan Childs' world. Growing up, books were treasures that provided consistency as her family moved frequently due to her dad's job. Now, Childs is making sure youth throughout Dane County have access to their own treasures.

Childs is founder and executive director of the Madison Reading Project, a nonprofit providing books to kids and community organizations free of charge. They also offer story times, author visits and other literacy-based events.

Childs is leading the organization while working a full-time job and cherishing time with her husband and two kids. She is motivated by the kids and the importance of reading and literacy. "We want to encourage and inspire kids to read," says Childs. "There are so many opportunities in books."

Last year, the organization acquired the Big Red Reading Bus, which they

take around the community, spreading joy through the power of books. That was a game changer for the Project. "We arrive and people know exactly who we are," Childs says.

Last October, Madison Reading
Project gave away its 100,000th book.

Childs is always looking for opportunities to engage the community, says Corinda Rainey-Moore, who serves on the organization's board of directors. "She knows that it will take a village to change these disparities, so we need all hands on deck," says Rainey-Moore, referring to lower literacy rates among students of color.

This year, Childs plans to spend more time pursuing personal development for herself and her team as Madison Reading Project continues to further literacy work in the community. Childs' goal is to give out 60,000 books—20,000 more than their 2019 goal, which they surpassed last November. -Hywania Thompson



Refining how we tell Wisconsin's Native history

The first thing Rebecca Comfort did when meeting me at the Memorial Union on the UW-Madison campus was to point out details in the décor that I had never noticed before. The inlay in the floor and mural on the ceiling of the second floor both reference the presence of American Indians in this place (and the appropriation of their cultures).

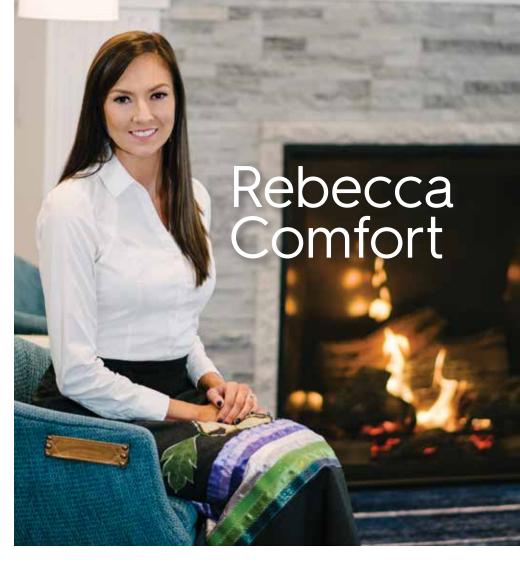
In her current role as American Indian Nations Liaison with the Wisconsin Historical Society, Comfort is similarly bringing attention to "the depth of Native presence in Wisconsin and the unique government-to-government relationships that exist between the state and each of the 12 tribal nations," she says. Her leadership is helping to shape the Society and its programs to better serve tribal communities and educate Wisconsin residents about the historical and contemporary contributions of the American Indian nations.

"People don't realize how diverse of a state Wisconsin is in terms of the makeup of the Native nations that we have," Comfort says. Among the 12 tribes, six different languages are spoken representing three different language families, she says.

Comfort is working with the governments of those nations to develop long-term relationships and build trust with the tribes with the goal of moving forward together, away from the legacy of colonialism and the "exclusionary nature of more traditional museum paradigms," Comfort explains.

"The Society recognized that there's an absolute undeniable need for American Indians to be able to authentically and wholly control the narrative about their history, who we are, in a way that hasn't been done before," says Comfort, who is a member of the Keweenaw Bay Band of Lake Superior Ojibwe.

Christian Øverland, the Wisconsin Historical Society's director, appreciates how Comfort keeps diversity and inclusivity on the agenda. "Her leadership in our organization is pervasive across all the departments in our organization and all the constituencies that we work with. So her impact on policy is terrific," he says.



The Society is working to develop a new museum in the next five years to replace the current one across the street from the Capitol in Madison. Right now, the museum is organized chronologically with American Indians only represented in the pre-colonial period. This sticks them in the past, points out Comfort, rather than recognizing the continuous and contemporary Native presence in the state. Other ways of organizing displays, such as focused around place, may be more inclusive and authentic, Comfort suggests.

In 2020 she plans to establish an advisory committee to identify shared priorities with the tribes including shaping the new museum, as well as the Society's collections of American Indian objects.

The new State Archive Preservation Facility includes an American Indian care suite designed to accommodate culturally appropriate care practices of resources in the Society's collections. The suite includes dedicated collections storage and an adjacent indoor/outdoor area for use by cultural leaders.

Created in consultation with tribal representatives, the space facilitates access to and use of cultural assets and collaboration between tribal nations and the Society. Comfort sees the American Indian care suite as a tool to support the reconciliation of a difficult past and help bridge a disconnect that has existed historically between tribal communities and traditional museum practices.

"We understand that our past is problematic, but we need to reconcile the fact that it happened, and ask where do we go from here?" Comfort says.

The suite is the first of its kind by any state government and is one of only two such facilities in the nation, the other located in Washington, D.C. at the Smithsonian's National Museum of the American Indian.

As she moves into a new year Comfort is listening to the tribes' priorities to make sure the relationships she is building can be longstanding and reciprocal. Part of this is ensuring that as the Society plans a new museum, Native people are able to tell their own stories. —Julia Richards



Advocating for mothers of color

Shonita Roach has endured challenges in life that most would find unimaginable. As a child she was abused and then placed in foster care. She lost a son at 21 months. She had an extended NICU stay with another son born with a severe birth defect. All of these challenges were compounded by the racism she faced as a black woman in the United States.

Roach was on her own, grieving the recent loss of her adoptive mother, who had been helping care for her young son, and suffering from postpartum mental illness when she had to move. She left her son unattended while she made a phone call. When she returned a few minutes later he had suffocated and was dead.

"Honestly, it broke her awhile," says her sister Tameria Roach, who talks to Shonita on the phone daily.

When Shonita gave birth to her second son, she gave him to another sister to raise.

"She realized that she wasn't prepared to be a parent and she asked for help. And a lot of people don't," Tameria says. After many months of counseling, parenting classes and visitations, Shonita regained custody of her son, who is now 12.

"It was a long process, but it was needed for her. And it was something that made her realize that postpartum mental health is so important," Tameria says.

Shonita recognized not only the importance of postpartum mental health care, but also the lack of support systems providing it, especially addressing the needs of women of color.

"The black experience is different when it comes to mental health," Shonita says.

"Imagine being afraid of acknowledging that you're dealing with something that can simply be spoken out of your mouth to a therapist, but that therapist takes it as if you're a danger to your child."

She decided to educate herself in political action and get involved. She founded a non-profit, called Shades of You, Shades of Me, focused on empowering women of color to advocate for improved maternal mental health care.

One of the objectives is to educate providers and support providers of color. Roach, along with her communications director, Amy Dean, planned and held a multicultural maternal mental health conference in Milwaukee last year. Tameria, who serves on the board of Shades of You, Shades of Me, says Shonita had been talking about organizing such a conference for years. "I was so proud of her," Tameria says. "That she was able to tell her story. That she was able to let people know that they don't have to go through it themselves."

The group plans to expand the conversation to other communities throughout the state and even outside of Wisconsin in the coming year.

Another focus of Shades of You, Shades of Me is advocating for public policy related to the mental health needs of mothers of color. One piece of legislation is an anti-shackling bill, similar to those already passed in 21 other states, banning the practice of shackling incarcerated women when they give birth.

Another policy effort would address the criminalization and prolonged sentences facing women whose actions were influenced by undiagnosed or undertreated postpartum mental health disorders. Such legislation has passed in Illinois and

Shonita is looking for sponsors to introduce a bill in Wisconsin.

Shonita would like to see a more solution-focused approach to addressing issues affecting women of color. Too often the women themselves are blamed or penalized for their struggles.

She gives the example of a woman being late to pick up her kids from daycare and the response being someone calling child protective services. "For women of color, to tell somebody, 'I work three jobs and I was late to get my kids' is a penalty, and that's how America sees us," Shonita says. "I would like to see there be a little bit more compassion about hardships and about single moms." -Julia Richards

Building a spiritual home for people with disabilities

Melissa Shutwell presents herself in a calm, affable manner, humbly listing off her responsibilities, always giving credit to her community. According to friend and colleague Ashley McNary, however, "there is literally no limit to what this woman can do."

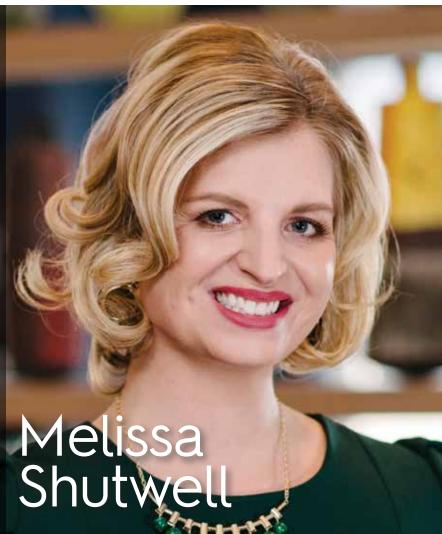
A mom to three, including a 9-year-old daughter with ADHD, sensory processing disorder and anxiety and a 3-year-old son with Down syndrome, Shutwell's personal experiences have propelled her into various roles, all encompassed within the same mission of advocacy.

Last March, Shutwell was called to develop a new ministry for Heartland Church in Sun Prairie, focused on making the church more welcoming to all abilities. In Dane County, 11% of the population has a disability—a figure not reflected in the church system. Families with differently-abled children try an average of six churches before finding one that fits. Many give up well before that.

Shutwell's ministry, Wonderfully Made, debuted in December. She and her team ensured the building is "accessible to all people from floor to ceiling," with a new ADA-approved playground, a sensory room plus sensory boxes in every kids' room, training for staff, and accessible parking and seating arrangements.

Her goal is to serve 75 individuals with disabilities and their families by the end of 2020.

Shutwell also serves as board president for the Down Syndrome Diagnosis Network, which educates and dispels myths about the syndrome. And she's executive director of A Night to Remember, McNary's brainchild, which provides a prom-like experience for individuals with disabilities. Every detail—dress fittings/alterations, tux rentals, flowers, jewelry, limo ride—is handled, and each participant is matched with a personal quide for the event.



"It is one of the greatest nights of the year, maybe the greatest," she says.

Shutwell continues to increase attendance each year and A Night to Remember recently established its 501(c)3 status.

"It's not just what she does, it's how she does it with such joy and excellence and ease," says McNary, adding that Shutwell essentially runs her household solo during the week as her husband works in Chicago.

"Sometimes I'm torn between just being a mom and all the stuff that I do, but I think it's important [the kids] see that their mom is doing things for other people," Shutwell says. "It's not just about us; we're here to serve others." -Candice Wagener

Expanding the circle

Heidi Duss has always been passionate about creating connections, building spaces of inclusivity and helping others understand the importance of diversity. This mindset recently helped her realize that the way we travel through life and through society is not always linear.

"I think that too often paths are set out for us. When we're young we're told to go to college, find a spouse, buy a house, have children," she says. "Over the last few years, I have really defined my normal and started to question who gets to define what my normal is."

About two years ago, she found the opportunity to channel this passion into her professional career as the manager of diversity and inclusion, wellness and community engagement at Summit Credit Union. In that time, she spearheaded three new employee resource groups: Summit Pride and Inclusion Network (SPIN), Summit Sustainability Champions and Summit Employees Empowering Diversity (SEED).

Duss also had a strong voice in the planning for the new Summit headquarters in Cottage Grove.

"I was able to help construct what our building looked and felt like, but most importantly, I wanted our employees to come to work every day and see themselves in the artwork and feel safe and comfortable with everything from the furniture to the collaborative spaces," she says.

Last October, Duss was honored by Wisconsin LGBT Chamber of Commerce as the Advocate of the Year, highlighting not only her work at Summit, but across the broader business community to redefine how companies think about diversity and inclusion.

Jody Stolldorf, community giving and event manager at Summit, works closely with Duss and sees the impact she's making.

"Heidi is changing how we view wellness at Summit Often, we think about wellness as only fitness and nutrition." Stolldorf says. "She blew it open and introduced other parts of wellness like inclusivity and mental health. She under-



stands that how safe you feel at work to be your authentic self, and if you feel included, impacts your overall wellbeing."

In 2020, Duss plans to expand the employee resource groups at Summit with more lunch and learns, on-site speakers, and awareness kits for branch managers to easily facilitate discussions and decorate for events like Hispanic Heritage Month, Black History Month, Pride Month and more.

"I want to create that intersection and collaboration between multicultural, LGBT and other groups across the organization, so from our tellers to our executive management," she says. "It goes back to creating welcoming environments and

knowing that your view matters and you can make a difference no matter what your role is."

Her vision is to empower Summit employees to create authentic relationships with their members and ultimately filter out to the broader community. She also wants to take the connections she has made through her work as a board member with Out Professional Engagement Network (OPEN), and membership with the Latino Chamber of Commerce of Dane County and Madison Black Chamber of Commerce to create networks and resources for people to more easily define their own normal. -Emily McCluhan

The rebellion of self-love

"Inside, I have a rebel spirit. On the outside, I played by the rules-I went to with a yoga practice for all-and all college, I got the degrees—I did all the things I thought society wanted of me. I realized this isn't what I wanted." Two years ago, Katie Hill says she decided to change her life for the better and be honest with who she wanted to be.

Hill wasn't happy with the way she felt mentally, physically and emotionally, so she began to make one change at a time. "One little change, one little change," Hill says. "What happened was I started to change drastically."

With that, Hill founded Rebel Wellness, where she is Chief Rebel. At Rebel Wellness, Hill says people can feel accepted and find support through things like open sharing and community building. Hill believes everything we've been sold by society about what we should do or look like is wrong. She says you are the best person to know what you need.

Hill has been practicing yoga since age 11 and says it allowed her to surrender and let go. Now, she helps

others focus on mind, body and spirit body types.

Hill inspires and guides women on journeys to self-love, according to Amber Swenor, who collaborates with Hill on branding and marketing. "The impact she is having is helping women to come back into their bodies, shift into greater self-love, confidence and mind body connection," Swenor says.

One of Hill's goals is to create mentors and leaders who will influence people in their lives. Hill is also working on a book about her life-surviving multiple bouts with cancer and her journey to help others. She says she's driven by a deep passion and desire to watch people come alive.

She can often see the stress and tension people are holding as they enter her classes. "At the end of c everybody looks like they're glowing from the inside out," she says. Hill wants people to have more of this because "feeling good about your: is a rebellion." -Hywania Thomps





Marketing yourself with a disability: from liability to superhero

Growing up with entrepreneurial parents, Chantel Soumis never intended to own a business. "I remember [my mom] saying 'never own your own business-you'll never have time for family," she laughs.

At 26, with a newborn at home, Soumis started choking on food, lost vision in one, then both eyes, couldn't walk, and was having seizures. She was diagnosed with MS and subsequently unable to find work in a conventional sense. She started talking about her experiences on LinkedIn, where she found a community of support, but also a community of people in similar situations who needed help marketing themselves. Stardust Creative was born.

Soumis helps "everybody and anybody who needs help with personal branding," offering pro bono consulting for people with disabilities "because I do know firsthand how hard it is to market yourself as a superhero instead of a liability."

Her sparkly personality and vulnerability in sharing her story of living with a disability and navigating the workplace with perceived limitations has led her to

become a vivacious speaker, locally and globally. In October of last year, the Canadian Business Chicks recognized Soumis as a Woman of Inspiration for her work in diversity and inclusion.

Ellen Merker, a 2019 Woman to Watch for her work in helping differently-abled adults navigate relationships, admires the energy Soumis brings. "There's a ton of burnout in disability advocacy. People get really jaded. She hasn't She takes every pitfall, every obstacle as a learning opportunity."

While Soumis manages her symptoms with plenty of self-care like proper diet and meditation, unpredictability goes hand-in-hand with chronic illness, so she makes her goals flexible. For 2020, she wants to continue penning her book on mindset magic and hopes to split her business model 50/50 between branding and philanthropic work on inclusion and anti-bias, especially speaking to young adults.

"I hope that if people see me doing this, they'll get inspired to do it themselves. I'm somebody that hushes the naysayers and just goes forward," Soumis says. -Candice Wagener

Empowering black families

When Madison activist Brandi Grayson ended her work with the Young Gifted and Black Coalition in 2016, she walked away with a new understanding of how to affect change. Since the onset of the Black Lives Matter movement, Grayson had rallied tirelessly against state violence and campaigned against a new Dane County jail. But she recognized that despite vocal and tireless efforts, there's no guarantee that others will change.

"I realized, why don't we take that energy and give people what they need to move through those systems and advocate and get their needs met for themselves?" she says.

Now Urban Triage, the community resource organization Grayson founded in 2017, works to foster black families' self-sufficiency through healing, community leadership and personal development.

"Advocacy is so important because there's no other way to address health inequalities and racial disparities if we're not equipping the folks who are most impacted by racism to navigate it," Grayson says. "Who else is gonna do the work?"

With a \$400,000, four-year grant from the Wisconsin Partnership's Community Collaboration program and a \$75,000 grant from United Way, Grayson plans to expand her Supporting Healthy Black Families initiative, a program of Urban Triage. Supporting Healthy Black Families is a 90-day training program designed by Grayson that helps black parents examine the effects of white supremacy and racism in their lives—and support their children at home and within public institutions.

"The system's institutions can be complicated, but what compounds the stress and the trauma for black families is racism,"

Grayson says.

Grayson knows these systems. Moving to Madison at age 10 after growing up seeing poverty and gang violence in Chicago, she was in and out of foster care as a child and became a mother at age 13. After attending UW-Madison and taking part in student government, she worked for several local support services. She's also the CEO of Grayson Consulting, which has helped organizations like Commonwealth Development and the Madison Municipal School District work systematically towards equity. Grayson stepped back from direct action in 2016 when her son was born, but



race-related issues in city schools motivated her to continue her advocacy through Urban Triage.

Supporting Healthy Black Families, which has graduated two cohorts to date and plans four 15-person cohorts in 2020, is curriculum based on the post traumatic slave syndrome framework of Dr. Joy DeGruy. Grayson pairs data and research on racism, trauma, child development and family structure with interactive, introspective activities and conversations. In a safe group environment, participants can dig deep into the trauma caused by white supremacy and racism, see how it conditions them, and create useful parenting and personal strategies with the group. Participants gather for two hours a week over 90 days, plus attend one longer retreat and are paid a stipend.

"It's crazy what happens when you create a safe space for people because then healing begins," Grayson says.

Jael Currie, housing director at YWCA Madison is a cohort member. "[The training is] going back and uncovering our historical and cultural roots and using that to inform us for a better future, in this case for schools," she says. Currie appreciates what Grayson is doing with Urban Triage. "[Brandi] built this model specifically because it was missing, and it put people in touch who probably wouldn't have had the opportunity to engage, definitely not in this meaningful way."

In 2020, Grayson plans to launch Supporting Healthy Black Families in Sun Prairie, as well as build a rapid response team through Urban Triage. The team, staffed by cohort members who've completed further training through the organization, will respond to community members' requests for support surrounding issues like individualized education programs, the criminal justice system, legal services and housing. These advocates will act as case managers by connecting people with resources and accompanying them to meetings, for example. The people receiving assistance will then be invited to participate in Supporting Healthy Black Families training.

"[What] I find through my experience and years of working with families is when you meet them where they're at and you help them understand that they're fully capable, that they will and can do what they need to do," Grayson says. -Holly Henschen

On-site child care for busy parents

New motherhood brings with it highs and lows—first smiles and first steps alongside a fair share of dirty diapers and sleepless nights. Danielle Smith is all for getting real about parenthood, and this means acknowledging the joys of the job right alongside the hardships.

As a professional woman and mom herself, Smith knows firsthand the struggles of balancing work, social life and family. Outings that seem easy and fun before children, she says, like going to yoga or grabbing an after-work beer, require logistics and effort with kids. "It can start to feel like staying home on the couch is just easier," Smith says.

But instead of staying home on that proverbial couch, Smith began to dream. "I began dreaming of a place where I could go have the opportunities I was craving—a chance to socialize, learn new hobbies, make new friends, spend time with my husband. At this place there would be high quality child care on-site so I knew my son was safe and having fun, and I could fully relax into a restorative experience," she says.

When she mentioned these ideas to friends with young children their enthusiastic response sealed the deal. In 2019 ParentSquad, an on-site, professional, mobile child care business was born. "Danielle identified a need from her own life and made

it a reality for Madison moms," says Ashley Quinto Powell, co-founder of Mishkalo wedding registry.

Part event organizer, part pop-up child care provider, ParentSquad is ready for a big 2020. One priority will be promoting a variety of social events with childcare, including the ParentSquad Date Night Club which treats Madison parents to a monthly night out at a restaurant or fun location like a bowling alley or spa, while taking the headache out of finding a sitter. She's also looking to partner with companies who are interested in offering social events with child care as a corporate perk for employees, along with other local event organizers who wish to offer on-site child care at corporate events, conferences and festivals.

Close to her heart is a final goal for the year ahead, to organize regularly scheduled networking meetings for parents—time and space to connect with one another and build social and professional bonds, again complete with child care.

"She wants people to be connected because she knows communities thrive and families do better when we really do live out the saying 'It takes a village," says Cristen Incitti, 2019 Woman to Watch and chief operating officer of the Girl Scouts of Wisconsin. -Annie Rosemurgy



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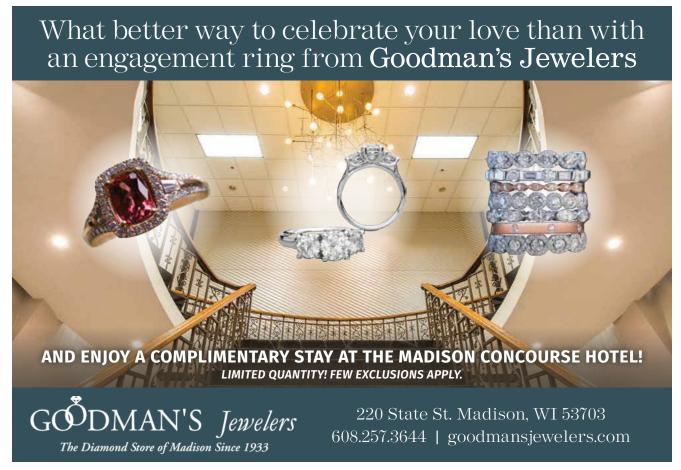
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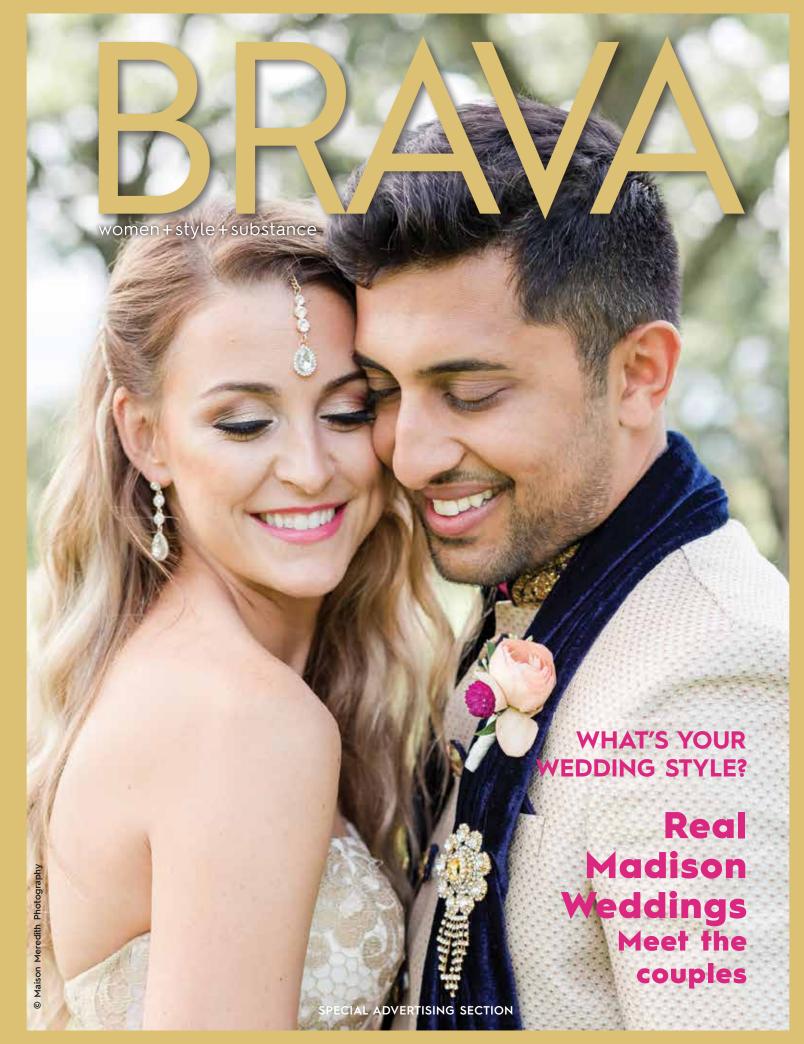


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Madison West/Middleton





SELECT YOUR STYLE

Before you go all Pinterest crazy and the little green monster inside of you starts to take over, we want to give you a bit of guidance to make sure that during your wedding planning process, you stay true to you. We know on a regular basis we are plagued with an overwhelming urge to keep up with the Joneses and it can be especially difficult to fend off that urge when it comes to your wedding. Here, we've compiled some basic tips to help you identify your true style as a couple and arm you with the know-how you'll need to pull it all together.

5 WAYS TO FIND YOUR INSPIRATION



JOINT INTERESTS

Do you and the future spouse have a common interest that brought you together? Flying, skydiving, traveling or food? Whatever it is you spend your free time doing, consider letting it be the source of your wedding style. Tennis, anyone?



FORMALITY

If you're a Great Gatsby girl at heart, a formal setting just might be the style for you. But, if a laid-back, casual setting is for you, so be it Consider your personal preferences on dressing down or up when identifying the style wedding you want



find yourself among a long lineage of great folks? Then let your family history and heritage guide the style of your wedding and enjoy reminiscing with your parents and loved ones about



WEDDING PLANNING DO'S & DON'TS

- Be considerate of family traditions and wants but don't feel chained
- Be authentic to YOUR true style.
- Create a budget, fine-tune it and stick to it
- Edit Edit Start with a big picture and bring it into focus from
- Manage the guest list Don't feel obligated to invite everyone. This will help your budget too.
- Don't spend too much energy focusing on what others are doing.
- Don't let the party details outshine the magic of your marriage.
- Don't skimp on wedding vendors. Trust us...you get what you pay for.
- Don't sweat the small stuff.



PASSION

Everyone has a hobby, activity, cause or pledge they fully support and this may be just the place to draw inspiration from. Show off your priorities in life to your guests by finding inspiration from what your true passions are.



HERITAGE & HISTORY

Do you hail from a great land afar or your roots.



BE TRUE TO YOU

Ultimately, you know deep down inside what's truly important to you. Just know this: your wedding is the first big event you will host together as a couple so it's the first time to let your personalities truly shine in front of friends and family. Whatever your source of inspiration, make decisions that feel right to you, not what you've seen other couples do.



WHAT'S IN A PERSONAL BRAND?

Monograms, color preferences, favorite fonts and even paper weights are the essential tools of the trade wedding stationers and designers use to make your personal style shine through to family and friends.

HOW & WHERE TO BRAND....

If you want to create a custom wedding brand, your stationer is the go-to creative guru to turn to. They are the graphic designers behind all the great typography and scroll work you see in wedding magazines and blogs.

Here are several places we recommend you use your personal wedding brand:

- Save the Dates
- Invitations
- Napkins
- Coasters
- Directional Signage
- Menu Cards
- Escort Cards or Place Cards
- Bar Signs
- Drink Stirrers
- Thank You Cards
- Dance Floor Vinyl Covers
- Monogram Gobo Lighting
- Welcome Kits
- Party Favors
- Bridal Party Gifts







REAL WEDDING

Kelly & Brian

Madison, WI 10.22.19

After dating for four years, Kelly and Brian celebrated their nuptials with a whimsical, kidfriendly reception at the Madison Children's Museum. The day was filled with joyful conversation and celebrated the artful blending of their families. The couple now resides on the near-west side of Madison.









Details:

Ceremony Location: First Unitarian Society Meeting House Reception Ceremony: Madison Children's Museum **Planner:** J Belmont Photography: Azena Photography Officiant: Rev. Kelly Crocker Floral & Designs: Felly's Flowers Catering: Blue Plate Catering

Bar Service: Roman Candle Cake/Dessert: Trish Figueroa (cake); Greenbush Bakery (donuts) Entertainment: Kuhl Entertainment **Bridal Gown:** Vera's House of Bridals

Menswear: Jazzman

Rings: Diamond Center (engagement ring); Blue Nile (Kelly's band); Boundless Bands on Etsy (Brian's band)

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REAL WEDDING

Molly & Bobby

Madison, WI 9.1.18

For Molly and Bobby, their wedding day not only signified the joining of their families, but also celebrating their different cultures. Held just days after record-breaking rain, the couple was able to pull off an outdoor ceremony and cocktail hour despite threatening skies. The couple incorporated Bobby's Indian heritage into the day with time-honored wedding traditions, such as a Baraat-a ceremony where the groom travels to the wedding venue on a mare, accompanied by his family. Bobby wore a Sherwani for the ceremony, a traditional Indian long coat, while his groomsmen's attire was handcrafted by a family friend in India.



Details:

Location: Monona Terrace

Planner: Cherry Blossom Events

Photography: Maison Meredith

Photography
Invitations: Minted
Floral: Daffodil Parker

Décor: Event Essentials, A la Crate,

Afabric Agenda (Drapery)

Linens: Event Essentials & BBJ Linens
Cake/Dessert: Monona Terrace Catering

Entertainment: Anitra Hovelson & Jacob Hurley (Cocktail Hour); Noah Nellore (Dhol Player, traditional Indian drum); Navi Singh (DJ)

Bridal Gown: Jenny Yoo Chicago Bridesmaid Dresses: David's Bridal Menswear: Studio Elite (Groom) Hair: B. Elliot's Salon & Day Spa

Makeup: Mallory Stiffler











Mehndi

A pre-wedding celebration called a Mehndi party was held the evening before the wedding at Ovation 309, where the red-orange mehndi "stain" was applied to Molly's hands.

Molly says it was incredibly heartwarming to see so many people from different backgrounds and cultures come together for their special day.



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FRIDAY, JAN. 17

4 P.M.

Cooking at Home with Isthmus Eats Meal Kits Jon Marrone, Isthmus Eats

5 P.M. Pasture & Plenty

6 P.M.

Cooking at Home with Isthmus Eats Meal Kits Jon Marrone, Isthmus Eats

7 P.M. Pasture & Plenty

SATURDAY, JAN. 18

10 A.M.

How to Build a **Better Smoothie** Lisa Grudzielanek, Metcalfe's Market

11 A.M.

Fermented Foods: What's it all about? **Zymbiotics**

12 P.M.

Locally-Raised Meats: Pork Fox Heritage Farms

1 P.M.

Locally-Raised Meats: Beef Chef Liam, Metcalfe's Market

2 P.M.

Sustainably-Harvested Seafood: Salmon Superior Fresh Salmon

3 P.M.

Wisconsin Cheese Board 101 Emmi Roth Cheese



Registration for our fitness classes is now open at wellexpomadison.com.

Sign up now to reserve your place—but hurry, these spots will go fast! Find the complete fitness class schedule and class details at wellexpomadison.com.

FITNESS STAGES

Learn about the latest fitness trends and get movin'!

FRIDAY, JANUARY 17

UPSTAIRS

3:30 P.M.

Belly Dance Total Fitness

Ghadeer Alafifi, Group Health Cooperative of South Central Wisconsin

5 P.M.

Orangetheory Fitness—How to Gain #MoreLife

Cassie Visintainer and Kelsey Stamm, Orangetheory Fitness

6:15 P.M.

Candlelight Yoga

Amanda, Princeton Club

DOWNSTAIRS

3:30 P.M.

7 Ways to Improve Your Foot Health (and How This Benefits Your Balance) Cassy Vieth, movewithcassy.com

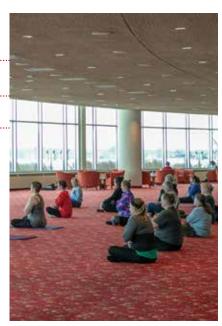
5 P.M

Basecamp Fitness—The
Newest Workout is Coming
to Your Neightborhood
Taylor Westrick & Whitney Nann,
Basecamp Fitness

6:15 P.M.

Fit AF Bootcamp

Becky Shearier, Anytime Fitness



SATURDAY, JANUARY 18

8:30 A.M.

BodyCombat

Margaret, Pinnacle Health + Fitness

10 A.M.

Orangetheory Fitness—How to Gain #MoreLife

Cassie Visintainer and Kelsey Stamm, Orangetheory Fitness

11:30 A.M.

Body Weight BootCAMP Challenge!

Priscilla Peterson, Princeton Club

1 P.M.

WERQ

Monica L. Avila, Princeton Club

2:30 P.M.

Belly Dance Total Fitness

Ghadeer Alafifi, Group Health Cooperative of South Central Wisconsin

8:30 A.M.

Zumba® Fitness with Ameila Amelia "Bedelia" McConnell

10 A.M.

Fit AF Bootcamp

Becky Shearier, Anytime Fitness

11:30 A.M.

10 Ways Gentle Movement Improves Brain Health

Cassy Vieth, movewithcassy.com

1 P.M.

Basecamp Fitness—The Newest Workout is Coming to Your Neightborhood

Taylor Westrick & Whitney Nann, Basecamp Fitness

2:30 P.M.

GRIT Cardio

Jaimie Steuart, Jenifer Scharkey and Megan Connor, Princeton Club

3 P.M.

CXWORX (Core)

Jaimie Steuart, Jenifer Scharkey and Megan Connor, Princeton Club









CLASSROOM SEMINARS

Get informed on the issues that matter most to you and your health.

;

FRIDAY, JAN. 17

SATURDAY, JAN. 18

4 P.M.

The Science and Practice of Sustainable Weightloss Patryk Piekarczyk, Pinnacle Health + Fitness

5 P.M.

Winter Skincare Tips— The All-Natural and Nontoxic Way

Lisa Brill, Qēt® Botanicals

6 P.M.

Building Resiliency Across Environments to Avoid Burnout!

Abigail Kearns, MSW, LCSW, The Psychology Clinic

10 A.M.

The Benefits of CBD Oil
Tim O'Brien, The Healthy
Place—Apple Wellness

11 A.M.

Osteoarthritis—What You Need to Know and How to Prevent it

Dr. Rajit Chakravarty, SSM Health

12 P.M.

Aging! Let's Slow it Down!

Robert S. Waters, Waters Center for Biological Medicine

1 P.M.

Simple Strategies to Manage Stress

Wendy Grapentine, Group Health Cooperative of South Central Wisconsin

2 P.M.

Meal Planning 101

Megan Manderfield, Profile By Stanford

3 P.M.

Use Food as Medicine to Live Your Best Life Dr. Abbi Linde, Hometown Pharmacy



Explore & Enjoy These Exhibitors

Abigail Kearns, MSW, LCSW Alzheimer's Association

Amazing Stim

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Arc of Life Chiropractic Neurology & Wellness

Athleta

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Bionica Dental Wellness

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CapTel Outreach

CBD American Shaman

Chiro One Wellness

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CLP

Color Street

Cornerstone Family

Chiropractic

Costco Wholesale

CRUNCHI

Culligan Total Water Treatment

Systems, Inc.

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Discover Life Chiropractic

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Gilda's Club Madison

Green Owl Wellness

Group Health Cooperative of South Central Wisconsin

Harvest Chiropractic

HearingLife

Hoey Apothecary

Hometown Pharmacy

Isthmus Eats

Juice Plus

Kara Hoerr Nutrition

L'BRI PURE n' NATURAL

LSM Chiropractic

LuZa CBD

Mad City Windows & Baths

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Mary Kay, Inc.

Metcalfe's Market

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Norwex Felicia Wagner

Orangetheory Fitness

Pampered Chef Cookin' with Claire

Paradise CBD Wellness

Perfectly Posh

Primal Air

Princeton Club

Profile by Sanford

Qēt Botanicals

Quartz

SSM Health Care of WI

Symmetry Natural Health

The Empowered Life

The Healthy Place-Apple

Wellness

The Joint Chiropractic

The Leukemia & Lymphoma

Society

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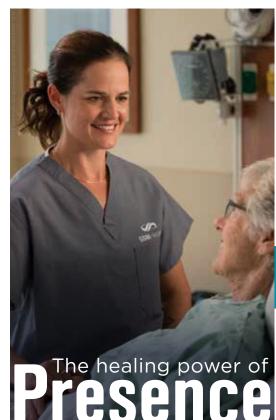


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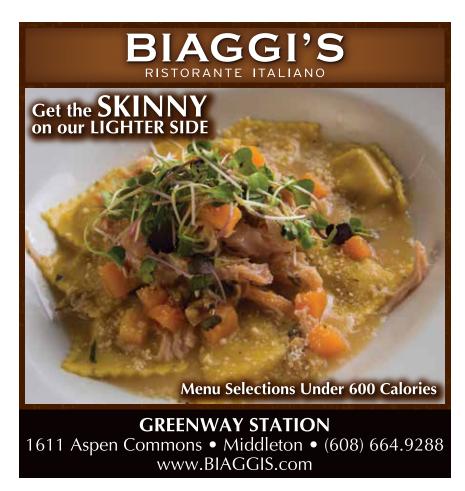


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GO+DC



SPARE MOMENTS The artwork of Harold F. Schmitz offers a glimpse at life as a soldier in the South Pacific during WWII. "Many fellows want colored studies of their sweethearts, so they submit the usual snaps or handsomely focused studio portraits for me to work from," Schmitz wrote. The Wisconsin Veterans Museum is displaying an exhibition of his work now through the summer. For more museums to check out this winter, see Jaunt, P. 59. wisvetmuseum.com

IMAGE COURTESY WISCONSIN VETERANS MUSEUM

MADE IN MADISON

Isthmus Eats meal kits hyper-localize the dinner-to-your-door craze BY CANDICE WAGENER

AS LIFE GETS BUSIER, meal kit services have become a go-to for young professionals, families and everyone in between. National programs like Hello Fresh kicked off the trend, but Madison-based Isthmus Eats is committed to providing meals with a minimal carbon footprint, reducing packaging waste and sourcing local ingredients. Subscribers customize their meal plans, noting allergies or dietary restrictions, and picking from a list of meal options like truffle grilled cheese or Masala Mojo's spinach daal. Customers are never under contract, and can make changes up until the Thursday before, even cancelling for the week if they're traveling.



PRODUCT

Kits are delivered to doorsteps weekly, packaged in an insulated, canvas bag with reusable ice packs (both of which Isthmus Eats picks up the following week). Beyond pantry staples, kits are packed with ingredients from places like Madison Chocolate Company, Clasen's, Raleigh's Hillside Farm in Brodhead, and Highland Spring Farm in Oregon. They also contain easy-to-follow recipe cards. Subscribers choose anywhere from two to six meals per week, for two or four people.

PASSION

After eight years at Epic building his knowledge of software systems, Jon Marrone started Isthmus Eats in April 2018. While Marrone has always loved cooking, software was his main inspiration for Isthmus Eats. His meal kit software does it all: documenting allergens, invoicing customers and mapping efficient delivery routes. He was determined to set his company apart by reusing packagingthereby reducing the biggest complaint about meal kits-and delivering direct

PHILOSOPHY

Marrone promotes the benefits of meal kits: bringing families together, spending quality time cooking and eating healthy, homemade meals. He also strives to help young professionals become more comfortable in the kitchen. And while his software application has been used as far away as Dublin, Marrone is keeping the Isthmus Eats brand local. This allows their price point to be less than most national programs because of the cost savings from packaging and delivery.

isthmuseats.com







WORLDS OF WONDER

Fight cabin fever at these family-friendly Madison museums BY JESSICA STEINHOFF

Short fuses, epic whines, ants in the pants; cabin fever symptoms peak this time of year, especially in households with children. Luckily, several Madison-area museums have just the remedy.

UNIVERSITY OF WISCONSIN SPACE PLACE

Turn Saturday morning into a cosmic adventure by visiting the UW Space Place, a passion project of UW-Madison's astronomy department. Filled with hands-on activities for kids ages 6 to 10, free workshops starting at 10 a.m. explore topics such as life on a space station and the mysteries of DNA. After the workshop, visit the exhibits to examine a black hole, see how galaxies make stars and learn about a giant telescope the university is building at the South Pole. spaceplace.wisc.edu

THE LEONARD R. INGERSOLL PHYSICS MUSEUM

Seeking a weekday warmup? Grab hot cocoa at UW-Madison's Union South, then scurry two blocks to this physics museum, home of 50 free exhibits about thermodynamics, electricity and

energy. Whether simulating an earthquake or marveling at the sound waves their voices make, the kids will shed the winter blahs in no time. physics.wisc.edu/ingersollmuseum

UNIVERSITY OF WISCONSIN GEOLOGY MUSEUM

Brimming with thousands of fossils, including prehistoric specimens from Wisconsin, the UW Geology Museum is another solid choice for a weekday or a Saturday morning. Peer into the Fossil Preparation Lab, where UW students examine fossils of large dinosaurs, tiny insects and nearly everything in between. Preschool-age paleontologists will dig Museum Storytime, which features thrilling books, specimens and crafts to take home. This free event happens at 10:30 a.m. the first and third Thursday of each month. *geoscience.wisc.edu/museum*







photo courtesy wisconsin veterans museum & wisconsin historical society

WISCONSIN HISTORICAL MUSEUM

The Badger State's human heritage takes center stage at the Wisconsin Historical Museum on the Capitol Square. Modern families can time-travel through early Native American communities, a pioneer trading post and a variety of immigrant settlements. Visit a lumber camp and discover what loggers of yesteryear did for fun or drive a tractor and learn how agriculture has shaped the state's identity. A quick game of "I Spy" is likely to reveal many other treasures, from shiny classic cars to turn-of-the-century circus memorabilia. For an even deeper dive into Wisconsin history, take the guided tour, which departs from the lobby each Saturday at 2 p.m. historicalmuseum.wisconsinhistory.org

WISCONSIN VETERANS MUSEUM

Around the corner, the Wisconsin Veterans Museum offers more Wisconsin stories for young visitors. A new exhibit, "In My Spare Moments: The Art of Harold F. Schmitz," tells the story of a World War II soldier who loved to draw. Schmitz's artwork and handwritten letters share the sense of wonder he felt when he first landed in the South Pacific, as well as the uncertainty he experienced as he began his military service. Kids can also see how Schmitz combined many identities, including U.S. Army map maker, Wisconsin native and fan of Hollywood magazine illustrations. wisvetsmuseum.com 🎕

JANUARY 2020



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

PERFORMING ARTS

1/14 - 1/15 | Times vary

"Trolls LIVE!"

Get ready for another hair-raising adventure when Poppy, Branch and their friends come to life on-stage in their first ever live tour!

Overture Center, Madison.

overture.org

1/16 | 8 p.m.

Dwight Yoakam

The 21-time nominated, multiple GRAMMY Award winner, has sold more than 25 million albums worldwide. Overture Center, Madison. overture.org

1/17 - 1/25 | Times vary

Madison Ballet-"Inside Out"

A performance that will inspire the mind and ignite the spirit as Madison Ballet showcases the talented dancemakers who call the company home. Overture Center, Madison. overture.org

1/19 | 2:30 p.m.

"Beyond the Score"

A multimedia presentation starring American Players Theatre actors, visual projections and live musical examples! *Overture Center, Madison.* overture.org

1/19 | 2:30 p.m.

"Every Brilliant Thing"

You're 6 years old. Mum's in hospital. She finds it hard to be happy. So you start to make a list of everything that's brilliant about the world. Overture Center, Madison.

1/24 | 7:30 p.m.

Wisconsin Chamber Orchestra— Orion Weiss, piano

The artistry of Orion Weiss must be seen to be believed and the Wisconsin Chamber Orchestra is very excited to introduce this rising star.

Overture Center, Madison. overture.org



1/24 - 2/8 | Times vary

"Next Fall"

When an accident changes everything, Adam must turn to Luke's family and friends for support and answers. Bartell Theatre, Madison. bartelltheatre.org

1/26 | 3 p.m.

"Dino-Light"

This glow-in-the-dark adventure is visually amazing and has been praised for its cutting edge blend of puppetry, technology and dance. Overture Center, Madison. overture.org

1/28 - 1/30 | Times vary

Riverdance 25th Anniversary Show

A powerful and stirring re-invention of this beloved favorite, celebrated the world-over for its excitement, energy and dynamism of its Irish and international dance. Overture Center, Madison. overture.org

1/30 | 7:30 p.m.

"Harry Potter and the Prisoner of Azkaban™" in Concert

Based on the third installment of J.K. Rowling's classic saga, fans of all ages can now experience the thrilling tale accompanied by the music of a live orchestra. Overture Center, Madison. overture.org

1/31 - 1/15 | Times vary

"Almost, Maine"

One cold, clear, winter night, the residents of Almost, Maine, find themselves falling in and out of love in unexpected and hilarious ways. Bartell Theatre, Madison. bartelltheatre.org

1/31 - 2/15 | Times vary

"Indecent"

The true story of a Yiddish play called "God of Vengeance," its controversial 1923 Broadway debut, what led up to it and what followed. The Play Circle Theater at Memorial Union. mtmadison.com

ENTERTAINMENT

1/10 | 6 p.m.

Miles Talbott Dyad

Covering classics and performing originals, this duo promises to charm and entertain. The Thirsty Goat, Fitchburg. thirstygoatmadison.com

1/11 | 2:30 p.m.

Acoustic Collective

Unplug with Acoustic Collective as they set the stage for a Saturday of music and fun. Bos Meadery, Madison. bosmeadery.com

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1/17 | 6 p.m.

Print Room: All Access

Van Vleck Curator of Works on Paper James R. Wehn takes you behind the scenes of the Chazen Museum of Art's Print Room, discussing selected pieces from the collection. Chazen Museum of Art, Madison. chazen.wisc.edu

1/18 | 4 p.m.

Madison Roller Derby

Whip into the weekend with local teams going head to head in this unique sport. Alliant Energy Center, Madison. madisonrollerderby.org

1/30 | 7:30 p.m.

Champions of Magic

Incredible illusions, a mind-blowing prediction that has to be seen to be believed, levitation high above the stage and a finale beyond explanation. Overture Center, Madison. overture.org

1/30 | 8 p.m.

Brew n' View: "The Princess Bride"

Enjoy drink specials, participate in a costume contest and quote to your heart's content at this audience participation screening of "The Princess Bride." Majestic Theatre, Madison. majesticmadison.com

FAMILY

1/5 | 1:30 p.m.

Bird and Nature Outing

Going stir crazy after the holidays? Head outside to Cherokee Marsh to enjoy the outdoors and learn about birds and nature. Cherokee Marsh, Madison. cherokeemarsh.org

1/11 | Times vary

Kids in the Rotunda: Monkey Business

Get ready for a serious case of the giggles! The Monkey Business Institute features the best improvised comedy in the region. Overture Center, Madison. overture.org

1/11 | 10 a.m.

Saturday Science: Aldo Leopold Day

Free and open to the public, enjoy interactive science activities geared towards families on the UW-Madison campus. Morgridge Institute for Research, Madison. aldoleopoldnaturecenter.org

1/18 | 10 a.m.

Fire and Ice with Mad Science of Milwaukee

This interactive science show will leave audiences screaming for more! Watch how Eggbert scientifically gets out of a "tight" situation, see paper disappear before your very eyes and observe some incredible dry ice experiments! DreamBank, Madison. dreamfearlessly.com

JAUNT

1/11 | 11 a.m.

Snow Day

Meet sled dogs and enjoy special winter activities around the museum at this annual event at the Milwaukee Public Museum. Milwaukee Public Museum, Milwaukee. mpm.edu



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BE AMAZING. BE A GIRL SCOUT VOLUNTEER. gsbadgerland.org/makeadifference

Winter Recreation



Register now for a variety of fun programs for all ages!

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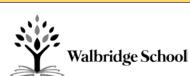
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1/17 - 1/18 | Times vary

Bald Eagle Watching Days

Enjoy the Ferry Bluff Eagle Council's scenic overlook and much more at this annual event celebrating the winter eagle watching season. River Arts Center, Prairie du Sac. ferrybluffeaglecouncil.org

1/18 & 1/25 | 12:30 p.m.

Ice Formations Hike Series

Venture out to the heart of the Driftless area and explore unique ice formations on this guided tour. Kickapoo Valley Reserve, La Farge. kvr.state.wi.us

1/18 - 1/19 | Times vary

Hot Chocolate Fest

A wintery spin on Burlington's annual Chocolate Fest, Hot Chocolate Fest promises tons of fun and good eats for the whole family. Locations vary, Burlington. facebook.com/pg/HotChocolateFest

1/24 - 1/26 | Times vary

Women on Snow Weekend & Tour

Give it up for girl power at this weekend snowmobiling spectacular in the Northwoods of Wisconsin-reservations are accepted on a first come, first serve basis. Eagle River Area Trails, Eagle River. womenonsnow.org

SAVOR

1/4 | 8 a.m.

Late Winter Market

From January until April the Dane County Farmers Market moves to the renovated Garver Feed Mill, where parking is plentiful. Find your favorite cheeses, bakery, vegetables and more! Garver Feed Mill, Madison, dcfm.org/markets/late-winter-market

1/9 | 6 p.m.

Cooking with Chef Paul:

Taiwanese Danzai Noodles

Learn to make stock, braise and more with this warming dish for the cold winter months. Register at the Willy East customer service desk. Willy Street Co-op East, Madison. willystreetcoop/event

1/18 | 12 p.m.

Isthmus Beer & Cheese Fest 2020

A Madison staple, Isthmus Beer & Cheese Fest returns to the Alliant Energy Center. Take your favorite cheeseheads and beer aficionados out for an afternoon to remember as you enjoy beverages and snacks from Wisconsin and beyond. Alliant Energy Center, Madison. isthmus.com

THRIVE

1/9 | 6:30 p.m.

Trek Travel Night

Learn more about Trek Travel, savor some refreshments and start planning your next bicycling adventure. Wheel & Sprocket, Middleton, trektravel.com

1/10 - 1/12 | Times vary

Madison Home Expo

Whether you're working on a project or just looking for some inspiration, the Madison Home Expo is sure to set you up for success and stellar renovations. Monona Terrace Community and Convention Center, Madison. homeshowcenter.com

1/11 | 9 a.m.

Gardening without Gravity

Part of the Allen Centennial Garden's Winter Lecture Series, learn about how gardening works on the International Space Station from UW-Madison Professor Simon Gilroy. Lowell Center, Madison. allencentennialgarden.org

1/23 | 6:15 p.m.

DREAM BIG: Authentic Happiness: People, Place, and Purpose with Dr. Christine Whelan

Take a new approach to happiness-one that embraces our connections and interdependence. Wherever you are on your journey, you'll leave with clear takeaways to guide your choices about what matters most to you, why it matters and how to make it happen in your life. DreamBank, Madison. dreamfearlessly.com

1/25 | 10 a.m.

Charity Doubles for The River Food Pantry

Take the disc golfer in your life to this charity disc golf event at the Yahara Hills Winter Disc Golf Course to benefit The River Food Pantry. Online registration closes Jan. 19. Yahara Hills Winter Disc Golf Course, Madison. discgolfunited.com

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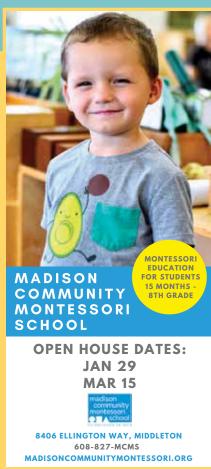






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LINGER



SPREADING HER WINGS Women have been receiving degrees from UW-Madison for 150 years now, and in recognition of the anniversary, the Class of 2019 gifted this statue, "The Monarch," representing female empowerment The metal sculpture, located in the Hamel Reading Room at Memorial Union, was designed by Victoria Reed, who earned her Masters of Fine Art from UW-Madison. On, Wisconsin women!



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