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FEATURES

A portrait of Ayla Annac, CEO of a biotech company. She is a woman with long, wavy blonde hair, smiling at the camera. She is wearing a black zip-up jacket over a white top and a necklace with a large pendant. The background is a blurred office setting.

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Meet Ayla Annac, CEO of a cutting-edge, Madison-based biotech company.

PHOTOGRAPHY BY HILLARY SCHAVE

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FEELING THE LOVE

THIS MONTH IS ALWAYS a poignant reminder of the love in our lives—whether we’re married, partnered up or single. Now more than ever, as women, we’re free to live how we choose, and that may include being with a partner of the same sex, the opposite sex—or no partner at all. We can have children, or choose to be child-free. And it’s all OK. But one thing should remain consistent through our day-to-day lives, however different they may be: that we need to take time for ourselves. We don’t do it enough.

I was reminded of this when I interviewed a woman in her sixties that we’re featuring in our March issue. She said, “If there’s one thing I would have done differently when I was younger—working full-time and caring for three girls—it was to take time for myself. It was hard to do it at the time, but that’s one thing I would tell younger women.” So true!

This issue encourages us to do just that—get out, explore and enjoy the pleasures in life. That might mean perusing Stoughton’s Dune Gift and Home (see P. 16) for beautiful wares crafted by female artists and

entrepreneurs. Or creating a cozy nook in your home with stylish pieces we curated just for you on P. 22. Our “Love the One You’re With (That’s You!)” feature on P. 42 shares many more ways that you can be good to yourself—like sampling a locally-crafted, healthy-for-you cold-pressed juice, trying a new spa service or enriching your senses with free arts and culture experiences throughout the city.

And part of self-love is ensuring the health of our reproductive organs. Women’s bodies are dynamic as we age—undergoing menstruation, childbirth, menopause and more—and each phase brings with it changes. (And our sex lives are affected, too.) Curious? Read “A User’s Guide to Your Lady Parts” on P. 26.

Thank you for reading!

Shayna Mace
Editorial Director
@shaynamace



IN MEMORIAM | Last December, Doyenne Group co-founder Amy Gannon (left) and her daughter Jocelyn tragically passed away in a helicopter accident while on a family holiday. Gannon was a 2019 Woman to Watch, along with Doyenne co-founder Heather Wentler. The Madison-based nonprofit was founded to develop funding and training opportunities for female entrepreneurs. Gannon shared in 2019: “Our mission became clear—build ecosystems where women entrepreneurs from all backgrounds can thrive.” Friends and supporters of Gannon can contribute to a memorial fund that will help fund organizations that were important to this one-of-a-kind woman. doyennegroup.org/amy-jocelyn-memorial-donation

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THRIVE



REFRESHED & REVIVED

A dramatic new look in only three hours.

BY SHAYNA MACE

MOST OF US LOVE a good before-and-after, whether it's a jaw-dropping home renovation or a new cut and 'do. And two lucky recipients experienced their own magical makeover moment during the Madison Women's Weekend this past November. Cynde Larson (shown here, seated) underwent a hair transformation with a makeup application—and she

went home in a new outfit and undergarments, too.

Since Larson's name was chosen from a drawing, Jesse Marcks, stylist and owner of Au Fait salon, had no idea who the makeover winner would be. She and her team had limited time to convene with Larson on her new look—since the makeover took place during a three-hour window.

cont. on p. 10



"We kept Cynde's makeup soft and natural by using a BB cream with medium coverage with SPF and a soft shimmer. We added a mauve shadow stick on her eyelids to complement her eye color and finished with a soft, sheer mauve lip gloss," says Marcks.



"I selected Lev Apparel's Nolan dress because it's designed for pear body shapes. It has a tie waist that highlights her lovely waist and an A-line skirt that floats away from her bottom half. The gray moto jacket added another layer of detail, texture and warmth. We added black fleece-lined leggings and booties to elongate her legs," explains Marks.



We selected a T-shirt bra that has an infinity edge so it disappeared under her clothing," says Tia Lyn, owner of Contours Lingerie. "It was all about giving [Cynde] an invisible lift."



AFTER

BEFORE



cont. from previous page

"When we first saw Cynde we thought, 'She's beautiful, but she is hiding under all [of] that hair,'" explains Marcks. "I needed to give her a look that was easy and low-maintenance. She doesn't blow-dry very often, so I was inspired to give her a haircut that would air-dry with a great shape. I knew that Cynde would look great in a lob (a long A-line bob). We brightened her [color] up by slightly adjusting her natural dirty blonde to a softer, warmer golden blond and added lighter, face-framing [pieces] using a balayage technique."

Larson also met with Krystle Marks, CEO of Lev Apparel, to select a new outfit "Cynde expressed that she sticks to a neutral color palette and likes to keep her look classic," says Marks. "I wanted to keep her comfortable but stretch her a bit by working in a color that would brighten her up without overwhelming her."

In the end, Marcks and Marks were able to give Larson a new look that she was extremely happy with. "I entered the makeover contest because I always thought it would be fun, but also needed help [on how] to polish up my style since I've never known how to fix myself up—for lack of a better term!" says Larson. "It was so nice and such a wonderful experience to have people who knew what they were doing guide me through the process." 🌸



Jill Mack

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LISTEN TO YOUR HEART

How to care for your most important muscle.

BY KATY MACEK

IF A LOVED one came to you complaining about neck pain, shortness of breath or strange heart palpitations, you'd likely pause in concern and tell them to get it checked out.

But what if *you* were the one experiencing those symptoms, which UW Health preventive cardiologist Dr. Karen Moncher says could be early signs of heart problems?

If you're like many women, Moncher thinks you'd likely put it to the back of your mind.

"The first thing we always tell women is to listen to their bodies," Moncher says. "We allow our own healthcare

to be somewhat mediocre, whereas we would never allow that for our partner or children."

During American Heart Month in February, Moncher advises women to be vigilant about their heart health, which she sees as something that is often overlooked until it's too late.

"Start thinking about it when you're young," she says. "For women much more so than for men, the first sign they have of heart problems is a cardiac arrest, and clearly, we've missed the boat then."

That's why it's so important to note small changes in your everyday routine. For example, if you go up the same set of stairs every day for five years and one day you notice you're more short of breath, that should get your attention.

Walking up a hill and noticing your legs are more sore than normal also could be a sign of vascular disease. Lightheadedness and arm, neck or shoulder pain are other symptoms.

Symptoms like the above may be nothing more than dehydration or lack of sleep, but Moncher says it's important to get it checked out. Maintaining a good relationship with your doctor is also important to feel comfortable sharing concerns.

BY THE NUMBERS

Experts at the National Heart, Lung and Blood Institute recommend keeping blood pressure, cholesterol and triglycerides in check to ensure good heart health. Elevated levels put you at greater risk for coronary heart disease or stroke. Your age and risk factors will determine how frequently your doctor recommends getting them tested.

120/80 mmHg

BLOOD PRESSURE:

A reading less than 120/80 mmHg is considered normal. 120/80 to 139/89 mmHg is considered in the normal to high range and should be monitored.

<90 mg/dL

TRIGLYCERIDES:

This is a type of body fat, or lipid. A normal level for adults is less than 90 mg/dL. If your levels are consistently 150 mg/dL or higher, you may be diagnosed with high blood triglycerides.

<200 mg/dL

CHOLESTEROL:

This fat-like substance found in all cells is used to make hormones, vitamin D and substances to help you digest food. For your overall number, ideally, it's less than 200 mg/dL. 200-230 mg/dL is considered borderline high.

HDL >50 mg/dL

HIGH-DENSITY LIPOPROTEIN (HDL)

CHOLESTEROL: Referred to as "good" cholesterol, HDL cholesterol absorbs cholesterol and carries it back to the liver, where it's flushed from the body. In this case, aim for a number that's 50 mg/dL or higher.

LDL <100 mg/dL

LOW-DENSITY LIPOPROTEIN (LDL)

CHOLESTEROL: Sometimes called "bad" cholesterol, this makes up the majority of your body's cholesterol. Too much LDL cholesterol leads to plaque buildup. Aim for less than 100 mg/dL.

THRIVE | WELLBEING

According to the National Heart, Lung and Blood Institute, coronary heart disease, or clogged arteries, is the most common type of heart disease. This can lead to heart attacks and strokes. General risk factors for heart disease—and, Moncher says, many heart-related problems—are high blood pressure, high cholesterol, an unhealthy or sedentary lifestyle, obesity, diabetes, smoking, a family history of heart disease and age.

It's especially important to note your blood pressure numbers (see By the Numbers). As blood pressure goes up, it can shear away the endothelium, which Moncher says is the "brain of the artery." When that's injured—be it through high blood pressure, high cholesterol levels, tobacco use or other causes—cells come together to attempt to repair the endothelium, but sometimes make it worse.

A damaged endothelium, or endothelial dysfunction, leads to the arteries' inability to relax and dilate when needed. Essentially, the arteries cannot keep up with blood flow.

Moncher recommends simple things women and people of all ages can do to maintain a healthy heart.

Regular exercise and a healthy diet go a long way, Moncher says, adding, "Most often I can tell if a patient is exercising." This is evident through what she sees in tests, such as lipid panel numbers, which measure a type of fat known as triglycerides. She says triglycerides in particular are sensitive to exercise and weight loss.

In a technology-centered world, Moncher says she's seen how being constantly online can lead to higher levels of stress. Her last bit of advice to women is simple: Find joy and connection.

"Doing something for yourself, spiritually or mentally, is really important," she says. "Find joy every day, laugh and have a good sense of humor." 🌸

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

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CURATED COOL

Discover Dune Gift and Home's local charm and crafted wares.

BY SHAYNA MACE

IN OUR FAST-PACED LIVES, it's a luxury to stop and linger. But linger you must at Dune Gift and Home in Stoughton—a gorgeous, light-filled boutique on Main Street that's filled with pieces from 25-plus craftspeople as well as vintage items. Owner and jewelry designer Ciré Rosenbaum Cross opened the space in November 2018 after dreaming about owning her own shop for years. She knew she wanted to open it right where she got her start in high school working at Main Street's various retail shops—including the



PHOTOS COURTESY OF DUNE GIFT AND HOME, PHOTOGRAPHY BY H. CLAIRE PHOTOGRAPHY

THRIVE | RETAIL THERAPY

now-shuttered Catfish River Arts and Antiques, across the street from Dune.

"I love Stoughton. I went to high school here and grew up between Stoughton and the east side of Madison, so I've always had a soft spot [for this place]," Rosenbaum Cross explains. "I felt like Main Street was having a renaissance ... and Stoughton would love something fresh and new."

Rosenbaum Cross' excellent eye for design means she's curated the best of home décor and kitchenware, jewelry and accessories, beauty and body goods, baby items and clothing (both vintage and new). And the gorgeous space, lovingly renovated over a six-month period by Rosenbaum Cross, her husband Mike and her family, has original tin ceilings and light oak flooring, exposed ductwork and jewel-like pendant lamps. All of the plywood display fixtures were designed by Rosenbaum Cross and fabricated by her dad.

Marvel at adorable ceramic mugs and vases in pastel colors by Chicago-based Little Fire Ceramics, whimsical wildlife paintings and prints by Stoughton artist Natalie Jo Wright, soy candles by Brooklyn Candle Studio, clean, plant-based skincare by Milwaukee's The Sunday Standard and of course—Rosenbaum Cross' own jewelry pieces, sold under the name Ciré Alexandria. Her beautiful designs out of sterling silver, brass and 14K gold fill weave in the natural world, minimalist shapes and semiprecious stones like pearls, labradorite and quartz.

The shop is a perfect embodiment of Rosenbaum Cross' vibe—cool, casually stylish and definitely covetable—and shoppers like it.

"Customers say, 'it's so bright in here,' or, 'it's so calm in here,'" says Rosenbaum Cross. "With younger families moving into the area, I thought they would receive [Dune] well. I wanted to bring something cool to Stoughton that we've never had." 155 W. Main St., Stoughton, dunegiftandhome.com 🌸



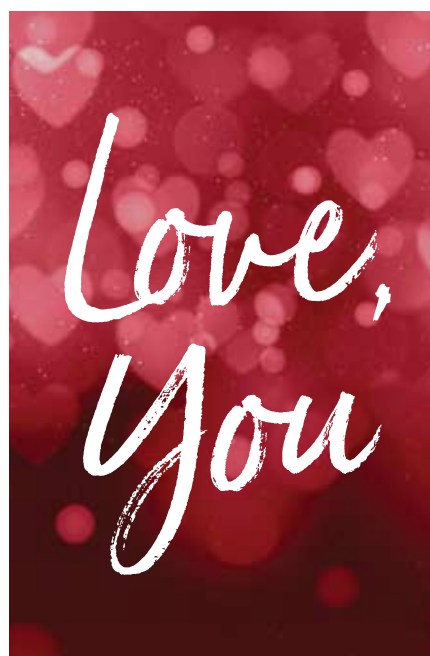
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DWELL



PHOTOGRAPHY BY SHANNA WOLF; SHOT ON LOCATION WITH DYBDAHL DESIGN GROUP

PULLED-TOGETHER POLISH

LOOKING FOR A KITCHEN REFRESH? Selecting new cabinets, or to a smaller degree, new hardware pulls, lends a cool update to your interiors. In the kitchen above, the homeowners worked with Dybdahl Design Group to select materials ranging from Japanese ash veneer cabinetry, quarter-sawn white oak for the island, a walnut, live-edge elevated seating area and leathered granite countertops. “The homeowner loves the new space!” says owner and general manager Anna Dybdahl Herman. Need more inspiration? Check out our style guide on P. 20 for cabinet ideas.

DWELL

COOL CABINETS

Replacing or updating your cabinetry is an exciting revamp that's worth the time and expense.

PHOTOGRAPHY BY SHANNA WOLF

These dark, moody cabinets (left) would look stellar with light and bright countertops and backsplash—or used in a kitchen island to contrast with white upper cabinetry. Aspect Cabinetry “Square Flat Panel” oak in Dark Azure, Coyle Carpet One Floor & Home.



An updated farmhouse take, this simple, yet stunning, recessed-panel door has a gorgeous modern feel. Shiloh Cabinetry “LNCR” rift-cut white oak in Stratus, Coyle Carpet One Floor & Home.



Perfect for a Scandinavian-inspired space, this door has a lovely ombre effect. Premier Smart Kitchens “Aluminum Huron” larch in Natural, Dybdahl Design Group.



Another solid choice for a clean, Scandinavian feel, this light, ashy option with wood grain lets your hardware shine. Shiloh Cabinetry “Metropolitan” TFL in Kirsche, Coyle Carpet One Floor & Home.





White cabinets have exploded in popularity and have become the go-to for kitchens, like this one seen at left, designed by Dybdahl Design Group. This style easily pairs with a classic, farmhouse or transitional kitchen. Premier Custom-Built Cabinetry "Stanford" hardwood in White Dove, Dybdahl Design Group.



Pull in midcentury modern vibes with this beveled door that has a bit of flash. Premier Smart Kitchens "Mizuki" walnut in Antique Cherry, Dybdahl Design Group.



This blue-hued option would work wonderfully as a fun upper cabinet choice, or as a contrasting option in a kitchen island. Shiloh Cabinetry "Aspen" aged clear alder in aqua, Coyle Carpet One Floor & Home.

HEAVY METAL

Don't want to spring for new cabinetry?

Pick out some new pulls.

Berenson Verona bronze pull, Coyle Carpet One Floor & Home.



Emtek carbon fiber silver bar pull, Dybdahl Design Group.



Amerock gold bronze bar pull, Coyle Carpet One Floor & Home.



Berenson brushed black nickel cup pull, Coyle Carpet One Floor & Home.



Berenson oil-rubbed bronze bar pull, Coyle Carpet One Floor & Home.



DWELL

COZY & CHIC

Nurture your nesting instinct by picking up luxe items for home and body that embody treating yourself.

PHOTOGRAPHY AND STYLING BY SHANNA WOLF



Lovely Texture

Your favorite reading spot, all right here.

(Clockwise from top left) Devyn jute rug, prices vary, Dwellings; ivory braided pillow, \$65, Brown & Beam; Uttermost Dax Collection chair (photo courtesy of Madison Lighting), \$836, Madison Lighting; Hollis pouf, \$230 (photo courtesy of Brown & Beam), Brown & Beam; and fiddle leaf saddle plant, \$48-72, and terracotta pot, \$15, Wildewood.



Spa-lendid

Sit back and relax.

(Clockwise from top left) Aiden & Coco Essential Coze room spray, \$22, Dune Gift and Home; Coyuchi Cloud loom robe, \$148, Satara Home & Baby; velvet scrunchie, \$8, Dune Gift and Home; Juniper Ridge incense, \$12, and Janelle Gramling incense holder, \$24, Good Day Shop; and women's Cloud socks, \$14, and Agave washcloth, \$8, both from Dune Gift and Home.



Soft & Serene

Pop in a new accessory piece for a refreshed look.

(Clockwise from top left) Illume pillar candle, \$12, Good Day Shop; Milo velvet pillow, \$75, Brown & Beam; Sarah Eichhorn Designs hand-woven pillow, \$110, Good Day Shop; Posh Den Mist pillow, \$125, and Quoizel Rockville Collection lamp, \$160, both from Madison Lighting; and round braided wool foot stool, \$299, Dwellings.



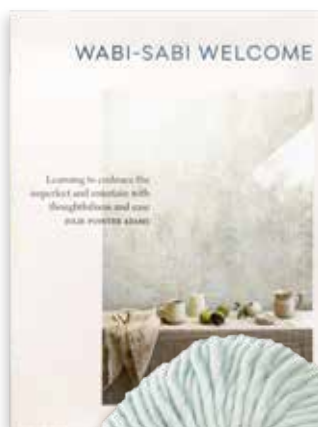
Scandi Style

Embrace hygge at home.

(Clockwise from top left) Jaiper Living Scandinavia Dula area rug, prices vary, Dwellings; Juniper Ridge Douglas Fir & rosehips tea, \$14, Good Day Shop; Montana foot stool, \$229, Dwellings; and Settle Ceramics mug, \$42, and Seek & Swoon travel blanket, \$90, both from Good Day Shop.

BEAUTIFUL BOOKS

Give your coffee table some love (and style) with these gorgeous tomes.



Slow Reads

"The Kinfolk Home" book, \$35, Wildewood; "Slow Knitting" book and Wool & The Gang Crazy Sexy wool skein, \$30 and \$24, Good Day Shop; "Wabi-Sabi Welcome Book," \$30, Wildewood; "Abode Thoughtful Living With Less" book, \$35, Dune Gift & Home.

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Healthy Skin at Any Age

Your care options by the decade.

By Sue Sveum



You're never too young to take good care of your skin. Think of it like brushing your teeth—it's all about prevention. And the good news? According to Kim Schuchardt, PA, RN, CLT, and owner of Lasting SkinSolutions, when it comes to your skin, you're never too old for healthy skin either. Here Schuchardt offers some important tips to help you look your best—at any age.

IN YOUR 20s

"We're starting to see more people come in in their 20s," she says. "You may not be seeing any changes yet, but at this age, prevention is key." Unlike the Baby Boomer generation who grew up tanning with baby oil, if you're in your 20s, you've grown up understanding the importance of sun block. You've always been exposed to anti-aging products, making you more inclined to want to do something to care for your skin at an early age. "At this stage, it's important to care for your pores, use good skin care products and prevent sun damage," Schuchardt advises. "There's no longer a stigma to using Botox—and starting early is a great way to help eliminate fine lines and wrinkles."

IN YOUR 30s

Young though you may look and feel, on a cellular level, aging really begins in your 30s, according to Schuchardt. Common things we may see in this age group are enlarged pores, acne and acne scarring, as well as pigmentation.

Schuchardt suggests starting with Intense Pulse Light (laser treatments) to

repair the surface of your skin and give it a natural glow. "At Lasting SkinSolutions we like to do a laser peel to reduce pore size and the effects of sun damage and redness, rather than a chemical peel—so that we can control the depth of the peel more accurately," she explains. "We feel this is much more beneficial than facials that will only mildly exfoliate and moisturize, because the lasers give much longer-lasting results." In fact, depending on your skin type, you may only need a laser treatment every one to three years.

IN YOUR 40s

In your 40s, you're probably starting to see more subtle changes in both sun damage and mild sagging. Botox and Intense Pulse Light treatments continue to be helpful, but you may want to consider adding a preventative tightening treatment. There's no downtime and it bypasses the surface of the skin to deep heat the collagen layer—causing it to repair, restore and shorten the collagen fiber.

"Having done this for 20 years, I've seen my clients age over time," Schuchardt says. "The ones that opted for early tight-

ening procedures maintain their tightness and tone—rather than working to reverse the signs of aging." She adds that your 25th high school reunion can be a good test—the classmates you recognize have probably had some treatments done, making them look more like their senior photo. Wouldn't you want to be that person?

IN YOUR 50s AND BEYOND

As you reach your 50s you may begin to see some real changes in sagging. "What most people don't realize is that further sagging can be caused by bone loss," Schuchardt explains. "Just like we shrink in height, our cheek bones and jawbone are becoming smaller." She says adding collagen-promoting fillers are the best treatment at this stage for a natural look.

"It may be difficult to decide which type of treatment will give someone the most cost-effective result or if a combination will be needed, so in that case we create a three dimensional photo of the client and we can use it to demonstrate what each type of treatment can look like. This helps them visualize what treatment might be best for the look they want."

And the best news? "You're never too old for treatment," Schuchardt says, "although the later you start, the more you may need to adjust your expectations. Most people are happy looking like a refreshed, well-rested version of themselves at their age—rather than trying to look dramatically younger."





LIPS SPEAK *volumes*

As we age our lips can thin and appear pursed because of repeated movements over the years, creating lip lines. This can make us appear angry, even when we aren't. Some of us have uneven lips. Or some are afraid of getting lip filler for the fear of achieving an unnatural look.

At Lasting SkinSolutions, we can help you to achieve the natural look you want. For example, if you have lip lines, they can be air-brushed away without adding volume to your lips. If you have uneven lips, fillers could be used to balance out your lips and give you symmetry. Or if you want youthful, full lips, this can be achieved as well. At Lasting SkinSolutions, we may recommend you start slowly, so you can control how much volume is added. The point is, you are unique, so we believe a customized approach is the best way to determine what's right for you.

Call Lasting SkinSolutions today at 608.661.0000 to schedule your complimentary consultation!

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Finding the *Desire* Inside

"Libido requires a brain-body connection," says Ellen Barnard, co-owner of A Woman's Touch, a sex education resource center and sexuality products shop in Madison. Unlike an erection on a man, female arousal is more subtle. If your brain is focused elsewhere, you may not notice your body saying yes to intimacy and sex. Barnard says you may need to learn to get your brain to say yes to sex, even if you don't feel excited or aroused. It's a notion called responsive desire. If you know that when you get going, things are going to be fun, safe and pain-free, then learning how to say yes, even when you don't have that physical feeling, is completely acceptable.

It's normal when desire declines, especially once the initial passion in a relationship fades and daily distractions set in.

"Breastfeeding, children, health challenges or menopause cause changes in physical arousal to happen. So you might not be able to notice the physical signs that used to signal desire. As long as everything is OK—you have no pain, you like your partner, sex is pleasurable—you can choose to say 'yes' to your partner. Your brain can lead the way, which can get your body to say, 'sex will be fun—let's go!'" says Barnard.

"I tell people to figure out what it is that turns [them] on and deliberately make that happen. Maybe it's enjoying [their] favorite fantasy, or watching visual erotica [in a] movie or online," says Barnard. "For sure, put it on the calendar and plan a sex date and actively think about it. Send sexy texts back and forth that talk about what [you've done together] before, or what you will do. Always make sure the sex you're having is fun and good—because the way to want more sex is to have good sex."

Barnard adds, "Desire and sex change all the time. In fact, if you really pay attention, sex is different every time. Adaptation and resilience are the keys to sexual pleasure. It's not about hormones, or pills or any quick fix."

A USER'S GUIDE **to** *Your Lady Parts*

BY EMILY MCCLUHAN

You've lived with this body for 20, 30, 40 years or longer—shouldn't you know everything about it by now?

But women's bodies are dynamic as we age—and nowhere is that more apparent than in our reproductive organs. We talk to the experts about how to best care for our areas down there.

Fertility & Contraception Facts & Cues

Thanks to a variety of contraception and reproductive technologies, couples have more control than ever over when they start or grow a family. We asked Dr. Eliza Bennett, MD and clinical associate professor with the UW-Madison School of Medicine and Public Health Department of Obstetrics and Gynecology, about key factors that increase the chances of baby-making through our 20s, 30s and 40s, and also how contraception plays a part.

FERTILITY

“At any age, the most important things for maintaining fertility are the things we should be doing anyway,” says Bennett. “Not smoking, maintaining a normal or healthy weight, avoiding excessive alcohol intake and exposure to environmental toxins.”

Especially in our 20s, she stresses the importance of keeping the cervix and fallopian tubes healthy by avoiding STIs through the use of barrier contraceptives like condoms. As we age, especially over 35 years old, fertility declines with fewer healthy eggs viable for fertilization. There is also an increase in the chances of maternal complications with pregnancy as we age.

You may have heard the term “geriatric pregnancy” with more frequency these days. That’s because it’s more common for women to have children later in life, in their 30s and 40s, and a geriatric pregnancy refers to a pregnancy in a woman over the age of 35. Of course, this doesn’t mean a woman is geriatric if she’s pregnant at 35—Bennett explains it’s simply a reference to an incremental risk of having a baby with an extra chromosome starting at age 35.

“The majority of women in their late 30s and 40s have completely normal pregnancies,” she reassures.

If you’re in your 20s and you know you eventually want a family but not right now, freezing your eggs is an option to preserve fertility. Women in their 20s and 30s are the best candidates for egg freezing, since eggs are healthier at a younger age. However, know that freezing your eggs and storing them can be expensive—so you’ll want to research and consider your options carefully.

CONTRACEPTION

If the idea of caring for a tiny human at any age makes you cringe, Bennett suggests using a long-acting reversible contraceptive (LARC), such as an intrauterine device (IUD) or implant, since they are more effective than short-acting methods like the birth control pill.

She adds, “But you should use a two-pronged approach for pregnancy and STI prevention, especially in your 20s or when you have a new partner or multiple partners. So [that means] an IUD plus a barrier method to protect those tubes and keep them free from infections and STDs—in case you do want to have babies later.”

Bennett notes there are two peaks for unintended pregnancy: women in their 20s, when fertility is high and they either don’t use contraception or rely on less-effective forms of contraception like the pill or condoms, and women in their 40s who think their fertile years are behind them. But just because your fertility has declined, it doesn’t mean it’s gone, says Bennett.

For women over 40, Bennett advises caution when considering contraception with estrogen like the pill because of an increased risk of blood clots, stroke or heart attack. IUDs and implants are progesterone-only and come with lower risks and higher effectiveness.

When family-planning does feel right, all long-acting contraceptives and most short-acting methods stop working immediately, Bennett says—except in some women the injectable Depo-Provera can have a longer effective window.

“If you know you had irregular cycles prior to starting hormonal contraception and want to conceive, consider stopping hormonal contraception and use a barrier method to get a feel for your cycles and the timing of ovulation,” suggests Bennett.

She also points out that LARCs aren’t just for preventing a bun in the oven. They can also lead to lighter or no periods, reduced risk of certain types of cancer, reduced pain from endometriosis and even relief from peri- and post-menopausal symptoms.



Much Ado About *Menopause*

A quick survey of my 30- and 40-something gal pals provided a chuckle as to how little we knew about menopause, and it made us wonder at what point we should've learned about it. We know the menopause horror stories from our female elders about hot flashes and vaginal dryness, but most women likely don't think about menopause, which is the absence of a menstrual cycle for over six months, in conjunction with several other symptoms (mentioned below), until we're staring it down.

Dr. Julie Schurr, OB-GYN with Physicians for Women—Melius, Schurr & Cardwell, says she typically sees women about menopause when they're crying uncle. The most surprising takeaway many women may not know is that “the change” (as it's colloquially called) doesn't last just a few months, or even a year.

“Usually there's a bell-shaped curve, about four years on either side of 51 years old. On the front end women traditionally begin to experience minor symptoms. Most women just endure it until it reaches a crescendo,” Schurr says.

She points out typical symptoms to look (and feel for) include thinning of the vaginal wall which can equal painful sex, vaginal dryness, hot flashes and changes in your menstrual cycles. There's also a decrease in blood flow to the genitals and hormone changes as estrogen wanes, which may cause insomnia, migraines, irritability, and dry skin and hair. Barnard adds that staying sexually active during and after menopause can be challenging, due to the dryness and thinning of the vaginal walls. Barnard suggests experimenting with different types of lubricants and even massaging your vulva to keep skin flexible and blood flowing.

“Massage is a key part of that, because it can actually restore your sexual function in the same way that estrogen used to,”

notes Barnard. She also says staying active and eating anti-inflammatory foods, such as options within the Mediterranean diet, can assist sexual function.

When that “crescendo” of symptoms occurs that Schurr refers to, she says it may be time to discuss hormone replacement therapy (HRT) and topical estrogens with your doctor. HRT addresses many of those uncomfortable menopause symptoms, but can also help prevent osteoporosis. Pills, creams and skin patches are just a few ways HRT can be administered for balancing out hormones during this time.

However, it should be noted that as with any medication, there are nuances in terms of benefits and drawbacks to HRT. According to Schurr, a recent follow-up to a 19-year study called the Women's Health Initiative provided interesting results related to HRT.

“The data implies that estrogen-only therapy offers protective benefits. But when you take [estrogen-only HRT] and you have a uterus, that may stimulate the lining of the uterus to become malignant. So, you increase your risk for uterine or endometrial cancer,” she explains.

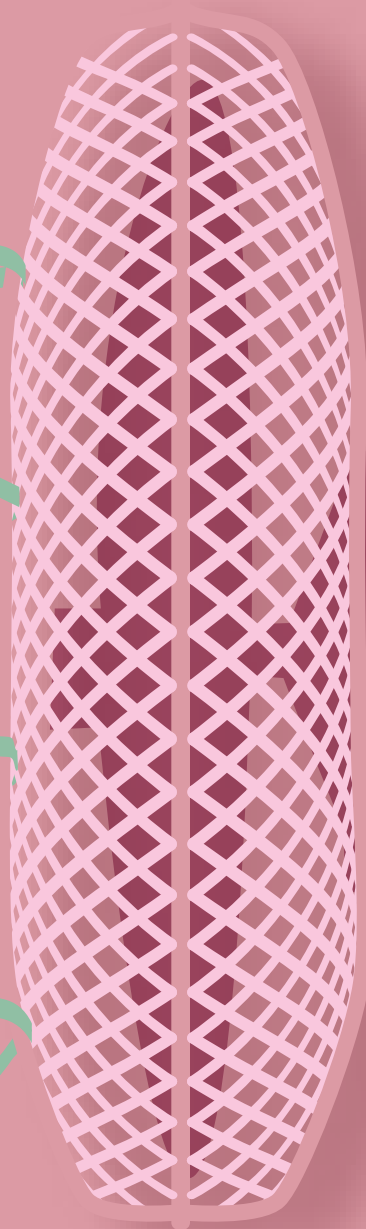
The study also found that conjugated HRT (methods that combine estrogen and progesterone), reduces the risk of endometrial cancer. But, the study also suggests it increases breast cancer risk during, and even after, the discontinuance of hormone therapy.


“With this new data, we're really between a rock and a hard place. Our goal is always to [use] the least amount of hormone therapy for the shortest amount of time,” says Schurr, who recommends talking to your gynecologist when you start to notice symptoms of menopause.

CAN SEX *Delay* MENOPAUSE?

According to a January 2020 article in Newsweek, a recent study reveals that regularly having sex may be linked to women reaching menopause later. The study's authors hypothesize that there is an adaptation that has occurred over time where sexual inactivity cues the body to get rid of eggs and stop menstruating, because pregnancy is less likely to occur. And so the opposite, regular sexual activity, may delay menopause.

Of course, menopause is an inevitability for women, and the study notes that “there is no behavioral intervention that will prevent reproductive cessation; nonetheless, these results are an initial indication that menopause timing may be adaptive in response to sexual behavior.”





Yep, You Have a *Pelvic Floor*. So What's Pelvic *Prolapse*?

Half of women will experience some degree of pelvic prolapse, yet most women are embarrassed to talk about it. Schurr notes that 90% of prolapse is a result of vaginal childbirth, but most often women don't notice the symptoms until the vaginal walls start to thin and the muscles weaken as estrogen declines with menopause.

"That's when you might notice it feels like you're sitting on a ball or you feel something protruding from your vagina. Often bladder function changes or bowel movements become difficult," she says.

This is all due to the uterus, or another pelvic organ like the bladder or rectum, protruding into the vaginal canal, or even out of it. Kegel exercises may help keep the pelvic floor strong, but one option your doctor may recommend is a pessary, a removable device that can be inserted into the vagina to hold the uterus in place. Otherwise, Schurr says some women opt for surgical correction for prolapse.

Can anything be done to prevent prolapse? Not much, according to Schurr.

"Maintaining a healthy weight can help, but if you've given birth vaginally, your ligaments and fascia will either be able to withstand the pressure or not," she says.



ASK THE PRO: PELVIC FLOOR 101

Ellen Barnard, co-owner of A Woman's Touch, explains the complicated issue of weak and tight pelvic floor muscles.

How do I know I have weak pelvic floor muscles?

I always describe weak pelvic floor muscles as floppy fettuccine. There are 14 muscles that make up the pelvic floor. If you've got something that's really floppy there's no tension. So a lot of times we'll see a combination of leaking urine, but also orgasms fade away.

So if I'm leaking urine and having weak orgasms, I should just do Kegel exercises all the time, right?

Wrong. Kegel exercises can help strengthen weak pelvic floor muscles if done correctly. Often I hear from women that they've had a baby and start leaking a little bit, so they start doing a lot of really fast Kegel exercises. But if you only tighten and never learn how to relax those muscles, eventually they don't stop being tight. And then when you want to have intercourse, your partner may say it feels like a wall, or a hard donut. Also orgasms change because those muscles aren't moving anymore. So just as floppy muscles provide less sensation, the same goes for tight muscles that don't move.

When those muscles are tight and immovable, they don't fully close around the urethra. So when you sneeze or cough or jump, you leak.

A tight pelvic floor is common in younger women who do a lot of yoga, Pilates or running because in those activities you're always pulling up and in, but never relaxing. It's also common in post-menopausal women because the lack of estrogen reduces blood flow to muscles. What happens when you have a muscle cramp? The muscle tightens and can't get any blood flow, so there's no energy to help un-cramp. The same thing happens with pelvic floor muscles.

Who should I talk to if I'm having pelvic floor issues?

Undoing an overly tight pelvic floor by yourself is difficult. The most common referrals I make [to customers] are to pelvic floor therapists. And the good news is most insurance plans and Medicare cover this treatment. When we [opened] the store almost 25 years ago, there was one pelvic floor therapist in Wisconsin. Now they're everywhere, which really highlights how common the issue is. 🌸

For more information, visit A Woman's Touch at sexualityresources.com.

Emily McCluban is a program manager and freelance writer. She considers herself a Madison native now that she's been exploring, running around, eating in and paddling the city for 12 years.

Leading From the Heart

Ayla Annac's personal connection to heart disease drives her as CEO of a cutting-edge, Madison-based biotech company.

BY JULIA RICHARDS
PHOTOGRAPHY BY HILLARY SCHAVE

There are few things so fundamentally mesmerizing as the sound of a heartbeat or the image of the fist-sized muscle ceaselessly pumping in our chests. Ayla Annac, CEO of InvivoSciences, Inc. evokes this sense of wonder in her TEDx talk, delivered in 2018 in England. As the rhythmic sound of a heartbeat thrums in the background, the screen shows a grid of tiny squares, each little box containing a lab-grown human heart tissue. Each miniature heart muscle, incredibly, pulses on its own. While somewhat evocative of Frankenstein, the image is also awe-inspiring.

In the talk, Annac explains what's happening in the images behind her: With InvivoSciences' grid of 96 miniaturized heart tissues, each grown from a patient's own cells, researchers can test different amounts and combinations of drug compounds for toxicity and to see how that individual's tissue will respond. This pioneering technology could be the future of achievable, affordable precision medicine—and drug development. And it's happening right here in Madison.

The small biotech company has been awarded funding from the National Institutes of Health and Annac has presented the company's work all over the country and world.

Personal Connection

Sitting in a glass-walled conference room at InvivoSciences' headquarters at a research park on Madison's west side, Annac is warm and earnest as she patiently describes the company she has devoted herself to for the last 19 years. Born and raised in Turkey, for Annac this work is personal. Her father died of heart failure when he was just 53. He had had three heart attacks and the doctors said there were no further treatment options. Unless he could get a heart transplant, he had only eight months to live.

"They said technology was not good enough. There's nothing they can do," she says. It was an answer she found unacceptable.

When her father died, Annac was just 19. She postponed her own education so she could support her mother, a homemaker, as well as Annac's younger brother. She worked while finishing college in Istanbul and post-college got a job at a Turkish pharmaceutical company. Eventually she decided to come to the U.S. to complete an MBA at St. Louis University.

Later, while working for Nestlé Purina in St. Louis, she met two scientists that worked at Washington University, Tetsuro

(Ted) Wakatsuki and Elliott Elson, who had developed a way to grow 3D models of heart tissue. She inquired with the duo if this technology could have helped find a treatment for her father, and they said yes. With her business background, Annac helped them secure a patent and develop a business plan. Eventually, the three cofounded InvivoSciences, Inc. in 2001.

They moved the company to Madison in 2005 during a push to attract stem cell companies to Wisconsin.

Pioneering Technology

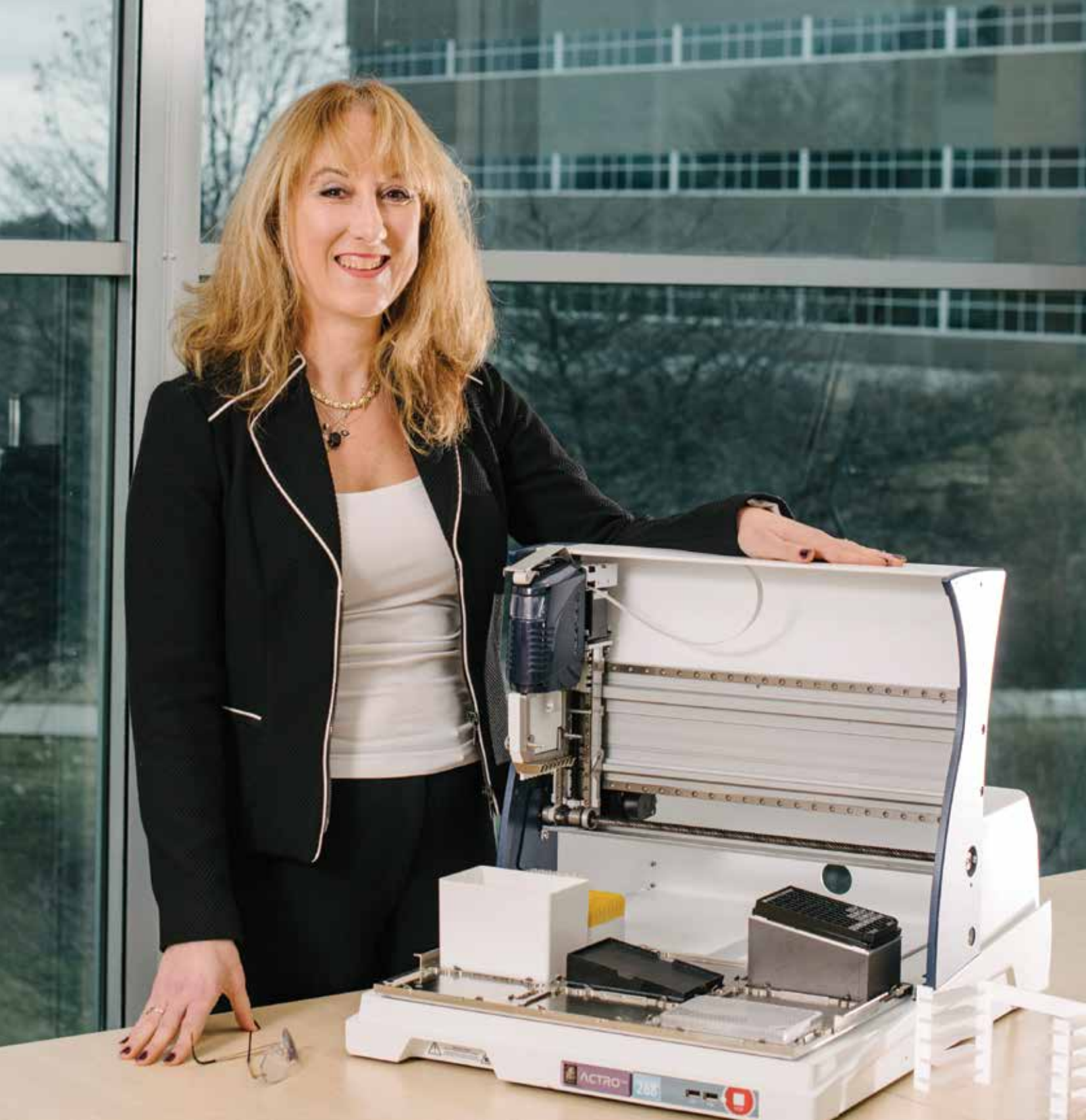
Many labs grow cell cultures, but InvivoSciences was a pioneer in developing the three-dimensional human micro tissue platform.

Like any muscle in the body, the heart is designed to contract and work, explains Wakatsuki, chief scientific officer at InvivoSciences. "Those kinds of functions cannot be mimicked properly using the two-dimensional cells. So that's a limitation. But if you introduce the three-dimensional approach you can really mimic the natural state of the heart muscle," he says.

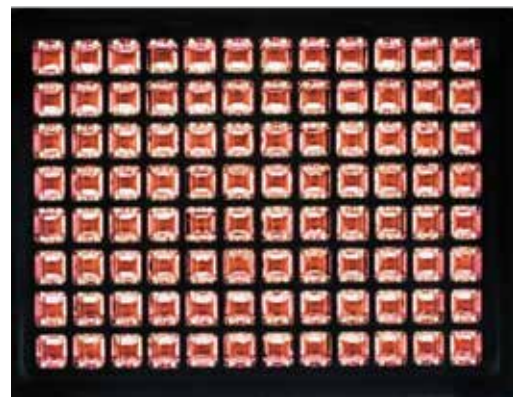
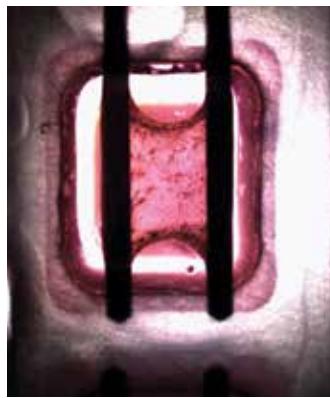
Originally InvivoSciences used rat or mouse cells to grow the tissue, but with the development of stem cell technology they could use human cells. By applying this stem cell technology, their scientists can revert an adult cell from a patient's blood or urine sample to a state where it can grow



Ayla Annac and her father, Ahmet.



Ayla Annac, above, with the technology she helped patent, co-founded InvivoSciences, Inc. in hopes of improving the understanding of heart disease and facilitating the development of treatment options.



In vivo Sciences' technology allows researchers to grow 96 individual samples of heart tissue, each one able to "beat."

into any type of cell in the body, explains Wakatsuki. From there they reprogram the cells to differentiate into heart cells and then grow these into tissue. In this way the company can grow a patient's unique heart tissue in the course of about five weeks.

Instead of one-size-fits-all medicine, this individualized approach accommodates differences in patient populations, such as age, gender and genetic makeup, since different people may react differently to drug dosages. "Small trials, customized for the groups of populations [are] going to be more successful because each one of us, you and I—especially our genomic system, our immune system—are not equivalent," Annac says.

In the future, the technology could help

doctors treat individual patients, but currently it is mostly being used to assist with disease research and precision medicine development at the pre-clinical stage by predicting the outcome of clinical trials.

The Spirit of an Entrepreneur

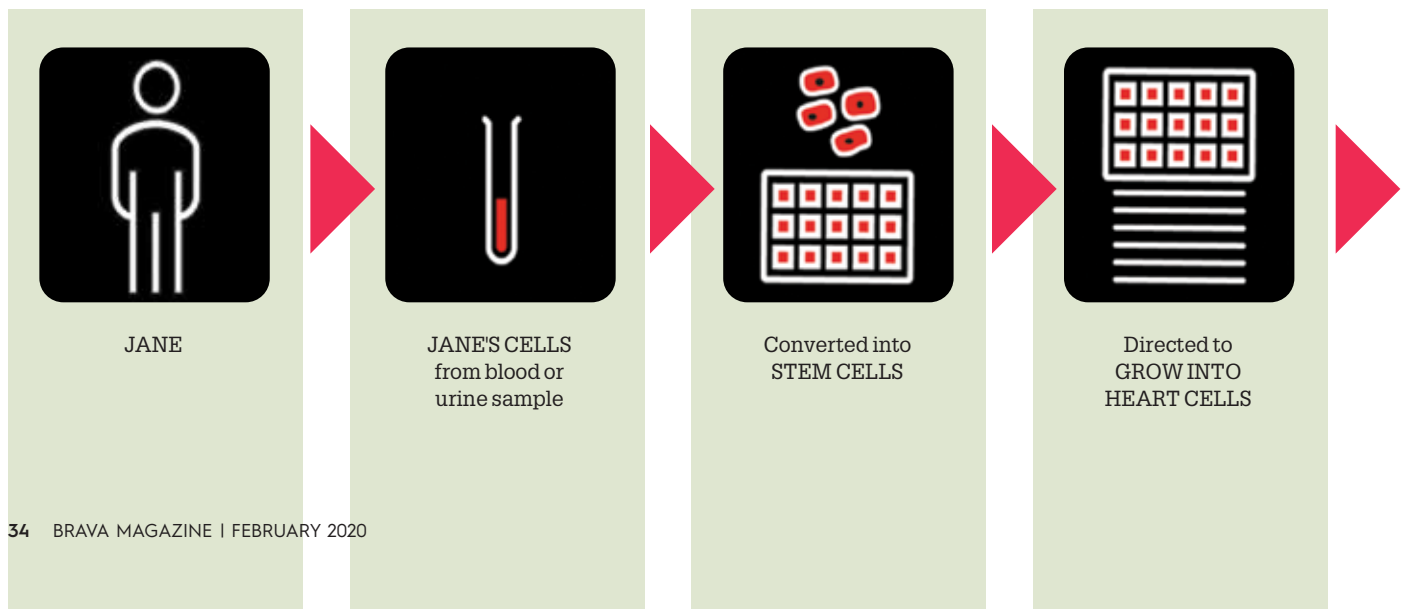
In her work Annac has been tireless. While many people told her she wouldn't be successful because she was a woman or an immigrant or new to the industry, she didn't listen to them, but instead to the few who believed in her—many of whom now serve on her board.

She talks of the personal sacrifice required of entrepreneurs, working nights and weekends, paying others before themselves, investing whatever they have into the com-

pany and persevering until they can make it. "Payroll is number-one. You have to make it. And there are years I have not been able to get paid," she says.

She finds encouragement in her two children, ages 10 and 15, who she says, both like science and never stop believing in her.

When she's having a hard day Annac says she also turns to her "Tempo sisters" for encouragement, referring to Tempo, the Madison women's business leadership organization she is a part of. One of the friends she met there, BJ Pfeiffer, calls Annac a "tremendous asset to our community" for her passion not only for her field, but for giving others opportunity. Pfeiffer is founder of the Employability Project, a nonprofit that helps college students who are on the autism spec-





*"I'm not a hero.
I'm just a doer,
and a visionary—
an entrepreneur."*

*—Ayla Annac,
CEO, InvivoSciences, Inc.*

trum or who have learning disabilities to develop job skills and land internships. Some of the students have trained in lab work at InvivoSciences, and Pfeiffer appreciates how Annac takes the time to show them around and find the best job fit for them. Some have even been hired on as staff.

Annac gives back as well by speaking at the UW–Madison School of Engineering, mentoring students there and serving as a judge in the department's prestigious Tong Biomedical Design Awards. She wants to see women step into leadership roles and believes in the strength of diverse teams. "[There] will be very difficult challenges we are going to face in the future," she says. "We cannot exclude any population ... Everybody has a contribution, special challenge, special something that they can offer."

Future Goals

InvivoSciences is looking to continue collaborating with cell manufacturers and those developing biomarkers of drugs to treat various conditions, Annac says. These go well beyond heart disease. Cancer treatments can be especially toxic to the heart, Annac explains, and patients who battle and survive cancer may later be cruelly felled by heart disease. A heart condition that commonly occurs in people with muscular dystrophy can also be affected by drug treatments.

By focusing on these specific populations, smaller clinical trials can be done at much lower cost. Currently the expense of clinical trials is holding back drug develop-

ment for heart disease, even though it's the leading cause of death in the U.S.

"If you focus on general populations, the cost of developing the compounds of the drugs is astronomical because you usually need to have thousands of patients to confirm the efficacy of the drugs and the toxicity/safety of the drugs," Wakatsuki explains. By doing smaller targeted studies pharmaceutical companies can more efficiently get drugs approved, which can then potentially be used for treating other conditions.

Still, Annac says that the fact that most pharma teams and venture capital teams are overwhelmingly male poses great challenges for her company in finding funding. According to a report by the National Venture Capital Association, women make up only 11% of venture capital investment partners. She thinks that women-led venture capital teams would be more willing to invest in women-led companies.

Successful entrepreneurship takes working with a lot of different people, finding investors, maybe even collaborating with the competition to realize a vision, says Annac. "You have to always understand that you can never achieve anything by yourself"

The memory of her father and the possibility of preventing such untimely deaths motivates her to forge ahead. Especially since, 30 years after his death, there are still few drugs available to treat heart disease.

"I'm not a hero," Annac says. "I'm just a doer, and a visionary—an entrepreneur." 🌸



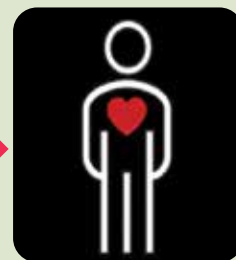
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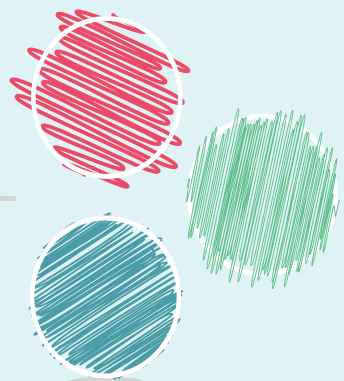
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YOUR OWN ANIMAL



LET'S PLAY!

Waivers signed by a parent or guardian are required for all bounce houses and rock climbing wall. Waivers are in the lobby and must be signed to obtain a wrist band before entering the Bounce House Play Zone.

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Upon arrival, point out the admissions table to your children. This is a great place to meet them if they can't find you. Our staff will keep kids calm, occupied and safe while we follow protocol to reunite everyone.

SPOTLIGHT ON KIDS STAGE

SATURDAY:

- 10:15 a.m. Madison Ballet
- 11:15 a.m. James the Magician
- 12:15 p.m. Fairytale Princess Sing-A-Long
- 1:15 p.m. Kehl's School of Dance
- 2:15 p.m. Kicks Unlimited

SUNDAY:

- 10:15 a.m. Trinity Irish Dancers
- 11:15 a.m. James the Magician
- 12:15 p.m. Fairytale Princess Sing-A-Long
- 1:15 p.m. Kehl's School of Dance
- 2:15 p.m. Ballet Folklorico Mexico de Carlos y Sonya Avila

MEET & GREETs

Fairytale Princesses

Saturday 12:45 to 2:15 p.m.

Sunday 12:45 to 2:15 p.m.

Town of Madison Fire Department Firefighters
Throughout the day

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- Petting Zoo
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- Bounce Houses
- Arts & Crafts
- Toddler Play Area
- Face Painting \$
- Pony and Camel Rides \$
- Stuff-n-Luv: Create a Stuffed Animal \$

\$ indicates that these activities have an additional charge.

Purchase discounted tickets
at madisonkidsexpo.com



2020 Exhibitors

AAA Wisconsin	Fun Play Inflatables	Monroe Street Arts Center
Achieving Collaborative Treatment	Girl Scouts of Wisconsin - Badgerland	Movin' Shoes
AHT Windows	Goldfish Swim School	NBC15 & MadisonCW
Aldo Leopold Nature Center	Groove Madison	Northwestern Mutual
Amare Global	Group Health Cooperative of South Central Wisconsin	Norwex Felicia Wagner
American Camp Association	Harvest Chiropractic	Nothing Bundt Cakes - Madison
Ash + Arrow Events	Henry Vilas Zoo	Paik's Traditional Martial Arts
Bath Fitter	Hi Tech Toys	Painted Faces
Bikers Against Child Abuse - Badger City Chapter	Hike it Baby	Paparazzi by Caron
Black Belt America	Hog Wash	Professional Fire Fighters of Wisconsin Charitable Foundation
Bluegreen Vacations	Hometown Pharmacy	Rainbow Swingset Superstore
Boy Scouts of America	Infinity Martial Arts	Rock N Glam Salon
Camp Anokijig	Jo Don Farms	Silver Lining Taekwon-do Studio
Cave of the Mounds	Kicks Unlimited	Sky Zone Madison
Children's Theater of Madison	Lake City Twisters Gymnastics	Stuff-n-Luv
Chiro One Wellness	Lake Geneva Canopy Tours	SwimWest Swim School
Classical Conversations	LeafFilter North of Wisconsin, Inc.	Taliesin Preservation
Code Ninjas	Life's a Party Face Painting	The Spice Market
Color Street	LSM Chiropractic	Tutu School Sun Prairie
Cornerstone Family Chiropractic	Mad City Windows & Baths	UnityPoint Health - Meriter
Dawn Goplin State Farm Insurance	MadCity Martial Arts	US Cellular
Discover Life Chiropractic	Madison Ballet	Usborne Books & More
eAchieve Academy	Madison Mallards	UW Health Marketing & Public Affairs
EatStreet	Madison Parks	Waunakee Remodeling
Everdry Waterproofing	Madison School & Community Recreation (MSCR)	Wisconsin Virtual Learning
Expressively You	Making the Heart Smile, LLC	Wisconsin Youth Company
Forward Madison FC	Mary Kay, Inc.	YMCA Dane County
Fred Astaire Ballroom Dance Studio of Madison	Mattel Toy Store	
	Monat	

*Check madisonkidsexpo.com for updated listings.
Listings as of 1/22/20*



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GHC-SCW is a nonprofit, member-owned health plan providing high-quality health care to over 75,000 members in and around Dane County. New and expectant moms: stop by the ticket booth at the Madison Kids Expo for a goody bag! (While supplies last.)



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Madison Mom is a locally-focused parenting website serving Madison, WI. From local guides, information and resources to in-person events, online communities and authentic content—our mission is to provide a user-friendly connection to our community. Find us at madisonmom.com!



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MidwestKidsExpos.com

Love the One You're With (That's You!)

BY HOLLY MARLEY-HENSCHEN,
SHAYNA MACE &
MASARAH VAN EYCK



PHOTO COURTESY HILLARY SCHAVE

February's a great time for couple-based outings, and plenty of venues are primed to help spark the romance in your life. But for many, hitched or not, investing in quality me-time is the real reconnect we need. In this month of love, we say treat yourself—to the city's finest ways to pamper your body, mind and spirit. Below are activities to rekindle that relationship with your number-one.

Fuel Up Your Day

Us Midwesterners are known for our love of rich comfort foods—but why not shift your thinking of “comfort food” to wholesome, healthy foods and drinks that can both excite your taste buds and provide nutrition?

▪ Surya Café

With Himalayan ambience and a menu designed to cultivate the wholeness of mind and body, Surya's locally-sourced, vegan and gluten-free dishes include treats like the curry cauliflower waffles and zucchini noodle alfredo. There's a bounty of desserts, delectable fresh juices and a coffee and tea bar. Located in Perennial Yoga Studios in Fitchburg, and at the new Garver Feed Mill, you can pick up a treat after class or just stop by for a meal. surya-cafe.com

▪ Saints Madison Juice Co.

Try a mini—and affordable—dose of self-love from Saints Juice Co. The Willy Street juicery's refreshing blends are cold-pressed, raw and unpasteurized to maximize nutrient availability. Love your palate with healthy juice mixes like Serenity Now, a combo of grapefruit, lavender, honey and cayenne, yummy nut “mylks,” like Date Shake, and cleanse packs. saintsmadison.com



PHOTO COURTESY PASTURE & PLENTY, BY SUNNY FRANTZ

Work it Out

Among the plethora of benefits regular exercise provides (reduces disease risk, boosts your mental health, maintains blood sugar control, strengthens your body and much more) it can be just plain fun too (really!). And what better way to love your body than keep it in tip-top condition? These Madison-area options give you ways to stretch, strengthen, sweat and shape your body for healthy results.

▪ Lioness Fitness Gym

This all-female gym in Fitchburg is run by a team of certified personal trainers who are all moms. The team takes pride in its focus on building strength—not losing weight. Their 12-person, hour-long circuit classes offer a dozen different stations for full-body workouts that change daily. Didn't get much sleep last night? Want to go harder? Workouts are customizable.

lioness-fitness.com

▪ Burn Boot Camp

Pump up your bod and the jams at one of Burn Boot Camp's five (soon to be six) Madison-area locations (Middleton, Monona, Sun Prairie, Verona, Fitchburg; Hilldale is opening this year). Their 45-minute personal training-fitness class hybrids run on a soundtrack as energetic as the workouts and can burn as many as 700 calories each. With a mix of cardio and strength training, you'll never do the same workout twice.

burnbootcamp.com

▪ barre3

"barre3 wants you to work out because you can, because it feels good, because it's fun," says Missy Dunn, owner of barre3's Madison location. The trio of ballet barre exercises, Pilates and yoga meld into a balanced, full-body workout of strength training, cardio and mindfulness at this University Avenue studio. barre3.com/studio-locations/madison

▪ The Studio

The Studio's High Point Road and Machinery Row locations are perfect spots to experiment with your practice. With nearly 12 hours daily of back-to-back regular, hot and gentle flow yoga classes—as well as guided meditation and high-intensity interval training—you can love yourself according to your changing needs of each day's schedule. thestudiomadison.com

▪ Meditation at Monona Terrace

(Feb. 5, 12 and 19, noon)
Meditation is the ultimate "you" time. Meditation leader and integrative psychiatrist Sarah Moore says the key is to be gentle and compassionate with yourself. De-stress and soothe anxiety with these noon sessions concentrating on breath-focused mind and body meditations influenced by tai chi and buddhist traditions. There's no trick to it: "You're successfully meditating when your mind wanders and then you bring your mind back to the present," Moore says. New and experienced meditators are welcome in the tranquil lakeside spot. mononaterrace.com/event-group/meditation-monona-terrace

PHOTOGRAPHY BY
SUNNY FRANTZ

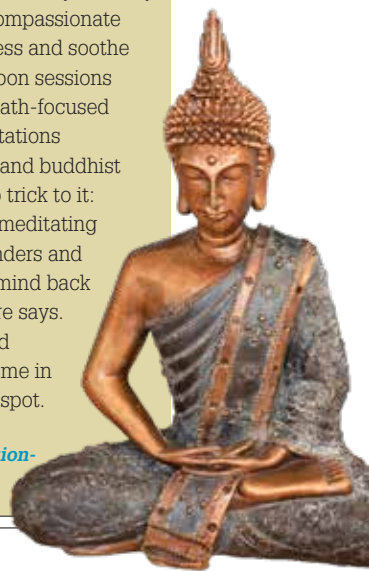


PHOTO COURTESY PASTURE AND PLENTY, BY SUNNY FRANTZ


▪ Pasture and Plenty

This is the place to nourish your body and protect the planet. Their weekly subscription meal kits offer three plant-forward, pasture-raised meals of locally-sourced food in sustainable (often reusable) containers. Or just grab something from their farm-to-freezer selection. P&P offers both pickup, delivery and you can dine in the deli-like restaurant on dishes like local seasonal grain bowls and RP's pasta bowls.

pastureandplenty.com —HMH



PHOTO COURTESY SAINTS MADISON
JUICE CO. BY SUNNY FRANTZ



Spaaaa-ahhhh Day

Sometimes you have 30 minutes to spare for a quick polish change, and other days you may want to—yep—treat yourself. Here's what to do if you have a little—or a lot—of time.



PHOTO COURTESY
SHALICIA JOHNSON

30 minutes

▪ Arch Apothecary

Slip into Arch on the Capitol Square for half an hour and give yourself a boost in one of several ways. The beauty boutique's name refers to the arch of your brow—so try a brow wax! A brow tint will give you fuller, darker brows for those self-love selfies. Or, wink at yourself after an eye makeup application with one of their makeup artists. Getting a cool braid done, including the popular boxer braid, also changes up your look in no time flat. And Arch has always offered blowouts—another chic way to lend your hair a quick makeover. archapothecary.com

PHOTO COURTESY SUNDARA SPA

One hour

■ Ashiatsu Massage at Sol Escape Healing Arts

Get footloose and fancy free with this deep-tissue massage at Sol Escape on Atwood Avenue. Ashiatsu translates to “foot pressure” in Japanese. The practitioner, supported by bars hung from the ceiling, glides the soles of their feet across your body. The pressure of gravity with the broad surface of the foot helps release that pent-up winter tension.

solescapehealingarts.com

Half a Day

■ Kneaded Relief Day Spa

Gift yourself a little luxury at this Fitchburg spa overlooking a restored prairie. Treat yourself to a 75-minute seasonal massage, with a hot compress on the lower back and hips, cooling massage lotion and a sweet peppermint scalp massage. Try a customized facial and then soak in an aromatherapy bath. And, there's no rush—you can lounge in the relaxation retreat between services.

kneadedreliefdayspa.com



All Day

■ Sundara Spa

This decadent destination spa is tucked in a pine forest on the outskirts of Wisconsin Dells.

An organic facial can soothe winter-weary skin and Sundara's salt treatment room is thought to have respiratory benefits. Sample complimentary yoga, meditation and fitness activities.

Dine at the on-site farm-to-fork restaurant and pack a swimsuit for a dip in the heated outdoor infinity pool. Prepare to unplug: common areas are electronics-free. Not ready to leave? You can book a room and stay the night!

sundaraspa.com

—HMH



Feel Good in Your Skin

Whether you're simply going to work, out and about or in a state of undress, you want to look and feel good. Here are ways to maximize your happiness and how you look in the skin you're in.



look
good
feel
good

PHOTO COURTESY HILLARY SCHAVE

■ Body Positivity

Build your confidence and see yourself as you never have before with a boudoir photo session. Madison-based Azena Photography's Hillary Schave will provide guidance on professional posing and lighting in the state of undress that's most comfortable for you during her sessions. With this daring act of self-love, you can commemorate milestones and showcase your unique personality with props. Compliments and risqué jokes are included! azenaphoto.com



Stoughton-based H. Claire Photography's Hanah Baica has you get glammed up and shed your inhibitions with her photo sessions that include professional hair and makeup. Accent your own three looks with layers and accessories from her style closet. Just an hour after the session, images are ready to order on calendars, acrylic blocks and canvas wall art. hclairephoto.com -HMH



Quite simply, a moto jacket will never go out of style. Lamarque women's biker jacket, \$575, Tradition Women's Market.

Well, the necklace says it all. \$64, Luceo Boutique & Styling Co.



A wear-everywhere blazer. Part Two blazer, \$158, Tradition Women's Market.



A small indulgence with a wear-everyday look. \$20 each, Tradition Women's Market.

Gingham in a classic silhouette equals perfection. The Shirt button-up, \$94, Tradition Women's Market.

These dark skinnies are a wardrobe must-have. Frame Le Skinny De Jeanne Augusta, \$209, Luceo Boutique & Styling Co.



Come rain, snow or anything in between, these boots have you covered. Hunter Play short boots, \$95, Tradition Women's Market.



Most-Wanted Wardrobe

Part of loving yourself means wearing pieces you feel good in every day—and items that mix and match seamlessly with many looks. So take a critical look at your closet and fill in the gaps with some of the closet classics at left—or similar pieces. You'll never regret having wardrobe go-tos that stand the test of time.

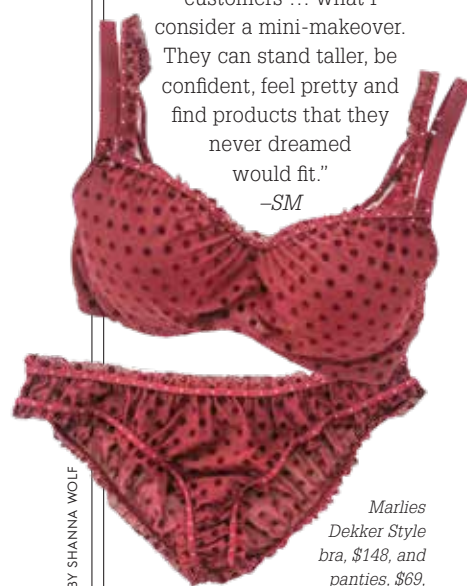


Under it All

Tia Lyn, owner of Contours Lingerie and a lingerie designer, says that she's honed her bra fittings to three easy steps. First, she takes measurements of a customer's band and cup size. Then, they find the band size that's actually most comfortable—and sometimes that varies from the actual measurement. Then she brings the customer anywhere from 40-60 bras to try on—and "it's only products that fit, which takes the frustration [out of the fitting]," she explains. But finding a bra that fits and is comfortable is the ultimate luxury, and something all women should do, says Lyn.

"I really love giving customers ... what I consider a mini-makeover. They can stand taller, be confident, feel pretty and find products that they never dreamed would fit."

—SM



Marlies Dekker Style bra, \$148, and panties, \$69, Contours Lingerie.

PHOTOGRAPHY BY SHANNA WOLF

When it's High Time for Me Time

It's a (solo) date—
explore arts and
culture on a budget,
view nature indoors
and out, and restore
your winter-weary
soul.



PHOTO COURTESY TRAVEL WISCONSIN

Take a Singular Stroll

Feeling artsy? Start on the second floor of the [Memorial Union](#) and enjoy free gallery exhibitions with a view of Lake Mendota. Stay and attend one of the many events listed on the electronic kiosks on the main floor, or cross Langdon Street and pop into the [Wisconsin Historical Society](#) headquarters on Library Mall. There, you'll find a young John Muir's desk clock in the lobby and, one floor down, an impressive display of arrowheads and other artifacts unearthed from across the state. (The historical society's full-fledged museum, located on the Capitol Square, contains four floors of permanent and rotating exhibitions.)

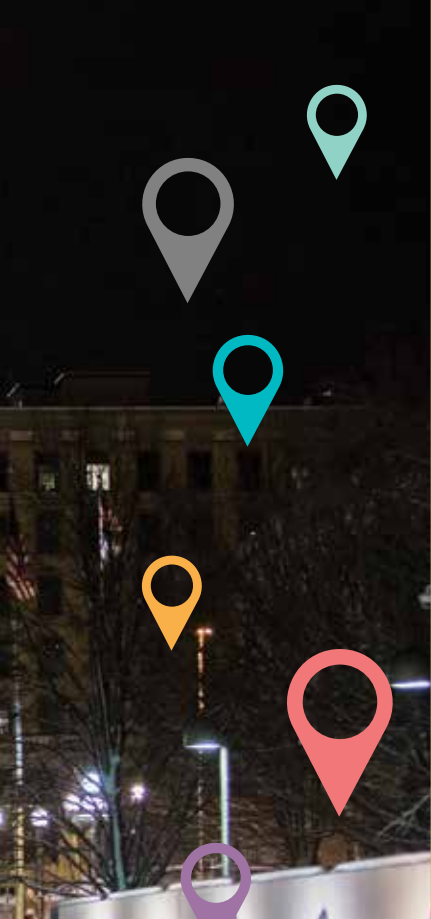
Follow the East Campus Mall to the university's [Chazen Museum of Art](#), home to the second-largest permanent collection in the state. For a free concert, catch Sunday Afternoon Live at the Chazen Feb. 2 at 12:30 p.m., or just warm up over a steaming cup of coffee or tea in the first-floor café, which boasts some of the best people-watching in town.

Cross the arts plaza and duck into the ultra-modern [Hamel Music Center](#) to take in a musical performance with state-of-the-art acoustics. Or continue up State Street where the [Madison Museum of Contemporary Art](#) offers thought provoking exhibitions in a sunny, modern setting.

Still standing? Pop into the [Overture Center for the Arts](#) and peruse three stories of visual arts just off the Rotunda lobby. End your tour in the top floor's [James Watrous Gallery](#) which features Wisconsin-themed exhibitions curated by the Wisconsin Academy of Sciences, Arts & Letters. If you time it right, you may just hit a gallery opening and find yourself sipping and snacking with the local art set.

HAMEL MUSIC CENTER





■ Olbrich Botanical Gardens Bolz Conservatory

Summer isn't the only season for outdoor lovers—even if you prefer to leave your parka at home. Billed as a “living museum and source of serenity for many,” the Bolz Conservatory on Madison's far east side is home to a diverse range of plants, koi and free-flying birds overhead. Sip and stroll during the once-per-month Cocktails in the Conservatory or soak up some vitamin D in the 16 acres of outdoor gardens. (Admission to the outdoor gardens is free; admission to the Bolz Conservatory is a modest \$2.)

olbrich.org

■ Aldo Leopold Nature Center Bird & Nature Outing (Saturday, Feb. 22, 10 a.m.)

Refresh yourself with the physical, mental, emotional and spiritual benefits of the outdoors on this naturalist-led hike. Beginning in the Aldo Leopold Nature Center's prairie, woodland, oak savanna and wetland habitats, the trek continues into Edna Taylor Conservation Park, which is dotted with ponds. Winter birds will be flitting about. Your flora and fauna neighbors await!

aldoleopoldnaturecenter.org

■ D.C. Smith Greenhouse and Botany Garden and Greenhouse

On UW-Madison's campus, take in the tropics at the D.C. Smith Greenhouse and the Botany Garden and Greenhouse, both of which offer water features and a warm oasis to sit for a spell. The D.C. Smith Greenhouse is located at the corner of Babcock and Linden drives, while the Botany Greenhouse is located in the basement of Birge Hall just off Bascom Hill. The latter is comprised of eight greenhouse rooms that take you through a journey of the tropics, desert, bog and fern forest. Botany-related visual art is integrated into both the indoor and outdoor gardens. (Note both greenhouses are only open weekdays.)

dcsmithgreenhouse.cals.wisc.edu;
livingcollection.botany.wisc.edu

■ Arboretum Walk or Free February Events

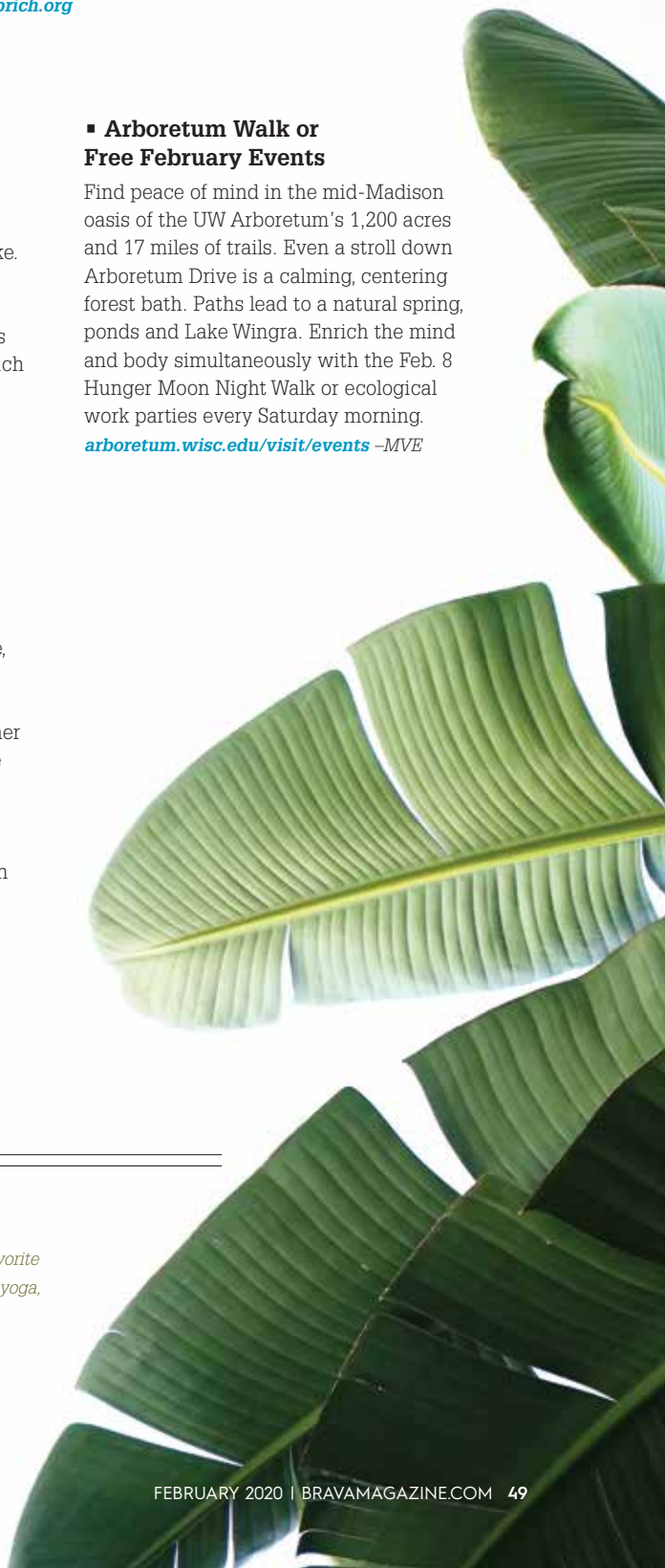
Find peace of mind in the mid-Madison oasis of the UW Arboretum's 1,200 acres and 17 miles of trails. Even a stroll down Arboretum Drive is a calming, centering forest bath. Paths lead to a natural spring, ponds and Lake Wingra. Enrich the mind and body simultaneously with the Feb. 8 Hunger Moon Night Walk or ecological work parties every Saturday morning.

arboretum.wisc.edu/visit/events —MVE

■ *Holly Marley-Henschen is a writer, editor and communications consultant in Madison. Her favorite way to treat herself in the city is to sit, practice yoga, bike or jog along the shore of a lake.*

■ *Masarah Van Eyck is a Madison-based writer and publicist. Her favorite way to treat herself in the city involves an interesting view, a notebook and a handful of Sharpies.*

Madison



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SAIL™ is a non-profit program of AgeBetter, Inc. in collaboration with Attic Angel Association and Oakwood Village.

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Sharing Active Independent Lives (SAIL), founded in 2005, has evolved into a thriving membership program designed to support the health and well-being of people as they age. SAIL has been a leader in the growing "Village Movement" and is a charter member of the Village-to-Village Network, a national association of 250 villages throughout the nation and abroad. Members benefit from social and educational opportunities, access to a fully vetted list of service providers to assist with the tasks to ease the path to maintaining life in their own home, and additional support such as an optional morning check-in program and transportation to appointments and events.

Members drive the direction of SAIL's programs and services and select the parts of the program that work best for them at each stage of life. Members are encouraged to share their time and talents to support their fellow members and the organization. Members and their families often report the peace of mind that is provided by SAIL membership when aging in place is the right choice. SAIL helped our mom live on her own for 12 years after our dad passed away. The SAIL team helped her navigate the challenges of staying in her own home well into her 80s. SAIL is a fantastic resource for seniors—and their kids!

Want to learn more? Call the SAIL offices at (608)230-4321 or visit our website at sailtoday.org.

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Mr. Dave's Gift, Inc. is a 501 (c) (3) non profit honoring the memory and spirit of Dave "Mr. Dave" St. John with the mission of raising funds for research in the early diagnosis, treatment and a cure for bone marrow failure diseases; and also to assist patients and families in the state of Wisconsin with out of pocket medical and living expenses during treatment.

Please visit MRDAVESGIFT.ORG for more information.

EYE CANDY

A Pig in a Fur Coat's delicious dishes include pork rilette with crusty bread (top), octopus (right) and foie gras mousse (bottom)—all of which are excellent for sharing.

See P. 54.



THREE SUPER SHARED-PLATE STOPS

Romantic restaurants to spice up winter.

BY GRACE TIMMERMAN

PHOTOGRAPHY BY SUNNY FRANTZ

AS THE HOLIDAY stress and excitement finally ebbs away each year, it can be hard not to fall into the couch-potato throes of fickle February. But, these three Madison restaurants give you excellent reasons to get out of the house. And be sure to bring someone along to share these delicious, convivial plates with, because basking in a warm, cozy environment for a few hours is all it takes to melt the winter blues away.



Hilldale has gained yet another hot spot in the past year, right next to the Apple store. **Bartaco** is an easy choice for a casual bite before catching a movie at the AMC theater down the block. With its laid-back, Los Angeles coastal vibe, unique cocktails and street tacos, the buzzy atmosphere of this beach-inspired restaurant will undoubtedly lift your spirits.

Invite a couple of friends for a lunch date and snap crisp tortilla shells over fresh, citrusy guacamole or bond over the rich and cheesy corn fritters. Also great for sharing are





the plantains—beautifully caramelized and accompanied by a complimentary garlicky aioli—or the puffed, golden chicken empanadas. Make sure to save room for the cinnamon sugar-coated churros dipped generously in bittersweet chocolate sauce. bartaco.com

Nose-to-tail concepts have gathered steam over the past decade, and **Pig in a Fur Coat** on East Williamson Street is a top-notch example of why the trend continues. This snug restaurant features mismatched chandeliers and quirky artwork, while potted plants on the windowsills convey a gentle reminder of spring's anticipated arrival.

In his desire to use the whole animal, owner and chef Daniel Bonanno creates decadent dishes that beg to be shared, such as wholesome meatballs in a savory bone marrow sauce and an extremely tender octopus tendril teetering on a bed of crispy pig's head accented with a smoky, complex mole. More adventurous diners might go for the duck hearts tamed with fresh and spicy kimchi. The menu's crown jewel, however, is the foie gras mousse: a thin, velvety layer of luxurious mousse atop a donut and amethyst fig compote throne; it's a luscious combination of sweet and savory, smooth and rich. (You may find yourself reluctant to share this dish with anyone at all!) apiginafurcoat.com

Another romantic eatery is **Eno Vino Wine Bar & Bistro**, with a location on the west side, and downtown, in the top



floor of the AC Hotel. The west side location is opulent and intimate, with low lighting and jazztronica music playing throughout, while the downtown spot is notable for its stunning views of the Capitol building and both lakes. The tapas-style menus vary slightly between locations, but regardless of which one you're at, you can always count on perfectly seared scallops, inventive flatbreads and bruschettas. Their hefty wine selection boasts many varietals by the bottle or glass that always harmonize perfectly with the eats. eno-vino.com 🌸

Grace Timmerman is a graduate of the CIA Greystone in California. Grace is a Madison native who spent her teens hustling at staples such as Vin Santo and L'Etoile, and even worked as a farmhand. For 15 years she has worked every angle of the food industry.

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ADVENTURES IN THE GREAT INDOORS

Four spots for Madison thrill-seekers.

BY JESSICA STEINHOFF

PHOTOGRAPHY BY VALERIE TOBIAS

SNOWBOARDING IS SYNONYMOUS with wintertime daredevilry, but what if you prefer your adventures sans stocking cap? Head to these indoor attractions for the thrills minus the chills.

Bounce into Madison's new **Urban Air Adventure Park** to put gravity to the test. Ricochet off walls lined with APEX trampolines, or step onto an elevated platform and then drop onto a ProZone performance tramp. You'll swear you're in outer space when you bound upward and hover in midair for a split second. Feeling competitive? Challenge a friend to a duel on the Battle Beam, a balance beam poised above a pit of squishy blocks. Hilarity will ensue when you see that the swords are squishy, too. Or experience flight with Sky Rider, whose belts and ropes help you zigzag through the air with the greatest of ease. urbanairtrampolinepark.com



Space adventures galore can be found at West Towne Mall's **Dave & Buster's**. Begin with the Star Wars Battle Pod, which puts you in the driver's seat of the film franchise's most awe-inspiring vehicles. Then proceed to Star Trek: Dark Remnant, a virtual reality game that involves zipping through the cosmos and zapping attacking spacecraft. For a spookier experience, check out Dark Escape 4D, where you must escape a madman and his monsters while wearing 3D glasses, or Ghostbusters Arcade, where you and a friend shoot ping-pong balls at vintage ghouls. To delve even deeper into the 1980s, try Pac-Man Battle Royale. This four-player version of the arcade classic is just the ticket for daring double daters, nostalgia-fueled bridal parties or siblings with a score to settle. daveandbusters.com

Sometimes the biggest thrills come from a simple act of precision—say, hitting a hole in one. **Vitense Golfland's** 18-hole



indoor mini-golf course is both challenging and exhilarating. It's also Madison-themed, with each hole representing a local landmark or event. Putt your way past a tiny replica of Olbrich Gardens' Thai Pavilion, a tribute to Concerts on the Square and a Kohl Center hole where you can slam-dunk a ball into a hoop. There's even a Capitol building between two miniature lakes filled with remote-control boats. With obstacles to climb and a slide that looks like a giant Oscar Mayer hot dog, this course is an ideal choice for families and anyone with a healthy sense of whimsy. vitense.com

Find your inner Ninja Warrior at **Sky Zone**, whose obstacle course rivals the popular TV show's tests of agility and strength. Feeling more like an American Gladiator? Head to Sky Joust, where you and an opponent battle for the title of "The One with the Best Balance." Or shed the constraints of day-to-day life at the wall-to-wall trampolines of Freestyle Jump, where you can flip and tumble to your heart's content. When you're ready to take freestyle movement to the next level, try Parkour Blox. These hurdles are for folks who dream of vaulting over cars, leaping from one skyscraper to another and other feats fit for a Hollywood chase scene. skyzone.com 🌸

Jessica Steinhoff is a Madison-based writer and mom. She coauthored "Chromatic: The Crossroads of Color and Music" and is a former Isthmus editor.



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IT'S A DATE

Give Valentine's Day—or any day—Madison flavor with these fun date ideas.

BY SHELBY DEERING

PHOTOGRAPHY BY KAIA CALHOUN

CANDLELIGHT, SOFT MUSIC, ROSES. If these are your go-to Valentine's Day date essentials, we think that's pretty romantic. But what if you gave this lovey-dovey holiday the Madison treatment and did something a little different? For a fun and unique outing that's big on local flair, here's what we recommend.



Sur La Table

GET COOKING

Here in Madison, you can choose among the best restaurants in the Midwest for your date. But to mix things up—literally—try a cooking class with your main squeeze. **Sur La Table** at Hilldale goes beyond its retail space filled with cooking must-haves by offering a plethora of classes in a gourmet kitchen.

Orange Tree Imports on Monroe Street is a Madison mainstay for cooking classes: cassoulet or handmade pasta, anyone? surlatable.com; orangetreeimports.com

LOOK SHARP

Axe throwing has been around since lumberjacks first wore flannel, and now it's the latest craze for the suburban set. We think it makes for a date you won't soon forget—and one infused with Wisconsin panache. Head to **FlanneUJax's Madison** or **Happy Axe Throwing** to try your hand at a new (and adventurous!) activity. You and your date will be guided by experts as you throw your axe and aim for the target. Bullseye! flanneujaxs.com; happyaxe.com



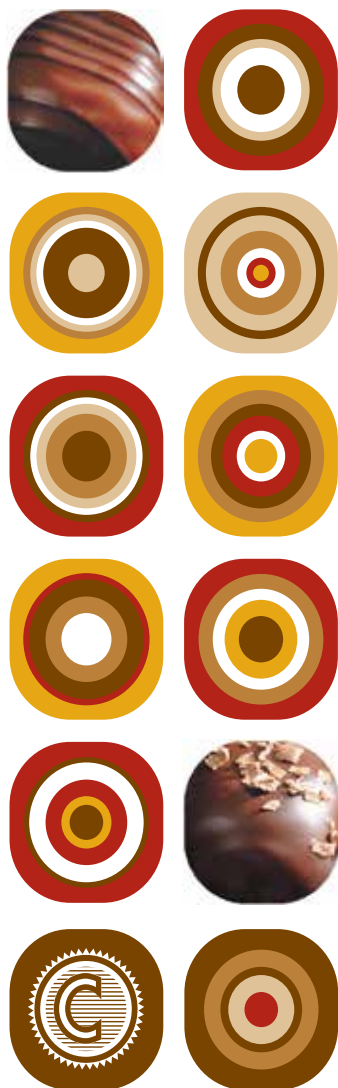
Comedy on State

LAUGH IT UP

If you're looking for a date idea that's high on the fun-o-meter, look no further than a destination that will keep you laughing for a few hours. **Comedy on State** is a State Street fixture that regularly brings great national touring comedians to the stage, including stars of "The Daily Show" and "Saturday Night Live." madisoncomedy.com



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SIP A LITTLE VINO

Elegant. Distinctive. Lively. These are certainly words you can use to describe your date, but they might be even better-suited for the wines you'll taste together at Verona's **Fisher King Winery**. Visit the tasting room for a delectable experience, where you'll sample the winery's sweet Meadow Song Moscato or the dry Heatwave Chardonnay along with scrumptious eats like truffle popcorn, warm chive and parm crostini or an entire charcuterie board. fisherkingwinery.com

LET THE GAMES BEGIN

For a date that's truly one-of-a-kind, and oh, so nostalgic, we suggest a trip back into your childhood at Williamson Street's **I/O Arcade Bar**. But this isn't the arcade you visited in high school with your friends. This time, you can enjoy a cocktail while you play your favorite arcade games. From Donkey Kong to Millipede to Space Invaders to pinball, bring some friendly competition to your date as you savor chips and queso along with local brews. ioarcade.bar



The Ice Rink at The Edgewater

HIT THE RINK

The Ice Rink at The Edgewater has quickly become a top wintertime activity among us Madisonians, and we think it makes for a perfect date location, too. Lace up your skates and you'll both feel like kids again as you glide and twirl on the lakeside ice rink, festooned with white lights and an ideal view of the Capitol. Afterwards, walk on over to the Ice House, an accompanying warming house where you'll cozy up to classics that include a fish fry and cheese curds. theedgewater.com/the-ice-rink ❄️

Shelby Deering is a lifestyle writer specializing in home design and mental health, among other topics. She has contributed to Good Housekeeping, Martha Stewart Living, Domino and more.

FEBRUARY 2020



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

PERFORMING ARTS

2/7 – 2/9 | Times vary

MADISON OPERA – “FELLOW TRAVELERS”

Two men embark on a relationship during the “Lavender Scare” in ‘50s D.C. in this fast-flowing musical drama showing the very human consequences of prejudice and fear, with compassion, nuance and incredible beauty. *Overture Center, Madison. madisonopera.org*

2/11 | 7:30 p.m.

MADISON SYMPHONY ORCHESTRA – HECTOR OLIVERA

Known as one of the most exciting organists of the 20th century, international concert organist Hector Olivera will exhilarate the audience with an unforgettable performance. *Overture Center, Madison. overture.org*

2/13 | 7 p.m.

ROYAL WOOD: “LOVE WILL LINGER”

Singer, songwriter, multi-instrumentalist and producer Royal Wood has established himself as a true musical talent. *Overture Center, Madison. overture.org*

2/14 – 2/16 | Times vary

MADISON SYMPHONY ORCHESTRA – “ROMANTIC ENCOUNTER”

Pinchas Zukerman and Amanda Forsyth reprise their fabulous performance of the Brahms Double Concerto, with which the duo made their Madison Symphony debut in 2001. *Overture Center, Madison. overture.org*

2/14 – 2/23 | Times vary

“LOVE IS LOVE”

A regional premiere with Kanopy Dance Company, Adam and Steve live in a Garden of Eden planted firmly in the disco era, where all are free to be who they are. *Overture Center, Madison. overture.org*

2/14 – 2/29 | Times vary

“THE REVOLUTIONISTS”

Olympe de Gouge, Charlotte Corday, Marie Antoinette and Marianne Angelle form a brutal comedic quartet and forge a new legacy on their way to the guillotine. *The Bartell Theatre, Madison. bartelltheatre.org*



The Color Purple

PHOTO COURTESY OVERTURE CENTER, PHOTOGRAPHY BY MATTHEW MURPHY

2/18 – 2/23 | Times vary

“THE COLOR PURPLE”

Don't miss this stunning re-imagining of an epic story about a young woman's journey to love and triumph in the American South. *Overture Center, Madison. overture.org*

2/20 – 2/22 | Times vary

“QUESTION 27, QUESTION 28”

This piece recounts the history of Japanese Americans forcibly removed from the West Coast and incarcerated in concentration camps across the United States. *The Bartell Theatre, Madison. bartelltheatre.org*

2/21 | 7:30 p.m.

WISCONSIN CHAMBER ORCHESTRA – GIORA SCHMIDT

Giora Schmidt returns with contrasting works for violin, the high-octane Violin Concerto by Kabalevsky and the soulful Romance by Norwegian composer, Johann Svendsen. *Overture Center, Madison. overture.org*

2/22 – 3/1 | Times vary

“MOCKINGBIRD”

When a tragic school shooting takes her brother Devon's life, Caitlin must navigate the world without his guidance, in this Children's Theater of Madison production. *Overture Center, Madison. ctmtheater.org*

2/27 – 2/28 | 7:30 p.m.

“DIAVOLO: ARCHITECTURE IN MOTION”

This dance troupe is a pillar of the L.A. community and uses a backdrop of architectural structures to comment on human behavior in the built environment. *Overture Center, Madison. overture.org*

2/28 – 3/7 | Times vary

“COLUMBINUS”

Sparked by the massacre at Columbine High School, this play is a meeting of fact and fiction that illuminates the realities of adolescent culture. *The Diane Ballweg Theater at Edgewood College, Madison. theatre.edgewood.edu*

2/29 | 7:30 p.m.

SUDDEN SHAKESPEARE: “HAMLET”

Madison Shakespeare Company takes on the legendary Hamlet with a major twist: actors get all the time they need with their scripts, but just a few hours to rehearse. *The Bartell Theatre, Madison. bartelltheatre.org*

2/29 | 8 p.m.

SWEET HONEY IN THE ROCK

Celebrating their 45th anniversary tour, Sweet Honey in the Rock remains the preeminent musical collective rooted in African American history and culture. *Overture Center, Madison. overture.org*

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ENTERTAINMENT

2/3 | 6 p.m.

MATTY LAYNE GLASGOW

Poet Matty Layne Glasgow reads selections from his recent collection, "Deciduous Qween," exploring the wearing and shedding of different identities. Joined by Iowa Poet Laureate Debra Marquart. *A Room of One's Own, Madison. roomofonesown.com*

2/8 | 7 – 10 p.m.

READ(Y) TO WEAR

This paper-inspired fashion show features ensembles crafted out of paper as the main material. Also enjoy a craft table, wine pull, silent auction and more. *The Madison Concourse Hotel, Madison. madisonreadingproject.com/readytowear*

2/9 | 12:30 p.m.

NORSE AFTERNOON OF FUN

Experience this lively performance of traditional Norwegian folk dance and music, and be sure to snack on traditional pastries and leftse. *Stoughton High School, Stoughton. stoughtonnorwegiandancers.com*

2/15 | 6 p.m.

BURY THE HATCHET BAND PERFORMANCE

Professor John Hitchcock performs "Bury the Hatchet"—a project focused on native culture, land and identity on the Great Plains—with the Stolen Sea band. *Chazen Museum of Art, Madison. chazen.wisc.edu*

2/28 | 5 p.m.

TANDEM PRESS FRIDAY JAZZ SERIES

Tandem Press hosts the UW-Madison Mead Witter School of Music's Blue Note and Contemporary Jazz ensembles during this jazz series. *Tandem Press, Madison. tandempress.wisc.edu*

FAMILY

2/8 | 10 a.m. – 4 p.m.

SIXTH ANNUAL FROZEN ASSETS FESTIVAL

This free festival put on by the Clean Lakes Alliance has family-friendly events including kite-flying, s'mores and hot chocolate, sleigh rides, pond hockey, snowshoeing, ice-skating and more. *The Edgewater, Madison. cleanlakesalliance.org/frozen-assets*

2/8 | 10 a.m.

SATURDAY SCIENCE: SECRET SCIENCE OF SPORTS

Head to the Wisconsin Institute of Discovery to meet Badger student-athletes and learn about the science of your favorite sports. *Wisconsin Institute of Discovery, Madison. morgridge.org/event/saturday-science-secret-science-of-sports*

2/8 | 11 a.m.

READ TO A DOG

Head to Central Library and share your favorite book with a dog! Time slots are first come, first served at this unique afternoon perfect for animal-loving kids. *Central Library, Madison. madisonpubliclibrary.org*

2/8 | 3 p.m.

SATURDAY ART WITH EMILY BALSLEY

Join artist, illustrator and Madisonian Emily Balsley in nurturing your school age youngsters' creative side with a felt pencil topper art project. *Alicia Ashman Library, Madison. madisonpubliclibrary.org*

2/9 | 1 p.m.

KIDS' ART ADVENTURES: RAY YOSHIDA

Make your very own mosaic inspired by the work of Ray Yoshida, an artist famous for his printmaking and collages. *Madison Museum of Contemporary Art, Madison. mmoca.org*

2/15 | Times vary

KIDS IN THE ROTUNDA: STUART STOTTS

One of Madison's favorite family entertainers, Stuart Stotts, puts on a show that one third-grade fan claims is "even better than recess." *Overture Center, Madison. overture.org*

2/29 | 9:30 a.m.

WINTER FUN WITH NATURE IN MADISON

Come explore hands-on activities for the whole family with Nature in Madison, a nonprofit with the goal of bringing the whole family outdoors, offering accessible nature play experiences, and ensuring equitable access to outdoor play! *DreamBank, Madison. dreamfearlessly.com*

JAUNT

2/15 | Times vary

NORTHERN PINES SLED DOG RACE

The Northern Pines Sled Dog Race is a short/mid-length race around the Northern Pines Golf Course. Bundle up and watch as teams of sled dogs and mushers speed across the snow covered greens in a day-long series of races. *Northern Pines Golf Course and Event Center, Iron River. northernpinesdr.com*

2/20 | 7:30 p.m.

(M)IYAMOTO IS BLACK ENOUGH

This new poetry punk group offers poems and complex musical compositions that speak directly and forcefully to the issues of our times with driving, hypnotic beats. *Weidner Center for the Performing Arts, Green Bay. weidnercenter.com*

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2/22 | 6 p.m.**LOOP AROUND THE LAKE**

Take in a candlelit Lake Minocqua by ski, snowshoe or foot on this 5K journey. Pre-registration is required and available online. *The Thirsty Whale, Minocqua.* minocqua.org/event/loop-around-the-lake/32489/

2/29 - 3/1 | 10 a.m.**ARTI GRAS**

This juried presentation of the work of fine artists and craftspeople is complemented by artist demonstrations, performances and a showcase of local art and heritage. *KI Convention Center, Green Bay.* mosaicartsinc.org/artigras

SAVOR**2/9 | 7 p.m.****FARM TO FORK DINNER**

Just off the Capitol Square, Osteria Papavero hosts a special Italian farm to fork dinner raising funds for Madison College's Global Entrepreneurship Class. *Osteria Papavero, Madison.* eventbrite.com/e/farm-to-fork-dinner-tickets-78007004049

2/16 | 1 p.m.**WINE SNOB: BECOME AN ACE AT PAIRING FOOD WITH WINE**

Learn foundational skills of wine tasting and pairing at this event hosted by Fisher King Winery. Appetizers and chocolate will be provided, along with the wines. Reservations required. *Fisher King Winery, Verona.* facebook.com/pg/fisherkingwinery/events

2/20 | 6:30 p.m.**WISCONSIN'S BEST-IN-SHOW CHEESES**

Taste and learn about Wisconsin's finest cheeses from professional cheesemongers at this class in Fromagination's "Cheese Science Series." Registration is available online. *Fromagination, Madison.* fromagination.com

2/28 | 6 p.m.**WOLLERSHEIM AND VINTAGE BEER DINNER 2020**

Two titans of Wisconsin's beer and wine scene pair up to host a three-course dinner with discussions on their craft. *Vintage Brewing Company, Sauk Prairie.* wollersheim.com/vintage-wollersheim-beer-wine-dinner-2020

THRIVE**2/9 | 11 a.m.****LOVE IS LOVE: AN LGBT AND ALLIES WEDDING SHOWCASE**

Wisconsin's LGBT Chamber of Commerce presents an inclusive wedding showcase of musicians, photographers and more to help plan your event. *Madison Marriott West, Middleton.* wislgbtchamber.org

2/13 | 6:15 p.m.**DREAM BIG: LIVING IN A KALEIDOSCOPE WORLD WITH LISA ROBB**

When challenges arise, how are you seeing them? Clarity is empowering. In this presentation, life coach Lisa Robb will show you simple and effective coaching tools for getting to the heart of the matter. *DreamBank, Madison.* dreamfearlessly.com

2/20 | 6:15 p.m.**DREAM BIG: ENOUGH WITH FEELING NOT ENOUGH WITH LAURA BERMUDO**

We are constantly bombarded with filtered views of what success in careers, parenting, relationships and every facet of our life "should" look like. Laura Bermudo shares tips and tricks on how to overcome and crush social media and cultural expectations to find self-love and success. *DreamBank, Madison.* dreamfearlessly.com

2/29 | 6 p.m.**14TH ANNUAL ARTY PARTY FUNDRAISER**

Turn up for the arts and enjoy drinks, raffles and activities at this annual fundraiser for the Monroe Street Arts Center. *HotelRED, Madison.* monroestreetarts.org/capitalcampaign

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 before toe before
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 of limitations,
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 beautiful against the heat
 of the mirror and balance bar
 the instructor plays Swan Lake
 and says imagine you are
 nestled in white feathers
 and draped tight in white silk
 now see yourself soar
 across the stage and jump
 and leap and spin, see how
 pretty and thin your shoulder blades,
 now open your eyes and begin,
 and all twenty girls run and leap
 from one end to another
 thinking, yes, yes
 this must be how it is
 to press against the sky and fly.*

—Angela Trudell Vasquez, Milwaukee



WORDS THAT LEAP | Angie Trudell Vasquez, who is a dancer herself, wrote the above poem “Swan Lake” while listening to classical music at the Lynden Sculpture Garden in Milwaukee. As Madison’s newest poet laureate and the first Latina to hold the title, Trudell Vasquez hopes to launch a Young Poet Laureate of Madison program and plans to bring free poetry workshops to young and old alike. See her read from her works on Feb. 6 at 6 p.m. at A Room of One’s Own bookstore. 🌸

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