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@bravamagazine



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Shilpa Sankaran was photographed by Hillary Schave in KOSA Spa, the Ayurvedic spa retreat she opened in Garver Feed Mill on Madison's east side.





Dr. June Kim,
Radiation Oncologist

Dr. Michelle MacKay,
Radiation Oncologist

Dr. James Richardson,
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SWITCHING THINGS UP

I'VE WORKED IN THE monthly magazine world for a while now, and one thing that continues to excite me about this industry is the ongoing theme of change. Each month presents a new opportunity to cover interesting people, places and ideas. The March issue has no shortage of newness to inspire.

Have you ever wondered what it would be like to take a 180-degree turn in your career, and do something completely different? Six area women did just that, and our cover story profiles how they took the leap and switched career paths. It's fascinating to see how a forklift driver became her own boss and opened a boutique, or how a former National Guard soldier honed her entrepreneurial chops by opening not one but two local businesses, focusing on flowers and wine, respectively. Read their stories starting on P. 30.

There are so many other ways we can refresh our lives, bringing in the positive vibes of change. If you've been itching to make a career switch yourself, check out some great tips for acing your job interview on P. 21.

If your desire for switching things up is more in the vein of spring cleaning, our Dwell pieces will spark your motivation. We talk entryway and mudroom organization, and how to best utilize the garage, one of the largest rooms in the home. Although garages aren't the most glamorous topic, as Cabinet City by

dream sales director Chris Schmidt notes, "If you put some organization into this space, it can actually make every other room in your home better." I'm all for that.

And there are plenty more new, innovative ways to have a great spring. Try a new sport (curling! P. 57), nosh on some sweet potato hummus or other foodie fare at five cool sports bars (P. 53) or check out our BRAVA Book Club read "Resistance Women"—which we talk to the author, Madison-based Jennifer Chiaverini about on P. 13.

Finally, one of the most monumental changes we write about in this issue happened 100 years ago. This year celebrates the centennial anniversary of a woman's right to vote. (It's important to note that Native American and African American women didn't actually gain the right to vote until 1924 and 1965, respectively). Wisconsin's suffragettes were an important part of this movement, and we showcase the Wisconsin Historical Museum's "We Stand on Their Shoulders" exhibition delving into this history.

Thank you for reading!

Shayna Mace
Editorial Director
@shaynamace

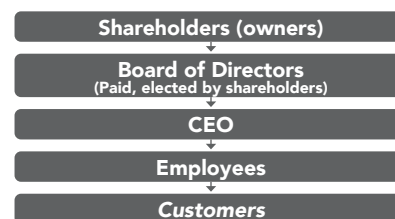
THE FOUNDATION FOR
BLACK WOMEN'S
WELLNESS

A DREAM REALIZED | Congratulations to Lisa Peyton-Caire and her team at The Foundation for Black Women's Wellness on opening Dane County's first health center for women of color last month. The **Black Women's Wellness Center** hosts nutrition workshops, fitness classes and more at its west side location. The Foundation's mission of a "commitment to eliminating health disparities and other barriers impacting the lives of black women and girls" is realized in this much-needed resource in our county. Infused with vibrant colors and positive messaging, the center is a base of support for women of all ages. Thank you Lisa, for your dedication to black women's health. The center is located at 6601 Grand Teton Plaza, Suite A2. fbww.org

MONEY SMARTS



Bank Structure



And what is that difference like when you are managing your money with a credit union?

Do more with your money – For the more than 3.3 million credit union members in Wisconsin, a common experience is saving money. The Wisconsin Credit Union League reports that in 2019, Wisconsin credit union members saved \$284 million over the average cost of banking with for-profit banks in Wisconsin. Of that, \$18 million was in lower fees, \$221 million in lower loan rates and \$44 million in higher savings rates. At Summit, our members saved \$22.7 million in 2018, an average savings of \$268 per member household. That's a lot of savings.

MONEY SMARTS

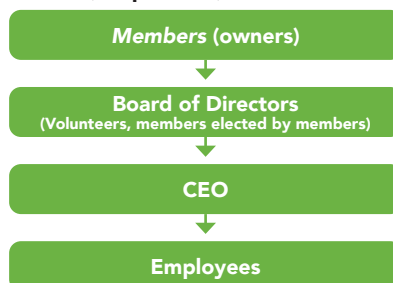
BY KIM SPONEM

A lot of my friends have joined a credit union and are really happy about it. They say it's run differently than a bank. Is that true? Isn't a checking account a checking account?

Your friends are right. Credit unions are definitely run differently than banks. Because we have similar products and services, people sometimes assume credit unions are banks. We are not.

Credit union owners are everyday people who do business with us (members). That difference in structure impacts everything we do for consumers and our communities. As part of the cooperative business sector, we credit unions, no matter how large or small, share our profits with our members.

Both banks and credit unions have a responsibility to financially benefit their owners. The difference is in the ownership, as this diagram shows:

Credit Union
(cooperative) Structure

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Exceptional service – Credit unions and their employees understand that we exist for our members' financial well-being. We enjoy helping members turn financial goals into reality. At Summit, our commitment shows in our service and in our innovations to make managing money easier. Summit members often tell us they appreciate our friendliness, how easy we make it to do business with us no matter where they are at financially and our honest, insightful advice to help them take control of their money.

Stronger communities – Credit unions strengthen communities through empowering members and families with the savings and tools to be financially well. Many also reach out to the community and provide funds, volunteers and financial education. There are 100 credit union branches in high schools in Wisconsin. Summit has four in Madison. We did not open these because they are profitable to the credit union (they aren't). We opened them to provide teens money management skills to impact their entire life, which strengthens communities.

It's exciting to be part of a principled business focused on members and building strong communities. If you decide to do business with a credit union, you will benefit yourself, the other members of the credit union and your community. That's the credit union difference.

Kim Sponem is CEO & President, since 2002, of Summit Credit Union, a \$3.7 billion, member-owned financial cooperative with more than 197,000 members. Kim has a passion for empowering people to improve their financial well-being for a richer life.

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

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– The Capital Times



PHOTO: PETER RODGERS

madisonsymphony.org/requiem

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– John DeMain

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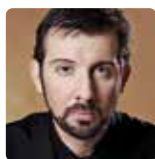
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Mezzo-soprano



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

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

SUBSCRIBE AT BRAVAMAGAZINE.COM

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

BRAVA (ISSN 1934-4317) March 2020, Volume 21,
Number 3, Periodicals postage paid at 3902 Milwaukee
St, Madison WI 53714 and additional offices.
Subscriptions are \$14/year. Postmaster send address
changes to BRAVA Magazine, P.O. Box 343, Oregon, IL
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NEI-TURNER MEDIA GROUP

Thoughtful Shopping

Cloth & Metal Boutique is a downtown Middleton delight.



PHOTOGRAPHY BY SUNNY FRANTZ

WHEN LISA MCGUIRE opened Cloth & Metal Boutique in downtown Middleton nearly a year ago, it was fulfilling a dream she had to marry her love of style with her metalsmithing and jewelry-making career. Her petite space in downtown Middleton hosts a curated collection of statement-making pieces (printed midi skirts, fashionable sweaters and plenty of covetable tops), her own jewelry, as well as basics, like high-rise jeans and T-shirts. The store embodies McGuire's style and her easy, friendly personality.

She describes the shop as having "on-trend pieces, as well as items that you can wear multiple ways for multiple seasons."

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THRIVE | RETAIL THERAPY

McGuire and her husband moved to Madison five years ago with the intention of her opening a shop eventually. While working full-time as a salon consultant, she spotted the unfinished space in the Middleton Center building. She leapt at the chance to open her shop: "If I didn't do it now, I didn't know when I'd do it," she says.

The minimalist spot has rustic, yet modern charm. Wood-look flooring, exposed duct-work and fixtures hand-crafted out of industrial piping (designed by McGuire) accent the space but don't distract from the merchandise. McGuire takes pride in the vendors she works with, choosing mostly U.S.-based brands, businesses that employ sustainable practices or companies that give women fair-wage jobs.

"I want [to carry] companies that are conscious about [their practices], and bring those to the end consumer," explains McGuire. "There needs to be meaning to the brand. Otherwise, why are we selling it, and why are [those items] being made?"

It's thoughtful shopping—that'll also give a boost to your wardrobe. —Shayna Mace 🌸

1814 Parmenter St., Middleton, clothandmetalboutique.com



SHOP THE LOOK

McGuire says her Bella Dahl joggers come in many prints and are a customer favorite. \$127



Have a spring break trip planned? Bella Dahl's tie-dye dress (one of spring's biggest trends) would be a stylish addition. \$194



Bella Dahl's sun-washed top is the perfect easy-breezy shirt to wear with denim or shorts this spring. \$128



Jade's tweed dress is perfect for a springtime function. \$125



Neon is big this season, and BB Dakota's sleeveless pleated top captures the look. \$71



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SIX QUESTIONS FOR MADISON AUTHOR JENNIFER CHIAVERINI

The author of BRAVA Book Club's first pick tells the story of Nazi resisters with ties to Madison.

BY LAURA ANNE BIRD

MADISON-BASED New York Times bestselling author Jennifer Chiaverini has written an astounding 29 novels. (Her thirtieth—"Mrs. Lincoln's Sisters"—will be published in June.) She is revered for her Elm Creek Quilt series and deeply researched historical fiction.

"I love bringing little-known or forgotten historical figures to the forefront," says Chiaverini. "Women and people of color have too often been relegated to the margins and footnotes, if they make it into the narrative at all."

Chiaverini's latest novel, "Resistance Women," introduces readers to a spirited Wisconsinite who stood up for the persecuted during World War II, putting herself directly in harm's way.

What inspired you to write "Resistance Women"?

Several years ago, I came across a notice from the Wisconsin Humanities Council that included a photo of a blond woman bundled up in a warm coat before a stand of evergreens. "September 16 is Mildred Harnack Day," the caption read, "the day Wisconsin remembers the Milwaukee woman who holds the tragic claim as the only American woman executed on direct orders of Adolf Hitler." The contrast between the grim words and the woman's gentle smile captured my imagination.

What was Mildred's connection to Madison?

Mildred and her husband, Arvid, spent some of their happiest years in Madison in the 1920s. Many of their most cherished memories were set at some of my own favorite places—the UW campus, State Street and Picnic Point.

PHOTOGRAPHY BY VALERIE TOBIAS

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Mildred and German-born Arvid moved to Berlin in 1929. She grew increasingly dismayed by the malevolent populism that threatened to destroy everything she loved about Germany. How did she respond?

Mildred, Arvid, their fellow UW alumna Greta Kuckhoff, and their circle of American and German resistance fighters were called the *Rote Kapelle* (Red Orchestra) by the Gestapo because of the treasonous "music" (crucial military and economic intelligence) they radioed to enemies of the Reich. They were not trained spies or armed soldiers, but they risked everything to fight injustice.

What do you find most remarkable about Mildred's resistance circle?

At a time when the Third Reich vigorously strove to limit women's roles to *kinder, kirche, küche* (children, church, kitchen), nearly half of the *Rote Kapelle* were women. They assumed responsibility for collecting intelligence, acting as couriers, distributing leaflets, concealing radios, sheltering fugitives and more.

You dedicated the book to "the resistance women, past and present." What does it mean to be a resistance woman in 2020?

The resistance women of today refuse to accept or to ignore oppression, inequity and injustice in their neighborhoods, our country and the world. They show up, stand up and speak out on behalf of themselves and others when human and civil rights are threatened.

What books and authors do you enjoy most?

When I read for pleasure, I prefer historical fiction. That said, I'd never limit myself to a single genre—not when there are so many wonderful books just waiting to be discovered. Some of my favorite authors are Jane Austen, Margaret George and Mary Doria Russell.

To participate in BRAVA Book Club's discussion of "Resistance Women," visit Facebook and type in "BRAVA Book Club" in the search bar to join the group. 🌸

There's nothing Laura Bird loves more than helping people find their perfect book; check out her many suggestions on Instagram @laura_at_the_library.



FOUR KEYS TO GETTING YOUR HOME SOLD

Spring and summer are always high time for selling a home—here are some tips and tricks for selling yours.

BY MAURA KELLER

AS THE HOUSING MARKET continues to remain robust, many homeowners looking to sell their abode are asking one key question: “What do we need to do to make our home really stand out from the crowd?” While a fresh coat of paint and new carpeting can certainly spruce up the condition and desirability of your home, experts recommend you go a bit further when getting your home ready to sell. Believe it or not, the three things that will make the biggest impact on potential buyers—and cost next to nothing to do—include decluttering, cleaning and staging. Other fixes can cost a bit but are worth it if you want that shiny “sold” sign in your front yard.

#1 TACKLE REPAIRS

Katie Myhre-Daeger, home stylist at Gladeye Design Studio, says that it’s vital that homeowners prioritize all the big and small repairs and improvements. Have a leaky faucet, loose hinges or mold in your basement or garage? Take care of any problems that will impact the sale of your home. For more serious repairs or improvements, hire a professional to remedy the issue.

“Trying to disguise or hide any issues with a property will have expensive consequences and could be a complete deal

breaker,” Myhre-Daeger says. “Even in a seller’s market, you can’t expect your house to sell itself.”

#2 CLEAN, CLEAN, CLEAN

Don’t underestimate the power of a deep clean. We all have different standards for cleanliness, but selling your home means everything needs to be sparkling, bright and shiny.

“Leave no surface in your house untouched,” Myhre-Daeger says. “If you don’t have the time or ability to give your house a top-to-bottom clean, hire a professional cleaning company to do a detail clean of the inside of your house. It will be a small investment into your home selling process but will make your day-to-day cleaning easier while your home is on the market.”

And remember, the nose knows! Natally Fisher of RE/MAX Preferred in Monona says when a potential buyer steps into a home they will smell if you have pets.

“If you are a pet owner, you may have to take extra steps to getting your house ready to sell, such as cleaning or removing carpet, keeping dog beds and litter boxes clean for showings to ensure that the house does not have an odor,” Fisher says. “If your pets have damaged your home, plan to make improvements prior to listing.”



#3 CLEAR THE CLUTTER

If you're living in your home while selling it, pre-pack as many of your belongings as possible. This will also require you to make a plan for storing your belongings while your house is on the market

"Less stuff in each room equals more space a potential buyer sees for their own items in that home," Myhre-Daeger says.

Ann Raschein, realtor with Mad City Dream Homes at RE/MAX Preferred, recommends reducing clutter in storage areas as well. "Make sure closets are not overflowing and that potential buyers can easily navigate important spaces like the basement and garage," Raschein says. "Once you have taken the time to declutter, make sure to keep things organized. Buyers will love to open up closets and see something that reminds them of a spa experience. When buyers see a clean home, they make the assumption that the home has been well cared for."

#4 TO STAGE OR NOT TO STAGE

Myhre-Daeger says one common mistake homeowners make is

confusing staging with decorating. As she explains, decorating your home is making it lovely based on your personal taste and style. Staging a home is making it marketable to as many buyers as possible, which often means un-decorating for some spaces and focusing on the elements of your home that add value. This may include toning down paint colors that are very vibrant or taste specific, and repainting rooms in a more neutral and light color palette.

"A seller may feel offended or defensive about their realtor suggesting a stager, but it's important to remember that the stager isn't critiquing your decorating, they are working with your home's assets to make you money," Myhre-Daeger says. Vacant staging refers to a property that no one is living in while on the market. Some homes won't need much when it comes to staging, but other homes may benefit from more involved staging services. Staging services can range from a few hundred to thousands of dollars.

One simple way to "stage" a home is with a fresh coat of paint. As Myhre-Daeger says, painting a space can usually cost less than \$200 and can dramatically change a room for the better. Painting also helps a room to look and feel clean and fresh.

"Pick a neutral wall color that complements the trim colors, flooring and other major finishes in your home," Myhre-Daeger says. "A buyer is purchasing your house, not your décor style."

The great news about staging is that it doesn't involve a dramatic remodel of your home. As Raschein explains, it's about using what you already have in ways that help your home look its very best

"Some real estate agents will include and pay for professional staging as part of their marketing plan, so you may not have to pay anything at all in order to experience the benefits of staging," Raschein says. 🌸

Freelance writer Maura Keller frequently writes about home-related topics for regional and national publications.



THE MOST POPULAR NEIGHBORHOODS IN MADISON

Whether you are selling your home or looking to buy new, Madison boasts an array of wonderful neighborhoods and the city often appears on the top of many lists rating lifestyle and best places to live. Some of the area's favorite neighborhoods include Schenk-Atwood-Starkweather-Yahara, Wexford and Westmorland. You can learn a lot more about the city's diverse collection of neighborhoods by visiting the City of Madison's Neighborhood Association website. Or, call on a trusted real estate agent and tap into their knowledge of Madison and the surrounding area.

DOWNLOADING SERENITY

Apps for mental health.

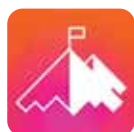
ALL THE TIME we spend staring at our phones is not known as being a boon for our mental wellbeing, but here are a few apps to try that may actually help you access inner calm.



HEALTHY MINDS This free app is affiliated with renowned neuroscientist Dr. Richard Davidson's Center for Healthy Minds at UW-Madison, so it's backed by cutting-edge research. Access meditation practices, podcast-style lessons and reports to track your level of wellbeing.



MOODFIT is a colorful and intuitive way to track not just your mood but sleep, gratitude and nutrition through daily goals. This free app incorporates cognitive behavioral therapy (CBT) to "dispute irrational thinking that causes negative emotions."



MOODMISSION sends "missions" to help people with depression and anxiety. Acknowledging that "feeling low and anxious is normal," the app provides you with five missions (achievable short strategies) based on your survey responses and how you rate your feelings at the moment.



HEADSPACE is a meditation app boasting over 31 million users and hundreds of hours of content. You can select courses and meditation sessions from their extensive library, chart and track your pathway, and "buddy up" with friends for motivation.




DEPRESSION CBT is a free app that uses CBT and offers an extensive screening test to monitor severity of depression, a "cognitive thought diary" which provides positive feedback, and emotion training to help you access calming states. -Katie Reiser 🦋



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After serving five years as a Military Police Officer in the United States Army and watching his parents struggle financially, Kristian set out to change the way people view retirement. Kristian founded Retirement Income Strategies as he believes the majority of financial and investment advice is fundamentally mistaken and often self-serving.

Kristian is on a quest to empower retirees, small business owners, and women to sculpt a better future and to make better educated and informed financial decisions. He loves to challenge the status quo, expose the truth and drive innovation in the investing world. He designs forward-thinking investment strategies using his trademarked process.

Better known as The Madison Money Guy, Kristian is a radio show host, a frequent TV guest and contributor to multiple publications, including Kiplinger's. He is a Master Elite IRA member with Ed Slott and a member of the American Tax Planning Institute LLC. He teaches courses such as Smart Women Finish Rich, Retirement Elevated, and The Retirement Challenge. He strongly believes that women should not only be an integral part of creating a retirement plan but understanding and taking control of their plan.

Kristian resides in Evansville, Wisconsin, with his two daughters, Kaitlynn and Kendra.

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ACE THE INTERVIEW

How to prep to make a good impression.

BY HOLLY MARLEY-HENSCHEN



YOUR RESUME GOT NOTICED and you've landed an interview, but the work's not over yet. To nail this next step in your job hunt, you'll need to do your homework and do some research, according to Madison career coach Dee Relyea.

Gathering information about an employer (first stop: their website) will help you determine if they're a good fit for you, says Relyea, independent coach and owner of Career Life Coaching. Background information like their mission or vision statement will help you better understand the work they do, so you'll be able to communicate why you're interested in working with them.

Online and personal networks can supply information too.

"Take a look at LinkedIn and see who's in your network that may work with that company and then talk with them," she says. Neighbors and friends might also be able to connect you. Workplace review sites like Glassdoor offer candid insight about work culture and environment.

Next, Relyea says, study up.

"[Preparation] makes or breaks it," she says. "If you've gone to all of that work to get an interview, you sure don't want to blow it because you haven't figured out what you're going to say."

Behavioral questions are a cornerstone of interviews today. These begin with, "Tell me about a time when..." and end with a challenge most employees have faced. Your answers showcase your communication and problem-solving skills, as well as how you might fit in with the company culture.

Keep answers to these questions succinct—two minutes max, Relyea says. Think of your answers as a three-part story. First, give an example of the situation in question. Second, share the action you took in response. Finish it off with the result. She suggests practicing six to eight scenarios. Google "behavioral

interview questions" for ideas.

Just like the first day of school, you want to look great for your interview (see sidebar, page 22). Relyea suggests getting a feel for the employer's norm by asking around and checking their website for clues.

Arrive 5-10 minutes early. That way, you'll have time to use the restroom, check your hair and make sure there's nothing stuck in your teeth. Early arrival also allows you a few minutes to observe the workplace. How do the environment and employees compare to your ideal? It also gives you another few minutes to review your answers to behavioral questions, Relyea says.

And don't forget, you're interviewing the potential employer too.

"When it's your turn, it's important to have a couple of questions to ask," Relyea says. She suggests questions like, "In three months, what would the successful candidate have accomplished?" and, "What's the most important issue for the new hire to tackle?" Don't forget that important final question: "What's the next step in the interview and hiring process?"

Grab your interviewer's business card on the way out. That way you can send them a note—via email or snail mail—thanking them for their time and restating your interest in the position.

"It never hurts for them to receive a nice little hand-written note three to five days later. It will remind them of you, and it might bring you more to the forefront of the selection process," Relyea says. ✨

Holly Marley-Henschen is a writer, editor and communications consultant. She actually enjoys job interviews because they're a chance to meet new people and have a good conversation.

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THE CLOSET CONUNDRUM

Sure, workplaces have become more casual these days—but one exception is a job interview. It's always best to dress up for this to put the right foot forward.

Although a suit isn't necessary anymore for most fields—a nice blazer, top and casual dress pants or skirt work. Make sure your shoes don't have any scuffs on them and your handbag or laptop bag is in good condition to showcase a professional appearance.

For more creative fields (i.e., marketing or communication), you can get away with wearing something that showcases your personality—as long as it's office-worthy. A colorful sweater, printed blouse, fun shoes or a piece of jewelry that subtly shows off your creative vibe is acceptable.

One thing is certain: you won't regret dressing too formal for an interview, but you'll certainly feel awkward (and not on top of your game during the interview) if you dress too casually. So save your best pair of jeans or favorite vintage band T-shirt for when you actually get the job.
—Shayna Mace





PHOTO COURTESY SWEENEY DESIGN AND REMODEL

Eyes on Entries

BY ANNIE ROSEMURGY

MUDROOMS AND ENTRYWAYS might just be the new design-world “it” rooms. “The mudroom trend is here to stay,” says Linda Sweeney of Sweeney Design and Remodel.

Joanna Harig, design manager at California Closets, agrees: “Mudrooms and entryways are a reflection of how families are really living today. People want not only a space that is highly functional and organized, but also beautiful and in keeping with the overall aesthetics of the home.”

Turn the page to see how you can make the most of your transitional spaces.



BARN DOOR BEAUTY →

If a mudroom isn't already in your home's floor plan, there are easy ways to boost your entryway's function and style vibe without breaking the bank. In this home, Sweeney Design and Remodel made a closet a functional showpiece, installing can lighting, a row of hooks (instead of a standard closet rod) and cube storage below.



↓ **SPACE NOT WASTED** Even a humble nook under a staircase can serve as a makeshift mudroom with stellar results. This California Closets design incorporates the best of entryway organization with hooks, plenty of compartmental storage (with decorative Ecoresin backing), seating and a cool look to boot.



↪ **LUXE LIVING**

Sweeney points out that pet parents love mudrooms for cleaning up after dog-park playdates and stashing leashes, toys and treats. The frequent hostess can have adequate space for guest's coats and footwear. And while the mudroom trend is most popular with young families, Harig notes that seniors appreciate a simple bench to sit on while taking off shoes and jackets. This spectacular design by California Closets serves all of these purposes with a hardy tiled floor, ample seating and sleek organization.

FOR BUSY, active families, mudrooms can be a sanity-saver. The detritus of everyday life—muddy boots and overstuffed backpacks—are neatly sorted and stored, containing the chaos and keeping interior surfaces clutter-free. In many homes the mudroom is also “ground zero” for household organization. Schedules, grocery lists and appointments can be posted here at a desk area (like on P. 23), complete with charging station to keep electronic devices ready to go. Countertop spaces offer a handy spot for wrapping gifts, sorting mail, arranging school projects or as a landing pad for groceries.

Mudrooms and entryways run the spectrum from simple to spectacular, and Harig recommends that clients spend time reflecting on what essential

functions this space will provide. For smaller homes Harig says that a “locker-type” organizer with hooks and bins may be appropriate. In larger homes, some families are creating remarkable and stylish combination rooms where entryway, laundry, home office and craft room merge into a beautiful, multi-purpose space.

One oft-overlooked area is the empty space above or below a bar of hanging coats in a standard closet. Harig says attractive bins and baskets can maximize these under-utilized zones, and can be rotated on a seasonal basis, housing scarves and mittens in winter, and beach towels, sunscreen and swim goggles when the lazy days of summer finally roll around again. Organizing just became fun again. ✨



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GLORIOUS GARAGES

Rethinking a utilitarian space.

CHRIS SCHMIDT says your garage is often an overlooked spot that has great potential.

"Typically, the biggest room in your home is your garage. If you put some organization into this space, it can actually make every other room in your home better. When you think about organizing anywhere—it all comes down to everything having a place to belong when it's not in use. And, the garage can be the biggest area for the 'collect-all' [items]," explains Schmidt, the sales director of Cabinet City by dream.



← **GREAT HEIGHTS** Schmidt advises taking advantage of ceiling storage. This pulley system (left) can mount bikes, kayaks and paddleboards, and it's easy to get items down. "The [pulleys] also have built-in stops so you can't accidentally drop something on yourself anytime something is above chest height," he notes.

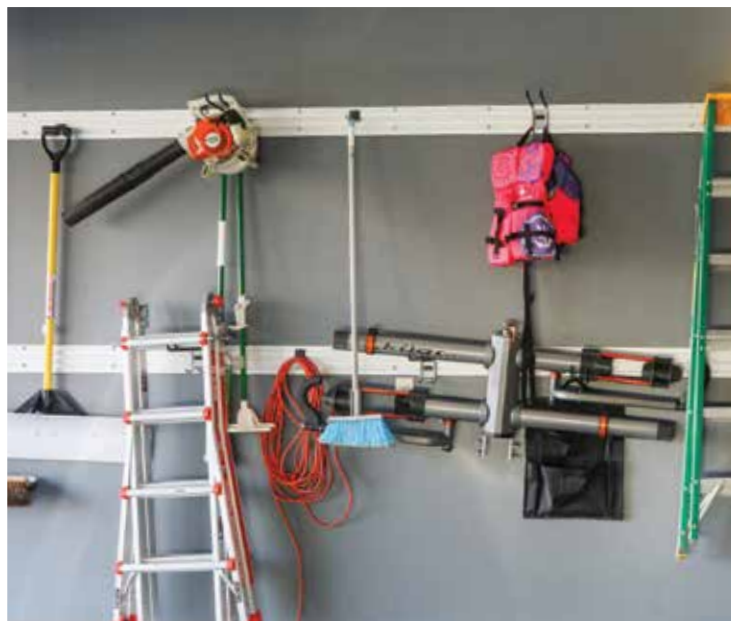


↑ WATER WAYS

Having a utility sink in the garage helps to contain messes. "It keeps the house cleaner because if somebody's working outside doing gardening or lawn care, they're not tracking [the mess] inside," says Schmidt.

HANGING OUT →

This aluminum track system can be hung on the wall and customized for length. Schmidt says having two heights helps, too. Lighter items like brooms and shovels can be hung on the top tier and heavier items like bikes can suspend from the bottom. Homeowners can also choose where to hang various-sized hooks in the track, depending on the size of hanging items.





↑ PERFECT PLACEMENT

Schmidt says the other major garage spot homeowners are looking to organize is their workbench area. By adding cabinetry and drawers, this spot can be organized just like a kitchen would be. "We can offer drawer storage with dividers that are made to [store] tiny pieces. [These types of items are] better in drawers ... as opposed to being thrown in a box or on a shelf," says Schmidt.

Schmidt waxes poetic that a garage can even be a warm and welcoming space. Instead of keeping the drywall unadorned, why not paint the walls? Can lighting can eliminate the no-frills atmosphere. An epoxy or tiled floor can add to the aesthetics. "Garages are large open spaces and they don't come naturally with anything to take advantage of storage," Schmidt points out. "There are so many cool things you can do—it's just broadening the mind and spectrum of what you can do with this huge area." —Shayna Mace 🌸



↑ WORKBENCH

A workbench needs a hardy top. Schmidt says current options can include laminate, high-pressure laminate, maple butcher block and even stainless steel. Each of these offers extreme durability—and are pleasing to the eye, too.



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SECOND

HOW SIX WOMEN CREATED THE LIFE
THEY WANTED BY SWITCHING
CAREER DIRECTIONS—AND GOING
DOWN THE PATH THEY WERE
MEANT TO.

*"But little by little,
as you left their voices behind,
the stars began to burn
through the sheets of clouds,
and there was a new voice
which you slowly
recognized as your own,
that kept you company as you strode deeper
and
deeper
into the world,
determined to do the only thing you could do—
determined to save
the only life that you could save."*

This excerpt from Pulitzer Prize-winning poet Mary Oliver's "The Journey" is a sobering, yet uplifting, look at changing directions in our journey, and allowing ourselves to think about what is possible. It lets us all ponder a sort of "second life" for ourselves. What if we moved to another country, took a different job, started a new business?

The women profiled here prove that it's never too late to make a change. If you can dream it, it's possible.

LIFE

SABRINA MADISON

FROM HIGHER EDUCATION TO RAISING WOMEN UP

BY HYWANIA THOMPSON

PHOTOGRAPHY BY SHALICIA JOHNSON

Working in various positions in academia for seven years opened Sabrina Madison's eyes. She had seen a lack of support for students of color and spoke at events where there were no women of color in the audience. It got her thinking about how she could empower black women and families—even though she had a comfortable job working at Madison College as a student veterans coordinator.

In 2016, she had her “aha” moment. At a local speaking engagement about leadership development, Madison says there were no women of color in attendance: “All these gems that I’m about to share and no black women in this room.” She asked herself what leadership would look like for black women and during a 15-minute break, created the first Black Women’s Leadership Conference.

After a few weeks off of work, she returned to Madison College and thought, “why am I here?” So, she quit. “I didn’t know what was going to happen,” Madison says. “I just knew I felt strongly that I didn’t belong there, and this was not working for me anymore.”

Madison decided to build her own business, focusing on black women. Now, she’s her own brand—called Heymiss Progress—a name coined by her father. She opened The Progress Center for Black Women in 2018, and her Black Women’s Leadership Conference will be held next month. And, she’s working on a county-wide Black Entrepreneur Week in summer 2020—among other initiatives.

“To go from a 15-year-old teen parent to creating my own brand, it feels empowering. I’m happy that young girls, women, and even men can look to me and know that doesn’t have to be the end. You can reinvent yourself.”

Although she left, Madison says Madison College gave her the opportunities that got her to where she is today. In her first volunteer coordinator position with the school, she started the nonprofit Men with Purpose, helping men coming out of the prison system. And, the school often invited her to speak to families, which jump-started her speaking career. Over the next few years, more organizations would book Madison as a speaker. “That first year at [Madison College] really set the foundation for everything I’ve been able to accomplish today,” she says.

Madison enjoys being able to help people from a love ethic. “When folks tell me about the progress they’ve had, I am full,” Madison says. “When a mom or a woman says after we met, ‘I was able to make this change in my life.’ I can see the impact right away. I don’t have to wait five years to see the impact.”



JENNIFER LEE

FROM WAREHOUSE TO HOUSE OF WEARABLES

BY HYWANIA THOMPSON
PHOTOGRAPHY BY HILLARY SCHAVE

Jennifer Lee is proof that it's never too late to follow your heart and your passion in life. In October 2018, a few months after leaving her job at a local distribution center, Lee opened Faded Roots Boutique on Main Street in Sun Prairie.

Lee started at the distribution center after graduating high school.

She drove the forklift and performed other duties, and in her last three years, worked as a supervisor. Lee says she loves connecting with people but during the last few years at her job, she couldn't lead her coworkers the way she wanted to. "I got to the point at the end of the day where I felt like I couldn't do anything good anymore," she says.

So one morning in July 2018, after 25 years at the distribution center, Lee turned in her resignation. "I had gone into work that morning and it was a complete disaster ... I couldn't do it anymore. I called my manager and gave my two weeks. It was just one of those moments," she says.

It was a scary leap for Lee—all she knew was the distribution center and she was a single mom of two. But, she had also been mentally preparing for this moment to possibly open her own shop—even if she didn't have a storefront yet. "The more unhappy I was [at my job], I [went] to the bank and I created my business name," Lee says. "I did all these things beforehand so if that day did come where I was ready [to quit], I knew that I would be prepared."

Her Sun Prairie shop has unique clothing, jewelry, shoes, bath and body products, and more. Many of the items are made by artisans from across the state. Throughout the shop are heirlooms from Lee's family, including a beautiful table made with barn wood from her grandfather's farm. "My first vision of my own boutique was more about the environment and how I wanted people to feel when they walk through the door," she says.

Lee says change is scary, but we have to change if we want to grow. "Take that chance. We only live once and you're going to live a life of regret if you don't take that leap."



SHILPA SANKARAN

FROM CORPORATE CULTURE TO RELAXING RETREAT

BY KATY MACEK
PHOTOGRAPHY BY HILLARY SCHAVE

Graduating college doesn't guarantee a dream job. That comes from years of experience and personal growth, says Shilpa Sankaran, of Middleton.

Sankaran, a 1995 graduate of the UW-Madison's school of business, was eager to climb the corporate ladder like many kids fresh out of college. She relocated to San Francisco and over 18 years gained a respectable career in corporate consulting, and then co-founded a zero-energy construction firm. Each step in a new direction showed her how much more there was to learn.

"We are funneled into choosing so early in our lives, when we don't even really know what life has to offer [and] we don't know ourselves," Sankaran says. "We don't give ourselves the freedom of making a change or choosing something else."

Now Sankaran is living those words. Last November she shifted her career direction again to open Kosa Spa, an Ayurvedic spa retreat. The business is located in the newly renovated Garver Feed Mill on Madison's east side. Sankaran says she knew she wanted to work in a more rewarding field than corporate consulting but had no idea it would eventually entail opening a full-service spa retreat center. Her experience in sustainable construction and knowledge of Ayurvedic practices (which she learned about during trips back to her home country of India with her family) have merged beautifully in her new endeavor.

"...What we bring to every stage of our career we already possess," Sankaran says. "It's not like we throw it away and restart from scratch."

She's fueled by her passion for connecting people with themselves and the world around them and feels this is her true calling. Looking back, though, she wouldn't change a thing about how she got here.

"The choices you make at any point are completely reliant on all the experiences you had," she says. "I think everything is as it should be."



KATY RIPP

FROM FATIGUES TO FLOWERS (AND MORE)

BY ANNIE ROSEMURGY
PHOTOGRAPHY BY SHALICIA JOHNSON

Katy Ripp is not afraid of change. A self-professed risk-taker, Ripp's career journey has meandered, and when opportunity has presented itself, she has not been reluctant to go all-in. She's dabbled in banking, education, web design, hospitality and agriculture. But it was a post-9/11 radio ad for the National Guard that called her to service and changed her life forever.

Notoriously grueling, the experience of basic training for the Guard and her subsequent seven-month deployment to Iraq forced Ripp to dig deep, tapping into an abiding resilience. She recalls a self-defining moment during training where—sweaty and exhausted, on the brink of defeat—she decided simply to persevere. The misery could not last forever, she reasoned, and she possessed the tools to press on, moment by moment. While life looks very different for Ripp these days, the deep well of fortitude she gained during her service serves her daily.

Today, Ripp and her husband Dale own and operate Mad Lizzie's Flower Farm in Cross Plains. Specializing in heirloom varieties, Mad Lizzie's is named after their daughter, Madeline Elizabeth, who is, Ripp says, everything she wants their farm to be—spirited, independent, sassy and wild. The couple hand-curates and grows hard-to-find seasonal flowers and sells them at local businesses and from a roadside stand adjacent to the farm from Memorial Day to Labor Day. Whether for a special occasion or for everyday enjoyment, Mad Lizzie's devotees appreciate the beauty of their uncommon, sustainably-sourced blooms.

Never one to rest on her laurels, Ripp launched a second endeavor in April 2019 where she has the "opportunity to collect all of my talents, experiences and lessons from every job or hobby I've ever had." The couple bought a charming, historic building in the heart of downtown Cross Plains and opened Nineteen09 Wine Bar + Gift Shop + Event Venue. Nineteen09 offers a self-serve wine bar, beer and seltzers on a daily basis. For Ripp the most rewarding aspect of her newest venture is helping clients host personalized, deeply meaningful occasions, like baby and wedding showers, birthday parties, anniversary celebrations and fundraisers. With all of her varied experience and skills, Ripp says she's found her true passion in co-creating these events. While Ripp's journey has taken many twists and turns, she's found her path—lined with flowers and walked with wine glass in hand.



WENDY KUO

MARKETING SAVVY MEETS NOODLE SAVORY

BY CANDICE WAGENER

PHOTOGRAPHY BY SHALICIA JOHNSON

Wendy Kuo's daily grind is vastly different now than it was five years ago. Kuo, who held positions in various aspects of digital marketing for the first 14 years of her career, now oversees operations of two brick-and-mortar restaurants, Umami and Tavernakaya, and three food carts in Madison, plus a shared cart in Wisconsin Dells at the Grateful Shed Truckyard. Kuo and her husband, Michael Ding, co-own the ventures.

Kuo and Ding relocated to Madison from New York City in 2010 because they were ready to switch gears. Ding, who had spent 12 years working in finance on Wall Street, was armed with plans for the restaurant Umami, which opened as the city's first Japanese ramen bar on Williamson Street in March 2011.

Marketing has played prominently into Kuo's career trajectory, albeit in different ways, since she graduated in 2000 from NYU's Stern School of Business. In New York City she held positions at ivillage.com and other ad agencies. After moving to Madison she worked full-time in marketing at Middleton-based Shoutlet while simultaneously managing all catering and private events for Umami. In December 2014, she was laid off from Shoutlet. Exactly a year later, she and Ding opened the doors of Tavernakaya.

After her job loss, "I could have went on and tried to find another job, but at that point [our restaurants] needed someone," says Kuo, who instead fully immersed herself in the planning for Tavernakaya. "No regrets at all. I certainly would rather be spending my time building our business."

Kuo and Ding divide the behind-the-scenes work. Ding manages personnel issues, handles repairs and brainstorms the big ideas for scaling up their businesses, as well as spearheading new ventures. Kuo takes on all of the marketing, accounting and finances, and communications. She also still manages events and catering.

Kuo's marketing experience is convenient for promoting her own businesses. But she also credits her past career for teaching her how to prioritize and decide which fire to put out first—a crucial skill in the restaurant industry.

Even though their plates are full, Kuo and Ding plan to expand their businesses even more in 2020. Kuo also has a personal goal of incorporating more exercise, healthy meals and family time into her life.

As Kuo reflects on her own journey, she sagely advises: "If you are going to make a career change, make sure that you consider that new career [has] balance between your personal life and your work life."



KATE BAST

FROM DEADLINE CHASER TO FOREST HEALER

BY ANN IMIG
PHOTOGRAPHY BY KAIA CALHOUN

Evidence-based research shows that time spent in nature makes us feel good. Certified nature and forest therapy guide Kate Bast feels pretty terrific these days.

Madisonians might know Bast from her five years as editor-in-chief of BRAVA Magazine. Bast relished writing, editing, traveling, attending events and especially meeting many local women who were visionaries. The creative frenzy also brought anxiety and stress. Bast admits “living on deadlines was as draining as it was exciting—and my family and I were wanting more time together.”

A story idea for BRAVA from a Washington Post piece about Shinrin-Yoku (Japanese for “forest bathing”) lit a spark in Bast. Shinrin-Yoku named a phenomenon Bast herself experienced; going into nature—often and for long stretches—dissipated her freneticism and tension. Reading about Shinrin-Yoku also reawakened her desire toward healing others (Bast considered nursing school before becoming a journalist). She emailed her husband Tim: “In my next life, I’m going to be a forest bathing guide.”

Eighteen months later, Bast found courage to create her “next life” now. After retiring from BRAVA, she learned of a training that would launch her forest bathing guide career. Bast recalls: “My intuition was loud and clear. I knew I would find something there.”

Today, Bast guides individuals and groups of all ages on one-and-a-half to four-hour slow, silent forest walks. She explains Shinrin-Yoku as “immersing oneself in the atmosphere of nature, activating the senses, and slowing down enough to notice and find stillness.”

Bast prepares by exploring sites—sitting against a tree, or even laying down in the snow—“gathering up the sense and feel of place.” She creates “invitations,” written or spoken prompts designed to encourage clients to “drop-in” with connection and reflection. Bast carries first aid essentials and extra gear to keep her guests comfortable. She often ends a walk serving tea made from foraged plants.

Recently Bast also became part-time editor for the Whole Health Project—supporting a paradigm shift in how the Veterans Health Administration provides care, treating the whole person, embracing Western medicine, complementary and integrative health practices.

In describing her life today, Bast says “Here I am, right where I feel I should be, on a path that has merged my editorial skills, interests in medicine, a forest bathing practice and new business—and in all, the chance to help people heal.”

Feel pulled toward change? Bast suggests, “Notice what lights you up and take action. Let people help you, and they will let you help them. Find the forest to your tree.”

THE NEXT BEST THING

BY TAMMY MADSEN

Sarah Young is founder of Zing Collaborative, which she founded in 2013 to work on leadership and people development within organizations. Young is a Certified Professional Co-Active Coach with accreditation through the Co-Active Training Institute, an organization which trains people how to become professional coaches. She's also a professional certified coach through the International Coach Federation. We asked Young about how to think about changing lanes in your own career.

Q: What factors do people need to carefully consider when looking to change career paths?

A: I like to work with people to uncover: What is it they're running toward? If we're just running away from something, we often end up repeating the same pattern that has happened before. Getting clear on what we're running toward, and making sure we're running toward the right thing, is something I feel is really important.

Another thing I work to explore with my clients is: Have they done everything to optimize their current state? We might think we need to make a sweeping change and switch careers altogether, and sometimes that might be the answer. But sometimes there are things we can actually do within our current context to optimize our current role or align it with our strengths, and how we can have the greatest impact. That might mean switching roles within our organization. It might mean scoping our job a little bit to align with the impact we want to have.

Q: Do you find that the desire to make a change has more to do with financial impact, or day-to-day stress level of work?

A: Neither. Overwhelmingly for the clients I work with, neither of [those factors] are a primary driver. [They identify] wanting to be challenged and grow, and wanting to align the work they do with how they feel they can make the greatest impact.

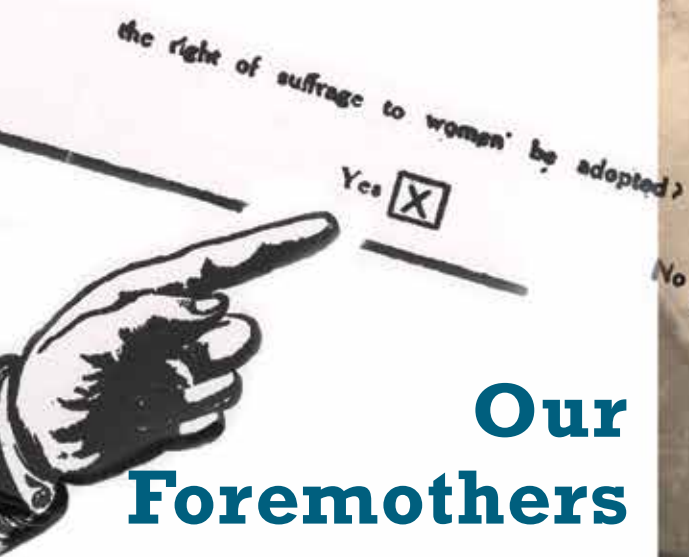
I describe this as an inner whisper. It's an inner whisper that [says] "there is something else that I am meant to do or that I hope to do. I'm not quite sure what it is, but I don't think it's what I'm doing right now. I would like to explore what that might be."

Q: If a person decides to make a switch in their career, how would you recommend they go about doing that?

A: When considering a career change or pivot, before asking "What kind of job might I want to do next?" I recommend taking a moment to reflect on the questions of: "How do I want my work to fit into the greater context of my life?" "What do I want my overall life design to look like?" And, "What is my vision for my life in this upcoming chapter—and in this particular season of life?"

This can help us to get clear on what matters most in our life overall, and then how our work might fit into this broader picture in the upcoming chapter. [This can] help us to expand our vision of what's possible.

And then moving forward in a way that's very focused and selective, because what I find is if you just go out and open up the floodgates, there's a lot out there on the job boards and there's a lot that can feel overwhelming. It's important to step back and get clear on what we're aiming toward [to do in our next job] to put us in the driver seat, versus being at the mercy of what's on the job boards, or what we find online.



Our Foremothers

A Wisconsin Historical Museum exhibit examines the state's role in the fight for women's suffrage.

All images courtesy of the Wisconsin Historical Society

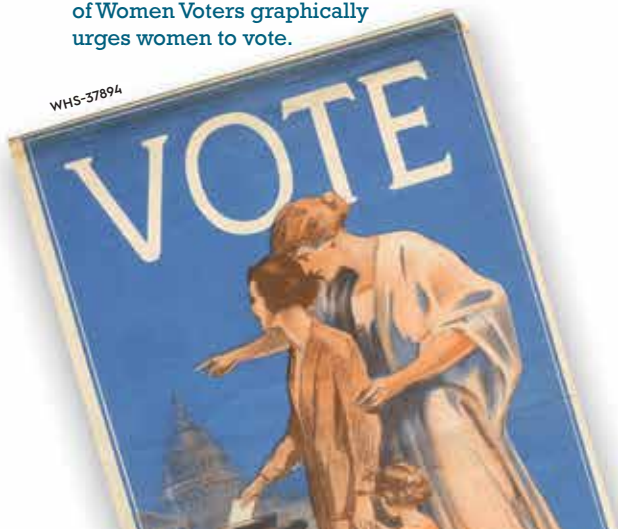
This year marks 100 years since the ratification of the 19th Amendment on August 18, 1920, granting women the right to vote. Wisconsin holds the distinction of being the first state to ratify the amendment, on June 10, 1919.

It was about a century-long struggle to get there, however, and even longer for many women of color. What can we learn from our foremothers' efforts and what do they mean for women engaging in our political system today?

A new exhibit at the Wisconsin Historical Museum tells the story of Wisconsin's role in the suffrage movement and the women who were key players here.

Get Up, Stand Up

This poster issued by the Milwaukee County League of Women Voters graphically urges women to vote.



Standing Proud

This 1915 portrait shows Theodora Youmans, President of the Wisconsin Woman Suffrage Association.

WHS-1927



WHS-35075

(Left)

Milestone Moment

Former Wisconsin State Senator David G. James, R-Richland Center (1908-1912), is surrounded by suffragists at the National Woman's Party headquarters. The document he's holding is his appointment as a Special Courier to deliver the ratification to the U.S. Office of the Secretary of State to make Wisconsin the first state to file ratification papers. James was also the father of suffragist Ada James (see image below), who was a social reformer, humanitarian and pacifist.

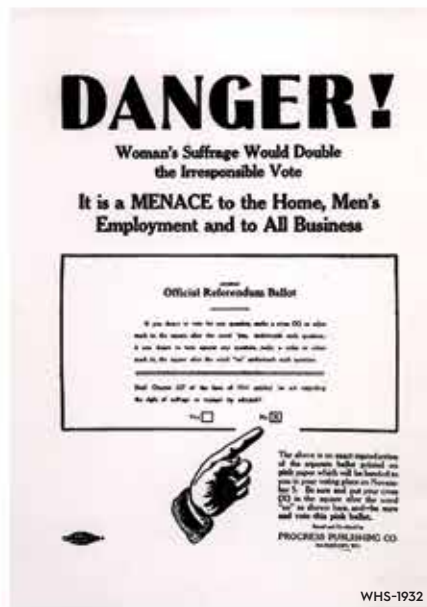


WHS-10803

(Far Left)

Change Champion

Belle Case La Follette, wife of Gov. Robert La Follette, was a national speaker for women's suffrage.



WHS-1932

(Left)

Sign of the Times

A 1912 anti-woman suffrage poster warns of the "dangers" of the female vote.



WHS-79312

(Left)

Strategy Session

In this 1918 photo women meet at the headquarters of the suffrage movement, with a map of Wisconsin in the background. At center is Ada James (1876-1952), a prominent suffragist, whose parents were also active in the movement. Her father hand-delivered the ratification documents, making Wisconsin the first to ratify the 19th Amendment.



Members of the Oshkosh Equal Suffrage League show off their 4th of July float, fashioned to look like a sailboat, in this 1912 image.

WHS-5157

Telling Wisconsin's Suffrage Story

A Q&A with Simone Munson, one of the masterminds behind the exhibit.

BY JULIA RICHARDS

Simone Munson, supervisor of acquisitions at the Wisconsin Historical Society, talks about the history of Wisconsin's suffrage movement.

Q: What can people learn from this exhibit?

This exhibit wanted to take the idea that [the 19th Amendment] was just the beginning and that there was a lot of work that needed to be done after the suffrage bill was passed. The 19th Amendment didn't actually give everyone the right to vote; there are lots of women who were still excluded from voting after 1920. Native American women didn't really have the freedom to exercise their right to vote until 1924 with the Native American Citizenship Act. And most African American women couldn't vote until the civil rights movement and the Voting Rights Act in 1965.

The second half of the exhibit also talks more about things like the Equal Rights Amendment, women's involvement in politics, women taking office and how far we've come, and how much more work still has to be done to get women more fully involved in politics.

Q: What issues were women engaged with besides temperance?

So we have to remember that it's really a nearly 100-year period where women are trying to gain this right and it does change over time. So at the beginning in the 1840s through the 1860s there is a close alignment between the women's suffrage movement and abolitionism. And then after the American Civil War we see that change and there are some splits within the movement with [regards] to how the women involved view African Americans.

Also, one of the ways that women gained ground in this state by state movement was to make the connection between children and education in the domestic realm. Women were able to argue that they deserved the right to vote in school matters or municipal elections because those elections have a more clear connection to regulating schools. So, in the 1880s the Wisconsin legislature passed a bill that said that women are allowed to vote in school matters, but they didn't define that very clearly and they also didn't really set up a process for women to vote. The municipalities continued to print all of the offices up for election on the same ballot and as a result they made it impossible for women to vote because voting is anonymous. If they were to hand a woman a ballot with the presidential election and the school board election on it how would they know which election they voted for? It was a bit of a fiasco and they didn't actually get that whole thing sorted out until around 1900.

Q: What significance does it have that Wisconsin was the first state to ratify the 19th Amendment?

I think there were a lot of really hardworking women in Wisconsin that wanted to be able to claim the first to ratify because they had had such a struggle, and they saw that the time was right and this is something that they could accomplish, so they seized the opportunity.

Q: What is notable about Wisconsin's fight for women's suffrage?

The suffrage movement was so closely aligned with the temperance movement and Wisconsin being such a strong German and pro-tavern state—we have lots of big breweries here—that was not an easy argument to make. And so, the women in Wisconsin really struggled for a long time.

There were a number of notable Wisconsin women though, who were active at the national level. So women like Belle Case La Follette and Carrie Chapman Catt were moving in the circles of Susan B. Anthony and Elizabeth Cady Stanton and some of those really well-known suffragists from the time.

Visit and Be Inspired

March is Women's History Month, so there's no better time to visit **"We Stand on Their Shoulders."** The exhibit opened in February at the **Wisconsin Historical Museum** and runs through the end of the year. The museum is open Tuesday through Saturday from 10 a.m. to 5 p.m. Suggested donation for adults is \$5. Plans are also underway for **statewide celebrations on Aug. 26**—which fittingly, is now known as **Women's Equality Day**—and also the date the amendment went into effect.

historicalmuseum.wisconsinhistory.org

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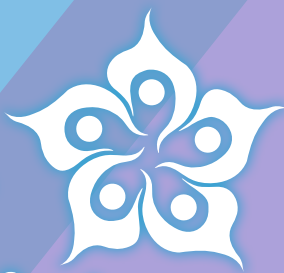
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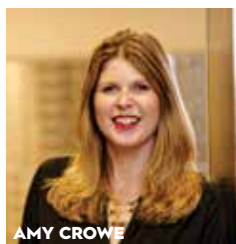
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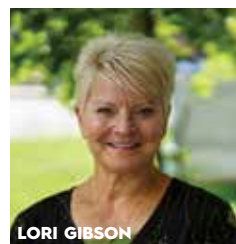
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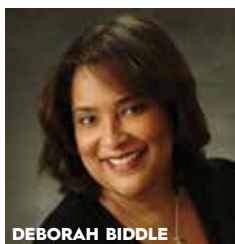
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HANDLE WITH CARE

How to navigate the
hurdles to **successful**
cohabitation.

BY KATY MACEK

You fell in love with your best friend. You two share everything, and, let's be honest, you're at his or her place more than your own. At first, you joke, "Maybe I should just move in." Then you actually consider it. But are you really ready for sharing dish duty and cleaning the other's hair out of the bathtub drain?

The only successful way to live with someone—whether it's your partner, roommate or elderly parent—is to communicate your intentions before making that big step, says Chloe Moore, an advanced practice social worker. "Establish boundaries and roles that are utilizing both parties' interests and natural strengths," she says. "Identify what each party expects the other to manage and coordinate."

This is especially important for women, who, whether because of history, underlying stereotypes or some combination, end up doing more than their share of housework or home organizing. In fact, several notable articles in 2018 and 2019 in *The Guardian*, *Financial Times* and *Fast Company* back this up: Women today spend an average of an hour and 20 minutes cooking, cleaning and doing laundry versus about half an hour per day for men. "This household chore inequality is evident over time, across professions, and even when women work longer hours and make more money," notes a July 2019 *Fast Company* article.

Though Moore says there is not research to suggest an increase in anxiety and depression in women specifically because of shouldering more household responsibility, "anecdotally, we do see women in therapy often who are struggling with ways to make cohabitation work."

Whether it's how you treat each other, organize your space, plan joint meals or divvy out your finances (or not), here are some tips for cohabitation success.





CREATING A HOME

Everything in your home can have a “ripple effect through every aspect of our lives,” says professional organizer Nicole Gruter. In other words, how your space is organized can greatly impact your emotional health—and your relationship’s health.

Before moving in together, Gruter suggests communicating your expectations and desires for the space. This conversation should include boundaries, ground rules, deal-breakers and what you require to live comfortably. For example, you’re OK with dirty dishes sitting in the sink, while your partner must have them washed after each meal or loaded in the dishwasher right away.

“There can’t be any assumptions, because we all live very differently,” she says. “Even if it’s just little details, those can turn into big arguments.”

Changing living patterns takes time, she adds, so don’t expect changes to happen overnight. After that, she says, you have to be willing to compromise.

“You want to prioritize whether the space is more important than the object,” she says. “It can be a source of strain and stress but also of growth, understanding and empathy.”

“Even if it’s just little details, those can turn into big arguments.”

—Professional organizer Nicole Gruter

Moving into a new space together is different from one person moving into the other’s home, she adds. Fitting someone into what’s already there can lead to feelings of resentment.

To avoid this, she suggests gutting and decorating one room together, whether that means purchasing new furniture, a new piece of art or just rearranging what’s already there. This is a lot of work, but ultimately worth it.

“It’s putting the couple’s stamp on a place, and I think that has a lot of power behind it,” Gruter says. “Otherwise, the other person may not feel like it’s their home. I’ve seen that bubble to the surface over time.”

In non-romantic cohabitation situations, she imagines those scenarios would require creating very distinct spacial boundaries, so each person has their own zone.

MAKING MONEY WORK

When UW Credit Union assistant branch manager Lindsey Elliott got married, she and her husband did what they thought most married couples do: Joined their finances.

Shortly after they married, however, she says that wasn't working for them. They felt like they had to ask each other for permission for every purchase—and it stressed them out more.

"My husband makes more money than I do, but he's also a bigger spender and I'm a better saver," she says. "We thought we just had to do this, but we didn't."

Now, the couple maintains separate checking accounts for their "fun" money and each deposits a certain amount into a joint account for monthly expenses and date nights. And, she says, they're much more content.

"It's about having an open and honest conversation about where your finances are."

—Lindsey Elliott, assistant branch manager at UW Credit Union

However, she says finances differ for every couple, and most of the time it comes down to personality and spending habits. At UW Credit Union, she says, these are the first topics that come up when she's speaking with couples about whether they should open a joint checking account.

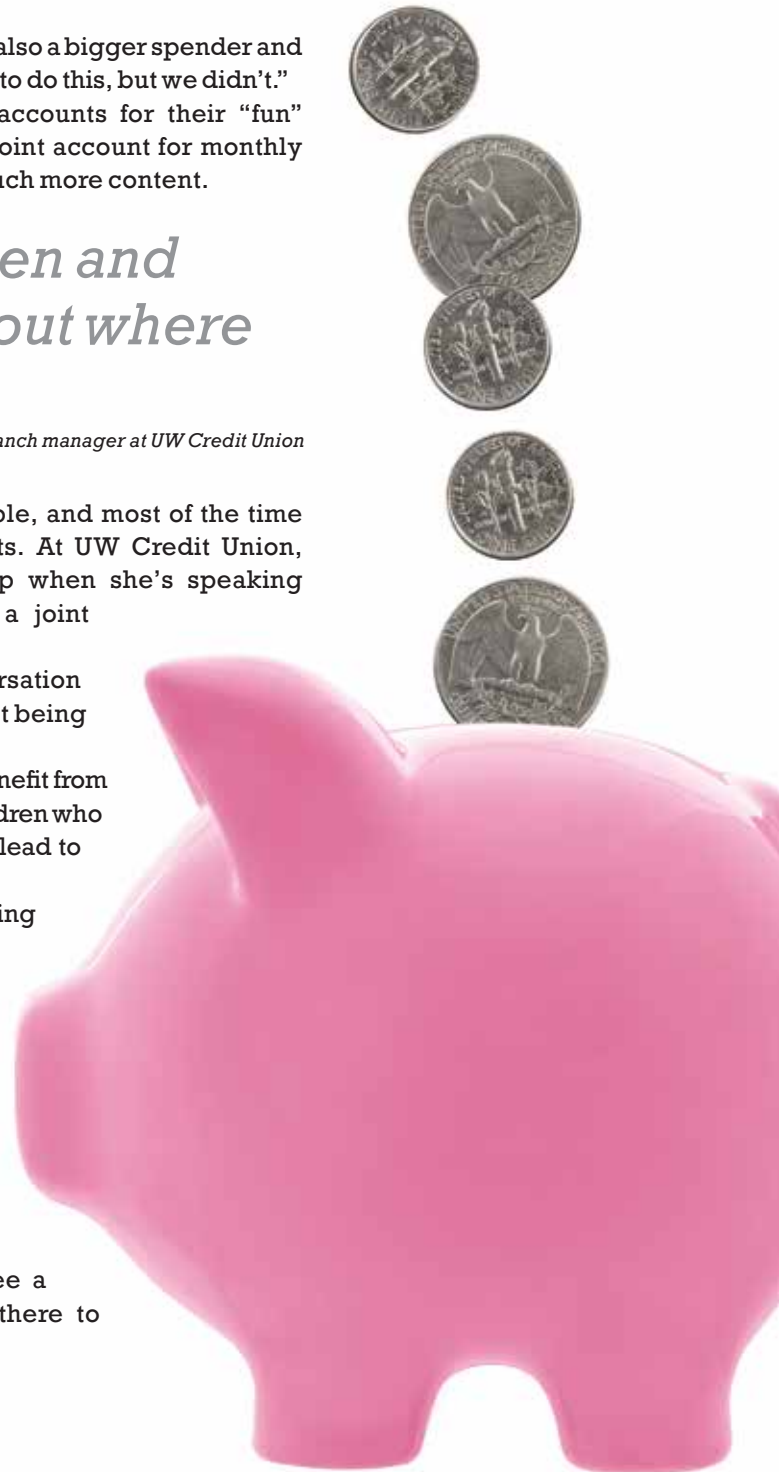
"It's about having an open and honest conversation about where your finances are," Elliott says. "And not being afraid. If it doesn't work one way, you can change it."

Couples who have similar spending habits might benefit from a joint checking account, she says, or couples with children who have more shared expenses. She also thinks it could lead to more transparent conversations about finances.

While it's mostly couples who discuss joint checking accounts at UW Credit Union, Elliott says, especially at their downtown branches, they also see roommates open accounts together to avoid sending money back and forth.

Adult children who are taking care of sick or elderly parents also should consider a joint account, she says. This leads to less hassle when dealing with illnesses and can be helpful to have someone who can navigate technology.

"If something happens, there are less hurdles to access the finances," she says. "And we do see a lot of elder abuse, so having another adult on there to double-check everything is helpful."





HELP! WE EAT DIFFERENT THINGS.

There is perhaps nothing more enjoyable than sitting down to savor a meal with a loved one. But what if that loved one is a practicing vegan while you love a medium-rare filet mignon?

Don't panic, says certified nutritionist Maria Viall. Living with someone who views food differently than you is possible—and even enjoyable. Her golden rule for success? Acceptance.

“Even if you don't necessarily agree, you're probably not going to get them to eat how you do,” says Viall, who has never in her practice or her own relationships, seen that happen. “All you can do is accept that you might be able to encourage them or make food that satisfies both [of you].”

But that doesn't mean two people with different preferences can't make things work. Viall's partner, for

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example, loves a hearty breakfast of eggs and bacon, while she prefers a green smoothie. So, each morning, they make their own—together.

“We can both sit down and enjoy our respective breakfasts together,” she says. “We can make it social without eating the same thing.”

She calls this concept “communal dining,” or the idea that the socialization happening around the dinner table is as important as the food you’re eating.

Another idea is to create a “family-style” meal. In the case of a vegan and carnivore, she suggests having fish or chicken alongside a protein substitute such as smoked tempeh or roasted vegetables.

“Having that dining-out mentality in our own

homes can be helpful,” she says.

She also suggests experimenting with different ways to cook, such as substituting coconut oil for butter. “It’s about finding things in the middle you both enjoy.”

To alleviate the stress that could come with cooking different dishes, she suggests alternating nights of cooking, perhaps on a nightly or weekly basis, and the same with grocery shopping.

It all comes down to communicating.

“Without having that conversation of how to navigate that as a couple, it’s going to be really hard,” she says. “The whole thing with cohabitating is that you are together. This isn’t all on one person.”



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THIS WON'T **WORK** UNLESS YOU DO

Household stressors can have the biggest impact on a relationship. Small things like your partner not taking the garbage out or never cleaning up a mess can add up over time.

Judy Utevsky, a therapist with the Family Therapy Center of Madison, says agreeing on who is doing which household chores before crossing the threshold of your new home is important, even if those conversations are awkward or difficult.

Utevsky recommends splitting work into three categories: What you can't stand doing, what you like to do and what you're willing to do. Based on that discussion, agree who will do what, and don't be afraid to change it over time.

"It's about making a request and having a discussion," she says. Have conversations such as, "This is how I need to live to be a sane human being," and "Can you do this?" before moving in.

She suggests using "intentional dialogue" or making an appointment to sit down and talk about a specific topic. Then, by taking turns to speak and listen, each person gets a chance to share their side of the story.

If you're still not clicking, it's not time to give up yet, says Moore. Individual or couples' therapy can be a great resource to learn better communication skills and get an outsider's perspective on the relationship—whether it be romantic, a new family or adult children moving in with parents.

Before moving in together, discuss what you need to stay sane.

—Judy Utevsky, therapist with Family Therapy Center of Madison

But, Moore adds, don't try to make something work if it's not causing you joy. Know where to draw the line.

"It's OK to terminate a bad relationship," she says. "You shouldn't have to live with things that are making you stressed and uncomfortable."

However, experts all agreed that these conversations—about finances, food, organization, household chores or otherwise—should happen before moving in together. Then, the odds of a successful cohabitation increase.

Utevsky says it comes down to accepting that another person's way of thinking may be different than your own and finding a way to navigate those differences with care.

"According to marriage researcher John Gottman, the biggest predictor of a marriage succeeding is a man's willingness to accept influence from his wife," she says. "In all relationships, LGBTQ and heterosexual, accepting influence from one's partner or spouse is important. Each person needs to be able to hear what the other is asking and be willing to look at things differently." 🌸

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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HAPPY MOTHER'S DAY

In my earliest memories, my mother had me and my younger brother out in the garden every possible day, at the bottom of the hill behind our house. She raised carrots, peas, tomatoes, peppers, lettuce and two little veggie bandits. (We used to eat fresh okra right off the plant until she'd catch us and chase us away.)

Gardening with her taught us to be patient, detail-oriented and optimistic about the future. Sure, working in the dirt under a hot sun seemed insufferable. Making certain each plant was exactly positioned for maximum success was fastidious. Of course, my brother and I didn't understand that these little plants were also helping sustain a family making less than \$10,000 a year.

In 1984, Mom got a part-time job working for a charming, young man named Gordy Kopke on his farm in the pastoral township of Dunn, just outside of Oregon, Wisconsin. His talent for spotting beauty was not just limited to flowers, and he eventually convinced her to make the move into the countryside.


Over the next 35 years, they planted and harvested. Gordy built additional greenhouses and Mom helped fill them with the plants and flowers they loved. All the while, my brother and I watched, played in the dirt, and learned of growth, compassion, patience and joy.

Today, Mom and Gordy still ensure we focus on the details and are helping mentor the next generation of our family. There are a few more of us hanging around now, and we're grateful for the privilege to be a part of it all. Thank you for helping us plant some memories.

(Love ya, Mom!)




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- Josh Smith



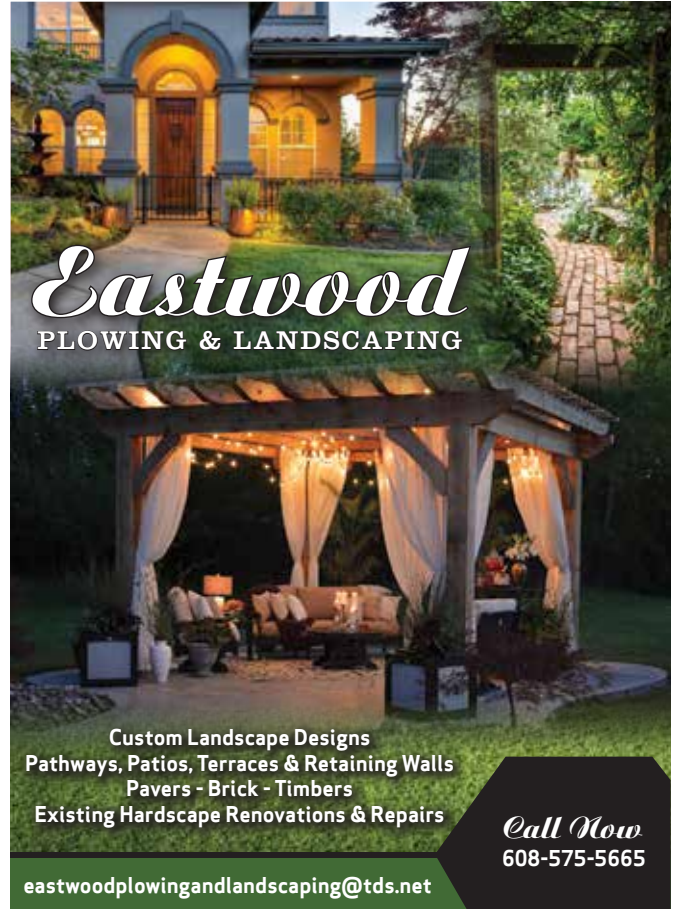
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— Katie Shannon

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Five Sports Bars With Five-Star Food

This month's basketball action means you'll need a spot to watch the games—so check out these places around town that have winning eats.

BY CANDICE WAGENER

PHOTOGRAPHY BY SUNNY FRANTZ





Choosing which sports bar to watch your favorite teams at is often dependent on two variables: good viewing and drink options. But in a food-centric city like Madison, the grub should also be top of the list. Here are a few spots around town deserving of extra points on game days.

MIDTOWN PUB

Truly a neighborhood joint in the “Good Neighbor City,” you’re greeted right when you walk into Midtown Pub and baskets of buttery popcorn sit at the ready on every table. Menu highlights include the MTP Primers, mini prime rib sandwiches on pretzel rolls topped with the Pub’s own horsey sauce (a horseradish-laced condiment with a little kick) and house-made chili, which is some of the best around town. On Wednesdays, indulge in St. Louis-style dry rub ribs that fall off the bone. Thursdays it’s all about Ma Pott’s meatloaf. Don’t forget to grab a candy bar (or two) on your way out. *2405 Allen Blvd., Middleton*

PLAYER’S SPORTS BAR & GRILL

Nestled in the heart of Schenk’s Corners, Player’s is hailed as a consistent favorite by Madisonians, including some of our top chefs. The burgers are where this menu holds strong, using fresh ground beef delivered daily from Jenifer Street Market,



locally-sourced produce when available and toasted buns from Madison Sourdough. Delight in novelties like the appetizer-turned-burger Jalapeno Popper or the Lotza Moza, topped with garlic sauce, pepperoni, mozzarella and two deep-fried mozzarella sticks. Cash only. *2013 Winnebago St*

JORDAN’S BIG 10 PUB

The fact that their motto is “Eat Drink Sports.” shows that Jordan’s prioritizes food. Try to resist the papas fritas, a hybrid of fries, carnitas tacos (braised pork, cotija cheese, jalapeno crisps), and elotes (Mexican street corn), topped with chili lime ranch. Sandwiches include specialties like the Ahi tuna BLT and pork Banh Mi, as well as paninis like Timmy’s Cuban, consisting of pulled pork, Swiss cheese, jalapeno and banana peppers, pickles and spicy mustard. The pub has also gained renown for their fish fry. It’s always good to have another spot in your back pocket for Friday night, right? *1330 Regent St*





DEXTER'S PUB

Start with the house-made sweet potato hummus or Reuben egg rolls, which speak for themselves. Dexter's raises the bar beyond cod for their fish fry with wall-eye, bluegill, jumbo shrimp and grilled, Alaskan King salmon. Their menu also offers vegan options, like the aptly-named The Vegan that features a Beyond Burger patty, Chao cheese (a plant-based, dairy-free cheese), and vegan chipotle mayo, and a stuffed grilled cheese with Chao cheese, butter alternative, shitake mushrooms, pickled red onions and spinach. And, they serve 9- and 14-inch pizzas with a laundry list of toppings available. 301 North St

MONK'S BAR & GRILL

Being a Sconnie-born franchise, Monk's is all Wisconsin and proudly roots for the Badgers and local youth sports. Much of the appetizer fare is standard, but the cauliflower bites tossed in sweet chili sauce and topped with scallions and black sesame seeds are not to be missed. Monk's is a family-friendly establishment, which carries over into their menu with three takes on mac 'n cheese including BBQ brisket, crispy chicken and tater tot bacon. They also have a separate kids' menu, and the chocolate chip cookie sundae is a dessert the whole family will appreciate. 8313 Murphy Dr., Middleton; 2832 Prairie Lakes Dr., Sun Prairie; and 1050 N. Edge Trail, Verona. ✨




Bruschetta hummus plate



Candice Wagener loves writing about great food, unique places and inspiring people. A graduate of the UW-Madison School of Journalism and Mass Communication, she came to Wisconsin from the Chicago area.


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GIVE CURLING A WHIRL

Rub shoulders with Olympians while trying this time-honored and accessible sport.

BY JESSICA STEINHOFF



Madison native Erika Brown competes in the 2014 Sochi Olympics

CAN YOU YELL? CAN YOU SWEEP? Can you strategize like a pro? If you answered yes, you can excel at curling, a sport that involves sliding granite stones across an ice sheet.

Curling is a cousin of shuffleboard and boules, with elements of billiards and darts. Two teams take turns sliding 44-pound stones called “rocks” toward a target known as a “house.” Each player “throws” a rock twice per inning, otherwise known as an “end.”

In addition to being fun, curling is beloved for its accessibility and camaraderie. Just ask Steve Brown, a three-time U.S. men’s curling champ who competed in four world championships, coached the U.S. Paralympic team and raised two Olympic curlers with his wife, Diane, also a champion curler. Off the ice, they founded **Steve’s Curling Supplies**, a local family business that has equipped curlers with shoes, brooms and more for over 40 years.

“Curling is a lifelong sport that attracts people of all ages and economic backgrounds. There are 8-year-old kids competing in junior leagues and people in their 80s playing in senior leagues,” he explains, “and you might have a farmer, a school-teacher and a judge on the same team.”

Plus, there’s a lot more to curling than most people expect.

“People are often surprised to learn how much strategy and aerobic exercise are involved,” Brown says. “But one of the best

parts is the social aspect. After playing, everyone shakes hands, then sits around discussing the game and having a good time.”

If you give curling a whirl, you’ll become a part of a colorful local history. Curling made its way to UW-Madison almost 130 years ago. In a letter to university president Thomas C. Chamberlin, Milwaukee Curling Club member John Johnston described the slippery sport as a “scientific, high toned, healthy game” that college students must try. Before long, the UW Curling Club was born.

These days, the **Madison Curling Club** is the epicenter of this pastime, hosting tournaments known as “bonspiels” and Learn2Curl clinics. Its open houses are another way to get acquainted with the sport. An expert explains etiquette, basic rules and strategies, and rock-sliding techniques. You’ll even learn how and why curlers use brooms to coax the rock toward the house. Following a safety overview, you can apply your new knowledge on the ice. The club supplies all the necessary equipment, but you’ll need to wear flat, rubber-soled shoes.

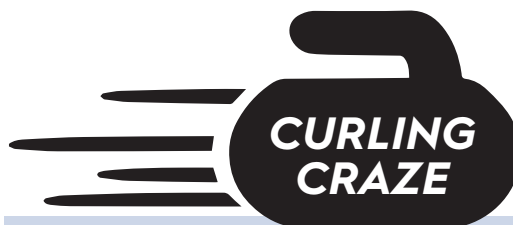
If you fall in love with curling, consider joining a club for further instruction and game play. The Madison Curling Club boasts certified, award-winning instructors and hundreds of potential teammates. For a small-town curling experience, check out the **Arlington Curling Club** or the **Poynette Curling Club**, which offer leagues, bonspiels and more than a century of lore. ✨

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



WATCH THE CHAMPIONSHIPS

Want to watch the sport before you try it? Attend the crème de la crème of curling events: the International Curling Fellowship of Rotarians World Championships. Taking place at the Madison Curling Club March 27-April 3, it’s likely to feature Olympians and other elite curlers. curlingrotarians.com

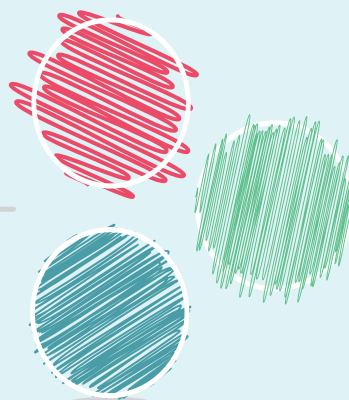


Check out these local curling clubs’ websites to get involved.

- **Arlington Curling Club:** ackolberg.wixsite.com
- **Madison Curling Club:** madisoncurlingclub.com
- **Poynette Curling Club:** poynettecurlingclub.com



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THREE DAYS IN THE DELLS

Banish spring break boredom and get out of the house for good eats, entertainment and educational things to do.

BY MELANIE MCMANUS

WISCONSIN DELLS is a great choice for spring break fun. It's not too far away and offers something for everyone. Here's a sample three-day itinerary to kickstart your planning.



DAY 1 Roll into town around noon and grab lunch at the Grateful Shed Truckyard. The indoor food truck joint, opened last spring, offers gourmet grilled cheeses, tacos, burgers, Asian eats and more. Nosh inside the Greyhound bus suspended from the ceiling or in one of the renovated VW buses scattered about.

Hotel check-in isn't until mid-afternoon, so head to Ripley's Believe It or Not! museum. You'll find breadcrumb art, illusions, shrunken heads and other incredible exhibits throughout its three floors. Another option: the neighboring Wizard Quest, a fantasy-themed, interactive computer game that has you scrambling through a labyrinth, complete with secret passages, to solve riddles, free wizards and more.

It's finally time for your resort check-in. Great Wolf Lodge is a good choice for families with younger kids, while those with older children will appreciate the more thrilling waterpark options at the Wilderness, Kalahari or Chula Vista. Order in pizza from Pizza Villa, an unassuming but quality spot, while the kids hit the waterpark.



DAY 2 Power up with a breakfast at Denny's Diner. In business for nearly half a century, the restaurant offers all the standard breakfast fare. But it's known for its cinnamon rolls and caramel pecan buns—not to mention the eclectic décor adorning the walls and ceiling.



If the weather's nice, hike off your meal at Mirror Lake State Park, which features miles of trails—some of which wind past the area's famous dells formations. Or, visit Circus World. While there are no live performances in the spring, you can gape at its collection of ornate circus wagons—the world's largest—and stroll around the original winter quarters of the historic Ringling Brothers Circus.

Lunch at Moosejaw Pizza, a family-friendly spot where the kids' menu offers chicken antlers (aka chicken strips) and bucksnort burgers, among other dishes. Another option is the budget-friendly Mary's Place across the street, favored by locals for its Chicago-style hot dogs.

After lunch, stop in at the Tommy Bartlett Exploratory, which offers more than 175 interactive exhibits. Plan to spend several hours here, poking around a Russian Space Station MIR core module, testing your balancing ability, and figuring out the physics behind floating balls and the giant lever that helps you effortlessly hoist a 5,000-pound car off the ground.

The kids won't mind a detour to Fawn Creek Winery, tucked into a fragrant forest, if you promise dinner at MACS which features creative mac-and-cheese dishes, or Monk's Bar & Grill, a Dells staple since 1947. Back at the hotel, more waterpark fun can conclude the day.

DAY 3 While the kids enjoy a final dip in the pool, zip over to Paul Bunyan's Cook Shanty and bring back a sack of its famous homemade buttermilk doughnuts, lightly dusted with sugar. Then, before heading home, take in one final attraction.

A four-mile journey across wilderness trails, over sand bars and through the Wisconsin River and Lake Delton via an Original Wisconsin Duck (which kicks off its 2020 tour season this month) makes a great finale. Or, spend a few hours flying over oak and pine forest, plus Lake Delton, at Bigfoot Zipline. That will surely put an exclamation point on spring break 2020. 🌸

Melanie McManus is a freelance writer specializing in travel, and winner of the Lowell Thomas gold and grand awards, considered the most prestigious in the travel writing field.

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MARCH 2020



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

PERFORMING ARTS

3/5 – 3/14 | Times vary

"THE CHILDREN'S HOUR"

A disgruntled student accuses her school's founders of being in a lesbian relationship with devastating results. *The Bartell Theatre, Madison. bartelltheatre.org*

3/6 – 3/7 | Times vary

"ROBERT DUBAC'S IDIOCRACY"

Robert Dubac's Off-Broadway solo hit has been described as one of the most "hilarious," "intelligent" and "scorching" satirical attacks on idiocracy since Mark Twain. *Overture Center, Madison. overture.org*

3/6 – 3/8 | Times vary

MADISON SYMPHONY ORCHESTRA – "THE MIRACLE"

Symphony No. 96 is popularly called the Miracle Symphony because it is said that, during its premiere, a chandelier crashed to the floor from the ceiling of the concert hall. *Overture Center, Madison. overture.org*

3/6 – 3/21 | Times vary

"EXPECTING ISABEL"

After a New York couple tries and fails to conceive, both grow consumed with the idea of starting a family. *The Bartell, Madison. bartelltheatre.org*

3/11 – 3/29 | Times vary

"WICKED"

The story of how two unlikely friends grow to become the Wicked Witch of the West and Glinda the Good. *Overture Center, Madison. overture.org*

3/14 – 3/22 | Times vary

"PETER PAN"

One of the most beloved family favorites of all time, Peter Pan has delighted audiences for 60 years. *Overture Center, Madison. overture.org*

3/16 | 7 p.m.

"WITCHES' NIGHT OFF"

Vivent Health and members of the National Touring 5th Company of "Wicked" will host a one-night-only cabaret honoring the fight against HIV. *The Bartell, Madison. bartelltheatre.org*



3/19 – 4/5 | Times vary

"THE AMATEURS"

Hollis is a performer in an itinerant troupe of actors attempting to outrun the Black Plague in this 14th century-set comedy. *Overture Center, Madison. overture.org*

3/24 | 7:30 p.m.

"ONE NIGHT OF QUEEN"

In a performance that will surely rock you, One Night of Queen is a tribute to the popular British rock band and its front man, the electric and charismatic Freddie Mercury. *Overture Center, Madison. overture.org*

3/27 | 7:30 p.m.

WISCONSIN CHAMBER ORCHESTRA – YOLANDA KONDONASIS

Harp virtuoso Yolanda Kondonasis makes her WCO debut. She is the leading exponent on the instrument both as performer and teacher. *Overture Center, Madison. overture.org*

3/27 – 3/28 | 7:30 p.m.

"SEEDS"

A beautiful collaboration between Magnus Opus Ballet and participants from GiGi's Playhouse! *The Bartell Theatre, Madison. bartelltheatre.org*

ENTERTAINMENT

3/11 | 6 p.m.

LUNAFEST: FILMS BY AND ABOUT WOMEN

This national traveling film fest shows short films by, for and about women with proceeds benefiting the local women's nonprofit Zonta Club. *Marcus Point Cinema, Madison. zontaofmadison.org*

3/12, 3/26 | 6 p.m.

JAZZ NIGHT WITH THE CHARLIE PAINTER TRIO

Unwind to some swanky tunes as the Madison-based Charlie Painter Trio riffs on big band standards. *Five East Lounge & Tap Room, Madison. madisonclub.org*

3/15 | 1:30 p.m.

ST. PATRICK'S DAY PARADE

Celebrate St. Patrick's Day in style. Don your green and bring the kids to collect some candy at this annual parade. *Capitol Square, Madison. stpatismadison.org*

3/19 | 6 p.m.

MR. DAVE'S GIFT COMEDY & COCKTAILS BENEFIT SHOW

This night of fun and laughter helps raise funds and awareness for patients and their families dealing with bone marrow failure diseases. Appetizers, cash bar and a silent auction will be available. The Brink Lounge, Madison. *monkeybusinessinstitute.com*

3/23 | 7 p.m.

2020 UW FICTION MFA GRADUATES READING

Hear new literary voices as UW-Madison Creative Writing MFA graduates read selections of their work at this event presented in partnership with the Wisconsin Book Festival. *Central Library, Madison. wisconsinbookfestival.org*

FAMILY

3/7 – 3/8 | 10 a.m. – 4 p.m.

MADISON KIDS EXPO

Kids will have a blast at this family-friendly show with entertainment stages, bounce houses, petting zoo, animal rides, crafts, princess meet-and-greets and more. *Alliant Energy Center, Madison. madisonkidsexpo.com*

PHOTO COURTESY OVERTURE CENTER, PHOTO BY JOAN MARCUS.

3/7 | Times vary

KIDS IN THE ROTUNDA: TRINITY IRISH DANCE
Enjoy as young dancers leap onto the Kids in the Rotunda stage showcasing their incredible Irish soft shoe set to heart-thumping reels. *Overture Center, Madison. overture.org*

3/14 | 12 p.m.

ART SPIN

Head to the Chazen Museum of Art to wander the galleries and drop in to make a project of your own at this family-oriented event. *Chazen Museum of Art, Madison. chazen.wisc.edu*

3/28 | 9:30 a.m.

SATURDAY FOR SPORTS WITH KEVA SPORTS CENTER

Basketball, football target toss, soccer shootout and ring toss. Bring the whole family and get your game on! *DreamBank, Madison. amfam.com/making-a-difference/dreambank/events*

JAUNT

3/5 – 3/8, 3/12 – 3/15 | Times vary

ROOMS OF BLOOMS

Each room of the Paine mansion bursts with floral arrangements inspired by the work of Alphonse Mucha. *Paine Art Center and Gardens, Oshkosh. thepaine.org*

3/6 – 3/15 | Times vary

"THE 25TH ANNUAL PUTNAM COUNTY SPELLING BEE"

An eclectic group of six mid-pubescent vie for the spelling championship of a lifetime. *Kirk Denmark Theatre, Janesville. janesvillecvb.com/events*

3/15 | 11 a.m.

PABST DOG DAYS

Bring your dogs to the Taproom, kick back and enjoy a drink with your favorite four-legged family member on this special day at the historic Pabst Brewery. *Pabst Milwaukee Brewery & Taproom, Milwaukee. bringfido.com/event/38130*

3/21 | 9 a.m.

MAPLE SYRUP CAMP

Learn about the craft of syrup production, tap trees and savor ice cream topped with maple syrup at this engaging, family-friendly event. *Brillion Nature Center, Brillion. brillionnaturecenter.net*

3/26 – 3/28 | Times vary

THREADED STREAMS: A MAKERS EXPERIENCE

Meet makers, participate in workshops and experience the scenic Wisconsin River Valley on this Arts Trail Studio Tour focused on fiber artists. *Locations vary, Baraboo. midwestfiberartstrails.org*

SAVOR

3/6 | 5:30 p.m.

COOKING TOGETHER: FLAVORS OF IRELAND

Learn about the flavors of the Emerald Isle just in time for St. Patrick's Day at this family-oriented, vegetarian-friendly cooking class. Register by phone or in person at Willy Street Co-op West. *Willy Street Co-op West, Madison. willystreet.coop*

3/14 | 9 a.m.

JBC PUBLIC CUPPING

Johnson Brothers Coffee opens their doors to coffee enthusiasts for a coffee tasting. Learn about coffee production and sample some of JBC's current roasts. *JBC Coffee Roasters, Madison. jbccoffee.roasters.com*

3/19 | 6 p.m.

DINNER IN THE DARK CULINARY DINNER THEATER

Experience a dinner to remember as you dine blindfolded on five courses highlighting scent, flavor and texture. *vomfass-delectable, Madison. delectableexp.com*

THRIVE

3/9 | 8:30 a.m.

WISCONSIN WOMEN'S HEALTH ADVOCACY SUMMIT

Join hundreds of mothers, health care providers, legislators and more to learn, engage and help ensure a healthier future for women in Wisconsin. *Monona Terrace, Madison. supportwomenshealth.org*

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3/11 | 7:30 a.m.

STRONG WOMEN STRONG COFFEE: RUTH ROHLICH

Ruth Rohlich manages many of Madison's small business programs as business development specialist for the City. Meet her and connect with other business owners at this free networking event for women. Pre-registration encouraged. *Community Room of Village on Park, Madison. wwbic.com/classes*

3/13 – 3/15 | Times vary

CANOE COPIA

Paddlers young and old will enjoy this annual event which claims the title of the "World's Largest Paddlesports Expo." Shop, learn and practice your skills. *Alliant Energy Center, Madison. paddlers.com*

3/15 | 1 p.m.

WATERCOLOR BRUSH CALLIGRAPHY WORKSHOP

Learn the basics of watercolor brush calligraphy and enjoy a la carte snacks and drinks at this workshop off the Square. Reservations available online. *Revel, Madison. revelmadison.com*

3/18 | 6:30 p.m.

DRINKING WITH SCISSORS

Fly fishers can unplug and unwind at this event centered on storytelling and the craft of fly-tying hosted by Black Earth Angling Co. *Bloom Bake Shop, Madison. blackearthangling.com*

3/19 | 6:15 p.m.

DREAM BIG: LONELINESS IS NOT AN OPTION WITH MARY HELEN CONROY

One in five adults consider themselves lonely. Isolation and not having special people to talk with affects our health. Look at what it means to have and make friends, regardless of your age. *DreamBank, Madison. amfam.com/making-a-difference/dreambank/events*

3/27 – 3/28 | Times vary

ON WISCONSIN ANNUAL SPRING POWWOW

Wunk Sheek hosts this annual Powwow which features cultural demonstrations, dance and more. *Alliant Energy Center, Madison. alliantenergycenter.com*

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WE CAN DO IT! When people visit the Wisconsin Historical Museum's exhibit celebrating 100 years of women's suffrage, one of the questions Simone Munson, who helped curate the exhibit, wants visitors to ask themselves is "Who was the first woman in your family to vote?" The exhibit, "We Stand on Their Shoulders," also encourages people to think about how we exercise that right today. It includes historic posters like the above and opened Feb. 18. See *P. 38* for more.

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