

# BRAVA

women + style + substance

## Solidarity IN THE City

Protests, Public Art &  
Personal Reflections

THE HOME &  
GARDEN ISSUE

*Enchanted Gardens  
Tour a Maple Bluff Beauty  
Outdoor Living Trends*



FREE ONLINE EVENTS | INSPIRING CONTENT | AVAILABLE TO ALL



## WE SUPPORT EVERY DREAM. We Welcome Every Dreamer.

Whether your dream is to build your dream house or build a business, learn a new skill or learn about your community, take up guitar or take that once-in-a-lifetime opportunity, DreamBank has the support to help you make it happen.

FIND FREE ONLINE EVENTS AND RSVP BY VISITING: [amfam.com/dreambank](https://amfam.com/dreambank)

821 East Washington Ave. | Madison, WI 53703 | 608.286.3150 | [amfam.com/dreambank](https://amfam.com/dreambank)



American Family Mutual Insurance Company S.I., American Family Insurance Company, 6000 American Parkway, Madison, WI 53783 ©2020 017955 – Rev. 7/20



# CLASSIC CUSTOM HOMES OF WAUNAKEE



TRANSPARENCY. OLD FASHIONED SERVICE. QUALITY.



Classic Custom Homes of Waunakee, Inc. has a sound reputation in the construction industry confirmed by over 35 years of Wisconsin home building experience. Our expertise stems from residential and commercial construction, as well as residential and commercial remodeling.

608.850.4450 • [cchofwaunakee.com](http://cchofwaunakee.com) • [contactus@cchofwaunakee.com](mailto:contactus@cchofwaunakee.com)







# NEXT STARTS HERE.

Our Vision at Park Bank is to live in a community that embraces diversity, equity, and inclusion. Wherever you are now, and wherever you want to go, everyone has a right to find their next. We are privileged to work with local nonprofits to help make a difference right here in Dane County. Because by giving back, we all move forward.

---

We are proud to announce our Community Partnership with Centro Hispano of Dane County, the leading social service provider for Latinos in Dane County and a hub for the community. Together we are focused on empowering youth, strengthening families, and engaging the community.



**PARK BANK**

**LET'S GET TO NEXT**

[www.parkbank.com](http://www.parkbank.com) | 608.278.2801 Member FDIC

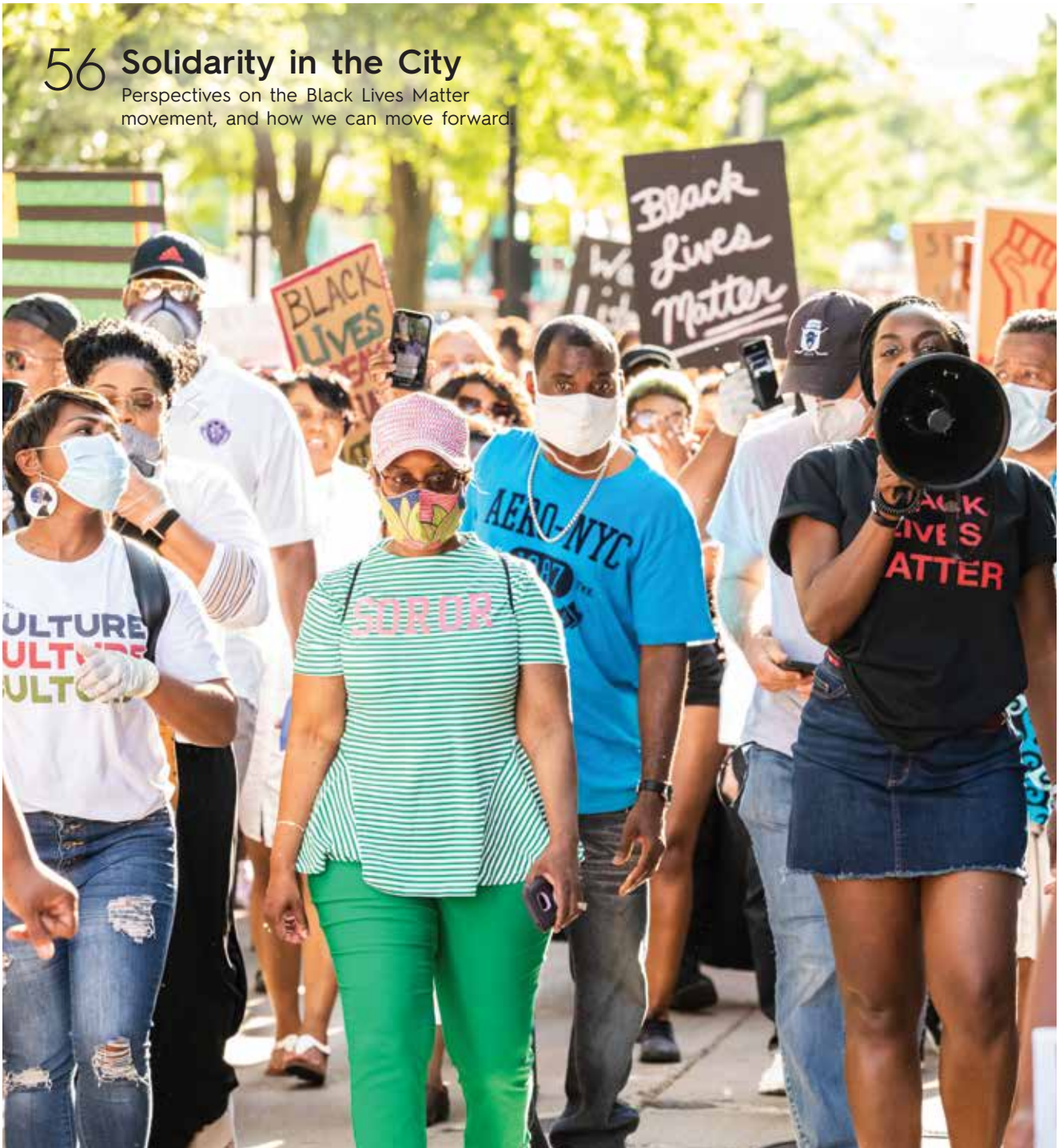




# FEATURES

## 56 Solidarity in the City

Perspectives on the Black Lives Matter movement, and how we can move forward.



SHALICIA JOHNSON

## 35 Enchanted Gardens

These private, Madison-area green getaways offer their owners an emerald escape from everyday life.

## 42 House Beautiful

A 1960's Maple Bluff home is expanded and updated with modern conveniences for a jaw-dropping result.



## DEPARTMENTS



@bravamagazine



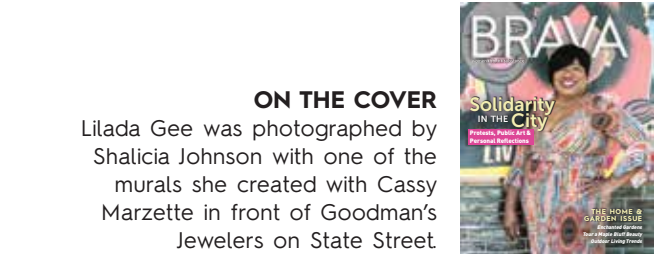
26

## THRIVE

- 11 Beauty + Style**  
Get glowing with these summer hair and skin picks.
- 15 Retail Therapy**  
Step up your home style.
- 17 Perspective**  
Dr. Gloria Ladson-Billings on her career and Black student achievement.
- 18 Wellbeing**  
Living with skin cancer.
- 20 Career**  
Turning career uncertainty into opportunity.
- 22 Finance**  
Dealing with the pandemic's aftermath on your pocketbook.

## DWELL

- 25 Pick Your Outdoor Style**  
Indoor living moves outdoors with these fun design details.
- 28 What's New, What's Next**  
Three Madison interior designers talk trends.
- 30 Grand Greenhouses**  
Enjoy greenery all year long.



## ON THE COVER

Lilada Gee was photographed by Shalicia Johnson with one of the murals she created with Cassy Marzette in front of Goodman's Jewelers on State Street.



15

## GO+DO

- 71 Anatomy of a Dish**  
Campfire comfort food.
- 74 Eats + Drinks**  
Crazy for food carts.
- 78 Jaunt**  
Lavender fields forever.

## IN EVERY ISSUE

- 6 Relate**
- 80 Linger**

## SPECIAL ADVERTISING SECTIONS

- 9 Money Smarts**
- 25 Ask the Expert**
- 31 Shop Local**
- 51, 64 Sponsored Content**
- 68 BRAVA Kids**
- 75 Dining Guide**



Here for you  
at *Every* age



No matter what stage of life you're in, SSM Health wants to make sure your health continues to be a priority. We are here to provide you with the safe, high-quality and personalized care you and your family have come to expect.

SSM Health has convenient options to receive care when and where you need it, in person or online.

To learn more or schedule an appointment visit  
[ssmhealth.com/WIWomensHealth](https://www.ssmhealth.com/WIWomensHealth)







## LISTENING AND LEARNING

### WHEN I REACHED OUT TO

Dr. Gloria Ladson-Billings to request an interview with her about her career, the Black Lives Matter movement and the peaceful protests in Madison, her reply began with this:

"Yes, I'm willing to talk with you about this movement that requires all of our attention."

She couldn't have stated it better.

Ladson-Billings is a renowned educator, researcher, chair of the Urban League of Greater Madison's Board of Directors and leader in the Black community. She spoke at the June 7 protest that the African American Council of Churches (@AACCMadison) organized in downtown Madison, along with other community and thought leaders.

"I talked about the fact that we're in the midst of two pandemics — one, of course, being COVID-19. But the second pandemic is white supremacy, and its symptoms are seen in racism. As communities of faith, we all have the same requirement around loving one another — it doesn't matter whether you are Jewish or Christian or Muslim — the sacred texts talk about the need to love one another. If we don't understand each other, how are we supposed to expect people who have no commitment beyond themselves to do it?" Ladson-Billings shares. Read more about her life and legacy on P. 17.

The last several months are frankly too much to unpack in one editor's column — the Black Lives Matter movement and protests, COVID-19, an economic downturn — and the assorted effects all of these things have had on us. I always like to think things happen for a reason,

but it's mostly impossible to find positivity in a pandemic or economic downturn. But, there's one ray of light that has come out of all of this: We have been made painfully aware of what it means to be a BIPOC (Black, Indigenous, and People of Color) in the U.S.

We talked to five people to get their perspectives on the current climate in our "Solidarity in the City" feature starting on P. 56, which includes Lilada Gee (shown on our cover), a nonprofit founder, author, artist, podcast host, leader, activist and so much more (is there anything she can't do?). Her work demands that we stop, listen, empathize and most importantly — act.

"Nobody in America is racist, but somehow you keep raising children that keep the status quo. So, I need white women to figure out why they keep doing it ... that's your work," says Gee.

We can do the work, as Gee says. It might seem overwhelming, but start by listening to a podcast on race issues (I've listened to several), introducing a more diverse breadth of books and shows to your children, or reading a book on the topic (the Madison Public Library has a great list for kids and adults). I like to think of it this way: "[Even] if you can't do great things, do small things in a great way." And that's something we all can do.

**Shayna Mace**  
Editorial Director  
@shaynamace

*Editor's Note: You may have noticed there was a slight pause in our magazine frequency the last few months. Starting with our July/August 2020 edition, BRAVA will become a bimonthly publication, due to our post-COVID-19 economy. Thank you for your support!*

GRETCHEN A. WILLIS



**THANKFUL** Our photographer Shalicia Johnson was an integral collaborator on our "Solidarity in the City" feature and cover image. Johnson owns ArrowStar Photography ([arrowstarphotography.com](http://arrowstarphotography.com)) and captures events (like all of BRAVA's events, when we were having them!), families and head shots. Says Johnson of photographing the Madison protests: "It's really unlike anything I've experienced in my life. Being an empath, I feel the collective energies of everyone who is marching. I feel their hurts, their grief, their hope and their love; I feel it on a soul level. This isn't a moment, this is a *movement*, and you can feel it. We bring forth the souls of our ancestors who are walking alongside us every time we march." We're grateful Johnson is a part of our team. Also catch our online exclusive profile on Johnson at [bravamagazine.com](http://bravamagazine.com) as part of our "Solidarity in the City" feature.





---

A DIFFERENT KIND OF  
BUILDING PROCESS.

---



INNOVATIVE | ORIGINAL

Private Project Website  
Drafting and Interior Design Services  
Middleton Showroom  
Exceptional Lots



JASONTOMASHOMES.COM

608.220.6391



# COMMUNITY

## IS STRONGER than cancer

Are you or someone you love facing a cancer diagnosis? **You don't have to face cancer alone.**  
Gilda's Club is here for you and your family.

Thanks to generous contributions from our community, all cancer support, education programs, and wellness activities at Gilda's Club are offered at no cost.  
Virtual support and programs are available.

To learn more, visit [gildasclubmadison.org](http://gildasclubmadison.org)  
or call **608.828.8880**



**SUPPORT US!**  
IN PERSON  
OR VIRTUALLY

### RED DOORS GOLF OUTING

"The Best Tasting Round of Golf"  
September 14, 2020 | Nakoma Golf Club  
September 12, 2020 | Vitense Golf and  
[GILDASGOLF2020.GIVESMART.COM](http://GILDASGOLF2020.GIVESMART.COM)

### GILDA'S RUN/WALK

Virtual 2 Mile Walk 5K Run  
Watch for details in August

# BRAVA

MAGAZINE

## BUSINESS

### PUBLISHER

Barbara Krause  
[bak@ntmediagroup.com](mailto:bak@ntmediagroup.com)

### VICE PRESIDENT OF PUBLICATIONS

Becky Peck  
[bpeck@ntmediagroup.com](mailto:bpeck@ntmediagroup.com)

## EDITORIAL

### EDITORIAL DIRECTOR

Shayna Mace  
[shayna@bravamagazine.com](mailto:shayna@bravamagazine.com)

### ASSISTANT EDITORIAL DIRECTOR

Shelby Moyer  
[smoyer@ntmediagroup.com](mailto:smoyer@ntmediagroup.com)

### GRAPHIC DESIGNERS

Ashley Duchemin  
[and@ntmediagroup.com](mailto:and@ntmediagroup.com)

Kayla Collins  
[kjc@ntmediagroup.com](mailto:kjc@ntmediagroup.com)

Kayla Ermer  
[kermer@ntmediagroup.com](mailto:kermer@ntmediagroup.com)

Kristi Lively  
[klively@ntmediagroup.com](mailto:klively@ntmediagroup.com)

## SALES

### SALES MANAGER

Dena Frisch  
[dena@ntmediagroup.com](mailto:dena@ntmediagroup.com)

### ADVERTISING COORDINATOR

Julie Schiller  
[ads@ntmediagroup.com](mailto:ads@ntmediagroup.com)

### DIRECTOR OF MARKETING & EVENTS

Ashley Duchemin  
[and@ntmediagroup.com](mailto:and@ntmediagroup.com)

## CONTRIBUTORS

Shelby Deering, Sunny Frantz, Shalicia Johnson, Katy Macek, Holly Marley-Henschen, Annie Rosemurgy, Hillary Schave, Hywania Thompson, Candice Wagener, Shanna Wolf

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

This issue or any part thereof may not be reproduced in any form without written permission from the publisher. All rights reserved. ©2020

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

## SUBSCRIBE AT [BRVAMAGAZINE.COM](http://BRVAMAGAZINE.COM)

Subscription information:  
(262) 729-4471 or [kerri@ntmediagroup.com](mailto:kerri@ntmediagroup.com).

BRAVA (ISSN 1934-4317) July/August 2020, Volume 21, Number 5, is published bimonthly (six times a year) by Nei-Turner Media Group, Inc. Periodicals postage paid at 3902 Milwaukee St., Madison WI 53714 and additional offices. Subscriptions are \$12/year. Postmaster send address changes to: BRAVA Magazine, 951 Kimball Ln., Ste. 104, Verona WI 53593-1786.



# MONEY SMARTS



## MONEY SMARTS

BY KIM SPONEM

### How can I feel more in control of my money in uncertain times?

The pandemic has caused many people, myself included, to reevaluate how we are spending money. Spending is important for our economy and communities, and mindful spending is important for our financial wellness. When savings increase, financial stress decreases. Building savings is often about spending less.

At the celebration of our 11th season of Summit's Project Money,\* winners Sue and Jeff shared something that really struck me. They said when they started, they thought they didn't have money available to save, but they did. Jeff said, "Our money, was right under our noses. It's just that it was being spent." I asked them to share some examples.

**Kim:** Where was your money hiding?

**Sue & Jeff:** We never had a budget before Project Money. With our coach's guidance, we tracked our spending. Once we looked at how much we were spending, we were flabbergasted at the amount we spent on groceries and eating out. Why were we spending \$1,200 on groceries and another \$300 on eating out?

We realized we had frivolous spending. Now we have a budget and use mindful spending.

**Kim:** Once you had the budget showing where

you could make changes, what are some ways you found to spend less?

**Sue & Jeff:** Sue is a good cook. Before, we'd select a recipe and go buy the items. Now we come up with what to have by asking what we have at home and what's on sale. Sue cooks Saturday and Sunday for the whole week. We know what we are having, and it's easy.

With our budget, spending is not just instant gratification. Before, I'd go to Costco for a few items and end up spending \$280. Now, I bring a list and limit myself. The budget makes us stick to it.

We also changed our debt. We went from owing a little on a car, some credit cards, a home equity line of credit and a mortgage we still had six years of payments on. We had medical bills that didn't have interest so we thought we should just make those payments over time, but our financial coach talked to us about paying that off so we could choose where our money should go. Rather than making payments to seven places, we put the same payment amounts into one monthly payment on an Express Refi mortgage that we'll pay off in three years. Now we have a plan and will be debt free at the end of 2022. Saving money became exciting.

And, we never felt we were missing out because it was our choice. We'd have friends come over for wine rather than go out to dinner. If we say no to spending, it's because we want something else more.

**Kim:** What else would you share with others?

**Sue & Jeff:** If you don't have a budget, you don't know what you're spending and you're probably not saving. You need one.

A lot of little habits add up. The savings is unbelievable. Summit can show you how it works. Their Climbr® app puts your spending and savings right there in front of you. The more we saved, the more fun it got, like a game.

**Kim:** Congratulations on increasing your savings by over \$36,000 and reducing your debt by more than \$11,000 in Summit's Project Money program! And thank you for sharing.

*\*Summit's Project Money is a public financial education challenge pairing four participants with Summit financial coaches for seven months to manage their money better, increase savings and reduce debt.*



SummitCreditUnion.com

Kim Sponem is CEO & President since 2002, of Summit Credit Union, a \$4.2 billion, member-owned financial cooperative with more than 202,000 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](mailto:MoneySmarts@SummitCreditUnion.com).



# Safety first. Care always.

You're at the center of everything we do.  
As your partner in health, we're here with the  
care you need – and the safety you deserve.

Safe care ♥ **your way.**

[unitypoint.org](http://unitypoint.org)



UnityPoint Health  
Meriter

PARTNER OF  
**UWHealth**



# Get Glowing

It's hot out there, but these local beauty picks keep your summer look sizzling.

STYLING BY SHAYNA MACE

PHOTOGRAPHY BY SHANNA WOLF

THRIVE



L.A. brand **SALT & STONE's SPF 50** zinc oxide-based sunscreen has an extra skin perk: hyaluronic acid, a top-notch skin moisturizer. Also pick up their organic **SPF 30 lip balm**. \$18 and \$6, Good Day Shop.

Tracee Ellis Ross' Pattern hair care collection is for the "curliest, coiliest and tightest of textures." The **Hydrating Mist** refreshes and reactivates curls. \$18, Ulta.

Acure's award-winning **Brightening Face Scrub** has sea kelp and French green clay for a facial pick-me-up. \$9.99, Target

Milwaukee-based **The Sunday Standard's Rosehip & Sea Buckthorn Night Oil** is great for repairing sun-damaged skin. "Its buriti oil ... is full of antioxidants, which help to reduce and stop free radical damage from the sun," says founder Emma Zwissler. \$74, Good Day Shop.

Local jewelry designer **Cire' Alexandria's brass hair stick** is perfect for anchoring unruly strands in an updo in the summer. \$29, Good Day Shop.

Slick on **Not Your Mother's Beach Babe Protective Hair Balm** before sun exposure for UV protection and moisture. \$7.99, Ulta.

Made with peppermint and lavender oils, **Q&T Botanicals' Re-Fresh for Clean Hands** gives hands on-the-go freshness. \$9, Q&T Botanicals.



*Enriching Life.*

# You Deserve to Know the Truth.



Let Heartland Dispel the Myths About Hospice.

**Myth:** I always thought that “hospice” was a place—that building that I passed on the way home from work.

**Truth:** Hospice is a philosophy of care, not a place. Hospice care can be provided in any place the patient calls home, whether that is a personal home, a skilled nursing center, assisted living facility or anywhere else.

**We're always here for you.**

Contact us at anytime—24-hours-a-day, 7-days-a-week—just to talk or to arrange a visit. Anyone can call. We are always happy and ready to help.

**608.819.0033**

Heartland   
Hospice Care

©2017 HCR Healthcare, LLC

**BRAVA**  
MAGAZINE

**WOMEN<sup>TO</sup>WATCH**

**2**

*2021 Nominations Now Open!*

Know a standout woman who has big plans for 2021?  
**We want to know about her!**

Submit nominations for women making a difference  
both personally and professionally by Aug. 31!

**BRAVAMAGAZINE.COM**

*Winners to be announced in the January/February issue.*



## REFRESHED AND RAVISHING

(Clockwise from top left) **Communitie Marfa** handwoven hat, \$69, Good Day Shop • **Q&T Botanicals' Botanical Body Powder** absorbs dampness and prevents odor-causing bacteria. \$30, Q&T Botanicals • **Nexus Clean & Pure Scalp Scrub** removes impurities, like product and oil buildup. \$14.99, Target • Q&T Botanicals' award-winning **Purely Cranberry Serum Boost** "fights free radicals and helps prevent photodamage from environmental stresses and damaging UVA/UVB rays." \$26, Q&T Botanicals • Jergens' new **SOL Sunless Tanning Water Mousse** is a no-fuss way to get your bronze on. \$23.99, Ulta • **MACHETE** large hoops, \$36, Good Day Shop • **RMS Beauty's Sublime nail polish**, \$15, Arch • Easily reapply face sunscreen throughout the day with **COOLA's Makeup Setting Spray** with SPF 30. \$36, Arch • It's a triple threat: **Pacifica's Sun + Skincare SPF 50 lotion** has sunscreen, bronzer, moisturizer and shimmer — all in one. \$14, Ulta • **Westman Atelier's Baby Cheeks Blush Stick** in Dou Dou can be used on cheeks and lips. \$50, Arch • **Oribe's Imperméable Anti-Humidity Spray** shields hair from frizz. \$42, Arch • **Chantecaille's Waterproof Brow Definer** keeps brows polished and in check. \$36, Arch • **Alleyoop's Slow Your Roll All-Natural Deodorant** fights odor, smells yummy and inhibits hair growth. \$12, Ulta





## DC INTERIORS & RENOVATIONS



Let our interior design and remodeling team  
turn your home into a luxurious and inspiring space.

INTERIOR DESIGN   REMODELING   HOME DECOR

DC Interiors & Renovations | 3000 Cahill Main, Madison | [dcinteriorsllc.com](http://dcinteriorsllc.com) | 608.444.0571

***Take the first step and call us today!***

## STEP UP YOUR HOME STYLE

BY SHAYNA MACE

**TWENTY-NINE YEARS** — an anniversary worth celebrating for any small business.

The Montage, a home furnishings and decor shop, draws customers from all over the area who are looking for ultra-chic items.

Originally named The Amish Barn, owners Dan and Patty Leavitt renamed the store around 20 years ago to reflect a modern sensibility and their expanded inventory beyond just Amish furnishings.

The store's exterior looks like a barn (with elegant navy siding) and inside, rooms and vignettes are arranged for customers to imagine their dream spaces populated with wallet-friendly items. Embodying a modern farmhouse style, The Montage has small pops of industrial pieces, traditional looks and timeless classics — and they still carry a line of Amish furnishings.

If you're stumped on how to pull together a room in your home, the shop offers free, in-home design consultations. "We can create a feeling and help people enjoy their spaces," says manager Dottie Motley. 🌸

5808 US-51, McFarland. [themontagehome.com](http://themontagehome.com)



SHANNA WOLF

### SHOP THE LOOK

These adorable animal heads are perfect for a child's room — or in any room — for a little whimsy. \$99.95 & \$129.95



Depending on how you accessorize this circular display, it could look farmhouse chic, midcentury modern or traditional. \$129.95

An arty wall display at a more wallet-friendly price. \$249.95



This Leather Italia camel leather chair is a perfect, timeless piece. \$999.95

Look closer: The elegant lines on this Norwalk Renee sofa's arms are gorgeous — and the cool contrast piping is another surprise. \$2,599.95







# Age Healthier & Live Happier

## IT CAN START WITH A SIMPLE TEST

Find out how slow release hormone pellet therapy can improve your immunity, energy, sleep, and libido.

### PATIENTS TELL US THEY EXPERIENCE:



Increased energy,  
strength, and  
weight loss\*



Feel younger,  
healthier, and  
happier\*



Better moods,  
memory, and  
mental clarity\*



Restored libido  
and improved  
relationships\*

### BEFORE BEING OPTIMIZED, PATIENTS COMPLAIN OF:

- Lack of energy and fatigue
- Difficulty sleeping at night
- Reduced mental focus and memory
- Feeling down, mood swings, on edge
- Low T
- Inability to lose weight regardless of healthy diet and exercise
- Decreased muscle strength
- Muscle and/or joint discomfort
- Reduced sexual desire and performance

### SCHEDULE AN APPOINTMENT NOW!

FULL LAB PANEL AS LOW AS \$250

2981 Yarmouth Greenway Dr.  
Fitchburg, WI 53711

608.661.0000

[lastingskinsolutions.com](http://lastingskinsolutions.com)

\*These statements have not been evaluated by the Food and Drug Administration.  
This product is not intended to diagnose, treat, cure, or prevent any disease.



## EDUCATING THE SYSTEM

Dr. Gloria Ladson-Billings has made an impact nationwide, studying African American student achievement.

BY SHAYNA MACE | PHOTOGRAPHY BY MARCUS MILES

**DR. GLORIA LADSON-BILLINGS** hadn't really considered the teaching field when she was deciding on a career path at Morgan State University in Baltimore, Md. But luckily for countless students, she took that leap.

"I literally fell into teaching, with no deep desire to pursue it for the rest of my life," muses Ladson-Billings. "But I think once I got into the classroom, I fell in love with teaching — it became exciting to me, and I was learning things."

The Philadelphia native has taught in public schools in Philadelphia and California; authored the 1994 book "The Dreamkeepers: Successful Teachers of African American Children;" was the first tenured Black woman professor in the University of Wisconsin-Madison's School of Education (and the Kellner Family Distinguished Chair in Urban Education); and has become an accomplished researcher, having studied culturally relevant teaching and effective instruction for Black students. Currently, she's serving a four-year term as the president of the National Academy of Education.

In 1989, Ladson-Billings started studying Black student outcomes and why so many of these students weren't experiencing academic success in the classroom. She puts it

bluntly: "I kept [hearing] questions being asked that essentially were, 'What is wrong with these Black students?' 'Why can't they learn to read?' Or, 'Why can't they do this?' And the answers weren't satisfying: 'They're just too poor.' 'They don't speak the language correctly' — you name it. It was always something wrong with the kids or their parents and then by extension, something wrong with their culture."

She was awarded a Spencer Postdoctoral Fellowship in 1990 through the National Academy of Education to study culturally

relevant education. "I began to ask the question, 'What's actually *right* with these kids, and what happens in a classroom where a teacher figures out how to get it right with them?'" Ladson-Billings discovered a few key factors in an effective

teacher's mindset that made all the difference.

"[One was] the [teacher's] beliefs about the student's ability and their ... own efficacy as a teacher. It was really fundamental in their ability to do the work," she explains. "The second thing is that [effective teachers] had ... cultural competence. In other words, they understood that the students came in with language, customs, traditions and ways of being that reflected their home culture — and those teachers didn't denigrate it"

Today, Ladson-Billings draws upon her research and education background as chair of the Urban League of Greater Madison's Board of Directors and on the Black Leadership Council, an ad hoc group that convenes Black organizations and meets with city and county leaders about fundamental socioeconomic issues that are affecting Madison's Black population. In late July, the Council recommended 14 Black service providers for immediate funding that were

awarded \$350,000 from The Capital Times' Evjue Foundation.

"We want organizations and people to know, these are not new grievances. And so, there are some specific areas that we would hope the community would rally around, [including] economic justice, education, health and police reform," she says. "[This movement] isn't one of those things that we can throw a few dollars at and try to get people to be quiet about it ... this movement requires all of our attention."

We're lucky that Ladson-Billings is educating us all. 🌸





## LIVING WITH SKIN CANCER

Being a melanoma survivor has given one woman's life new meaning.

BY KATY MACEK



HILLARY SCHAVE

**RENEE ZEMKE** had just turned 39 and, after running her first Crazylegs Classic in 2016, she felt like she was in the “best shape of her life.”

Just a couple weeks later, on Mother’s Day weekend, her doctor told her she had invasive malignant melanoma.

Since then, Zemke, her husband and two young sons have been on a roller coaster of doctor’s visits, at-home shots, therapy and treatment. She’s hit her lowest lows, but the two things that kept her grounded were UW Health medical oncologist Mark Albertini, MD, and Gilda’s Club, a cancer support and education center for patients and their families.

“I sat here in this room with 12 people,” Zemke says on a sunny Wednesday afternoon at Gilda’s, in the room where she had her first group therapy session. “In the last 2½ years, we’ve lost six of them. I don’t understand why I’m still here and they aren’t, so I work very hard to live with meaning.”

That new motto manifests primarily through partnering with Albertini to educate others on skin cancer, the most common cancer in the U.S.

Andrew Swanson, MD, specializes in Mohs and Dermatologic Surgery with UW’s School of Medicine and Public Health. He says our skin is made up of dozens of cells, any of which can potentially become cancerous, but the overwhelming majority lies in the top cells.

“This is probably because those areas are taking the brunt of damage to UV light exposure,” he says.

Squamous cell and basal cell are the most common types of skin cancer, Swanson says. Melanoma is less common but is the

deadliest because it’s more likely to spread if left untreated.

The biggest risk factors for skin cancer are age, fair skin, tanning bed usage and sun exposure. Only those last two are in our control — and that’s where prevention has to focus.

“I remember being 16, 17, going in a tanning bed and laying out on Vilas beach with my girlfriends [with] no sunscreen,” Zemke says. “I can’t believe how stupid I was.”

### LIVING WITH PURPOSE

While currently cancer-free, Zemke has accepted the grim odds of recurrence. She knows her life will never be the same, and — in some ways — that’s made her even more grateful.

“I never thought I would say this, but I am glad I got cancer,” she says. “Am I afraid to die? Absolutely. But, if my cancer comes back, I know I have Dr. Albertini and Gilda’s. I know I have support.”

Before cancer, Zemke says she, like many of us, had grand dreams. April 6 marked three years since she completed treatment, and her focus looks a little different now.

“Cancer really set me on my ass and forced me to understand life a little bit better,” she says. “It’s important to treat people with respect and have relationships that matter. At the end of the day, whose life did you make better?”

She uses her journey as a lesson. She was the keynote speaker for the 2018 UW Carbone Race for Research, where she shared her story and the importance of taking care of your skin.

“Now that I’m educated on melanoma, I look back at the mistakes I’ve made,” she says. “Now, I know better. Your skin is your largest organ. You’ve gotta take care of it.”



## WHAT YOU CAN DO NOW TO PROTECT YOUR SKIN

UW Health dermatologist Andrew Swanson, MD, says most people are not getting the protection from sunscreen they think they are.

"In practical application, most people apply sunscreen far thinner than they need in order to get that (SPF) level of protection," he says.

He suggests protective clothing such as broad-brimmed hats that cover your entire head, including ears, and lightweight long-sleeve shirts and pants.

The other important thing is skin checks, which he says are simple to do at home using just two mirrors — a full-length one in front of you and a hand mirror to see the back area. Use the ABCDE guidelines:

**Asymmetry:** Asymmetrical spots could be a sign of something more sinister than a freckle.

**Borders:** Irregular borders around the spot.

**Color:** Some combination of more than two colors — typically red, white or various shades of brown — is usually a warning sign.

**Diameter:** Is it larger than 6 millimeters?

**Evolving:** Does it change size or shape over time? This is the most important thing to note.

Check all areas of your skin, especially the backs of legs and back, where people tend to think less about sun protection.

If you have any concerning spots, get them checked by your doctor immediately. ✨

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

SARAH YANKE, MD

ERIN SCHOENECKER, MD

(L-R) DR.'S BETH WIEDEL, MARY STOFFEL, KARLA DICKMEYER, KATE SAMPLE

SHEPAALI SHARMA, MD

STEPHANIE BRASSER, APNP

### A Different Kind of Care

**Madison Women's Health** LLP

We specialize in obstetrics and gynecology and have expertise in many women's health issues. We are skilled not only at diagnosing and treating medical problems, but are also dedicated to prevention.

**MadisonWomensHealth.com**

LESLIE SMITH, CNM

ASHLEY DURWARD, MD

5801 Research Park Blvd., Ste 400, Madison, WI 53719  
608.729.6300

# MADISON SYMPHONY ORCHESTRA

JOHN DEMAIN | MUSIC DIRECTOR

## Home Is Where the Art Is

### Our home is yours.

Thank you to our Music Director John DeMain and musicians who have shared their stories with us! We invite you to experience the growing collection of Musician Q&A's and videos that are a part of our "Home Is Where the Art Is" series at [madisonsymphony.org/homewithartists](https://madisonsymphony.org/homewithartists).

f t i You Tube

[madisonsymphony.org](https://madisonsymphony.org)





## TURNING CAREER UNCERTAINTY INTO OPPORTUNITY

Adaptability will help keep you calm and make you an all-star professional.

BY SHELBY ROWE MOYER

### STRANGE TIMES.

It's hard to say much more than that as we continue to wade through the murkiness of a global health pandemic that resulted in unemployment rates that tower over those of the 2007-09 Great Recession.

Forbes reported in May that 36.5 million people in the U.S. had filed for unemployment since mid-March and, according to the University of Chicago's Becker Friedman Institute of Economics, it's predicted that 42% of layoffs "will result in permanent job loss."

Undoubtedly, the uncertainty of the future economy is forcing many to reconsider their careers, or double

down and prove themselves to be indispensable to their current employer. We talked with career and leadership coach (and 2019 THRIVE conference speaker) Betsy Koepke to get some advice on how to navigate these waters.

### What thoughts were you having when the pandemic first hit and really rocked people's careers?

My first thought was, "Oh, people are going to go into their lower brains, their reptile brains, which is all about survival." This is where people are going to be in fight, flight or freeze mode — and for good reason. The tricky part is, we're wired that way for a reason, for short bursts to be able to survive, but it's not the best place for making decisions for long-term. The trick is to help people, support people, with getting through their own internal dialogue and thought process and help them access more of their pre-frontal cortex, or their higher brain. That helps them get out of the fight or flight and helps lower the cortisol, helps lower the adrenaline. They can see possibility again. They can see opportunity. It's mental conditioning.

### If we were to experience something like this again (hopefully not!), what advice would you give people about stabilizing themselves from a career standpoint?

The only thing that's certain is uncertainty. We never know what's around the corner and you really can do the work and start the work right now to have that mental strength and emotional strength, so you can weather whatever comes your way without as much wobble, without getting so shaken. Your feelings will follow your thoughts, and then your behaviors will follow your feelings. It's a chain reaction.

### What can people do to make themselves more valuable to their current employer or new employers?

No one expected the current circumstances we find ourselves in, and there has been a lot of pressure on

everyone to make decisions within the context of much uncertainty. In this type of environment, a willingness to be a team player, adopting a growth mindset versus a fixed mindset and being ready to shift and change as needed is highly valued and will allow you to get the edge at work.

#### What conversations should people be having with their managers?

People need to use this as an opportunity. If they haven't been vulnerable with their manager, this is a time to practice that skill. This is the time to let them know where you're struggling and asking for the support you need. And keeping in mind that, typically, if you're in a healthy work environment, your boss and manager would rather find the resources to give you the support you need than have you leave and go through a hiring process, [which] takes a lot of time and energy for them. So just be really clear and assertive in your communication.

**With the economy still very shaky, what steps should people take to ready themselves in case they do lose their job? How can people ensure they're prepared?**

No. 1 is recognizing that no matter what happens, that you're going to be OK. You have to be thinking through things and making decisions from a place of certainty, even with all the swirling uncertainty.

There's a lot of disruption right now, and disruption creates opportunity. Sometimes things need to be shaken up. Focus on what's good about this. What's beneficial about this? Your brain will come up with something. That will allow you to feel better and take action and do whatever planning you need to do. It always starts with your thoughts.

The more uncertainty you're able to tolerate, or even enjoy, the more fulfilling your life tends to be. This is really an opportunity for us to grow and get more comfortable being outside our comfort zones. 🌸



***"There's a lot of disruption right now, and disruption creates opportunity. Sometimes things need to be shaken up."***

***—Betsy Koepke***

#### Want more?

Visit [bravamagazine.com](http://bravamagazine.com) for advice on how to translate soft skills into making yourself a highly valuable employee, as well as resources and advice to help you land on your feet in case you lose your job.

## Congratulations Beth Norman: 2020 *Forbes* Top Women Wealth Advisor



**Beth Norman, AWM, CFP®**  
Managing Director – Financial Advisor  
Senior Portfolio Manager – Portfolio Focus  
[www.thedrosteriteam.com](http://www.thedrosteriteam.com)



**Investment and insurance products: • Not insured by the FDIC or any other federal government agency • Not a deposit of, or guaranteed by, the bank or an affiliate of the bank • May lose value**



**Wealth  
Management**

Source: Forbes.com (April, 2020). America's Top Women Advisors ranking was developed by SHOOK Research and is based on in-person and telephone due diligence meetings to evaluate each advisor qualitatively, a major component of a ranking algorithm that includes: client retention, industry experience, review of compliance records, firm nominations; and quantitative criteria, including: assets under management and revenue generated for their firms. Investment performance is not a criterion because client objectives and risk tolerances vary, and advisors rarely have audited performance reports. Rankings are based on the opinions of SHOOK Research, LLC and not indicative of future performance or representative of any one client's experience. The financial advisor does not pay a fee to be considered for or to receive this award. This award does not evaluate the quality of services provided to clients. This is not indicative of this financial advisor's future performance. For more information: [www.SHOOKresearch.com](http://www.SHOOKresearch.com).

© 2020 RBC Wealth Management, a division of RBC Capital Markets, LLC, Member NYSE/FINRA/SIPC. All rights reserved. 20-MS-1488 (07/20)



## PROTECTING YOUR FINANCES

How to deal with the pandemic and its aftermath on your pocketbook.

BY KATY MACEK

**IT'S A FACT:** The pandemic has affected all of us in small *and* large ways — the biggest being our finances. Need proof? Wisconsin's unemployment rate jumped from 3.1% in March 2020 to 14.1% in April 2020, according to the Wisconsin Department of Workforce Development. In other words, no one had time to prepare for how COVID-19 would completely upend our lives (and will continue to for a while) — let alone its impact on our finances, says Carly McCormick, a Madison-based financial advisor with Thrivent.

"It's totally understandable going into debt during the coronavirus pandemic. That's where some are at," McCormick says. "But you can still do so wisely so you're not just digging a deep hole you can't get out of."

Kristen Holt, CEO of GreenPath Financial Wellness, a national nonprofit financial counselor agency with an office in Madison, says, in mid-March, the company's hotline experienced a 50% increase in calls from people concerned about a sudden job loss and income instability. Debt management was another fretful topic.

Both women can say with certainty: If you are struggling financially right now, you are not alone. And there are things you can do to smartly take on debt.

The good news is, both women have practical advice to help you right now.

Holt's first piece of advice for GreenPath clients? Grab a notebook.

"We're all operating under this scarcity mindset with limited mental capacity, because we're stressed," she says. "Writing everything down will help you calm down and feel a little sense of control."

### MAKE A CORONAVIRUS BUDGET

If you're unemployed, make a budget that pares back all but necessities, McCormick says.

Or, perhaps you're still working full-time and find yourself with more disposable income, given that travel plans and live music events have been cancelled and most of us are still hesitant about being in crowds. Instead of counting it as extra spending money, allocate it toward something specific.

"Planning for that money that's suddenly available makes it much more likely it's going to be there," Holt says. "It's one extra step, but there's a greater likelihood you won't touch it."

### CALL YOUR LENDERS

Right now, many lenders and landlords are being flexible about payments, Holt says, and it's certainly worth talking with them about your options.

"It can feel really scary, but they want you to call right now," Holt says. "They're being a lot more user-friendly than if you were asking under a personal hardship unrelated to everyone else in the world."

If you do reach out to them, Holt says, keep a record of all your conversations with them — mailed notices, emails, etc. If you're feeling uneasy about having these conversations yourself, GreenPath counselors can even make the calls with you, and are available for free financial counseling.

### LOOK FOR LOW RATES

Many banks and credit unions are offering low interest "emergency" personal loans right now to help their members. See if your financial institution is offering them or open a new account somewhere you can get one.

"The last thing you want to do is take on a high-rate loan right now when there are friendlier options out there," Holt says.

But those low-interest auto and home loans on the market? Only get them if you were already planning to, McCormick says.

"It might be best for you to pay off existing debt [instead]," she says. "Don't get



### QUICK TIPS TO AVOID DEBT



Cover necessities first (food, shelter, medicine, etc.).

Cut frivolous costs.



Create a coronavirus budget.



Make a plan for any excess funds.



Check local banks and credit unions for low interest "emergency" loans.



Avoid losing money through coronavirus-related scams by directly contacting the company that claims to be communicating with you. Don't click suspicious links.

it because it's a low rate, if you don't need it"

### TO DEFER OR NOT TO DEFER THOSE STUDENT LOANS

With the federal government dropping student loan interest rates to 0%, McCormick says now could be a "great time for someone who hasn't taken a financial hit to pay them off."

But, if you have taken a hit and not paying would put your money to better use, that's OK too, she says. 🌸

## ASK THE EXPERT

AS MY BUSINESS REOPENS, HOW DO I  
SUPPORT EMPLOYEES WITH DISABILITIES?

## ASK BRENNA MCCLAUGHLIN OF BOARDMAN CLARK



### **Q How does COVID-19 affect individuals with disabilities, and what are employers required to do?**

According to the CDC, individuals with certain underlying health conditions are at a higher risk for becoming severely ill from COVID-19 and may need to take extra precautions to avoid contracting COVID-19. Businesses may need to make a number of modifications to existing policies and their worksite to increase employee safety.

Employees with disabilities that put them at higher risk may need additional accommodations from their employer. Under the Americans with Disabilities Act (ADA), as well as state and local law, employers are required to provide “reasonable accommodations” to employees with disabilities, which is a change to the employee’s job or work environment that allows the employee to perform the job’s requirements successfully. This applies both to employees who are teleworking and working in-person.

If an employee requests a change in the workplace because of their own health condition, the employer should treat that as an accommodation request and promptly engage in the “interactive process.” This is an ongoing discussion between the employer, employee, and the employee’s doctor to identify effective solutions.

### **Q When is an accommodation “reasonable”?**

Whether an accommodation is “reasonable” depends on specific circumstances. The employer should examine each employee’s request in light of business realities and the employee’s specific disability and work with the employee and their doctor to determine what solutions will allow the employee to safely perform the job.

For example, an employee with asthma might ask their employer to implement additional safety measures around their work area. This might include relocating their workspace to a less busy area, temporarily moving the employee to an enclosed office, or using plexiglass barriers. Other accommodations might include temporarily restructuring or eliminating certain job duties, modifying work schedules, or allowing the employee to telework.

Employees are entitled to a reasonable accommodation, but not necessarily their preferred accommodation. Instead, when possible, employers must provide an

accommodation that will allow the employee to safely perform the job’s requirements while reducing the employee’s risk. Flexibility is key to finding an effective solution.

### **Q Can employees with disabilities be required to stay home to protect their safety?**

No. The ADA prohibits discrimination against employees with disabilities. It is generally unlawful for an employer to exclude an employee from the worksite, require telework, reduce hours, postpone a start date, withdraw a job offer, or decline to rehire solely because the employee has a disability that puts them at a higher risk.

Employers can create flexible policies that apply to all employees to promote safety, but employers cannot single out employees with disabilities or make employment decisions based solely on disability.

### **Q Can “high risk” employees be required to return to work?**

If an employee requests remote work or other schedule changes as an accommodation, the employer must consider that request on an individualized basis. If the employer can provide accommodations that will allow the employee to safely perform their job duties at the worksite, that might be a reasonable alternative to teleworking or schedule changes. Employers should rely on the interactive process and seek advice from the employee’s doctor about what accommodations are necessary in light of the employee’s specific circumstances.

### **Q What else should businesses know?**

There is no “one-size-fits-all” when it comes to disability accommodations. The interactive process is one of the trickiest areas of law for employers to navigate. I strongly encourage businesses to consult with their legal counsel when looking at these issues. If an employer is unsure about a particular accommodation request or feels it might pose a hardship, they should consult with legal counsel before denying the request.

*Brenna McLaughlin is an employment law attorney with the Boardman Clark law firm in Madison.*

**Boardman  
Clark**

**BOARDMAN CLARK**

1 S. Pinckney St., Ste 410  
Madison, WI 53703  
608.283.1724  
[boardmanclark.com](http://boardmanclark.com)



# rubin's

contemporary furniture

**WE ARE OPEN!  
APPOINTMENTS  
AVAILABLE  
7 DAYS A WEEK.**



317 E. Wilson St., Madison 608.255.8998 • 670 S. Whitney Way, Madison 608.274.5575 • [rubinsfurniture.com](http://rubinsfurniture.com)

## VIRTUALLY PAINT YOUR OWN WALLS.

Fingerpainting has never  
been so functional.



 SHERWIN-WILLIAMS  
**COLORSNAP** | VISUALIZER

**SWCOLORCHIPS.COM**

**ORDER NOW 2" x 3" color  
chips delivered FREE. Search  
colors by name, color family,  
or browse our  
Color Collections.**

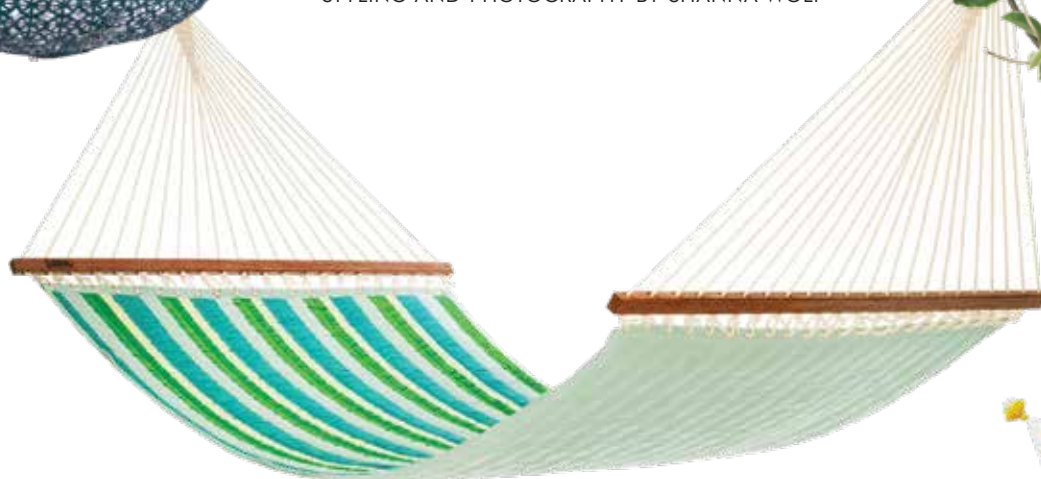


**SHERWIN-WILLIAMS®**

# Pick Your Outdoor Style

Indoor living moves outdoors with these fun design details.

STYLING AND PHOTOGRAPHY BY SHANNA WOLF



## Easy Breezy

A chic palette of turquoise and bold yellow are all you need to create a cohesive, unfussy look. (Clockwise from top left) Soji Stella solar lantern, \$40, and Hatteras Hammocks Summer Stripe quilted hammock, \$270, both from **Bruce Company**; planter and hanger set (plant not included), \$38, **Hazel General Store**; Campania medallion outdoor pillow cover, \$128, **Serena & Lily**; ikat outdoor lumbar pillow, \$20, **World Market**; Hallo' Kerti Moss candle, \$16, **Hazel General Store**; Zeke metal outdoor coffee table, \$160, **World Market**; Camden all weather wicker outdoor chair, \$70, **World Market**; and Blu Dot Hot Mesh lounge chair, \$299, **The Century House**.





**Cindy's Custom Interiors**

## Tastefully Custom

Drapes | Furniture | Blinds

Create a soothing home and embrace your style with furniture and window treatments from Cindy's. We help you select and order custom pieces that fit your room, your decor, and your lifestyle.

cindyk@cindyscustominteriors.com  
cindyscustominteriors.com • 608-838-3580



# LSM

## Chiropractic

Feel Better... Live Better!

With 8 female doctors,  
16 clinic locations & convenient  
extended hours, we're here to  
treat the whole family!



Visit our website to find the location nearest  
you & learn more about chiropractic care  
**[www.lsmchiro.com](http://www.lsmchiro.com)**

## Office Space for Lease

Beautiful space available just  
minutes from the Beltline in Verona.



- 2,000 square feet with 6 private offices
- Private kitchenette, reception area, conference room
- Open, bright, modern space
- Convenient to Hwy. 151
- Underground parking

Contact Barb at (262) 729-4471



## Playful

Your backyard has a whimsical side, and we like it (L-R) Vaqueano woven outdoor lounge chair, \$850, **wayfair.com**; Janice enamel wood serving bowl, \$30, and doormat, \$17, both from **World Market**; dinosaur plant holder (plant not included), \$28, **Hazel General Store**; and Fatboy Original Bean Bags, \$219 each, **The Century House**.



## Beachy

Recreate that relaxed feeling you get at the water's edge. (L-R) Surya 5x8 outdoor fish rug, \$462, **Bruce Company**; dobby woven outdoor throw pillow, \$35, **World Market**; sling lounge chair with tassels, \$448, and Summerland outdoor bell pendant lamp, \$348, both from **Serena & Lily**; Gloster teak bar cart, \$2,800, **Chalet Ski & Patio**; and summer coral tray, \$12, **Hazel General Store**.



## Just Relax

Pretend you're roughing it — but in the comfort of your backyard — with these cool picks. (L-R) Wooden lounge chair (image courtesy of Lands' End), \$270, **Lands' End**; Fatboy Headdemock hammock, \$499, **The Century House**; rainbow outdoor mat, \$20, **World Market**; Permasteel rolling patio cooler cart, \$240, **Bed Bath & Beyond**; and Kichler LED lantern, \$258, **Madison Lighting**.



# What's New, What's Next

Three Madison interior designers talk trends.

BY SHAYNA MACE



## WEAVE IN TEXTURE

"There's a concentration on varying textures, like roping or caning ... or concrete finishes on tables ... and incorporating texture in your textiles and rugs."



## ANNE TRINKLEIN

*Anne Michelle Design*



↑ **TRINKLEIN** previously worked as a buyer for a furniture manufacturer in the furniture capital of the U.S., AKA High Point, N.C., before moving to the Midwest and starting her own design firm.

## COLOR CRAVINGS

"Gray has been around a while and I don't think it's going away, but people are using it a little less since it's cool. So [I'm seeing things] warm up with creamy or off whites and brown. Blue has been really strong for a while now, and almost become its own neutral. Dark greens are also popular now — like an olive green creates a cozier room and it's a great way to introduce color without being totally bright"

## FORM AND FUNCTION

"Casual, modern style is also big right now. Because of everything that's happened with the coronavirus and people spending more time at home, [people] are wanting things to be functional and a bit cozier."

## ERICA WEAVER

*Denise Quade Design*



← **WEAVER** is a senior designer and project coordinator with Quade's firm, who works with clients in Dane County and beyond.

### GLEAMING INSPIRATION

"Social media has made following trends so much easier — we get to see them sooner, and so do our clients! We used to see trends two to three years after they started on the coasts and worked their way in to us ... but now we've been on pace with what we've been seeing on the coasts, so that's been really fun!"



### COOL KITCHENS

"We've been specifying [for clients] granite, quartzite and marble versus quartz. Wood countertops add warmth and functionality into a hard-working kitchen. White kitchens will always be classic, but we've seen a resurgence of light, stained textured woods and bolder colors (Green! Burgundy! Warm blues!). [There has been a] shift toward warmer tones (grays and browns) for a couple of years, and homeowners are appreciating the coziness factor those hues bring into spaces."



H. CLAIRE PHOTOGRAPHY

### SAVVY SHOPS

"Supporting local makers is a great way to introduce unique items into your décor. Iconi Interiors, Good Day Shop and Dune Gift and Home all have great options. We love Wildewood's plant and planter selection [too]!"

## DANIELLE CURTI

*Rubin's Contemporary Furniture*



← **CURTI** is the sales manager and an interior designer with Rubin's, and has been with the company almost 10 years.

### A MIX OF MATERIALS

"For furnishings such as occasional pieces — end tables, coffee tables and lighting — I see a lot of mixed materials, such as concrete and wood or metal and glass. Gold and brass tones are still very popular."



### PERFECT PALETTES

"Right now, blues are hot — especially rich navy. People are pairing blues with a rich cognac — an earthy and autumnal hue. I would say gray is finally starting to trend down. Overall, our clients are willing to take risks and are not afraid of color, even if it's just in a chair that pops or accent pillows."

### DURABILITY IS IN STYLE

"One of our manufacturers makes dining tables with a ceramic top by coupling porcelain tile to tempered glass. The result is a tabletop that is exceptionally resistant to scratches, stains, heat and chemicals. I recommend this [product] all of the time to clients ... because it's easy to clean and virtually indestructible." 🌸







DWELL | DEPT

## GRAND GREENHOUSES

BY ANNIE ROSEMURGY

**SAVORING A JUICY**, summer-sweet tomato in January or enjoying cheery blooms during a dark Wisconsin winter sounds like bliss. Better yet, it's possible, with the addition of a greenhouse.

No longer a fixture just for horticulturalists, greenhouses have been reimagined as continuous living space that are added on to homes, similar to a screened-in porch but encased in luminous glass.

"When most people think about a backyard greenhouse they are picturing an agricultural scene or a basic hoop house," says Jordan Hosking of Wisconsin Greenhouse Company. But these heirloom-quality glass structures are anything but basic.

Solariums add bygone elegance to any yard, Hosking says, and his passion for building these structures centers around extending the ability to enjoy the weather year-round, in a beautiful and utilitarian setting.

By trapping the radiant heat of the sun, greenhouses allow gardeners to grow flowers and food crops year-round. Generally, they're about 30 degrees warmer inside than the outside temperature.

So, even in the depths of winter, intrepid green-thumbed clients can enjoy tropical blooms or the freshest lettuces for their evening salad.

But even more exciting is the expanded opportunity for indoor/outdoor living. A 16- by 20-foot greenhouse makes the perfect setting for a mid-winter dinner party or watching the rain fall with a cup of coffee in hand.

Just imagine the possibilities. ✨

*Annie Rosemurgy is an anthropologist and freelance journalist, mom of two active kids and is always finding ways to swim, bike and run all over our beautiful city.*



PHOTO COURTESY WISCONSIN GREENHOUSE COMPANY



**VICTORY**  
HOMES OF WISCONSIN, INC.  
DISTINCTIVE DESIGNS.  
SUPERIOR CRAFTSMANSHIP.

## YOUR INSPIRATION. YOUR HOME.

Finding the right builder for your forever home is the most important part of the process. Victory Homes of Wisconsin blends the meticulous quality of their craftsmanship with the aptitude to design and build any style of home, from Contemporary to Traditional, and more. Their team of in-house experts makes certain that no detail is overlooked and every design need is met. They will help to make *your* vision a reality.

Visit our website for directions to our Madison area model homes! [f](#) [p](#) [i](#) [i](#)

**BUILDING QUALITY CUSTOM HOMES IN WISCONSIN SINCE 2003**

SEARCH FOR YOUR DREAM HOME AT  
**VictoryHomesofWisconsin.com** OR CALL **608-733-1115**

ACCREDITED BUSINESS A+ MADISON AREA BUILDERS ASSOCIATION



## INTERIOR DESIGN SIMPLIFIED.

Work with Brown & Beam's Interior Design Team where we will curate and collaborate with you on your project needs. Create a space like no other. We offer high quality custom and one-of-a-kind furnishings in a wide variety of options and styles.

**BRAVA Special: \$150 Design Consultation (limited time offer, ends 9/30/20)**

Shop our online store [www.browndanbeam.com](http://www.browndanbeam.com)

**Brown & Beam**  
2118 Eagle Drive  
Middleton, WI 53562  
608.833.2118  
[hello@browndanbeam.com](mailto:hello@browndanbeam.com)



# SHOP LOCAL



## SUNSHINE MIXED WITH CLASS & SASS

Shop Ciao Bella Boutique for the latest summer trends in store and online!

Featuring women's apparel, sun hats, sunglasses, beach totes and more.

CIAO BELLA BOUTIQUE  
AND MORE  
305 E Main St.  
Waunakee, WI 53597  
608.849.2426  
[ciaobellaboutiqueandmore.com](http://ciaobellaboutiqueandmore.com)

*Ciao Bella Boutique*  
AND MORE



## KEEP YOUR SKIN SAFE THIS SUMMER

Time to lighten up and show your glow ... not an oily glow, a healthy glow! Meet our most popular Skin Suite, available in full or trial sizes. Zero synthetics, parabens, artificial fragrances, or other nasties. 100% plant-based, cruelty-free care. It's more than just skin care, it's skin beauty.

QET BOTANICALS  
2018 Main St.  
Cross Plains, WI 53528  
608.798.1738  
[qetbotanicals.com](http://qetbotanicals.com)



## SHOP FOR PINK & WELCOME A CURE

Breast cancer welcome mats: 25% of the retail cost on each mat sold is donated to the Breast Cancer Research Foundation. Use indoor or outdoor.

COYLE CARPET ONE FLOOR & HOME  
250 W. Beltline Hwy., Madison  
608.257.0291  
[coylecarpet.com](http://coylecarpet.com)



## DISTINGUISHED DESIGN

Have fun designing the perfect chair to match your decor with the 825 chair from Smith Brothers Furniture. Combine leather and fabric to collage a stunning look that makes this chair the centerpiece of any room. Find this and many more beautiful pieces in the Smith Brothers Gallery in Waunakee Furniture ETC.

WAUNAKEE FURNITURE ETC  
121 W. Main St.  
Waunakee, WI 53597  
608.849.7574  
[waunakeefurniture.com](http://waunakeefurniture.com)





# SHOP LOCAL



## HOME DÉCOR

At Décor we offer something for every client's personal taste and budget. It's a great opportunity to see the latest home accents and design trends. You will find a unique selection of seasonal and every day home accents, art, furniture, and more.

DÉCOR FOR THE  
WELL-DRESSED HOME  
3000 Cahill Main, Suite 215  
Fitchburg, WI 53711  
608.444.0571  
decormadison.com



## LOOK GOOD, DO GOOD

Cosa is a fashion boutique offering curated apparel and gifts. We are committed to giving back by donating a portion of proceeds to local nonprofits.

COSA BOUTIQUE  
6250 Nesbitt Rd.  
Fitchburg, WI 53719  
608.628.9134  
cosaboutique.com



## SHOP SMALL FOR YOUR SUMMER LOOKS

Cloth & Metal Boutique has all your summer styles that'll make you look and feel good. Also shop locally-made fine jewelry, summer scented candles and other small goods.

CLOTH & METAL BOUTIQUE  
1814 Parmenter St., Middleton  
in Middleton Center  
608.203.8891  
clothandmetalboutique.com  
clothandmetal@outlook.com



## MEOW OFFERING ONLINE ORDERING

Shop online, call, or email bark@baddogfrida.com to place your order for curbside pickup.

BAD DOG FRIDA  
2094 Atwood Ave.  
Madison, WI 53704  
608.442.6868  
baddogfrida.com



# SHOP LOCAL



## QUALITY CUSTOM PICTURE FRAMING

Where you'll always receive knowledgeable, friendly service and beautiful, quality picture framing. Locally owned and serving the Madison area for over 45 years.

Gift Certificates Available | Ask About Our In-Store Special

### M&C U FRAME IT

7826 Mineral Point Rd., Madison 608.833.7713

857 E. Johnson St., Madison 608.257.7717

[uframeitmadison.com](http://uframeitmadison.com)



## FREE PROFESSIONAL CUSTOM BRA FITTING

Shopping at Contours Lingerie is a body positive experience for woman of all ages and sizes. Pop in anytime for a complimentary fitting.

### CONTOURS LINGERIE

6102 Mineral Point Rd.

Madison, WI

608.237.6407

*Contours Lingerie*



## A TRULY UNIQUE SHOPPING EXPERIENCE

Locally Made Goods • Snarky Fun • One-of-a-Kind Gifts  
Wisconsin Apparel • Holiday Decor including Gnomes  
Upscale Women's Boutique Clothing & Jewelry  
Home Decor • Uncycled Furniture • And Much, Much, More!

### BOOTH 121

6203 Monona Dr.

Monona, WI 53716

608.286.1230

[booth121.com](http://booth121.com)



## GROWING GIFTS SHOP

Now offering 20-minute appointments to shop! The Growing Gifts Shop specializes in unique garden-themed items for the whole family, including many locally made and sustainable products. 10 a.m.-4 p.m. daily; call 608-246-4710 to schedule a time.

### OLBRICH BOTANICAL GARDENS

3330 Atwood Ave.

Madison, WI 53704

608.246.4550

[olbrich.org](http://olbrich.org)







# GOOD DECISIONS MUST STILL BE MADE

By Joanna G. Burish

In my previous life, my former husband was a financial planner. One thing that always struck me was his stories about husbands who made all the financial decisions independent of their wives and then passed away or divorced. Their wives weren't included in the investment, retirement, or banking conversations, as well as many other planning items. These wives left these decisions to others who "knew more," leaving themselves in the dark and quite vulnerable once on their own. The scary part of these stories was when some were taken advantage of being led into the wrong high-risk investments, or overcharged extreme fees known as "churning," and their savings were abused and lost. Not only does it still happen, but I myself was one of them. Fast-forward ten years, we divorced and there I was on my own. Paralyzed with the trauma of my divorce I made many mistakes and trusted the wrong people. Hence today, I'd like to teach you how not to do what I did back then. As Maya Angelou would say, "When you know better, you do better."

In our 2020 world it may not be a death or divorce that's causing you to feel paralyzed, but COVID-19. Lost job security and the market's volatilities has 401K plans down to 201K plans. The word paralyzed is showing up often in my financial conversations with clients. Some put their head in the sand and let fear take over. This is where I bring back Ms. Angelou for you... Knowledge TRULY IS power. Ladies, just because times are hard doesn't mean we stop making good decisions! Now more than ever, we need to look at where we stand financially today to learn how to make great financial decisions going forward.

How can we change this fear to an "I'm in control of my own destiny!" perspective? Here are five steps to opening the path to be our own change agent. Let's open the floodgates and conversations about what financial planning is and why it's so critical for you to have a holistic and diversified plan.



Contact Joanna directly at 608-658-3482 or joannaburish.nm.com

## FIVE STEPS TO COME FROM A PLACE OF STRENGTH VERSUS REACTING IN FEAR:

- 1. FIND A PERSON THAT CAN BE A MENTOR AS WELL AS A SPONSOR TO YOU.** This is such an underutilized step, but as proven in my own Brauds Network, it makes a world of difference to know you have a tribe standing with you. #Braudpower sisters!
- 2. TREAT YOURSELF AS YOU WOULD A CLIENT, OR BETTER YET, A BEST FRIEND.** Ask questions on her behalf on how experts are making good decisions, and who they're learning new skills from for diversified success. If all your eggs are in one basket like in a 401K plan, or life throws you a curveball, you'll know what I mean only after it's too late. Be proactive — don't wait.
- 3. DON'T BE AFRAID TO GET A SECOND OPINION FROM ANOTHER ADVISOR.** A second opinion will give you one of two things: 1) You get an A+ because your plan is complete! 2) You'll get feedback to open a conversation with your advisor as to whether to implement these new opportunities. It's a win-win. Some advisors, myself included, are happy to be an additional resource for you.
- 4. YOU ARE ENOUGH.** Give yourself labels like smart, valued, perfect and loved. Surround yourself with people who bring out the best in you and are honest enough to tell you about those areas where you can grow.
- 5. BECOME A WOMAN WHO ISN'T AFRAID TO TALK ABOUT MONEY.** Staying silent will be your greatest regret when life happens and you realize you could have, would have, or should have taken steps available to you to protect yourself, but didn't. Ask many questions, your future happiness and security will thank you!

You say you want real freedom, independence, and financial security into your retirement years? Then follow me! Remember, money is only a tool. It will take you wherever you want, but it will not replace you as the driver.





# Enchanted Gardens

These private, Madison-area green getaways offer their owners an emerald escape from everyday life.

By Shelby Rowe Moyer  
Photography by Sunny Frantz  
and Shanna Wolf



- Power your home or business with community solar from MGE.
- Easy to join with minimal upfront cost.
- Morey Field Solar will serve customers later this summer.



**Clean. Local. Sustainable.**

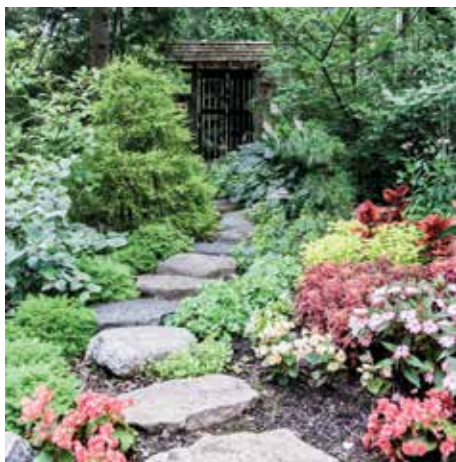
Learn more and sign up for the program at [mge.com/SharedSolar2020](https://mge.com/SharedSolar2020)





The 3,000-gallon pond is self-circulating with water that pumps from the pond to the waterfall. It houses seven Koi fish, which can live as long as 50 years, and two goldfish. In the winter, the fish are brought inside.

The stone pathway leads from the front yard to the backyard and is flanked by flowering plants, including coleus and *Solenia begonia*.



## JAPANESE INSPIRED TRANQUILITY

Longtime gardeners John and Jean Mathews were up for a challenge when they decided to craft a Japanese style garden surrounding their Madison home.

John — who works as a professional gardener for Yakshi Landscape & Garden Design, as well as his side business Midwest Japanese Gardens — created an outdoor space that flows beautifully from the front yard to the back.

The Japanese style demands some patient creativity. The broom fence in the front yard, for example, was made out of 900 hand-cut willow branches fastened in bundles. (In Japan, broom fences are made from bamboo, but John had to



Moss and stone steps lead from the sidewalk to the front of the Mathews' home. Surrounding the path include sun king aralia, dwarf mugo pine, a Japanese maple and a dwarf ginkgo tree. The fence is called a broom fence and is fashioned from 900 willow branches.



Sheldon is a 9-year-old red foot tortoise that lives freely in the backyard. During the winter, he's brought inside.

But as long as temperatures stay around 50 degrees, he can live comfortably outside.

along with dwarf trees and shrubs, and since

improvise with what was available here). The moss gardens require twice-a-day watering in the summertime to maintain that lush green color. And the living pond and adjoining waterfall need a year-round plan, because the Koi fish and goldfish need to winter inside.

The crafting of their landscaping required a lot of leg work, but "it's peaceful looking," John says. "We enjoy it"

Much of the plant life are perennials,

few of the plants are flowering, the Mathews decided on a chartreuse palette of yellows and greens to add color. Very little of the modest-sized lot has traditional grass — although they kept some to accommodate their two Rhodesian ridgeback pups.

Once the fish — and 9-year-old Sheldon, the red foot tortoise — are safely inside for the winter, Mother Nature takes care of the rest. The plants go dormant and beautifully resurface come spring.





Dr. June Kim,  
Radiation Oncologist

Dr. Michelle MacKay,  
Radiation Oncologist

Dr. James Richardson,  
Radiation Oncologist

# WE'RE HERE FOR YOU TOGETHER WE HEAL

As a member of SSM Health, we support our patients in wellness, nutrition, mental health and more. Now, with Covid19, we protect patients and the staff that cares for them with strict protocols.

And we're grateful to our community for practicing healthful behaviors. We're here for you.

[Learn more at turvillebay.com](https://www.turvillebay.com)

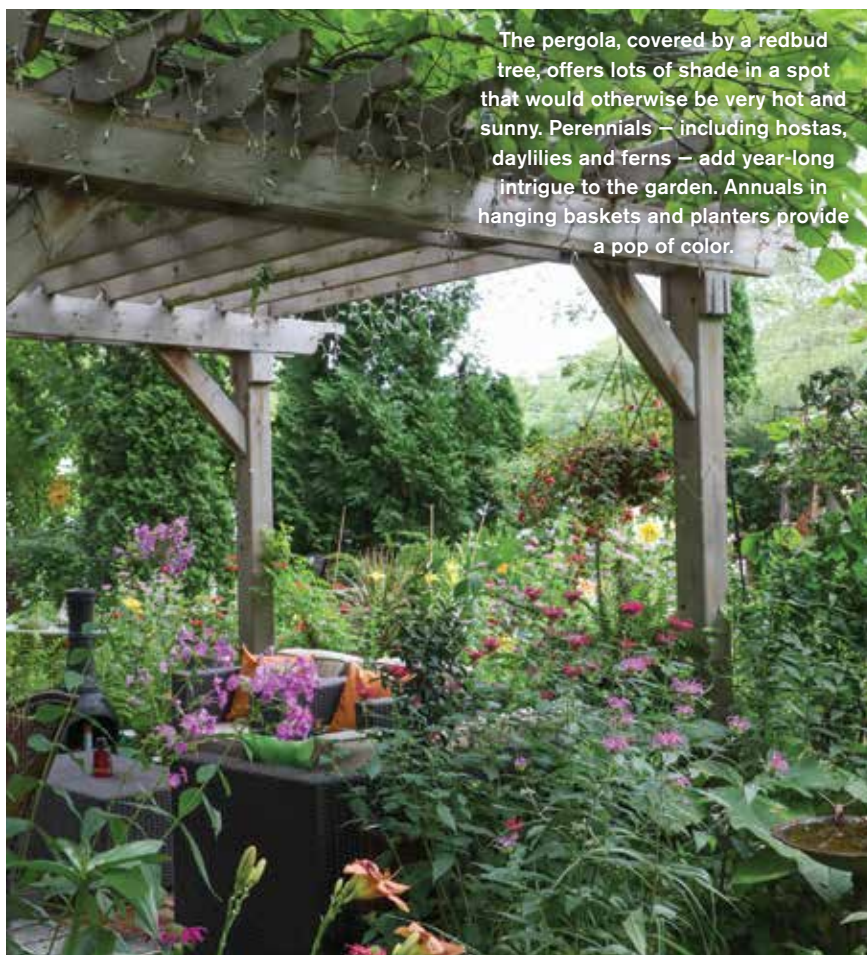


**TURVILLE BAY**  
RADIATION ONCOLOGY CENTER



Quality Standards, Quality Care, and State of the Art Technology, We're Here for You.

1104 John Nolen Drive, Madison 800.735.6868



The pergola, covered by a redbud tree, offers lots of shade in a spot that would otherwise be very hot and sunny. Perennials — including hostas, daylilies and ferns — add year-long intrigue to the garden. Annuals in hanging baskets and planters provide a pop of color.



Hatheway and Ottney have experimented with all kinds of plant life in their garden. Most of their plants enjoy shade and are Zones 3 and 4 (you can see this designation on many plant tags), which can withstand Midwest winters.

Perennials found in the Hatheway-Ottney garden include monarda, begonias and springtime daffodils. With annuals and perennials blooming at different times, the garden is always changing.

## STOUGHTON'S SECRET GARDEN

You couldn't get much closer to downtown Stoughton than if you plopped Jay Hatheway and Jim Ottney's home right on the main drag.

The 114-year old Victorian-style home is just a couple blocks from downtown and backs up to the Yahara River. The property, with its lush backyard garden, has brought forth descriptions from onlookers such as "magical" or "a secret garden," says Hatheway. Although, it's not so secret anymore.

Longtime couple Hatheway and Ottney's retreat-like property has been a stop on countless garden tours, including the 2019 Olbrich Garden Tour, which brought 900 people to their dead-end street over two days.

While some gardens are prized for their prim and formal design, the Hatheway-Ottney garden has drawn attention because of its untamed tranquility. Ottney described the aesthetic



A mulch and stone path meanders through the garden, and is the only thing dividing up the plants. The trees and varying heights of foliage trick the eye into believing that the garden is bigger than it is.

as eclectic. Its exuberant foliage brings to mind an English cottage garden, and theirs is filled with 99 percent perennials packed together, divided only by a stone path that winds around the space.

"When we got here, the lot was essentially a junkyard," when the property was purchased roughly 30 years ago,

Ottney says. "And there were appliances and tires and an old oil change pit."

It slowly transformed from a traditional lawn with grass and a few plants to a shady jungle that caters to all kinds of fauna, including a pair of mated ducks that summer in their pond and a rainbow array of birdlife.





## A LOW MAINTENANCE BEAUTY

Madison resident Jeff Epping didn't want to spend his summer weekends mowing and weeding, so he endeavored to create an outdoor respite that could be enjoyed without all the fuss.

Being that Epping is the director of horticulture at Olbrich Botanical Gardens, he knew exactly how to design it for his needs and the needs for area wildlife.

The front and back yard are packed with native plants that support insects, butterflies and birds — an element of gardening that's important to Epping's career as a horticulturist. In fact, entomologist and professor Doug Tallamy's book, "Natures Best Hope," has become Epping's bible, of sorts, on how gardens can help support fauna endangered by urban sprawl.

"Whether it be trees or shrubs or perennials or annuals, I really think about how they might support the food web which is essential for all wildlife," he says.

One gardening system Epping created in his front yard is a super low maintenance gravel garden. He uses a thick layer of gravel in his garden beds and clusters drought-tolerant plants tightly together to create a more natural plant community. The tight spacing and gravel prevent weeds from sprouting. He cuts back the top growth in spring after overwintering insects come to life and leaves it be the rest of the year.

Colorful flowers and ornamental varieties keep the garden interesting during the growing season, while the trees, shrubs, and ornamental grasses maintain its beauty in the fall and winter.



Epping's driveway flanks a pathway to the front door and yard, which is spilling over with ornamental grasses, shrubs and trees planted in a gravel bed, which keeps weeds from sprouting. Trees in the front yard include a Japanese katsura tree, boxwood, and native pagoda dogwood.



Colorful yellow yarrow is low-maintenance and beloved by pollinators. The pink coneflower is a beautiful perennial that also attracts pollinators.



✿

Rashka has tons of flowering perennials, so her garden is evolving throughout the summer with electrifying colors. Included in the bunch are purple phlox, monarda and rudbeckia.



## NATURE'S CANVAS

If you pause and look closer at Stoughton resident Kay Rashka's garden, you'll see it's layered with colors, textures and shapes. Everything that lives in her floral gallery was selected to paint a beautiful picture.

"I call this my therapy," she says. "I like to surround myself with beauty. Probably because of my art interest. It's like a big outside, outdoor art project."

Rashka is a scientist for Promega, a biotech company in Madison, and also makes metalwork jewelry. Her connection to craft metal is clear in the sculptures dotted throughout her yard — a mix of artistic statues and old tractor disc plates that pay homage to her dairy farm upbringing.



A variety of texture and color, as well as flowering perennials and bushy foliage, are what add to the artistry of Rashka's garden. This portion is mostly hostas, along with a magnolia tree, bloodgood Japanese maple, pink astilbe, ferns and yellow ligularia.



✿

**Annuals** overflow on Rashka's deck, one of the only places you'll find annuals in her garden. Among them include purple verbena bonariensis and reddish-purple salvia, a plant hummingbirds love.

Her garden is a mix of architecturally manicured and wild plants. She hates to mow the lawn, so she minimized the use of traditional grass as much as possible and planted beds of hostas and flowering perennials that look akin to the English cottage-style garden—untamed and overflowing with foliage.


During the 2019 Olbrich Garden Tour, some 800 people came to her home to

see the sloping garden that spills down the

hillside of her property. The ability to share this space with others is one of the reasons why she loves gardening.

"I love the curb appeal, and it was always a way to get to know people in the neighborhood," she says. "I would be out weeding, and people would stop and say hello. I like showing off my garden just like I enjoy showing off my jewelry designs." 🌸





Sherwin-  
Williams  
Jasper SW  
6216

## Refreshed and Revived

Mazomanie natives Aaron and Lindsay Olson give a nod to their hometown and current residence in framed topography maps of Mazomanie and Lake Mendota (which is across the street from their home). The hair on hide ottoman is from Restoration Hardware. Lindsay selected all of the home's drapery and had it custom-sewn.

# House Beautiful



A 1960's Maple Bluff home is expanded and updated with modern conveniences for a jaw-dropping result.

BY SHAYNA MACE | PHOTOGRAPHY BY SHANNA WOLF





## Dazzling Spaces

↑ Luckily for the Olsons, the previous homeowners had just finished a full kitchen remodel with Dream House Dream Kitchens.

The couple further enhanced the space by adding in new lighting, painting, and installing a pizza oven. They also carved out another seating spot adjacent to the marble island.

Lindsay and Aaron Olson were used to moving. Even with three young children, the couple had already moved six times. The Mazomanie natives had bounced from there to Middleton to Mazomanie and back again a couple of times. In 2018, they finally landed on their dream property — 20 acres in Middleton, off of Airport Road. The couple locked down their house plans, and excavation for their new home was to begin on a Monday in May 2018.

There was just one small wrinkle: The week before, Aaron drove Lindsay through Maple Bluff, and he was able to cajole her into looking at homes there, too. (Lindsay says Aaron has always wanted to live here). So, Aaron set up some appointments to view homes that week.

"All of the houses we were interested in had accepted offers on them by our scheduled showings on Saturday — except one with contingencies, so we saw it," says Lindsay.

They liked the home, so the couple put an offer in on it. Much to their disappointment, the contingencies of the potential buyer's offer was removed and the home went into escrow.

"The home across the street (which was actually the potential buyer's home) went on the market and we took a look. We looked at it a couple of times during that week and then saw it one last time on Saturday to make a decision before Monday, which was 'dig day' for our new house. We looked at the house and immediately started envisioning changes. The garage wasn't attached — we would want to connect it and add it a mudroom. The home was built in 1964,



and those modern conveniences were a must for our family. We also knew we would need to [renovate] all of the bathrooms upstairs and do some cosmetic changes. But, we decided you can't recreate this kind of home and you can't mimic the neighborhood of Maple Bluff," says Lindsay.

So, the family abandoned their Middleton plans — and became Maple Bluff residents instead.

## MOVING IN

The couple embraced their new neighborhood with gusto, enrolling their kids in activities and meeting new neighbors.



↑ The family's dining room accommodates plenty of people at their Pottery Barn table that seats ten. The botanical sconce is by Visual Comfort and the Chinoiserie artwork is by Ballard Designs.

← The home's former breezeway was fully enclosed to connect the garage to the home, and morphed into the laundry room/mudroom/ Lindsay's office to make the space fully functional for their family of five.



Building above the home's sunroom expanded the master suite and allows the couple a space to lounge and reconnect.



## Just Relax

↑ The couple reconfigured a bedroom, bathroom and some of the hallway to gain a master bathroom (seen here), a bathroom for their daughters and a hallway laundry area.

↓ Visitors will feel like they're at a luxe hotel in the Olson's guest bathroom, accented by Kate Spade for Visual Comfort sconces and a Signature Hardware brass console sink.



Build your family  
*LIVABLE COMMUNITY* memories in a

by Don Tierney



RESIDENTIAL | OFFICE | COMMERCIAL SITES

PARKS | PAVILIONS | POOLS | TRAILS | UNIQUE NEIGHBORHOOD GATHERING PLACES

Wauunakee: Arboretum Office Park • Savannah Village • Westbridge • Kilkenny Farms

DeForest: Savannah Brooks

Sun Prairie Area: Windsor Gardens • Bristol Gardens • Happy Valley Addition

Deerfield: Savannah Parks

*LIVABLE COMMUNITIES*  
BY DON TIERNEY

608.837.0102 | 608.575.6538  
[www.dontierney.com](http://www.dontierney.com)

Visit our Livable  
Communities at the  
MABA Parade of Homes™



Kristin Lemke  
608-220-3528



They also met with Jenna Bader and Jerry Schmidt of Dream House Dream Kitchens to discuss a remodel of the home, which included enclosing the breezeway between the house and garage, turning the old mudroom into a pantry, adding a larger master suite above the sunroom and reconfiguring a good portion of the upstairs to make it more functional for their family of five.

Although their grand plans sounded wonderful, the family would first have to endure eight months of renovations. They lived in the basement while all of the work was being done: “[It was like] our family of five [was] living in a college frat house — mattress on the floor [and all]!” jokes Lindsay.

But the results were worth it — and yielded an updated, functional family home. There's plenty of space for entertaining, a huge mudroom/laundry room with a desk for Lindsay, pantry, enough space for the whole family plus guests to stay upstairs, and a backyard that's truly a retreat from everyday life.

Once the home was complete, Lindsay tackled decorating the whole home herself. Her starting point was the foyer's ikat-inspired Margate Watermark in Aqua by Anna French for Thibault wallpaper for the entire first floor's look. “That wallpaper was a must, along with the cabinet color in the den and the flooring — everything was chosen around that!” she says.

In general, the home employs rich jewel tones (various shades of blue and emerald), camel hues in furnishings and rugs, gold accents in décor and fixtures, shades of gray, and creamy whites to make the home flow seamlessly from room to room. Yet each space has its own “wow” moment that delights, like the patterned tile in the mudroom, the bird wallpaper in the first-floor powder room, dazzling mother of pearl tiled wall in the dining room and vintage-looking floral wallpaper in the guest bathroom.

“Every design moment was chosen by us, and it is home,” says Lindsay. “Living through the renovation was stressful, but seeing the daily progress was worth it. The appreciation we have for our labor of love is endless. We are never moving!” 🌸



## Resort Ready

Aaron's family owns Olson Toon Landscaping, so they know a thing or two about creating wow-worthy outdoor spaces. The family's last project was a total backyard makeover, which included patio hardscaping, a fire pit and fire bowls, a gorgeous pool, double-sided fireplace, and a number of hangout spaces throughout the backyard (bar, dining area) for family fun.

# AmeriDown *Factory Outlet*

## HELLO SUMMER!

Surround yourself in complete comfort and make your bed the coziest place in your home! Storewide savings – come in and see what is new this season.



*Monday–Saturday: 10-5 • 608.833.8333 • 7404 Mineral Point Road, Madison*



**Everyone welcome! Check out any of our three locations.**

See [www.willystreet.coop/coronavirus](http://www.willystreet.coop/coronavirus) for updates about our precautions.



**willy  
street  
co-op**



SEPTEMBER IS  
**Eat Local  
Month**

## Willy Street Co-op Owners:

We'll have Owner-only sales and chances to win prizes all month long. Check [www.willystreet.coop](http://www.willystreet.coop) in mid-August for more information.





Hart DeNoble Builders



## Inspiration to installation

In your mind, you can see it. A vision of your ideal home. You just need a little help making it happen. Trust FLOOR360. We install more floors in more new Wisconsin homes than any other flooring company. Whether you're building or renovating, FLOOR360 has the unique tile, hardwood, luxury vinyl and carpet you want. And the skilled interior designers and hassle-free installation process you need to bring your vision to life. Because when every detail and finish comes together, you'll have a home you can fall in love with every day. To ensure that each customer experiences FLOOR360's **Design is our Difference** process, our showroom is available by appointment only. Please call or email [design@floor360.com](mailto:design@floor360.com) to schedule your visit.

FLOOR360 

5117 VERONA RD | 608.274.2500 | [FLOOR360.COM](http://FLOOR360.COM)

Your business supports

 **DESIGN** FOR A **DIFFERENCE** MADISON

[floor360.com/dfad](http://floor360.com/dfad)

# After the Diagnosis

## Caring for a loved one with dementia.

By Sue Sveum



Barbara Clapp and her husband Bill have been married for 57 years. Bill has a master's degree in electrical engineering, started his own consulting firm and served on several boards. But while on a trip, Barbara noticed that he was having trouble with ordinary tasks like figuring tolls and watching for road signs. "I could see that something was definitely wrong," she says. In 2013, Bill was diagnosed with dementia.

The Clapps are not alone. "Forgetting things, such as leaving a stove on or forgetting to take medications, are common and potentially dangerous signs that a loved one needs extra care," says Tracy Teske, owner and director of Visiting Angels home care services. "Other signs include losing weight, a decline in personal care, loss of balance or falls."

According to the Alzheimer's Association, approximately 5.8 million people 65 or older in the U.S. are currently living with Alzheimer's disease. And that's only one form of dementia. Experts expect to see those numbers increase in the next five years.

While Barbara cared for her husband at home for many years, it wasn't easy. "He went from leading a normal life to needing adult daycare," she says. "I got worn down taking care of everything." Finally last year Bill moved to a local memory care community.

Their experience is not uncommon. Not surprisingly, dementia can take a significant toll on caregivers — two-thirds of which are women. In fact,

those caring for a loved one with dementia report experiencing more emotional, physical and financial difficulties than other caregivers.

### SHARING THE NEWS

"After an initial diagnosis of dementia, the tendency is often to keep the diagnosis to yourself," says Sue White, president and owner of Sienna Crest Assisted Living. But she advises doing just the opposite.

"Share the news with family and friends — the sooner, the better," she stresses. Dementia often causes personality changes like saying inappropriate things or exhibiting uncharacteristic frustration. "If others don't understand the reason, they may jump to conclusions," she says. "Telling friends and family will help them understand why the person is acting differently — and when they understand, they can participate."

White says the next step is to sit down and discuss options and preferences. "It's a hard topic to bring up," she says, "but some people are actually relieved

that they don't have to worry anymore."

"Start with baby steps," suggests Jennifer Krause, director of Community Relations at Heritage Senior Living, "and allow them to be in control as much as possible."

Many people remain at home in the early stages. But eventually help is typically needed — in the form of in-home care or a memory care community. There are benefits to each.

### STAYING HOME

"Comfort and familiarity are very important with memory issues," says Teske. "And there's nowhere more familiar than their own home."

But if the person needing help is in denial and resists even in-home care, what then? Teske suggests gently pointing out what the issues have been and why they could use some help.

"We work with the family to make the transition as easy as possible for everyone," she says. "Many times it helps to suggest outside help as a trial, like a 'friend' that's helping out."



# Sienna Crest

Assisted Living, Inc.

## SIENNA CREST OREGON HAS A NEW LOOK!

**SAME GREAT CARE THAT WE HAVE BEEN PROVIDING HERE IN OREGON FOR OVER 20 YEARS, NOW WITH AN UPDATED LOOK!**

*Need assisted living but afraid to make the move? We get it.*

We are able to schedule tours, using face coverings and hand sanitizing. With new visitor guidelines, you will be able to visit your loved one and maintain that important social connection.



*Dining room where residents eat together.*

**SIENNA CREST  
ASSISTED LIVING**  
981 Park Street  
835-7781

**CALL 608-835-7781**  
*to schedule your  
personal visit.*



*Comfortable living room visiting.*



*Bistro area to enjoy  
coffee or popcorn.*

**SIENNA MEADOWS  
MEMORY CARE**  
989 Park Street  
835-0000

Locations in Darlington, Deforest, Dodgeville, Fort Atkinson, Marshall, Mineral Point, Oregon, Platteville and Waunakee

[www.siennacrest.com](http://www.siennacrest.com)

The most common home care services requested, according to Teske, are companionship, light housekeeping, laundry, errands, medication reminders, and personal care, but it varies from client to client. "Many of our caregivers have years of experience working with dementia," she says. "And it's important to us that we care for our clients as we'd want someone in our own families cared for."

Teske explains they often take on clients when a family first notices memory issues. "As the individual declines we usually increase our hours," she says. "Or if the family feels it's best, they may move to a memory care facility where we can continue to visit them."

### WHAT EXACTLY IS MEMORY CARE?

"Basically it's assisted living with a higher level of care for residents that have a brain disease," explains White. "As the disease progresses, so do the levels of care."

"There's often a stigma associated with memory care," adds Krause, of Heritage. "But it just means staff has additional training working with folks with memory loss. The community is also smaller in number — more like family."

Memory care residents often need help with tasks like bathing, dressing or using the restroom, according to White. But many are still socializing and taking part in activities, especially in the earlier stages.

"And when it comes to choosing a community, it's important to include them in the initial search," she says. "Consider the person's age and interests, then take a tour and stay for lunch. Visit a friend there or attend a community event."

"It's not one-size-fits-all," agrees Krause. "Ask good questions and trust your gut."

*Include your loved one in the initial search for a care facility; take a tour, experience the facility and ask lots of questions.*

## In-Home Senior Care for Total Peace of Mind

Companion &  
Personal Care

**Visiting Angels Madison**

**608-819-0665**

Schedule a FREE Assessment Today!



She says people are looking for different things, so the first step is to evaluate what's most important to *you* and *your* family. Then make a list. Some things to consider might be:

- Location: Is it convenient to family and friends?
- Average age of residents: Will peers have similar interests and abilities?
- Size: Do you want a small place or a larger one?
- Activities offered: Are activities appropriate to your loved one's stage of memory loss?
- Resident to staff ratio: Will they get the help and attention they need?
- Staff turnover: Will staff members get to know your loved one? Do they like their jobs?
- Nursing staff available: Is there nursing staff on hand to assess injuries and illnesses?

"Tour the places that meet your criteria and observe the overall vibe," Krause says. "Get a feel for the community's individual style and philosophy — from caregiving to décor. Then narrow it down to your top two. You want to be able to say, 'I can see my mom or dad living here.'"

#### PLANNING AHEAD

According to White, getting on a wait list is also a good idea. "A lot of admissions are due to a crisis," she says. "When life happens, you need to be prepared."

Krause agrees. "That's why it's really important to get the legwork done ahead of time — to develop a plan *before* a crisis," she says. "Especially for couples living at home alone with no family in the area."

Once a decision is made, moving a loved one to a memory care community can be stressful on family. "Although they're still living, everything's changed," says Krause, "and families are grieving the loss of the person they know and love."

That's the reason that Krause started a support group for spouses and other family members at Heritage. "It originally began when we had a lot of spouses visiting loved ones," she explains. "This became a unique opportunity for them to get together and support one another."

#### END-OF-LIFE SUPPORT

Support is one thing that Agrace HospiceCare also knows a lot about.

"Most people know that hospice services work with dementia patients in the home. But Agrace takes that a step further,"

*Share the diagnosis with others, rather than hiding it, so friends and family understand and can offer support.*

## WE CAN HELP YOU WITH THE *next step.*



- Nursing staff 7 days/week
- Rehabilitation gym
- On-site therapy

- Pub/social area
- Chef-prepared cuisine
- Spa rooms

- Patios and courtyard
- Coordinated activities/outings

Heritage Monona • 111 Owen Road • 608-441-9990  
Heritage Middleton • 6234 Maywood Ave. • 608-831-7004

[www.heritagesenior.com](http://www.heritagesenior.com)

HERITAGE  
SENIOR LIVING

*Independent, Assisted Living and Memory Care Communities*



says Sue Husom, director of the Inpatient Memory Care Unit.

Well, two steps actually. “We also provide services to residents in community living — and now we have in-patient memory care suites within our residential facility.”

Patients come from in-home care, hospitals, senior communities or from another hospice inpatient room as their needs change. “The driving force behind inpatient memory care was the amount of diagnoses we’ve seen,” explains Husom. “The need is there.”

But she stresses the suites aren’t intended to compete with memory care communities. “We already partner with assisted living communities,” she says. “But here we can provide the extra services end-of-life patients need — which frees up the community to better serve their other residents.”

Because patients with memory loss need a higher level of care, everything was designed with those needs in mind.

“There’s a 24/7 nursing staff; rooms and halls are decorated in soft colors, with natural artwork; and the unit provides a safe and secure environment for those that wander.”

“We focus on the approach,” Husom explains. “Caregivers learn the patient’s history — to better understand what they’re telling us in their own way. We take the time to know the why behind their behavior.”

One of only a few across the country, Agrace calls their memory suites a “hidden gem.” “We make the end of life the best possible for our patients and families,” says Husom.

And the best life possible is what all families coping with memory loss hope for. “Fortunately, my husband understood that he needed extra care, but it was still the hardest decision I ever made,” says Barbara Clapp. Her advice? “Make plans as early as you can, and then do as much as you can while you’re able,” she says, “Just enjoy the moments.”

## Memory Care Embraces Virtual Visits

When COVID-19 hit Wisconsin, assisted living communities were forced to close their doors to visitors for the health and safety of both residents and guests. The question soon became how to maintain that personal connection when loved were physically separated. The answer? Technology.

At Sienna Crest, Sue White says they bought tablets for everyone so they could easily set up virtual visits between residents and their families. “Technology like this is perfect for memory care residents who have difficulty conversing verbally,” she says. “They may not totally understand, but at least they can see a loved one on the screen and recognize their voice.”

And, of course, virtual visits are just as much for the families as for the residents — maybe more so. “It gives them peace of mind to see them face-to-face,

knowing that they’re safe and healthy,” says White.

“It’s difficult for family members when they can’t have that regular connection or share a hug,” adds Jennifer Krause of Heritage Senior Living. “Facetime and Zoom give them that opportunity to connect.”

In fact, it’s been so successful that Heritage plans to continue using technology long after visiting restrictions are lifted. “It’s also a great way for family members who aren’t local to connect with loved ones anytime.”

She calls the use of phones, tablets and computers for virtual visits the one good thing to come out of this pandemic.

“When residents see their families onscreen, they recognize them and get excited even if the verbal skills aren’t there,” says Krause. “I can’t believe it took COVID-19 to bring this to the forefront—I wish we’d thought of it sooner.” —SS

How will we get through this?

Agrace will help.



  
Agrace™

HospiceCare | PalliaHealth  
Grief Support Center  
Age at Home

(608) 729-5660  
agrace.org

# RED BARN COMPANY

—WAUNAKEE, WI—

**YOUR DESTINATION FOR MODERN FARMHOUSE, LAKE DECOR AND SO MUCH MORE!**



*Come wander & explore to see a curated collection of home decor, jewelry including Pandora, beautiful candles, lanterns, signs & more!*

**BRAVA READERS USE CODE "BRAVA" ONLINE TO SAVE 15% OFF SELECT ITEM OR BRING THIS AD IN STORE FOR A PURCHASE MADE IN AUGUST.\***

OPEN FOR IN STORE SHIPPING, CURBSIDE PICKUP ORDER BY PHONE OR ONLINE AT [REDBARNCOMPANYSTORE.COM](http://REDBARNCOMPANYSTORE.COM)

**114 E. Main St., Waunakee, WI 53597**

**608-850-4285**

**[RedBarnCompanyStore.com](http://RedBarnCompanyStore.com)**



*\*exclusions include: jewelry, previously purchased items & gift cards*

Enjoy the benefits of window film in  
your *Home* or **Business!**



**Security | Fade Protection | Reduce Glare**

**Improve comfort by blocking heat & UV rays!**



608-222-7777

[KoolView.com](http://KoolView.com)

4701 Triangle St. McFarland

Showroom Hours: M-F 8-4

Get a New View from

**Kool View**

Window Tinting Division



**Limited Time Only!**

**FREE** access to print and digital.



**SUBSCRIBE NOW!**

[bravamagazine.com](http://bravamagazine.com)









# Solidarity in the City

BY KATY MACEK, SHELBY ROWE MOYER  
AND HYWANIA THOMPSON

PHOTOGRAPHY BY SHALICIA JOHNSON  
AND HILLARY SCHAVE

On the afternoon of May 30, 2020, a crowd of thousands gathered at the top of State Street to protest the deaths of George Floyd, Breonna Taylor, Tony Robinson and countless other Black people that had been killed, primarily by police, the last several years. The protesters walked around the Capitol Square, headed down East Washington Avenue, and on to Williamson Street, where Robinson was shot in 2015 by a Madison police officer.

Protesters peacefully marched to convey their support for the Black Lives Matter movement, which advocates for Black people socially, economically and politically. The protest also served to raise awareness of racial equity and police brutality. On June 7, the African American Council of Churches organized a Black Lives Matter Solidarity March (shown left) to show support for the movement as well. News outlets have reported that in total, 45 Wisconsin communities from Marshfield to Milwaukee and everywhere in between held peaceful protests.

Unfortunately, rioting and looting occurred early in the morning of May 31, and for several days afterward. Seventy-five State Street businesses (and others around the city) were damaged. City and police officials reported that a small number of people not affiliated with BLM (many from out of town) were the perpetrators of the damage.

We talked to five Madisonians about their take on this momentous time, and how we can move forward — with solidarity — as a city, and a nation.



## THE DEFENDER OF BLACK GIRLS

*Artist and community activist Lilada Gee was among those commissioned to paint murals on State Street following protests demanding reform after the death of Breonna Taylor, George Floyd and countless others. Her work is vast, but it centers around one mission: defending Black girlhood, and she's doing it with her organization and recent podcast, *Defending Black Girlhood*. You can learn more about her at [lilada.org](http://lilada.org).*

AS TOLD TO SHELBY ROWE MOYER

PHOTOGRAPHY BY SHALICIA JOHNSON

When I'm creating, I really want to display a message of, "Come closer, look closer." And if I can pull the viewer closer — closer to Black girlhood, closer to Black women, Black women beauty, Black women femininity — then my hope is the next time you see a Black girl, when you interface with a Black girl, teach a Black girl, you can see her better.

The images that I paint are Black girls and Black women and showing them as I feel they have the birthright to be: smiling, being little girls, Black women with flowers in their hair, Black women happy, Black women at peace.

State Street has never looked so Black and beautiful.

And a lot of white people have stopped by to say, "Thank you. Thank you for doing this." I want to be clear. I'm not doing this for white people to feel comfortable. This is not *for you*. This is not to erase the message that you don't want to see. This is my interpretation of the messages.

Don't get it twisted. I'm mad as hell. Just cause I'm painting a Black girl doesn't mean I 'ain't mad. I'm so mad that I'm gonna paint this big-ass Black girl on this wall, because I don't want you to *miss* her. And I'm angry every time you do.

This is just our interpretation of Black Lives Matter. This is our interpretation of the various demands that we have upon society to make it equal. My art is my way of demanding reparations.



But it's done in a way that inspires and elevates Black people, but it also speaks a message. It brings white people closer.

My call is to defend Black girls. My second call really is to white women, especially white mothers, because white women stand at the door of the places where so many of our Black girls are broken, like schools and social services.

*Nobody* in America is racist, but somehow you keep raising children that keep the status quo. So, I need white women to figure out why they keep doing it. If you're going to be a helicopter mother, fly over your child and figure out why they're the next person to carry on white supremacy. That's your work. I don't need you to tutor my Black girl. I need you tutor your white girl, who's going to grow up to be a social worker.





## BUSINESSES MUST TAKE A STAND

*Alex Lindenmeyer, who owns Short Stack Eatery with Sinead McHugh, says she felt like a successful restaurant owner until the coronavirus pandemic wreaked havoc on their "well-oiled machine." When the Black Lives Matter movement came to State Street, where Short Stack faces, she and her employees were quick to jump into the streets alongside them and support Black-centered organizations.*

AS TOLD TO KATY MACEK

PHOTOGRAPHY BY SHALICIA JOHNSON

It's not something that [only] happens south of the Mason-Dixon line — [racism] is here.

For white people, it has to actively be a decision to care [about this movement]. We've been indoctrinated into this white supremacist community and we need to unlearn everything we've been taught.

[Madison business owners] have a huge pile of work in front of us. It's not enough that some small businesses are caring, [big corporations] have to care, too. We all need to say, "I promise that our businesses are not more important than people being run over by trucks."

We put our employees through lots of on- and off-site training to continue communications about how racist we are. Business owners from the top down have to continue to talk about this until our faces turn blue and look at our internal practice policies and education on what race and equity looks like in our communities.

Short Stack partners with four organizations (Urban Triage, Inc.; The Progress Center for Black Women; Nehemiah: Center for Urban Leadership Development; and JustDane, formerly Madison Area Urban Ministry) that look at root causes of things like systemic racism, incarceration, homelessness, etc. We partner financially [and otherwise], sitting on boards, advocating for them in the community and attending and organizing events.

We organized supply drop-offs at Short Stack that we distributed to protesters. [We provided] water, Gatorade, sunscreen, medical supplies and constant communication; if they needed something, we [were and] are a safe space for them. We'll continue that as long as protests continue.

It's been really disheartening to see how many people are shocked by the violence against Black bodies when the Black community has been shouting and we haven't been listening.

Time has run out and we have to get our act together. Black people have been tired, so this is our work to do, and it's endless. I like to say: I'll be a racist in recovery until I die.



## EDUCATING FOR EMPOWERMENT

*Brandi Grayson has been a tireless advocate for Black people in the Madison community by first working with Young Gifted and Black and then launching Urban Triage, Inc. She is a major changemaker and even helped organize and spoke at some of the city's first peaceful protests starting on May 30, 2020, on behalf of Urban Triage. We spoke with her again about the challenges of racial equity work.*

BY HOLLY MARLEY-HENSCHEN  
AND SHELBY ROWE MOYER

PHOTOGRAPHY BY HILLARY SCHAVE

**M**adison activist and 2020 BRAVA Woman to Watch Brandi Grayson is a trailblazing force in the local Black Lives Matter movement.

Her organization, Urban Triage, Inc. — which she founded in 2017 — recently raised \$900,000 for its COVID relief efforts, newly launched initiatives and to hire additional staff to further their mission. Their mission is to support Black people by working with community resources and educating people about (in order to fundamentally change) racist systems.

On a basic level, that means showing up for the Black community in whatever way is needed, like delivering food to elderly people endangered by the coronavirus. Overall, though, Grayson's goal is to empower Black people to a place of self-reliance and stability.

The physical work manifests as educational speeches, rallies, letter-writing campaigns and other actions to pressure local leaders to end discriminatory regulations and policies.

Grayson regularly speaks at rallies, online roundtables and teaching events, as part of the transformative, educational work Urban Triage does. But doing this work is hard. Society has been intricately woven with racist ideology — ideology that was designed to uplift white people and suppress Black people.

The deaths of George Floyd and many, many others created a social resurgence around the Black Lives Matter movement. And now, the challenge is in educating everybody about how they're embodying and contributing to white supremacy and systematic racism, and how they can help create equality.

"The challenge is getting people on board and switching the paradigm for how we support Black people," Grayson says. "We pride ourselves in moving Black people to become fully self-actualizing. We want to create a world where we [Urban Triage] is no longer needed."

This new era of advocacy is personally "traumatic



as hell," Grayson says. "Not only do we have to carry the trauma of watching Black people continuously die — along with that, it's the compounded trauma of interacting in these [racist] systems. And then standing on the front line and having our bodies be at risk, and our lives and our children — and our whole lives turned upside down."

Nonetheless, Grayson carries on with Urban Triage's mission, because, as she once told us, "Who else is gonna do the work?"

The way forward, Grayson says, is bringing Black lives from the margins of society toward the center — a place historically held by whites.

"If we're going to have a paradigm shift, then we have to put Black people at the center of it. Because when we do that, it breaks down all the narratives that we've been regurgitating and practicing, whether it's conscious or unconscious, intentional or unintentional ... If you are really about Black lives, then in all the work you do, you have to center Black lives."



## BEING THE FORCE FOR CHANGE

*Alex Nieves Reyes has been a police officer with the Madison Police Department for 12 years. She was born in Puerto Rico, and her family moved to New York City during her high school years. This was where her interactions with police officers who barely spoke Spanish inspired her to get into the career herself and be a role model for young girls like her. Working downtown Madison during the demonstrations challenged her, but ultimately made her more confident in her duty to her community.*

AS TOLD TO KATY MACEK

PHOTOGRAPHY BY SHALICIA JOHNSON

**A**s a minority woman, I understand what the anger is about, but I have the privilege of being a police officer. Out of uniform, I am another citizen, a minority, who feels maybe that the system is not fair.

However, [people] choose to show their outrage, this is how I'm showing mine. For me, it was seeing people like me in jobs like police [and] social work. For other people, it might be in politics.

The first day of the protests, it was my day off, but they called in everybody. It was very infuriating when [protesters kept] yelling at me and my coworkers who are white, calling us pigs, telling us we're awful and we kill people.

It's frustrating for me, as a person who has served in the military, being accused of being a racist without knowing what I've been through or experiences my coworkers have been through. They have done this job for all the right reasons.

I believe [the protesters] are right; the system has to change. Police departments across America — we are social workers. We are mental health liaisons. We wear so many hats because the government is defunding those systems that need to be in place.

It doesn't make me question my job. This is not a job [where] people are going to like you; it's like being a parent. Nobody likes that person that tells you that is wrong, but I love my job.

This is definitely [a job you do] because you care about the community. The hardest thing is to see so many awful things happening across the country, and so much hate and anger and frustration. But, you don't quit when things are bad — this is when you need to make a stand.

This is my challenge, and I'll take it.





## FAMILY FIRST

*Kelly and Will Boone live in Madison and are raising their son, Treyson, during a time when parents still have to have tough conversations with their Black and biracial sons about the stereotypes they'll face and the barriers they may encounter in their daily lives, just for being a person of color. Kelly says, "I'm a white person, and I should be listening right now" — which she notes includes gaining an even deeper understanding of what people of color face.*

BY HYWANIA THOMPSON

PHOTOGRAPHY BY SHALICIA JOHNSON

"I am well aware that this is more of a time, for someone that looks like me, to listen — and therefore, only very humbly offer what I can, regarding my evolution with understanding my whiteness," says Kelly Boone. She is white and married to her husband, Will, a Black man. The couple have a son, Treyson, who was born in December 2015.

Like any parents, the Boones worry about their son. "Will's biggest concern is that he has to have the talk with our son that his mother had with him," says Kelly.

Will recalls his mother telling him: "William, if you're in the car and you're pulled over, don't make any sudden movements. Just do what the officers say. Leave your hands on the steering wheel and follow directions." Will says it saddens and angers him that he will have to have the same conversation with Trey.

Kelly is an educator who grew up in Madison and went to college in New York, where she met Will. The couple married in January 2014 (BRAVA featured their San Diego wedding). Will is a City of Madison firefighter, assistant football coach at James Madison Memorial High School, owner of TopSpeed Prep Training Academy and co-owner of CPR business ThinLine Safety. Will also works with Receiver Factory, a company that trains high school, collegiate and pro receivers.

The Boones have many friends who look like them — mixed couples raising biracial children. While that has been nice for them in their "bubble," outside their circle and neighborhood is where it gets tricky. Kelly recalls a time when she and Will went to play golf at a course outside of Dane County. When they arrived at the clubhouse, all eyes were on them. "I had to check my



privilege hard (the privilege to be oblivious to my surroundings), to recognize his uncertainty in where we were and whether his presence would be welcome there," Kelly says. It's things like this and other microaggressions that make her concerned for Will when he's out in the world and not in uniform.

Kelly says she's come a long way in her understanding the differences between being born white and Black in this world, and feels better prepared to have difficult conversations with family and friends. She says, though, that there are more important voices — like her husband's — to be heard.

"Because Madison is so progressive, some of us get away with thinking racism isn't a concern here," says Kelly. "I need to understand that my experience of this city isn't the same way that Will experiences it. We need to hear that." 🌸





## JUNE 7, 2020

**TOP:** Singers perform during the African American Council of Churches' (AACC) peaceful protest

**TOP RIGHT:** Protesters kneel at the lower end of State Street **MIDDLE, L-R:** Lt. Gov. Mandela Barnes kneels; The Black Lives Matter banner fronted the group during the protest's march; Dr. Gloria Ladson-Billings speaks to the AACC crowd. **LOWER RIGHT:** Judge Everett Mitchell (with his son Braylon) was one of the leaders of the AACC march.

**LOWER LEFT:** Kenechi Unachukwu poses with his art installation of black and white photography in front of the Overture Center.





# SO MUCH SUMMER!

Travel may look a little different these days, however, these Wisconsin communities are open for business and offer unique destinations that are sure to entertain your family. And with so much summer still left, don't let this year go by without enjoying these fun attractions.



## EXPLORE STOUGHTON

Just a short drive south of Madison, you'll find a community bursting with culture, arts and unique eateries just waiting for you to discover.

**Stoughton is a cultural gem whose rich Norwegian history is found throughout the community.**

Callie LaPoint, events and visitor services manager at the Stoughton Chamber of Commerce, says it's a great place to visit and many don't realize the businesses are all locally owned and operated. During the closures created by the coronavirus, LaPoint said it was neat to see the creativity of the businesses and the strength of the community.

"We really want to support our neighbors," she says. "Everything goes back to local businesses and back to the community in one way or another."

LaPoint's ideal day includes a visit to Livsreise, a free heritage center that tells the story of Norwegians who immigrated to Stoughton centuries ago. Trace your



*Plan a return trip to explore the Stoughton Opera House, a renovated, century-old performing arts center that hosts numerous events.*

roots at the onsite genealogy center, explore the unique exhibits and learn more about the Norwegian culture. Reservations are currently required and are available on their website.

Downtown is a treasure trove of unique, independently owned shops. Check out Nordic Nook, known for its Norwegian goods, from authentic, silver-clasped sweaters to tasty treats. Pick up a few souvenirs and then wander through other local favorites, like the Spry Whimsy yarn shop.

Be sure to add the Abel Contemporary Gallery to your itinerary. Formerly located in Paoli, the gallery is now housed in one of Stoughton's historic tobacco warehouses. A few blocks away, Woodland Studios is tucked into a historic building as well and boasts multiple galleries showcasing everything from pottery to jewelry to glass art, sculpture and fiber art.

After exploring the community's culture and charming shops, many visitors find themselves at the Viking Brew Pub, LaPoint says. There you'll be greeted by Hilda, the smoke-blowing dragon found at the helm of the bar, shaped like a Viking ship — a great photo opp! Enjoy one of their house brews, traditional pub fare or Scandinavian dishes.

With a full belly and a day packed with new memories, you'll be planning an imminent return. —*Shelby Rowe Moyer*



## VISIT STOUGHTON

### FIND YOUR EXPERIENCE

- ☒ Learn about Stoughton's Norwegian history
- ☒ Taste the world's best chocolate
- ☒ Capture the Yahara River from a comfy spot
- ☒ Discover Norwegian artists and artifacts
- ☒ Dabble in new arts or up-cycle an old project
- ☒ Stock up on Norwegian gifts
- ☒ Sharpen your kitchen skills
- ☒ Say "hi" to Hilda
- ☒ Visit on Thursdays for fresh curds and wine
- ☒ Add a new statement art piece to your collection
- ☒ Shop 'til you drop at the variety of locally owned boutiques
- ☒ Catch our episode on Discover Wisconsin
- ☒ Visit Stoughton. Find these local shops. Tag #VisitStoughton and share your photographs on Instagram and Facebook!



Just 20 miles south of Madison, you'll find the intersection of Main Street and modern. With an eclectic art scene and thriving entertainment district, it's time to Visit Stoughton.

*Visit*  
**Stoughton**  
WISCONSIN

532 E. MAIN ST. STOUGHTON, WI 53589 • VISITSTOUGHTON.COM





## Girlfriends' Getaway to ELKHART LAKE

**Elkhart Lake has everything you need to create a special Girlfriends' Getaway** — great lodging, a prime spa, numerous dining options, boutiques and more. Yet it's all on a cozy, relaxing scale. The village itself is quaint and walkable, for starters.

Shoppers will appreciate Elkhart Lake's handful of quality, unique boutiques. By walking just a few blocks, you can score a Norwegian sweater at Nordic Accents, a small backyard sculpture and some jewelry at Two Fish Gallery, and sassy greeting cards at Gina's Fine Gifts and Framing. If your group is more on the active side, you can rent canoes, kayaks, paddleboards and more for use on the village's sparkling blue lake.

Aspira Spa, part of The Osthoff Resort, caters to groups of women with its SpaSuite Experiences. Follow up a spa treatment with wine tasting at Vintage Elkhart Lake. Owner Jaclyn Stuart is an award-winning, certified sommelier and can help you select a bottle that matches your tastes.

When it's time to dine, you can't go wrong no matter where you land. The Concourse Restaurant & Lounge recently opened at the Osthoff and offers a fresh take on a number of classic dishes. Located in the Village Square, Lake Street Café and Paddock Club are both popular places to dine as well.

The Ice Age Trail and Kettle Moraine State Forest Northern Unit, located nearby, offer great opportunities for outdoor exploring. With more than a dozen trails, you can hike, bike or horseback ride throughout the park. Climb the 60-foot observation tower for breathtaking views of the glacial landscape.

There's nothing wrong, either, with secreting yourselves away somewhere to just relax and connect. Elkhart Lake offers plenty of spots to do this, both inside and out.

— *Melanie Radzicki McManus*

A promotional graphic for Elkhart Lake. It features a split background: the left side shows a dense green forest with a tall, thin tree trunk, and the right side shows a blue lake with a kayak in the foreground. Overlaid on the center is the text "DISCOVER YOUR Summer Sanctuary" in a mix of blue and white fonts. At the bottom, it says "WISCONSIN'S Elkhart Lake" with a small map of Wisconsin, and "PLAN YOUR GETAWAY | ELKHARTLAKE.COM | (877)-355-4278".



## THE FOX CITIES — TRUE ORIGINALS



**The Fox Cities are a group of 19 communities** snuggled against the Fox River in the greater Appleton region. These towns offer a wealth of unique experiences, called Fox Cities Originals, that are family-friendly and affordable.

Explore over open water on the Trestle Bridge, part of the Friendship Trail and Loop the Lake Trail, which circle the lower portion of Little Lake Butte des Morts. The bridge spans 1,600 feet across the lake and is one of the longest pedestrian bridges in the state.

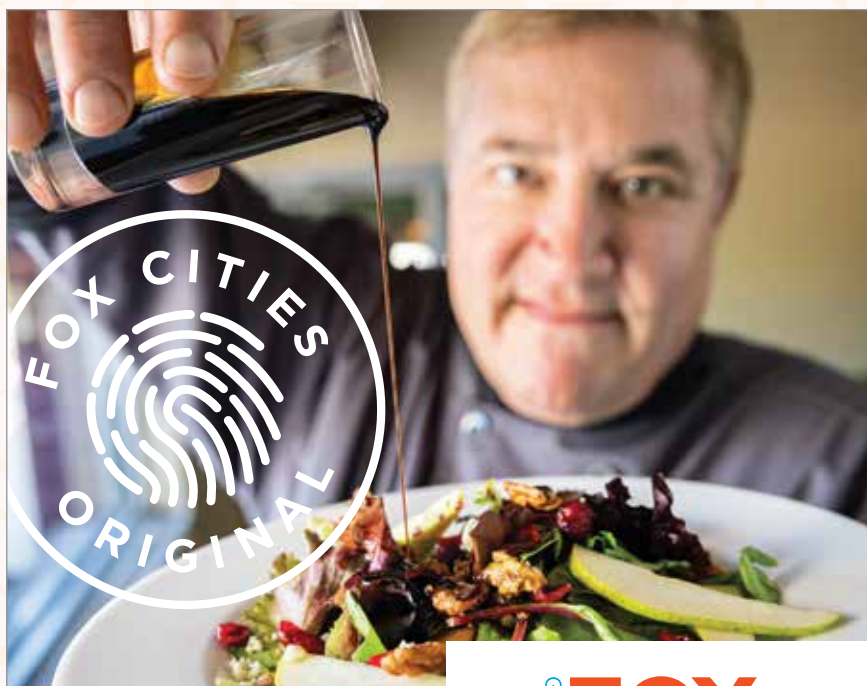
The Bergstrom-Mahler Museum of Glass is a free museum containing Germanic,

contemporary and art glass produced by such phenoms as René Lalique, Louis Comfort Tiffany, Frederick Carder and Dale Chihuly. There's also a collection of 300 glass buttons and, yes, the world's largest glass paperweight collection.

Toward the Fox Cities' eastern end, High Cliff State Park looms over Lake Winnebago with more than 10 miles of hiking and biking paths. The park is also home to several Native American effigy mounds. Climb to the top of the park's 40-foot observation tower for views of Appleton, Neenah, Menasha and other Fox Cities communities.

And you've heard of Harry Houdini. He was a master illusionist and stunt performer who lived in Appleton as a child. Appleton's History Museum at the Castle includes an interactive exhibit with handcuffs, locks and picks Houdini used in many of his stunts.

In fact, Houdini just may have been one of the first Fox Cities Originals. —*Melanie Radzicki McManus*



**A flavor  
all its own.**

ZUPPAS

GREATER **FOX**  
CITIES  
APPLETON WI

For more Originals stories, visit  
[FoxCities.org/originals](http://FoxCities.org/originals).

REGISTRATION  
**OPEN!**

**GOOD  
BAD &  
UGLY**

**GOLF OUTING**

**\*NEW DATE FOR 2020!\***

**OCT 6, 2020**  
**11:30am – 5pm**

**PLEASANT VIEW GOLF COURSE**  
**MIDDLETON, WI**

This annual charity event is hosted in partnership with the LPGA Amateur Golf Association to benefit  
**THE BUSINESS FORUM  
SCHOLARSHIP FUND**



REGISTER/MORE INFO:  
**[TheBusinessForum.org](http://TheBusinessForum.org)**





**We have**  
Bounce Houses  
Water Slides  
Obstacle Courses  
Games  
Foam Parties  
Movie Events  
Dunk Tanks  
and more.

**For your**  
Event  
Festival  
Birthday Party  
or any occasion!



*Local Owned 10+ Years*

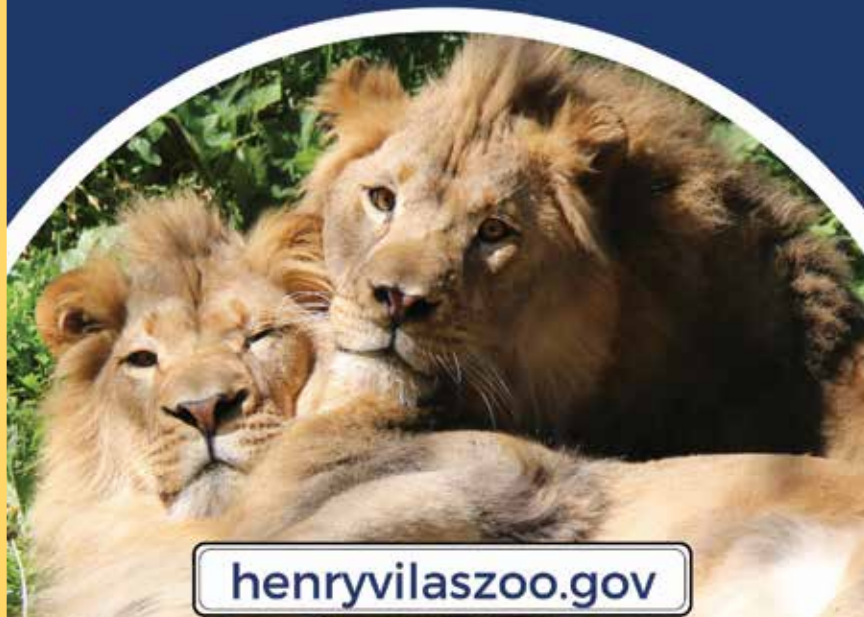
Professional  
delivery and set-up

**608.234.8999**  
**FUNPLAY.BIZ**



**HENRY VILAS ZOO®**

**WE MISSED YOU!**  
**NOW OPEN DAILY 9:30AM - 4:30PM**



[henryvilaszoo.gov](http://henryvilaszoo.gov)



**MADISON  
COMMUNITY  
MONTESSORI  
SCHOOL**

**MONTESSORI  
EDUCATION  
15 MONTHS -  
8TH GRADE**

**LEARN MORE:**

[MADISONCOMMUNITYMONTESSORI.ORG](http://MADISONCOMMUNITYMONTESSORI.ORG)

**608-827-MCMS**

**RESPECTING CHILDREN  
AND THEIR NATURAL  
JOY OF DISCOVERY**



# PRINCETON CLUB

TODAY IS  
THE DAY  
TO CREATE  
YOUR BETTER  
TOMORROW

[www.princetonclub.net](http://www.princetonclub.net)

Discover our **ROOFTOP CARDIO** and **CLASSES!**

Check out our newly completed remodel!

It's the Best Time of the Year!

**Chin Drippin'  
Peach  
Season**



[BrennansMarket.com](http://BrennansMarket.com)



8210 Watts Rd Madison



# Take a Virtual Tour

## Oak Park Place

You'll virtually walk the halls of our Oak Park Place community, visit our model apartments, and stop by the common spaces that are available to residents, families, and visitors – all from the comfort of your own home!

Take this first step in learning about Oak Park Place! Let us know what is important to you in a community and we'll create a virtual tour unique to your specific needs, wants, and desires. Find out if our community may be the right fit for you!

Independence When You Want It. Assistance When You Need It.®

**Oak Park Place Nakoma** | 608-640-4100  
4327 Nakoma Rd., Madison, WI 53711  
nakomasales@oakparkplace.com  
Assisted Living • Memory Care • Rehabilitation Services

**Oak Park Place Grandview** | 608-663-8720  
718 Jupiter Dr., Madison, WI 53718  
madisonsales@oakparkplace.com  
Independent Living • Assisted Living • Memory Care  
Skilled Nursing with Rehabilitation Services

**Oak Park Place Janesville** | 608-530-5700  
700 Myrtle Way, Janesville, WI 53545  
janesvillesales@oakparkplace.com  
Assisted Living • Memory Care • Rehabilitation Services  
**COMING SOON: Independent Living**

**Oak Park Place Baraboo** | 608-355-4111  
800 Waldo St., Baraboo, WI 53913  
baraboosales@oakparkplace.com  
Independent Living • Assisted Living • Memory Care

**LEARN MORE! Visit**  
**oakparkplace.com**



# THIS IS REIMAGINED

IN OUR ANTICIPATION  
OF MEETING WITH YOU  
AGAIN, BE ASSURED THAT

## **ALLIANT ENERGY CENTER IS:**

- Taking this time to retool in order to reopen.
- Collaborating with events based on new protocols.
- Streamlining processes to ensure positive connections.



ALLIANTENERGYCENTER.COM

SHIRLEY KALTENBERG | 608-267-1549

KALTENBERG@ALLIANTENERGYCENTER.COM



**Alliant  
Energy  
Center**

# Campfire

## COMFORT FOOD

S'mores are the quintessential, ooey, gooey vacation treat that screams outdoor fun.

Text by Shayna Mace  
Photography by Sunny Frantz

*Mmmmm ...  
vanilla cookies  
and pretzel bits  
add an unexpected  
twist!*



Sure, s'mores are to campfires like cheese curds are to Wisconsin — a perfect combination. But there are delicious ways to shake up this fire-toasted staple. Let's open up a whole new world of sweet possibilities.



# Recipes

#1



+



+



+



#2



+



+



+



#3



+



+



+



#4



+



+



+



Consider setting up a self-serve “bar” with more than just graham crackers, marshmallows and Hershey’s Milk Chocolate bars — ingredients like white chocolate caramel squares, chocolate grahams and Nutella elevate your s’mores a notch above the ordinary.

## TRY THESE COMBINATIONS, ABOVE:

1. Cinnamon graham crackers + Kit-Kat bar + marshmallows + strawberries = A sweet sandwich with a bit of crunch
2. Chocolate graham crackers + white chocolate caramel square + pretzels + marshmallows = A sophisticated twist
3. Chessmen cookies + Nutella + marshmallows + strawberries = A chocolate-covered strawberry treat
4. Chocolate graham crackers + Reese’s Peanut Butter Cup + Oreo + marshmallows = An indulgent peanut butter and chocolate delight



# LUXURY VINYL FLOORING



## FLOORS FOR LESS

*Locally owned and operated. Call us today  
for special offers on luxury vinyl planking.*

Madison • 1017 Applegate Road Suite 200, Madison, WI 53713 • 608.442.1200  
Brodhead • 2602 1st Center Avenue, Brodhead, WI 53520 • 608.897.9595

[www.floorsforless.com](http://www.floorsforless.com)



## CRAZY FOR CARTS

Brighten your day (and taste buds) with a trip downtown to a tasty food cart.

BY CANDICE WAGENER

PHOTOGRAPHY BY SUNNY FRANTZ

**DO WE EVEN NEED TO SAY IT?!** COVID-19 has affected every aspect of life, and food trucks are no exception. Cancelled events and a large percentage of desk jobs transitioning to WFH status indefinitely means downtown is considerably quiet. There are still a dedicated few out there, ready to feed you lunch – which sounds like the perfect kind of self-care after months of making your own.

### BANZO

Beloved Banzo has been Madison's go-to Mediterranean cart for years, and their cheerful, bright green cart is easy to spot. Want a hearty, healthy vegetarian lunch? Order the Banzo pita, filled with some of the best hummus and falafel in town. Or opt for the F-bomb platter, with tasty, marinated chicken; chopped salad; hummus; and majadra, a rice and lentil combo. [banzomadison.com](http://banzomadison.com)

### BRAISIN' HUSSIES

Having ranked No. 1 in Madison's annual food cart review last year, you know you're in for a special experience. Owner Michael Sollinger is bringing healthy, unique dishes packed with flavor in the form of tacos or grain bowls. The Moroccan-inspired bowl with sous vide chicken, a carrot-pepper stew, Moroccan oil-cured olives and preserved tangerine over jumbo couscous has our vote. Although Sollinger says he isn't operating as of press time because of ongoing COVID-19 restrictions, he shares, "we're coming back for sure, we're just not sure when." We'll wait. [facebook.com/braisinhusies](https://facebook.com/braisinhusies)

### CARACAS EMPANADAS

Empanadas are deep-fried, Venezuelan pocket pies that



Banzo's pita sandwich filled with falafel balls, hummus, chopped salad and pickles



Banzo

contain either savory or sweet fillings. Owner and chef Luis de Dompablo has been cooking up empanadas in Madison for a decade using many of his mother's original recipes, but also putting his own spin on things. Get the pabellon, filled with slow-cooked, shredded beef, black beans, rice and sweet plantain for that incomparable, sweet-salty bite. Then, treat yourself to an apple and cinnamon, strawberry and chocolate, or banana and chocolate dessert empanada, dusted with powdered sugar. [facebook.com/caracasempanadas](https://facebook.com/caracasempanadas)

### CARACAS AREPAS

Luis de Dompablo's second cart brings another fantastic Venezuelan specialty to Madison. Arepas are corn pockets with a crispy outside and soft inside and are open at the top so the fillings are bursting out. The dough is also a bit thicker and grilled instead of deep-fried, accentuating the masa flavor. Plus, arepas have the best sidekick around: guasacaca sauce, an avocado sauce that is outstanding. Want to go Wisco with your arepas? Order the Queso, simply stuffed with cheddar cheese and butter. [facebook.com/caracasempanadas](https://facebook.com/caracasempanadas)





## EXPERIENCE VILLA DOLCE

By Sue Sveum

Villa Dolce has taken the best of the European dining experience and recreated it for people to enjoy in their Middleton restaurant.

Dine inside or al fresco at tables dotting the restaurant's wrap-around sidewalk.

Although widely known for artisan pizzas and house-made gelato, the restaurant also offers larger entrees ranging from a grilled seafood platter to wild mushroom ravioli to steak with a menu that rotates seasonally.

Date Night Wednesday is especially popular for its select half-price wines.

People may come here for the food—but they come back for the whole experience.

Hours: M-F: 11 a.m. – 2:30 p.m. & 4:30–9 p.m.;  
Sat.: 5–9; Closed Sun.

**608.833.0033**

1828 Parmenter St, Middleton  
villadolcecafe.com

## BIAGGI'S

RISTORANTE ITALIANO

**Pasta Pronto Pack \$40**  
Serves 4-5 People



**ORDER ONLINE**  
for curbside pick-up

### GREENWAY STATION

1611 Aspen Commons • Middleton • (608) 664.9288  
www.BIAGGIS.com

DINE-IN | ONLINE ORDERING | CARRY OUT | CURBSIDE PICKUP

*Enjoy your favorite Monkburger safely.*



Thank you for your continued support of our local restaurants!



MIDDLETON | 8313 MURPHY DR. | 608-833-7001  
SUN PRAIRIE | 2832 PRAIRIE LAKES DR. | 608-834-3198  
VERONA | 1050 N EDGE TR. | 608-497-3115  
WWW.MONKSBARANDGRILL.COM





Gourmet Pizza • Pastas • Happy Hour Specials • Catering

1828 Parmenter Street, Middleton

608.833.0033 • villadolcecafe.com

11-2:30 pm & 5-9 pm Mon-Fri • 5-9 pm Sat

Takeout/Pick Up and Online Ordering!



**IMPERIAL GARDEN**

**LUNCH • DINNER • COCKTAILS  
CARRYOUTS • BANQUET ROOMS**

Voted best  
in Madison  
for 35 years



2039 ALLEN BLVD., MIDDLETON  
CORNER OF UNIVERSITY AVE.

608.238.6445 • imperialgarden.com



El Burrito Loco

### EL BURRITO LOCO

This charming food truck is hard to miss with its giant picante pepper on top. The owners are creating fresh, flavorful dishes — inspired by their hometown of Mazatlán, Sinaloa — which they prepare and cook every morning before heading out to the Square. Their House Special burrito (shown on P. 74) is chock-full of rice, beans, cheese and a protein of your choice (shredded chicken, ground beef or beans), with the whole outside baked in rich, red enchilada sauce. Enjoy the accompaniments of homemade pico de gallo, guacamole, sour cream and hot or mild salsa. [ebfoodcart.com](http://ebfoodcart.com)

### TOAST

A notable presence for the past few years on Library Mall, Toast advises everyone to “Keep calm and eat a panini.” While they haven’t established a new spot to park yet, hungry customers can order their favorite sandwiches and have them delivered. The turkey panini is a favorite, slathered with pesto and garlic mayo and topped with provolone cheese, red onions, tomatoes, black olives and spinach. [toastmadison.com](http://toastmadison.com)

*We’re all too familiar that things change daily, so please consult with specific carts ahead of time in regards to the ordering process, menu and hours. ✨*

**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.

## GO+DO | EATS+DRINKS



### RIGHT TO YOUR DOOR

With so much uncertainty around COVID-19, many food carts remain shuttered this season. Christine Ameigh, owner of Christine’s Kitchens, the Slide Food Cart and potato chip brand, used her ingenuity to adapt.

Faced with a huge inventory of chips when the quarantine started, Ameigh sold them all online in one day, which was the impetus for creating the Market Ready Program. In collaboration with FEED Kitchens, the program offers products for weekly delivery from more than 40 local small businesses, including carts like Ugly Apple, Good Food, Caracas Empanadas, Little Tibet and the Aloha Wagon. For more information, visit [christines-kitchens.com](http://christines-kitchens.com).

# Girl Scouts.

Because girls  
need a place  
of their own  
now more  
than ever.



Attend a Virtual  
Parent Meeting  
& Sign Her Up

Virtual Troops. Traditional Troops. [gsbadgerland.org/newfamily](https://gsbadgerland.org/newfamily)



HunterDouglas

It's not too early to start thinking  
about getting those drafty windows  
covered with insulating cellular shades!  
Stop in to see our huge selection.

Creative Energy Designs, Inc.  
125 S. Dickinson St., Madison • 608-256-7696  
[www.CreativeEnergyDesignsInc.com](http://www.CreativeEnergyDesignsInc.com)



## LEARN, GROW CREATE & TRAIN FOR LIFE

We are excited to announce our new Youth Enrichment Program, a blended version of our summer camp and after school care. The Harbor Youth Enrichment Program offers a safe and structured setting where children ages 7 and up will receive 4 or 8 hours of enrichment to enhance their mind, body and spirit. Programming is led by education and fitness professionals and includes structured homework time, creative activities, tutoring, physical activity, quiet space and more!

**HARBOR**  
ATHLETIC CLUB

Contact [JohnW@HarborAthletic.com](mailto:JohnW@HarborAthletic.com)  
608.831.6500



**WOLLERSHEIM**  
WINERY • DISTILLERY • BISTRO



## FAMILY CRAFTED

- Winery & Distillery  
Stores Open
- Wine Garden & Patio
- Bistro



PRAIRIE DU SAC, WI • [WOLLERSHEIM.COM](http://WOLLERSHEIM.COM)



## LAVENDER FIELDS FOREVER

Baraboo is a destination for one of the most soothing aromas around.

BY SHELBY DEERING

TATEANA JONES

**LAVENDER AND ITS** many uses span the centuries. It was used in incense in ancient cultures. It's said that Cleopatra wore lavender perfume. During the 17th century, people donned lavender on their wrists, believing it protected them from the plague.

The aromatic herb has always been prized for its pacifying scent — studies have proven that it can decrease anxiety. With everything going on in the world, there's a chance that, for our mental health and wellbeing, lavender might just be more important than ever.

Although it may seem surprising, lavender can survive, and thrive beautifully in Wisconsin. As long as it's a hardy variety that can withstand Midwestern winters and is planted in full sun, a place like Baraboo — far from its historic roots in Egypt and the

Mediterranean region — can be home to lavender.

Luckily, you can fully immerse yourself in sprawling, purple fields of lavender, located less than an hour from Madison.

Baraboo's **New Life Lavender & Cherry Farm** provides a full-scale lavender experience. It offers farm-to-table wagon tours where you can view rows upon rows of lavender plants, thriving cherry trees and a wildflower sanctuary for bees, all while enjoying the Baraboo Bluffs in the background. You can purchase lavender products in the gift shop or visit a custom essential oil blending bar. Then there's the expansive selection of lavender foods: lavender ice cream, drinks and cupcakes.

In light of the current pandemic, staff are encouraging guests make online reservations for the farm tours.

To experience New Life Lavender & Cherry Farm from afar, you can order a pre-made lavender bouquet that can be picked up locally, or, you can always shop the website at [newlifelavender.com](http://newlifelavender.com).

**Rowley Creek Lavender Farm** is also located in Baraboo. Dotted by gorgeous lavender plants, the farm is open by appointment only. During your visit, you're welcome to roam the fields, purchase lavender skincare products and delight in the farm's signature lavender honey, made by bees right on the property. There are also options for small group events. Book your visit on the website: [rowleycreekfarm.com](http://rowleycreekfarm.com). 🌸

---

**Shelby Deering** is a Madison-based writer who contributes travel content to regional and national publications, including *Country Living*, *USA Today* and *At The Lake*.





KARMEN LINDNER PHOTOGRAPHY

## LET THE LAVENDER LINGER

*Still craving lavender, even after you've left the farms? Here are some ways to enjoy all things lavender here in Madison.*

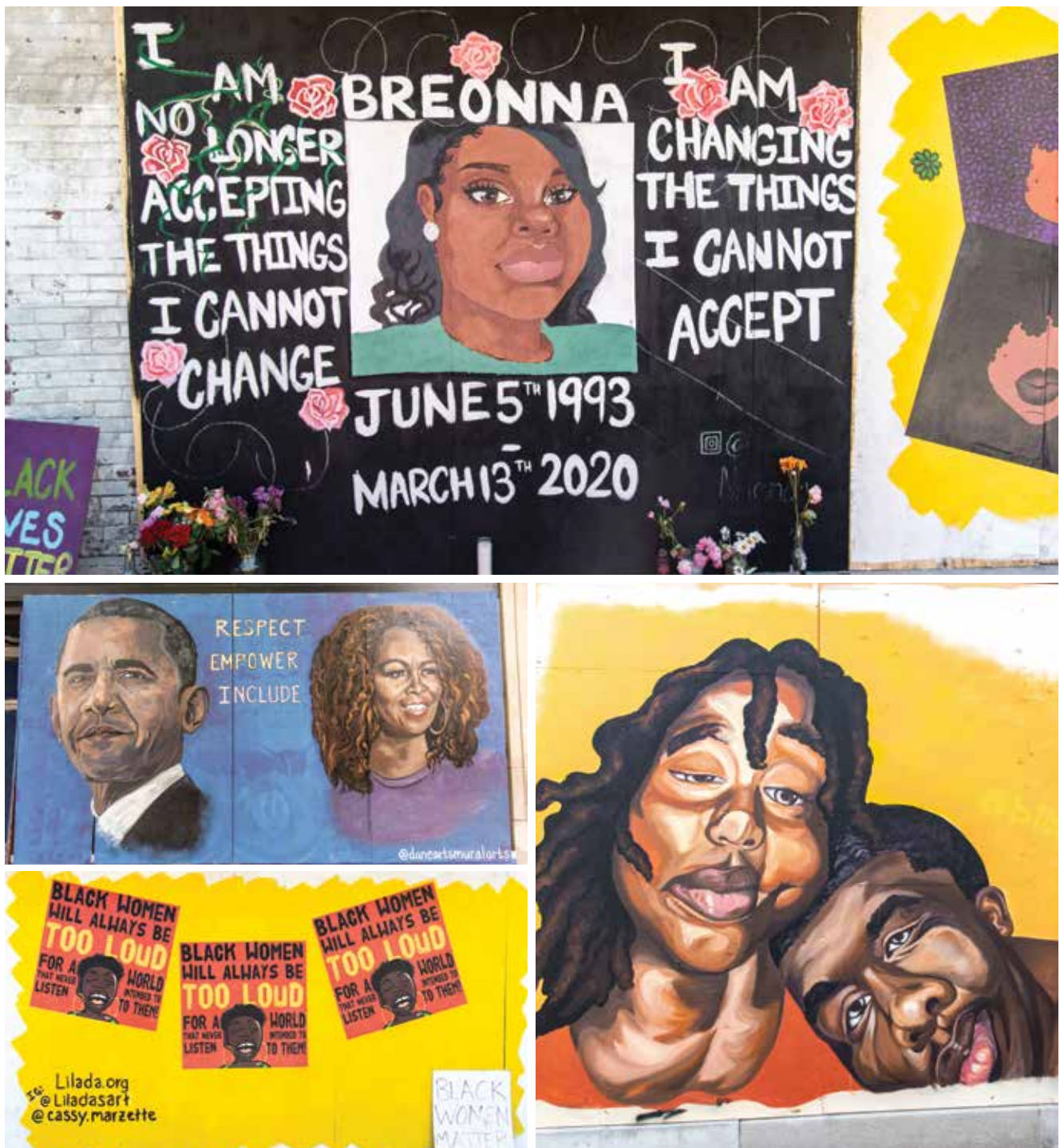


- Madison's very own **Calliope Ice Cream** makes a fresh and delicious Lemon Lavender flavor — otherwise known as the treat for summer.
- State Street's iconic bath and body shop **The Soap Opera** offers several calming lavender products, from bubble bath to lip scrub and even microwaveable, lavender-filled stuffed animals.
- To taste lavender in all its glory, go to **Barriques** for their famous Honey Lavender Latte.
- Prefer an iced beverage? **Ancora** has a Lavender Lemonade customers adore.
- For locally-sourced soap with a hint of lavender, look no further than the Love Rose Clay + Lavender Bar Soap crafted by **Madison Soap Company**.



TATEANA JONES





SHALICA JOHNSON

**STOP AND LOOK** | In June, the Madison Central Business Improvement District and the City of Madison Arts Program commissioned works for State Street's boarded-up businesses that sought to give artists a creative, expressive outlet amidst nationwide protests. What resulted is one of the city's largest collective art installations to date. **Top:** Cassie Pierce's (@almond\_joyy) mural illustrates the mourning of Breonna Taylor, who was shot in her apartment by three Louisville Metro Police Department officers that were executing a no-knock search warrant. **Bottom right:** Shiloah Symone Coley's (@blckslimshady) piece is about "all of the forgotten stories, faces and lives left unlivd." **Bottom left:** Lilada Gee and Cassy Marzette's (@liladasart, @cassy.marzette) colorful, uplifting works celebrate Black girls and women. **Middle:** Dane Arts Mural Arts (@daneartsmuralarts) piece honors the nation's first Black president and First Lady.





**Keuler**  
CONSTRUCTION, INC.  
Simply the Best.

(608) 798-1771 • keulerconstruction.com

## Masters in Quality Custom Homes

Ask our homeowners what it's like to work with Keuler Construction, and they'll agree, "We're the best in the business."

Ask them why, and you'll hear the same things:  
Planning • Quality • Workmanship • Trustworthiness

From the dreaming stage, to your home's completion (and beyond) we're there with you every step of the way.





*your*  
**Sanctuary**  
*awaits*



Beltline at Todd Drive - Madison  
[KayserLincoln.com](http://KayserLincoln.com)

All New 7 Passenger, 3 Row Luxury Midsize SUV  
**2020 LINCOLN AVIATOR**  
*Starting at \$51,100\**

Learn more at **[Lincoln.com](http://Lincoln.com)**

\*MSRP for base vehicle. Excludes destination/delivery fee plus government fees and taxes, any finance charges, any dealer processing charge, any electronic filing charge, and any emission testing charge. Optional equipment not included. Starting A, Z and X Plan price is for qualified, eligible customers and excludes document fee, destination/delivery charge, taxes, title and registration. Not all vehicles qualify for A, Z or X Plan. Vehicle image shown is for illustration purposes only and may not be base vehicle.