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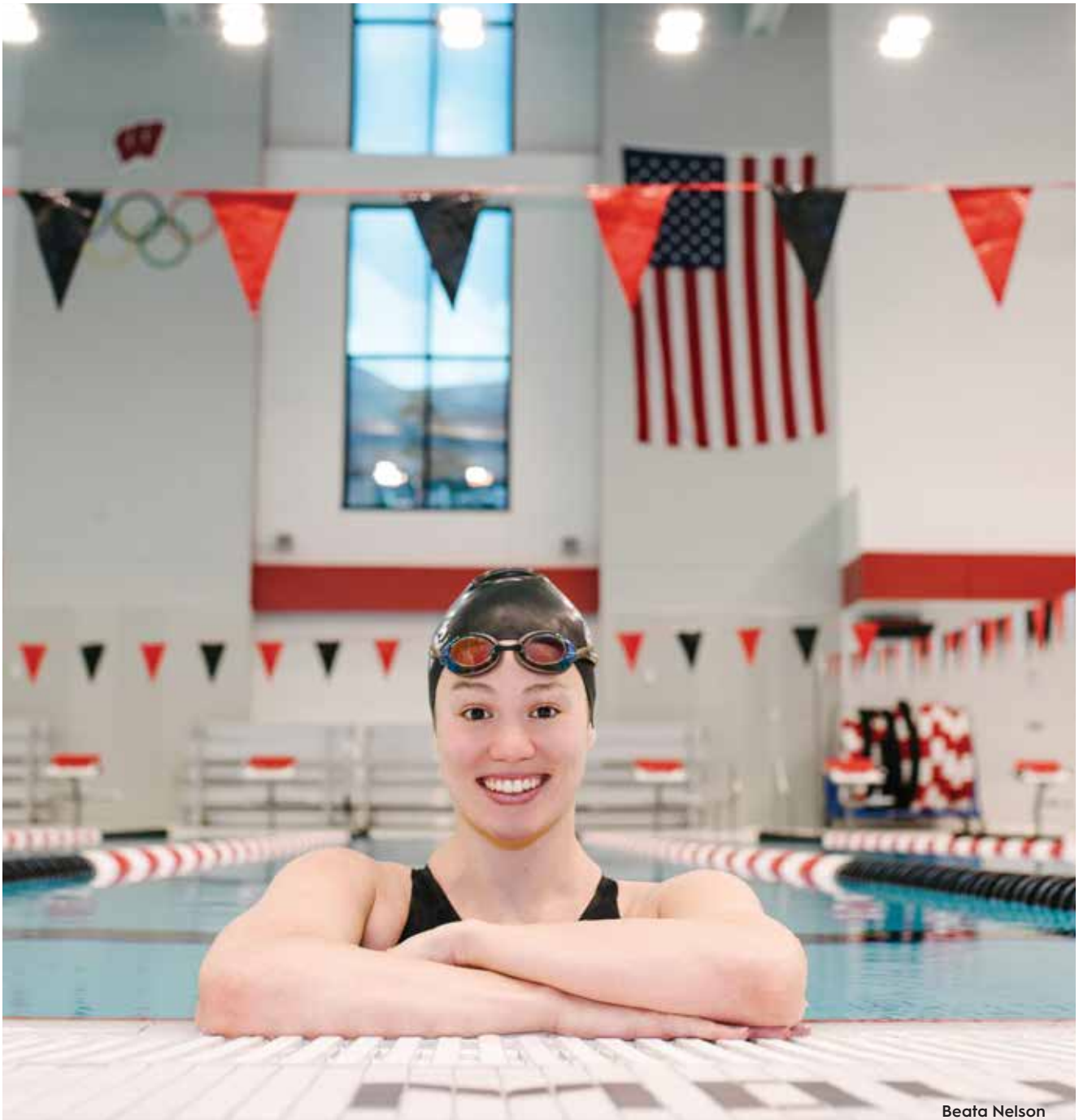
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# FEATURES



Beata Nelson

HILLARY SCHAVE

## 38 Summer Fun Guide

Get out and explore the city and beyond by eating, drinking and playing at tons of cool spots.

## 48 The Long Road to Tokyo

Madison's Olympic hopefuls, as well as past and present Olympians, share what the Games mean to them.

## 59 Wellbeing in a Weekend

Check out these wellness destinations around the state, and get ready to feel your best



## DEPARTMENTS



11

**ON THE COVER**  
Experience Skål Public House's outdoor patio, festooned with café lights and plenty of seating. Photographed by Hillary Schave.



13

## THRIVE

## 9 Style

Embrace the steamy temps with these cool trends.

## 11 Retail Therapy

Grasshopper Goods' smile-inducing finds.

## 13 Perspective

Lisa Peyton-Caire passes down a sisterhood of doing good to her daughters.

## 15 Wellbeing

The truth about vitamins, and closing the gap in wellness disparities.

## 27 Career

The pandemic's effect on continuing education.

## DWELL

## 31 Creating an Outdoor Oasis

Beautifying exterior spaces with problem-solving rain gardens.

## 36 Gorgeous Garden, Small Space

Cultivate your green thumb — even if you don't have a yard.

## GO+DO

## 65 Eats + Drinks

Where to go for al fresco eats, and Pasture and Plenty's Makeshop moves forward.

## 69 Arts &amp; Entertainment

Live music, festivals and plays under the stars.

## IN EVERY ISSUE

## 6 Relate

## 8 Contributors

## 72 Linger

## SPECIAL ADVERTISING SECTIONS

## 12 Shop Local

## 23 SSM Health's Guide to Women's Health

## 30 Ask the Expert

## 34 Interior Design Trends



# MONEY SMARTS



Learning to create and follow a budget was a game changer for us. Learning to map out where money needs to go, then where we want it to go, has lessened the stress in our lives in a big way." Betsy & Noah

## Make saving easy

"Automatically save money monthly. Money comes in, money goes to savings. If you do one thing, pay yourself first. Lesson number one from my coach: 'If it's in your checking account, you'll spend it. I don't care how many savings accounts you open. I've seen some people with 15 savings accounts.' She's right. It helps. Move that money to a savings account." Sarah

## Spend in alignment with your values, not your impulses

"Our impulse buys on Amazon and trips to Target have been drastically reduced and we have really learned to make do and value what we have in most circumstances. We look for other ways, such as borrowing an item from a friend or buying secondhand. We are also a lot better about sticking to our savings goals and using multiple accounts to track goals and reach the milestones we need to so we can do the things we love." Dustin & Scott

## Talk about money with...

### Your partner

- "One of our biggest lessons from Project Money is the importance of talking about money. Almost everything we do comes up during our "Money Monday" meetings and whether it is savings or spending, we talk about the impact, goals, and timing – all of it. It has definitely made our relationship stronger with one another and money." Dustin & Scott

### A financial coach

- "Being vulnerable, asking for help and continuing to try each day is what will help bring success." Sarah

### Others

- "I am now in a position to better manage my finances. I have savings accounts for my family and a separate savings account for myself. I refinanced some of my debts with much lower interest rates. I paid off a huge chunk of my debt and have managed to teach my family members and friends how to better manage their money." Idah

You've got this! Idah said, "I just feel a lot more in control of my finances now." You can too. Follow a new season of Summit's Project Money at [SummitCreditUnion.com](https://SummitCreditUnion.com).

Kim Sponem is CEO & President since 2002, of Summit Credit Union, a \$4.7 billion, member-owned financial cooperative with more than 215,000 members and is federally insured by the NCUA. 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).

# MONEY SMARTS

BY KIM SPONEM



Summit's Project Money is an award-winning public financial education program. We challenge four participants (individuals, couples or families) to lower debt, increase savings, strengthen their financial well-being and share their journey on TV and online so hundreds of thousands of others can learn and take action too.

## Money Tips from Summit's Project Money Participants

A common question around money is how to feel more confident and reduce the stress of managing it. In this issue, I'll share some points from our past Project Money participants who, in seven months in 2020, collectively reduced their debt by \$48,753, and increased their savings by \$40,863. In that same time period, with the help of a Summit financial coach, they built sustainable habits that reduced stress around money.

Prior to Project Money, like many people, they struggled with saving and building the future they want. They were ready to make changes, and they did! I hope their pointers are helpful to you:

### Know where you are financially so you can move forward

"This is the part that makes me want to put my head in the sand. However, once you know, then you can act. Knowing my financial picture was the first thing my coach helped me quantify and that was how we set a path for moving forward." Sarah

### Focus forward with a money plan (AKA budget)

"The chaos surrounding our use of money really flowed into all aspects of our life.



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## THE POWER OF HOPE

I've always been a curious person, so a career in journalism was an ideal fit for me. In this line of work I get to meet and talk to so many different people, whose life journeys continue to fascinate me. I've interviewed business owners, government employees, nonprofit leaders, educators, creatives and even a celebrity or two (such as the late, great, Anthony Bourdain).

A common question I ask interviewees is, "What inspires you, and why do you do what you do?" For me, my inspiration is sharing others' stories and being able to learn from their experiences, marvel in their triumphs and empathize when they share a particularly challenging time in their life. Elite athletes no doubt feel the exhilaration of winning, along with the heartache of a disappointing loss more acutely than many of us, due to the public nature of their work. Most of us can't imagine performing in a high-pressure situation in front of thousands of people like they do! This issue's "The Long Road to Tokyo" feature (P. 48) highlights the intense training schedules and sacrifices Madison's Olympic hopefuls and past and present Olympians have undergone to make their dream happen.

I couldn't help but get caught up in this story, such as when I attended Beata Nelson's photo shoot at UW's Soderholm Family Aquatic Center and gazed at the grandeur of the brand-new training facility that Beata, as well as UW athletes, get to train in. It's stunning. Meeting Beata and talking to her about her amazing swim career, which includes a few national records,

and several Big Ten records (among other accomplishments), was another highlight.

After speaking with Carly Piper Ryan in the process of editing this story, I went back and watched a video of her gold-medal-winning, world-record-finish 800M freestyle relay at the 2004 Summer Olympics. I teared up at the end, which I wasn't expecting, watching Ryan and her teammates cheer and embrace each other. Knowing that someone close to home, who represented the Badgers (and now owns a swim club here in town), achieved the pinnacle of her career at an international level was so cool to watch. Women are amazing!

The other bright spot is that life is slowly returning back to normal. Businesses are resuming regular hours, downtown's streets are becoming lively again and hope continues to flourish. That's why we wanted to highlight all of the fun things you can do in this issue, most notably in our "Summer Fun Guide" on P. 38.

Find tons of other things to do this summer throughout the entire issue — and tag us @bravamagazine with any fun activities you do with friends or family this summer. We're excited to see what you're up to!

**Shayna Mace**  
Editorial Director  
@shaynamace



### IT'S WOMEN TO WATCH TIME

Starting July 5, you can nominate a Woman to Watch on [bravamagazine.com](http://bravamagazine.com)! Please consider nominating a woman in your life that you know personally or professionally for this honor. Nominees need to have plans to make a difference or start a notable project in the coming year (2022). Past Women to Watch have gone on to do amazing things, such as start new businesses and nonprofits, run for public office and more. We'd love to hear from you!



### CONGRATULATIONS TO US!

In May, BRAVA was awarded bronze for Best Overall Design in the magazine category by the Milwaukee Press Club, a statewide professional development and networking organization for the press community that also holds a yearly awards contest. We are proud of our staff for their hard work and dedication to making the magazine a captivating, well-designed and thoughtful read!

# BRAVA

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### JULIE BARBER

Julie is a Wisconsin native, and loves bringing order and visual purpose with her award-winning graphic design. In this issue, Julie lent her design expertise to our "Summer Fun Guide" (P. 38), "The Long Road to Tokyo" (P. 48), "Wellbeing in a Weekend" (P. 59) and our cover. Her clients range from At The Lake magazine to Marquette University. When not working, she lives an active lifestyle of traveling, running, cycling, eating great food and enjoying life near the water.



### TAMIRA MADSEN

Tamira is a Fitchburg-based sports, lifestyle, health and features reporter whose work has taken her to California; North Carolina; Boston; and Elkhart Lake, Wisconsin. In this issue, she interviewed Beata Nelson, Carly Piper Ryan and Vicky Opitz for "The Long Road to Tokyo" feature. When not reading or exploring different walking spots in and around Madison, she's figuring out which European country to travel to next.

@tammadison85



### JESSICA STEINHOFF

Jessica is a Madison-based author, mom, musician and culture nerd. In addition to editing the Isthmus arts section for several years, she has contributed to a variety of local and national publications. She frequently writes about family-friendly things to do and arts and culture topics for BRAVA. In this issue, she crafted the "Seize Your Summer" piece on P. 42 within our "Summer Fun Guide" that showcases cool itineraries to do with your family around the city.

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## SUMMER LOVING

We can go out! Embrace the steamy temps with these cool trends.

STYLING BY SHAYNA MACE | PHOTOGRAPHY BY SHANNA WOLF



### *A Statement Maxidress*

*We haven't been able to go anywhere in ages — so now, when you do, make an impression.*

(L-R) Sundays Simone dress, \$255, and Bella Dahl shirtdress in Blue Waves, \$189, both from **Cloth & Metal Boutique**; and Lovestitch Seaside dress, \$78, **Evie & Co.**



## A One-and-Done Outfit

*Slip into something simple without sacrificing style.*

Rails Dakota romper, \$188, and BB Dakota Desires Lines dress, \$74, both from **Twigs**; and Mazik Elliott chambray dress, \$66, **Evie & Co.**



## Party-Pleaser Tops

*From subtle tie-dye to perky polka dots, embrace a peppy print.* tyler böe Courtney Dot top, \$156, **Cloth & Metal Boutique**; Ulla Johnson Shani blouse, \$225, **Twigs**; and Lovestitch Dreamy blouse, \$58, **Evie & Co.**



## A Short Story

*Whether your vibe is casual or dressy, these bottoms all deliver.* Nicole Miller Collection Army Ripstop miniskirt, \$175, and tyler böe stripe cotton and linen shorts, \$145, both from **Cloth & Metal Boutique**; and Agolde Riley high-rise denim shorts, \$128, **Twigs**.

## Also Try: Minimalist Jewelry

Jenny Bird Lia ear jackets, \$85, **Twigs**; sterling silver loop earrings, \$65, **Cloth & Metal Boutique**; and Kelsie hoops, \$18, **Evie & Co.** 🌸



## HOP INTO THIS SHOP

BY SHAYNA MACE

PHOTOGRAPHY BY SHANNA WOLF

When Karen Tardrew opened a brick-and-mortar location for her mobile retail concept Grasshopper Goods on Main Street in Stoughton in 2019, it ended up making all of the difference in her business during the pandemic.

Previously, Tardrew's mobile retail boutique, a refurbished 1977 camper van named Vinny that she took on the road starting in 2017, traveled to festivals and events throughout the region and beyond from spring to fall — but they were limited to operating only part of the year. When festivals were canceled and shops were closed, Tardrew, along with chief creative director, Jennifer Zutter, and director of digital marketing, Kelsey Stokstad, pivoted and revamped the shop's website to easily fulfill orders for customers.

"And local [shoppers] supported local [businesses] for sure during that time," says Tardrew, referencing her loyal customer base in Stoughton and outside the region. Carrying Midwest makers and beyond, Tardrew says their snappy goods such as cool T-shirts, handcrafted jewelry, cocktail accoutrements and gift items are "affordable, accessible and inclusive. We want to be approachable for everybody."

171 W. Main St., Stoughton, [grasshopper-goods.myshopify.com](http://grasshopper-goods.myshopify.com)



## SHOP THE LOOK



The Arizona-based brand Keep Nature Wild picks up one pound of trash for every product sold, like this shirt. \$34

Filipina illustrator Justine Gilbueno is based in New York and crafts creative pins, like this Frida Kahlo creation. \$12



Wisconsin-based AJ's Art Jam features prints of "bad-ass women," says Tardrew — many of which are fashionably dressed. \$26



Heir Raleigh's Paloma double-link stud earrings are cool, classic and chic. \$38



"The vibe on this Oxford Pennant fits our shop," says Tardrew. \$50



This Labrador enamel camp mug by Vela is the perfect starter for your day. \$17



Camp Craft Cocktails couldn't be any easier — just add 12 oz. of alcohol and chill for three days. Then add the concoction to your favorite mixer. \$25



# SHOP LOCAL



## MOVING INTO FALL WITH STYLE

Stripes, texture and denim are right on trend for crisp fall days.

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Lisa Peyton-Caire with daughters Amira (left) and Alana

## THE SISTERHOOD OF DOING GOOD

Lisa Peyton-Caire reflects on the power women have to make a difference, passing on this call to action to her daughters, Amira and Alana.

BY EMILY MCCLUHAN

PHOTOGRAPHY BY  
HILLARY SCHAVE

Activism and problem-solving are ever-present themes in the Caire family. This persistent push to better their community stems from matriarch Lisa Peyton-Caire, who founded the Foundation for Black Women's Wellness (FFBWW) in 2012, a nonprofit committed to eliminating health disparities impacting the lives of Black women and girls. Similarly, father and Madison native Kaleem Caire is the former CEO and president of the Urban League of Greater Madison, and founder of One City Schools, a Madison charter school where four of the five Caire kids work.

"I don't tell my daughters to mimic me, but to be a light, and to recognize that we're all born with gifts. It is no accident what those giftings are. That is my personal belief that when you recognize these gifts, it's your duty to exercise them in the world and to leave the world a better place than you found it," says Lisa, a native of Virginia. "I see them doing that, and that gives me all the satisfaction."

In 2001, after living in Madison for eight years, the family moved back east for a career change when daughter Amira was just four years old, and other daughter Alana was born there shortly thereafter. The sisters spent much of their childhood there. This was also where Lisa started her formal advocacy work for Black women's health, and launched the first Black Women's Wellness Day in 2009. The family moved back to Madison in the early 2010s

for work. The move was jarring for Alana, who says they were surrounded by a thriving Black community in Maryland.

"A lot of my peers in Madison that look like me were not as driven as I was, and at the same time they were often discriminated against in school," says Alana. She says she found her voice when she joined the Black Student Union at West High School as a sophomore. "Joining BSU helped me feel empowered, like I had more control over the situation. It helped me learn more about Black people in Madison, especially what Black children in Madison go through. It even helped me understand more about child psychology and how discrimination and microaggressions affect people growing up."

As Alana weighs her next step since graduating last May, she writes as a creative outlet. She's currently working on a fantasy novel that tackles racial inequality through mythical characters to tell the story of what the world could look like if justice was more prevalent.

Her older sister, Amira, focuses on visual arts and painted five of the murals in downtown Madison during the social justice movement in 2020, with Alana as a supporting artist on some of them.

"It gave the girls another venue to express themselves in a different way than I would speak about these issues in a more formal space. Instead, it was an artistic public space, and it





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spoke volumes," says Lisa.

Besides seeing her daughters find their voices, Lisa says that watching their journey as sisters brings her back to the words of her own mother: Be there for each other. Show up for each other.

"I've tried to teach my daughters that through all of their phases of sisterhood. To see them having each other's back and even them working together on their art is a powerful thing. And from that relationship, they're influencing the world beyond."

Lisa thinks about the influence her own mom, Roberta, had on her life. She passed away as the result of congestive heart failure at the age of 64, and she was the reason Lisa founded FFBWW. Her eyes moisten as she reflects on the final advice Roberta gave her as she took her last breaths.

"She grabbed my hands, and she whispered to me, 'Take care of yourself. And don't ever give up. Don't ever stop fighting,'" she pauses. "I knew what she meant because life is a fight; it's a journey, it's a struggle, and it's beautiful and it's ugly. That moved me because my mom, as mothers do, they know your whole life — just as I know Alana's and Amira's lives in ways they can't comprehend. That gave me all the energy and fortitude that I've needed since she closed her eyes in May 2006." 🌸

**Emily McCluhan** is a Madison-based freelance writer with a passion for health and wellness.



## TO SUPPLEMENT OR NOT TO SUPPLEMENT?

The pros and cons of adding vitamins to your daily routine.

BY EMMY BAWDEN

It's not uncommon for people to take one, or perhaps several, vitamin and mineral supplements these days, which makes sense, given that over-the-counter dietary supplements are a \$30 billion per year industry in the U.S. You may take supplements to maintain or enhance your health, but how often do you consider the safety or even the effectiveness of your daily vitamins?

### WHAT ARE VITAMINS?

Vitamins (such as vitamin D and B12) and minerals (such as calcium and iron) are essential nutrients that your body needs to maintain normal bodily functions, including supporting your immune system and bone health, repairing cellular damage and forming red blood cells. While vitamins are recommended for some people with certain diets or health conditions, most people do not need to take them because eating a varied, well-balanced diet is likely to provide the amounts your body needs. Think of vitamin supplements more as an insurance policy to fill nutritional gaps in your diet rather than replacing the recommendation to, say, eat plenty of fruits and vegetables.

### HOW ARE THEY REGULATED?

You may be surprised to hear that although the Food and Drug Administration (FDA) has oversight of dietary supplements such as vitamins, it does not evaluate their quality, safety or effectiveness before hitting the shelves — that's the responsibility of the manufacturers. We also don't have a specific regulatory agency that ensures the supplement you're taking matches the ingredients on the label, though several independent organizations such as U.S. Pharmacopeia (USP) offers quality testing. Looking for the USP Verified Mark on a vitamin label is

a good idea as it indicates the product contains what it says it should, doesn't contain harmful levels of certain contaminants (like heavy metals), will release properly in the body and has been made according to FDA Good Manufacturing Practices.

### WHAT VITAMINS SHOULD I REALLY BE TAKING AS A WOMAN?

I see more and more women in their 20s and 30s adopting plant-based diets, which carries a higher risk for iron deficiency anemia, and therefore, an iron supplement may be warranted. Additionally, those with moderate to heavy menstrual cycles may also want to take an iron supplement for the same reason. For those thinking about becoming pregnant, it's no secret that prenatal vitamins are important. Although I often see women who are waiting until they become pregnant to start supplementing, it's actually recommended to start taking prenatal vitamins (especially folic acid) six months before trying to get pregnant to reduce the risk of neural tube defects.

For women in their 40s, a vitamin B12 supplement may be recommended, because your body's ability to absorb vitamin B12 decreases with age, increasing the risk for vitamin B12 deficiency anemia. Women aged 50 and beyond experience greater bone loss and don't absorb calcium as efficiently as they did in their younger years, so a calcium plus vitamin D supplement may be beneficial. Although not a vitamin, fish oil may be helpful for women in menopause. A randomized, double-blind, placebo-controlled trial in 2020 showed its potential to improve menopausal symptoms, including hot flashes.

Regardless of age, those who are generally healthy and eat a balanced diet without restriction can probably ditch the



Multivitamin. Interestingly, 33-49% of people in the U.S. take a multivitamin compared to only 3-8% of people in other countries. However, we don't have strong evidence to support their use for individuals who aren't at risk for vitamin or mineral deficiencies, and a standard definition for "multivitamin" doesn't actually exist!

### WHAT RISKS DO VITAMINS HAVE?

One of the biggest misconceptions about vitamins is that they're risk-free — this is, unfortunately, not true!

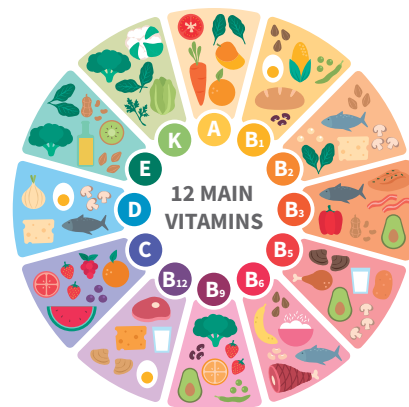
Many supplements, including vitamins, can have dangerous interactions with medications. For example, because the acne medication Accutane is chemically similar to vitamin A, taking a vitamin A supplement at the same time increases the risk for vitamin A toxicity. Calcium supplements can significantly reduce the absorption of certain antibiotics. Iodine supplements can aggravate hypothyroidism when taken alongside the commonly prescribed medication

Levothyroxine. And high doses of vitamin E can increase the risk of bleeding when taken with the blood-thinning medication Warfarin.

Many vitamins and minerals also have Tolerable Upper Intake Levels (UL) set and consuming above this amount increases the risk of adverse effects (such as gastrointestinal symptoms) and potentially serious harm (such as organ damage). To highlight how easy exceeding the UL can be, consider the commonly supplemented mineral zinc. It's not uncommon for someone to take a multivitamin, over-the-counter cold lozenges, and an "immune boosting" supplement all in the same day, especially during the winter. While the UL for zinc is 40 mg per day for adults, this combination of products provides a whopping 75-100 mg!

On top of that, your food may provide more vitamins than you think. Manufacturers often fortify foods with vitamins and minerals, including iron and calcium, and it's not uncommon to see

"green" powders that have hundreds of times the amounts that you need! Even when consumed in amounts below the UL, more doesn't always mean better. For example, 70-90% of vitamin C is absorbed when you eat a moderate amount, but when you consume too much vitamin C at once, absorption dips to below 50%. This fact is also true with calcium.



### WHAT TIME OF DAY IS BEST TO TAKE VITAMINS?

The optimum timing to take vitamins depends on what you take. Many vitamins and minerals need to be taken with food or two to six hours away from certain medications or other supplements. For example, fat-soluble vitamins are best absorbed with fat-containing food, so with dinner may be the opportune time for vitamins A, D, E and K. Conversely, supplements that absorb best on an empty stomach, including iron and B vitamins, may be best to take before breakfast. Iron is a specifically tricky mineral, as taking it with vitamin C enhances absorption while calcium and caffeine decrease absorption. As you can see, taking vitamins can be a puzzle, so ask your doctor or registered dietitian to help you develop a safe supplement routine that you can stick to. 🌸

**Emmy Bawden, MS, RDN, CD and LDN** is a registered dietitian nutritionist and owner of the Madison-based nutrition therapy practice *Real Good Nutrition*. As a patient-turned-provider, Bawden is passionate about supporting her clients' health and relationship with food with personalized, evidence-based approaches.

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## WELLNESS FOR ALL WOMEN

Health care organizations serving Madison's nonwhite populations work to slowly dismantle systemic racism in health care settings — but acknowledge there is monumental work to be done.

BY EMILY MCCLUHAN

Twenty years ago, as a young Black mother of five children, Lisa Peyton-Caire was used to being asked if she had her WIC card at the grocery store checkout. While at a prenatal appointment, pregnant with her fourth child, the nurse requested that she confirm the names of her children and their father's names. The nurse repeatedly inquired if it was correct that all of her children had the same father, pressing Peyton-Caire to confirm that she was certain. The stereotype of an irresponsible, uneducated Black woman clung to her in the predominantly white city of Madison.

As the founding CEO and president of the Foundation for Black Women's Wellness (FFBWW), Peyton-Caire hears similar stories from the community of Black women she supports.

"It starts with how health care providers are prepared, and how we speak about and frame the issue of race, equity and quality care. And how we integrate the truth that we all want to deny — that we've all grown up in a racialized society," says Peyton-Caire.

Dr. Tiffany Green, assistant professor in the Departments of Population Health Sciences and Obstetrics and Gynecology at University of Wisconsin-Madison School of Medicine and Public Health, says these prejudices are just one structural barrier that creates disparities in the care provided to communities of color and other marginalized populations.

One example, Green says, are medical algorithms that track how women have previously given birth. If a Black and/or Hispanic woman had a C-section for their first birth, then the algorithm might automatically suggest that a vaginal delivery will be unsuccessful and will recommend C-sections in the future. "There's no biological or genetic reason why that should be the case."

Green points out that although race (Black) and ethnicity (Hispanic) are sociocultural rather than biological or genetic constructs, they are included in the calculator used to assess a patient's probability of successful vaginal birth after cesarean (VBAC). Because there is greater risk for complications and death for both mother and baby with C-sections versus vaginal births, women of color are unnecessarily put in harm's way, she adds.

"Pain management is [also] a critical disparity and is tied to Black women not being heard," Green says. "In a recent study that's under review using [UnityPoint]-Meriter Health data, we found that



Lisa Peyton-Caire



HILLARY SCHAVE



Tia Murray

Black women experienced more pain post-C-section, but they didn't get any more medication than white women. In fact, when we control for pain levels, they got less medication."

This isn't a phenomenon limited to just Black women. According to numerous studies cited in a Proceedings of the National Academy of Sciences of the United States of America article, "Black Americans are systematically undertreated for pain relative to white Americans ... These findings suggest that individuals with at least some medical training hold and may use false beliefs about biological differences between Blacks and whites to inform medical judgments, which may contribute to racial disparities in pain assessment and treatment"

## IT TAKES A VILLAGE

But healthcare inequities are just a small piece of why there are racial disparities in health. It's also due to where people live, work and spend downtime, says Green.

Also called social determinants of health, Green explains that these are not based on biological or genetic factors. These are structural barriers often created by systemic racism. Black and/or Latinx and Native American communities have higher unemployment rates than whites. Consequently, this limits access to health insurance and health care. These same groups have higher poverty rates, which creates food insecurity and prolonged stress. This can lead to mental health issues, as well as higher rates of diabetes and cardiovascular disease.

Groups like the Foundation for Black Women's Wellness exist to help women of color navigate these barriers and disparities.

"We start with empowering Black women with information as health care consumers through education and awareness," Peyton-Caire says. "We help Black women embrace their power to shape and lead healthy, stable lives

## COMMUNITY-BASED HEALTH AGENCIES

These area organizations provide access to health care and support overall wellness.

### Access Community Health

A center that provides medical, dental and behavioral health care; a pharmacy; and financial counseling services that prioritize quality and affordability, all under one roof. 2202 S Park St., [accesscommunityhealthcenters.org](http://accesscommunityhealthcenters.org)

### Collaborative Center for Health Equity

CCHE connects rural, urban and tribal communities with University of Wisconsin-Madison resources to form engaged partnerships that advance health care equity across Wisconsin through leadership development, research and technical assistance. 4240 Health Sciences Learning Center at 750 Highland Ave., [ictr.wisc.edu/cche](http://ictr.wisc.edu/cche)

### Foundation for Black Women's Wellness

A nonprofit organization that supports individual Black women's health and wellness journeys and works to address health care disparities for women of color, their families and their communities. 6601 Grand Teton Plaza Ste. A2, [ffbw.org](http://ffbw.org)

### Harambee Village Doulas

A community-based doula agency working to enhance the childbearing experience by providing access to doulas centered on dismantling inequities in maternal and child health outcomes for marginalized communities. 2423 American Ln., Ste. 5, [harambeevillage.org](http://harambeevillage.org)

### Latino Health Council

A Dane County virtual network of over 40 health care organizations that promote education and access to quality health care that is culturally and linguistically inclusive. [latinohealthcouncil.org](http://latinohealthcouncil.org)

### UNIDOS

UNIDOS aims to "break the cycle of domestic violence" by providing support groups, victim advocacy and statewide community-based education for Latinx survivors of domestic violence, assault and human trafficking. [unidoswi.org/en](http://unidoswi.org/en)

— Kate Lawless

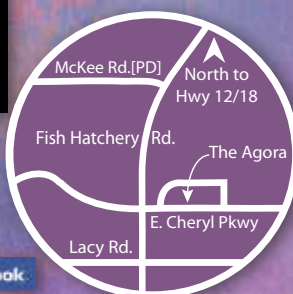


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... and to know what questions to ask, how to advocate for themselves, how to push back and demand better care if they are in a situation where they feel like they're not being heard. You have the right to speak up."

The pandemic shuttered the newly-opened Black Women's Wellness Center in March 2020, so Peyton-Caire and her staff pivoted to host the 12th annual Black Women's Wellness Day virtually, and tripled the number of women engaged with their services. The center has already reopened in a limited capacity, and they'll continue with a hybrid of in-person and virtual services.

The need for this type of community and advocacy is also what drives Tia Murray, founder and CEO of Harambee Village Doula, a community-based doula agency working to enhance the childbearing experience by providing access to doulas, and is centered on dismantling inequities in maternal and child health outcomes for marginalized communities.

"We've all heard that doulas produce better outcomes, but why is it that? I think it's because doulas are filling in those gaps so that moms or birthing people feel like they have access to more information, that they're listened to, and that their questions are answered," says Murray.

As a Black mother of five, Murray understands the risks she and her babies faced compared to white birthing women. In 2018, when the CDC announced that Wisconsin had the highest infant mortality rate of Black babies in the country, Murray already knew the stats: In 2016-18 in Dane County, the Black infant mortality rate was as high as 12 infant deaths per 1,000 live births compared to about four for white infants.

According to the CDC, Black women are about three times more likely to die from a pregnancy-related cause than white women, regardless of socioeconomic background. And



preterm births are about 50% higher for Black women than white or Hispanic women.

"But studies have shown that when pregnant people work with doulas, they're almost four times less likely to have a low birth weight baby or a preterm birth. We also know that doulas produce better breastfeeding outcomes, and breastfeeding is a protective factor against infant mortality," says Murray.

Last October, Harambee launched a crowdfunding campaign to purchase land for the future Harambee Village Family & Birthing Center. Although its opening is delayed until 2023 due to the COVID-19 pandemic, Murray describes the center as a one-stop shop for family resources, fitness and nutrition, mental health, grief counseling, breastfeeding support and access to doulas and midwives, as well as doula training. They are also working on a community care program that will kick off next year, and a partnership to create Madison's first midwifery school, because, as Murray says, "Closing birth disparities takes a village."

## MEETING WOMEN WHERE THEY'RE AT

Dr. Patricia Téllez-Girón, physician and associate professor with the UW-Madison Department of Family Medicine and Community Health, also works to foster a strong sense of community when it comes to health care. As co-chair of the Latino Health Council, she and fellow chair, Shiva Bidar-Sielaff, organize a network of resources to support the Latinx community, which is the largest nonwhite ethnic group in Dane County. Téllez-Girón notes that only half of Latinx people have private health insurance and about 17% live at the poverty level.

A key challenge Latinx people also face are mixed families — some family members may be citizens, or, some might have DACA status (Deferred Action for Childhood Arrivals, a policy that protects young people who entered the U.S. unlawfully as children) in households with undocumented parents. Often, this means care is provided for the children, but parents aren't covered by insurance.





# Daytime Care for Mom



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"Women especially face challenges when they come to the U.S., because back home, often they do not work. They are the caretaker," she says. "Now, they have to work in order to help send money to the family left in their home country, and support the family here. That doubles the stress and makes their own health the lowest priority."

Seventeen years ago, Téllez-Girón realized the best way to educate her community was through radio, since nearly 25% of the Latinx community are employed in the service industry and listen to it regularly. She created a monthly health education program, "Nuestra Salud" ("Our Health"), which continues to air on the local Spanish-speaking station, La Movida, that focuses on the importance of health education, health care, how to navigate the system and community resources.

And that's just one example of the work the Latino Health Council is doing. Since 1996, the council has hosted the annual Latino Health Fair where Latinx people can learn about community services and get screened for preventable diseases. In more recent years, they've added the Teen Health Bash, events centered around nutrition and exercise, and COVID-19 vaccine outreach.

Téllez-Girón is also a provider at Access Community Health Wingra Clinic, where she acts not only as a primary care physician, but often also as a social worker, mental health consultant and advocate.

"I know I can't do this alone," she says. "If I have a patient come to me with a history of domestic abuse, I can do the initial consult, but then I can refer to UNIDOS [a domestic violence support organization]. Or if I need to establish services for a family, I can call Centro Hispano."

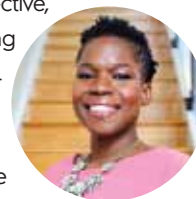
In recent years, Téllez-Girón has presented at national conferences on the state of Latinx care and says she is often astounded that Dane County far exceeds some of the programming offered in places like Los Angeles and Miami, where there are much larger Latinx populations.

"We still have a lot of health disparities,

but in other places, language access is horrible," she says. "But Shiva established beautiful interpreting services through UW-Madison over 20 years ago ... now all hospitals in Dane County offer interpreter services."

Téllez-Girón also mentors Latinx pre-med students to help them gain acceptance into medical schools and build a diverse pipeline of providers. She involves students in the Latino Health Council's events to help them become community advocates and create programs to remove social disparities that lead to poor health outcomes.

From Green's perspective, diversity and addressing implicit bias in the medical community is a start, but without accountability for providing equitable care or focusing on structural



change, health inequities will remain. This comes when those algorithms for trial of labor after a first C-section no longer take race into account, and when the standardized care of pain management is in place, so that "institutionally sanctioned racial stereotyping" doesn't come into play, she says.

Peyton-Caire and FFBWW are working to impact structural change by shaping the narrative about Black women's health to build on the momentum of the social justice movement started in 2020.

"We are developing a policy blueprint called Black Women Deserve," she says of an eight-pillar plan that outlines policy priorities that advance the wellbeing of Black women and families in Wisconsin. The plan includes supporting economic security, equal protection under the law and quality education, with the hope that it urges policymakers and other decision-makers.

"If we want more abundance for all, we have to have a Wisconsin where everyone has their needs met. Where they don't have to worry about being evicted, or affording medical care or their next meal," says Green. "All of those basic needs have to be met for people to grow and flourish and thrive." 🌸

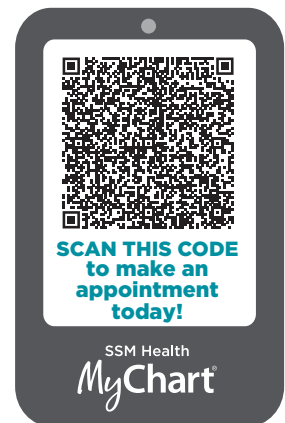
# Your Guide to Women's Health

BY SUE SVEUM



With all the demands on our time, women learn pretty quickly to prioritize. Sadly, on our daily to-do lists, sometimes our health takes a backseat to most everything else. But the truth is, good health is what gets us through the day — and beyond. Good health is like an insurance policy. It's vital, and attaining or maintaining good health helps you be your best self, for you and your loved ones.

Here, four SSM Health providers address some of the most common questions and misconceptions concerning women's health.







## Addressing Overall Wellness with a Midwife



*Amber Latch, CNM, is a Certified Nurse Midwife in Obstetrics and Gynecology at SSM Health in Madison*

### COULD YOU EXPLAIN THE BREADTH OF WORK A MIDWIFE DOES WITH PATIENTS?

A midwife is a provider specializing in women's health and the care of healthy women throughout pregnancy, labor and birth. But you may not realize you can see a midwife for other health concerns: irregular periods, trouble getting pregnant, birth control, breast exams and cervical cancer screening. Midwife actually means "with woman," and we truly try to journey alongside our patients in meeting all their health care goals.

### WHY ARE ANNUAL WELLNESS VISITS IMPORTANT FOR ALL AGES?

There's so much to know about the amazing things our bodies can do, so naturally, a lot of questions arise about what's "normal" and what may be of concern. We encourage women to visit us from puberty to menopause and beyond. Whether it's for a routine breast exam, to discuss reproductive plans

(family planning, preconception care or fertility) or just to stay up to date on health screenings (like Pap tests or mammograms), we can help.

### WHAT'S INCLUDED IN A WELLNESS VISIT?

At wellness visits, we cover topics like mental health and emotional well-being, pelvic health (periods, infection concerns, pain) and sexual health (prevention of STIs, concerns about assault or abuse, or painful sex). We'll do a breast exam and pelvic exam if needed, being sensitive to your concerns. We understand you may be hesitant to see a provider for pelvic health, because you don't want an exam or are worried it may be painful or trigger prior traumas. We'll never perform an exam without your permission. Your comfort — both physical and emotional — is incredibly important to us.

### WHY ARE THESE VISITS AN IMPORTANT ASPECT OF PREVENTATIVE CARE?

Women are at the highest risk for breast cancer as well as uniquely at risk for a number of cancers affecting the pelvic organs and skin around the vagina. For many of these, outcomes are drastically better when caught early. That's why we recommend checkups even when you're feeling well and don't have concerns. We'll also discuss ways to reduce your risk of these cancers.

### WHAT QUESTIONS SHOULD WE BE ASKING OUR PROVIDER?

Ask what you can specifically do to stay healthy, and if they identify anything that puts you at increased risk for health problems in the future.

I also strongly encourage you to be open and honest with your provider about things that worry you that sometimes feel awkward to talk about (like sexual concerns, vaginal odor or discharge). I promise you that we welcome these questions. We're all women's health nerds, and love the opportunity to talk about these topics in a safe, judgement-free space. Privacy guaranteed.





## Understanding Breast Health at All Ages



*Michelle Mackay, MD, is a Radiation Oncologist at SSM Health Turville Bay Radiation Oncology Center*

### WHAT ARE THREE ASPECTS OF BREAST HEALTH YOU WANT WOMEN TO KNOW?

Know your body. Breast tissue varies in consistency for every person and can normally feel nodular and lumpy. That's why it's important that you know what your normal breast tissue looks and feels like, so if something changes, you can better recognize that change and get it evaluated. Watch for changes in breast contour, shape, dimpling or tucking of the skin; redness or swelling; a mass or lump; and nipple discharge or bleeding.

Hormones can cause breast tissue to change throughout your menstrual cycle. Your breasts also change as you age, with mammary glands decreasing in size and ligaments losing elasticity.

Everybody is different. Although women's breasts vary in overall shape, size and nipple color, your own breasts are generally symmetrical – although it's not unusual for one to be slightly larger than the other.

### WHAT ARE SOME COMMON BREAST HEALTH MISCONCEPTIONS?

*If I don't have breast cancer in my family, I'm not at risk.* Although family history of breast cancer is a risk factor, you can still get breast cancer with no family history. If there's breast cancer in your family, genetic evaluation may be a good option.

*Mammography will cause cancer, so I shouldn't undergo that test.* Although mammograms use X-rays to detect breast cancer, it's a very low dose. Mammography is considered the gold standard in early breast cancer detection, so the benefits do outweigh the risks.

*There's nothing I can do to prevent breast cancer.*

Lifestyle changes such as regular exercise; limiting alcohol intake; and eating a healthy, well-balanced diet low in fats, moderate calorie intake, plenty of vegetables, lean meats or protein and fiber, have been proven to decrease cancer risk.

### WHAT CAN WOMEN IN THEIR 20S AND 30S DO TO BETTER THEIR BREAST HEALTH?

Health and wellness are lifelong goals that take practice, so start incorporating healthy habits like the ones above now for your future breast health and overall wellness.



### WHAT QUESTIONS SHOULD WE BE ASKING OUR DOCTORS?

- Ask to be evaluated if you notice any change in your breasts.
- If you have a breast cancer diagnosis, ask what treatment choices are available and what's best for your diagnosis and stage. Ask about goals and how to best prepare yourself for treatment.
- Ask about side effects and what's normal to experience during treatment. Clear treatment guidance is important to ensure you're healing appropriately, physically and mentally.



## Getting Familiar with Pelvic Health



*Temitope Rude, MD, is a urology and urogynecology provider specializing in female pelvic medicine at SSM Health in Madison and Dodgeville*

### WHAT ARE THREE ASPECTS OF PELVIC HEALTH YOU WANT WOMEN TO KNOW?

I emphasize three main themes to my patients: Pelvic health symptoms are common, treatments are individualized and you're in the driver's seat.

Symptoms related to pelvic health, like incontinence and prolapse (pelvic organs drooping into or out of the vagina), are incredibly common — with an estimated 50% of women having symptoms of bothersome vaginal bulge and incontinence. Historically, more than one in 10 women will have surgery for pelvic health over their lifetime — even younger patients [in their 20s].

With a wide range of treatment options, your care is extremely individualized. But a treatment that was successful

for your sister or neighbor with similar symptoms may not be right for you. We'll work with you to present all the treatment options for your specific needs.

### IS THERE ANYTHING WOMEN IN THEIR 20S OR 30S CAN OR SHOULD DO TO BETTER THEIR PELVIC HEALTH?

You may recognize the importance of your core for stability and overall health, but your pelvic floor is an extension of those core muscles, providing support for all your pelvic organs. Infections, pain and childbearing can cause injuries, leading to symptoms over time. It's good to be aware of pelvic floor muscles, even when young. I'm a huge proponent of pelvic floor physical therapy (PFPT) to help identify and strengthen those critical but hard to identify muscles. For women without symptoms, PFPT can start with Kegels (tightening and releasing the muscle that controls urine flow), but can also go beyond that to include stretching and lengthening those muscles to avoid spasms.



## Managing Perimenopause and Menopause



*Sarah Block, DNP, APNP, is a Nurse Practitioner in Obstetrics and Gynecology at SSM Health in Madison*

### WHAT ARE THE DIFFERENCES BETWEEN PERIMENOPAUSE AND MENOPAUSE?

Perimenopause is the transition between childbearing and menopause, a process that can take years. Shorter or longer intervals between periods and a heavier flow are common. Other symptoms include hot flashes, night sweats, sleep disturbances, vaginal dryness, mood changes, memory changes, weight gain and difficulty losing weight. No two transitions are the same, but it can be stressful when you don't feel like yourself, and some symptoms require medical intervention.

### WHAT ARE SOME TREATMENTS, AND HOW DO THEY ALLEVIATE SYMPTOMS?

Maintaining a healthy lifestyle is important as this may dull or alleviate some symptoms.

And for vaginal dryness, a vaginal estrogen prescription can be very helpful.

But hormone replacement therapy is most effective, especially for hot flashes, since symptoms are caused by

a decrease in estrogen and progesterone. Mild hot flashes may not require treatment, but if they become bothersome, hormone therapy (in the form of a pill, patch, vaginal ring or cream) is warranted. Some women have told me it gave them their life back!

But there are other options. Nonhormone drugs called selective serotonin-reuptake inhibitors, originally approved to treat depression, have been effective in treating hot flashes in women without depression. And you may find relief from nonmedical treatments including deep breathing, yoga, meditation, homeopathy or acupuncture.

### WHAT ARE SOME MISCONCEPTIONS ABOUT PERIMENOPAUSE AND MENOPAUSE?

There are two common misconceptions about perimenopause and menopause. First: You just need to deal with the symptoms because they're "part of life." And, second: hormones are unsafe. Years ago the risk of getting breast cancer from hormones loomed large, but we now know that risk doesn't increase until after five years of use. The rule of thumb with hormone replacement is the appropriate dose for the appropriate amount of time.

So please know that hormone replacement therapy is safe and effective. And if you're experiencing symptoms that interfere with your daily life, it's perfectly acceptable to seek treatment.



## CONTINUING EDUCATION AND THE PANDEMIC

For some women, the pandemic meant pursuing a new career path — and training to prepare for it. Here's what to consider if you're looking to do the same.

BY KATY MACEK



After graduating from the University of Wisconsin–Madison in 2002, and securing a job with the university, Sarah Stilp decided she would never return to school. Working in UW’s Division of Continuing Studies, she’s been with the university for nearly 20 years and was happy with her career.

Like many of us though, the pandemic changed her outlook. In February 2021, Stilp decided to enroll in a two-year online master’s program in organizational leadership from Colorado State University’s Global Campus.

“There was a lot happening around me — layoffs, job insecurity — and it was a different lens to see my career path through. I felt a little bit unprepared for what might lie ahead,” she says. “The work-life balance was a little bit different, and [earning a master’s degree] felt more doable than it ever had before.”

Stilp calls this concept the “pandemic

revelation,” and she’s not alone in her perspective shift.

Most colleges don’t have hard data on COVID-19’s impact on continuing education, but every source BRAVA spoke to had observations and stories to tell about students who were influenced by the pandemic to return to campus — in person or virtually.

### CHANGING INTERESTS

Melissa Sanchez Cruz manages Madison Area Technical College’s WorkSmart Network, a program funded through the Workforce Development Board and adults who are unemployed, laid off or rethinking their career paths. It provides guidance on college resources and career planning, among other areas of expertise.

She says most adult students don’t share their reasons for going back to school, so it’s hard to pinpoint the pandemic’s influence. This year, however,

she’s seen an influx of those laid off from professional-level jobs, rather than from manufacturing or retail industries. Many of those are looking to gain technical skills in healthcare or finance.

“Some of these women are taking the pandemic and resulting layoffs as an opportunity to make this change,” she says. “If they wouldn’t have been laid off this year, nothing would have prompted them to come back.”

Annie Lewis quit her corporate leadership role at Walgreens as a beauty expert in early March 2020, right before the pandemic hit full force. She had plans of pursuing a full-time career as an aesthetician. Suddenly though, she found herself without work in the middle of a pandemic.

“I was sitting at home panicking,” Lewis says. “The pandemic was the driving force for me to finish my degree.”

Lewis originally began her degree at UW-Whitewater, but was diagnosed with type 1 diabetes, and she says the diagnosis forced her to “relearn everything about my body and how to take care of myself.” Unable to balance the workload, she left college, opting instead to work her way up into a leadership position in beauty retail. But, the corporate world wasn’t for her.

Although she wasn’t planning to return to school, the pandemic made her rethink things. Because she needs to improve her GPA before re-enrolling, she entered UW-Madison’s Badger Ready program that prepares adult students who want to transfer but aren’t currently eligible. She hopes to eventually attend UW-Madison to obtain her counseling degree and combine that with her aesthetician license to help women like her, with autoimmune and eating disorders, achieve peak wellbeing.

### WHERE TO START

Moir Kelley, a career and education counselor for UW’s Division of Continuing Studies, says her office often works with returning adult students looking to





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continue their schooling — or have no idea what they want to do next, but know they need a change.

"If you're not sure where to turn next, don't hesitate to touch base with our office," she says. "You don't have to go it alone."

Kelley's No. 1 piece of advice when considering whether to pursue continuing education is to ask lots of questions. Particularly, "who else can I talk to?"

UW's Division of Continuing Studies and Madison College's WorkSmart offer resources that allow people to work with advisers and better understand their options, which will allow the individual to surmise if returning to school is a good fit. UW-Madison's Adult Career and Special Student Services ([acsss.wisc.edu](http://acsss.wisc.edu)) also has great resources for career planning.

Betsy Kacizak, director of admissions for the UW School of Business, says her team also does consultation appointments with people interested in the MBA program to see if it's the right fit.

Fortunately, there are more options than

ever. This fall, Kelley says UW-Madison will offer five online undergraduate degree programs, all in the business realm. They also have several master's and certificate programs designed for working adults.

Sanchez Cruz says up to 70% of Madison College's courses were online or hybrid throughout the past year. Though that may revert after the pandemic, she expects online classes to continue in an increased capacity.

There are countless online, nonlocal options as well. Stilp discovered her online master's program through tons of research. She suggests narrowing down priorities (class format, number of years, cost, et cetera) and "just start Google searching."

"It might take a little legwork up front, but it's worth it [if you] put in the time," Stilp says. ✨

*Katy Macek is a copywriter and freelance journalist who enjoys hearing about her community through the stories she gets to tell.*



### IMPORTANT CONSIDERATIONS

Moira Kelley of Madison College and Betsy Kacizak of UW-Madison suggest considering the following when exploring continuing education:

- » **Career Goals.** Is more schooling necessary, or would some other type of training be more adequate (and less expensive)?
- » **Accreditation.** Verify it's an accredited school or program, so you're not wasting money.
- » **Program Format.** What type of program — whether it's in person, online or hybrid — would best fit your learning style and your current life situation?



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## ASK THE EXPERT

MEDIATION - AN ALTERNATIVE PROCESS  
FOR RESOLVING FAMILY LAW MATTERSASK RHONDA HAZEN, ATTORNEY  
OF BOARDMAN CLARK

Over the past years, families anticipating significant changes, such as divorce or legal separation, have looked for alternative ways to resolve their issues and restructure their relationship without resorting to litigation in court. Mediation is becoming increasingly popular and available to Wisconsin families as an alternative to litigation in a courtroom. Wisconsin Statute sec. 802.12(1)(e) defines mediation as a “dispute resolution process in which a neutral 3rd person, who has no power to impose a decision ... helps the parties reach an agreement by focusing on the key issues in a case, exchanging information between the parties and exploring options for settlement.” Below are common questions that people ask about mediation.

**Q What are the main benefits of using mediation to resolve family law matters?**

In traditional litigation, a court official makes decisions and issues orders for how a family will operate post-separation. Mediation puts that control in the parties’ own hands. With the assistance of a mediator, the participants explore and exchange settlement options and ultimately construct their own agreement, which may be uniquely tailored to their particular family goals. Whereas litigation often has parties “taking sides” and trying to win over the other, mediation is a process in which the participants work toward compromise and consensus.

**Q What topics can be covered in mediation?**

Mediation is a dispute resolution process, which means that it can be used to address any issue affecting the family that is subject to negotiation and agreement. Family law issues often fall into broad categories of property division (the allocation of assets and debts), financial support (child support and spousal maintenance) and legal custody and physical placement of children. Within these categories, there may be numerous sub-issues that parties can address, such as specific holiday schedules for children or co-parent communication after separation. Mediation can be focused to address specific issues that are important to the participants, without being confined by what a court would, or

could, hear in a particular case. Agreements can be very specifically tailored to meet the participants’ needs.

**Q What if the participants do not reach a full agreement?**

Mediation participants may become “stuck” or reach a standstill on an issue. The first inclination may be to terminate the mediation process and take the case to court. That is when the mediator’s tools are needed most. Skilled mediators are trained to monitor the dynamics between the parties and will often have the participants focus on why they selected the mediation process in the first place and renew their commitment to remaining in control of the outcome of their case. A mediator can help the participants review and expand on the options available for resolution and work to keep them from becoming entrenched in their positions.

The participants may benefit from bringing in a specialist to address a particular issue. For example, a neutral appraiser or valuation expert can provide objective information on the value of assets for property division. A child specialist with a mental health background can provide unique insights into a child’s needs that the parents may not have considered when discussing legal custody. The mediation process can be expanded to include these experts to help the participants resolve impasse.

When mediation does not result in an agreement on all matters, the parties may ask the court to give a final decision. It is important to remember that when presenting disputed issues to a court, the discussions from the mediation may not be introduced as evidence for that judge to consider. This allows people freedom to discuss options in mediation that they may not want presented in court, and this ultimately increases the likelihood of a successful mediation.

*Rhonda is an attorney who serves as a mediator in family law matters and represents parties going through mediation.*

Contact her at 608-283-1724 or [rhazen@boardmanclark.com](mailto:rhazen@boardmanclark.com).

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## CREATING AN OUTDOOR OASIS WITH RAIN GARDENS

A local horticulturalist shares tricks for beautifying exterior spaces with problem-solving rain gardens.

BY SHELBY DEERING



Since we've been at home more than ever before, it's no wonder that many of us suddenly have an urge to level up our indoor and outdoor spaces. Whether you're spending the majority of your time sitting on the patio these days or simply want a lovely view to enjoy from your window, Becky Kielstrup, a horticulturalist and general manager of McFarland's Avant Gardening & Landscaping, is here to share words of wisdom inspired by her company's landscaping projects.





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### SAY GOODBYE TO PUDDLES

Extra water in your backyard got you down? Even if your property frequently deals with drainage issues, it doesn't have to stay that way. For this project, Kielstrup shares that a dry river basin, in addition to a rain garden, may be all it takes to do away with those rainwater woes. By combining a gravel and rock river basin with a thirsty rain garden filled with plants such as German garlic, juniper bushes, blue spruce and hydrangeas (like in this homeowner's garden), you'll not only keep water away from your house, you'll also create a "beautiful landscape feature," as she describes it.

#### Try This:

- ☐ Create a dry river basin with a mix of gravel and rock.
- ☐ Fill a rain garden with water-loving native plants.
- ☐ Finish the scene with nearby stepping stones.



### PRACTICAL PLANTINGS

When refreshing your property, keep in mind that a garden can do a lot more than provide visual appeal. It can also serve a practical purpose. For example, if you want to beautify a strip of greenspace that flanks your driveway, it's possible, and you can even manage long-standing issues in the process. "This client was having water issues and severe erosion through a rock wall on the backside of the residence," Kielstrup says. "We rerouted all the water to this rain garden. By doing this, we were able to save them from having to rebuild the wall. This rain garden is an element of beauty in the landscape as well as having a very important function."

#### Try This:

- ☐ Landscape features can do a lot more than look beautiful — they can improve the quality of your property.
- ☐ A rain garden can be a less-expensive way to address big issues, like erosion.
- ☐ Don't overlook the small areas of your property that can be employed to help with rainwater management, such as near your driveway, or a side yard — and look beautiful.

### MAKE AN ENTRANCE

A garden punctuated with flowers, stone, gravel and mulch is a pretty and polished way to showcase your front entry. And in the case of this project helmed by Avant Gardening, it did a lot more. At this home, the sidewalk was higher than the foundation, something that often resulted in a water-filled basement. Kielstrup says that they created a raised area to prevent water from seeping into the foundation's walls, planting the space with perennials to absorb as much of the water as possible. The berm also directs water away.

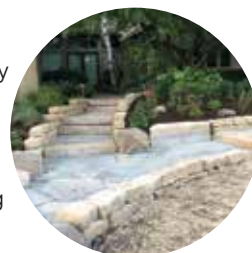


#### Try This:

- ☐ Don't just plant flowers — include other features to elevate your plantings, like natural stone, gravel and mulch.
- ☐ Greet guests with a small and stunning garden at your entryway.

### SET IN STONE

To bring beauty to any yard, always keep one tip in mind: Embrace natural touches whenever possible, including non-manufactured visuals that are drawn right from the great outdoors. One way to achieve this flawlessly is through natural stone. Since this project called for a new entry, Kielstrup says the team utilized native boulders, Fox Valley steps (stone that displays a mix of tan and gray hues) and wall stone. "The play on color is so beautiful and makes the entrance very inviting," Kielstrup says. The space is topped off with verdant plantings.



#### Try This:

- ☐ Pick natural stones with eye-catching color variations.
- ☐ Use plantings to soften hardscaping. 🌸

**Shelby Deering** is a Madison-based lifestyle writer specializing in home design, wellness, mental health and travel, among other topics.



# CREATING INSPIRED INTERIORS

Area interior designers share their insider knowledge on style and design.



## KELLY BLANCHAR *Silver Leaf Interiors*

(608) 242-0707  
info@silverleaf-inc.com  
silverleaf-inc.com

At Silver Leaf Interiors, lead designer Kelly Blanchar and her team work closely with their clients on every aspect of a project, getting to know their style and how they live in the space. "We are their partner throughout the entire process; we take pride in our work, and we share that excitement in the details. Whether they are building a dream home or remodeling to create a dream home, we will create a 'portfolio-ready' finished product," says Blanchar.

### **Favorite Design Trend**

All of them. Truly, to be a great designer you must learn to appreciate all the trends, whether it be past or present. They all find their way into the industry and into spaces with touches through flooring, wall treatments, color palettes and accessories. The art is to find the balance and what feels right.

### **An Instant Refresh**

Fresh flowers. They are such an easy way to update a room, no matter the season.

### **Layering a Room With Color and Texture**

Layering texture and colors is like getting dressed. Years ago, I had an instructor tell our class, it's like choosing a suit — [use a] main color with some texture, layer in a mid-scale pattern like a stripe, then add in the small-scale details like a necktie, pocket square and cufflinks. That advice has stuck with me as the framework for designing a palette of textiles and textures.

### **I Never Tire of Using...**

Wallpaper! Today's paper is of better quality, and has an array of patterns, textures and colors — it is so much fun to use in a room. It adds that next layer that paint alone cannot do. Give it a try in a powder room or guest bedroom.

### **Revamp Your Home Office**

Clean up, clear out and invest in a proper work surface. Surround yourself with things you love. What makes you feel creative or motivates you? Did I mention adding fresh flowers?

### **An Easy Update**

Edit your space by clearing out the clutter, clearing off surfaces and opening your window treatments for some daylight and fresh air. Rearrange your furniture to see "old" furniture in a new way, or, to identify additional pieces you may need. Use this opportunity to update your pillows with fresh new patterns too.

### **Favorite Designer**

I don't have any favorites as there are truly so many amazing talented designers out there, but I am currently enjoying Ray Booth's Instagram account (@rayboothdesign) and his new book, "Evocative Interiors." Simply stunning work.

### **A Space I Love in My Home**

Our patio. Hello, summer! It's a great gathering spot for our family and friends or a quiet spot at the beginning or end of a day to recharge.



BETH SKEGEM



## DEB CORNING

### DC Interiors & Renovations

(608) 444-0571

info@dcinteriorsllc.com

dcinteriorsllc.com

Deb Corning is the owner of DC Interiors & Renovations, a design/remodel firm in Fitchburg. She focuses on helping her clients create a home that reflects their personalities and style with a unique twist. She feels that if people are invigorated by their surroundings at home, they will be successful in other areas of their lives.

### Favorite Design Trend

Updating a home is about the client's unique style and desired comforts. That is why our designs include some aspects of the current trends to keep things fresh and fun; however, we aim for timeless design with a pinch of the current trend. Clients will be going through many trends by the time their home is ready for another update, so it's best to choose the style and colors that they love.

### An Instant Refresh

To make an instant impact in your home we use artwork, area rugs and pillows. This provides a new look without breaking the bank.

### I Never Tire of Using...

Porcelain tile is one of my favorite materials to use. It is very durable and versatile, and it continually comes in new styles, colors and textures.

### An Easy Update

The first thing homeowners should do is to contact a professional designer — someone who has a style that is similar to yours and what you want in your home.

### Favorite Designer

My favorite designer from HGTV is Hillary Farr from "Love It Or List It," because she sees the big picture and creates spaces that are better than the homeowners expected.



## LAURIE LODHOLZ

### Laurie Driscoll Interiors

(608) 277-9767

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Laurie Lodholz (left) along with interior designer Tricia Raab of Fitchburg-based Laurie Driscoll Interiors, have been working in the design field for decades. They view interior design as a vehicle for happier, healthier and more productive lifestyles. Here, Lodholz talks design.

### An Instant Refresh

Adding an area rug. [In] large rooms, small rooms, hallways — by adding an area rug you instantly add new colors and textures that will instantly change your space.

### I Never Tire of Using...

Draperies. Even white sheer drapery panels add visual softness to a room. Most people want to be in spaces that are visually warm and cozy. Draperies help to create that feeling of warmth.

### Favorite Designer

The late Harry Krueger (of Madison) is one of my favorite designers. I appreciate work by designers that are successful in introducing timeless or classic elements as the main part of the design scheme, keeping the trendy colors and materials as elements that can easily be changed (when no longer trendy). Clients often say they don't want to invest in trendy interiors, but want something more timeless.

### An Easy Update

Paint. Get a paint color fan deck, pick a new color and paint a wall. Changing the color of one wall in a room, or all of the walls, is inexpensive and can be a DIY project. In hours you can have a whole new look.

### Favorite Design Trend

Wallpaper — [it's] back! The current trend with wallpaper is "go big or go home." Bold textures and larger patterns are very on-trend. Also, if wallpaper is installed properly, it should be easy to remove and replace in the future.





## GORGEOUS GARDEN, SMALL SPACE

BY HANNAH WENTE

Container gardening is one way to enjoy growing veggies, plants and flowers with a lower commitment. It also doesn't require a lot of space (hello, condo and apartment dwellers!). Start small with these recommendations from Josh Smith, owner of Kopke's Greenhouse.

### GETTING STARTED

**1. Identify your unique growing conditions.** Indoor or outdoor? Full sun or partial sun? Cardinal direction? (Southern exposure is best) "Understand where you're going to be growing and what kind of conditions you have. That's going to determine what types of plants you grow. Even shade plants need some light to grow," explains Smith.

**2. Do your research.** Look online or talk to your local garden expert about what grows best in your conditions. Don't be embarrassed to ask questions, says Smith. "Get more than one opinion. It's like visiting the doctor. Find someone who's being successful doing what you want to do and lean on them. Ask them: 'How do you do what you do?' Find somebody that is passionate about the same types of plants that you're thinking about trying."



**3. Buy seeds or starter plants.** If you are germinating seeds, start in early February. Local nurseries start selling starters in mid-May. Smith suggests thinking about what recipes you'd like to make, such as tomatoes and basil, for a fresh caprese appetizer.

**4. Use the right materials.** Find the right potting mix or soil for what you're growing. "Potting mixes are designed for different plants, so they're going to hold water differently, hold nutrients differently and circulate air differently. Look for a general



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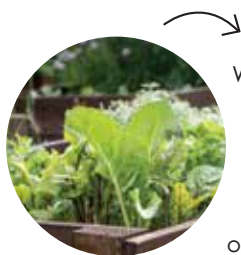
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purpose herb and vegetable mix like Premiere Pro or an organic mix," says Smith.

**5. Check your plants daily.** Plants need water when the soil feels bone-dry. They need a break from watering when the soil feels soggy. "An important factor to consider when purchasing any kind of container is to make sure it has drainage. The biggest thing I see people screw up on is the watering — too much or not enough." And remember: "Most plants don't want wet feet"

## SMALL SPACE, BEAUTIFUL RESULTS

Things like rosemary, thyme and other herbs do well in pots and can give your patio a fresh look. Base the container size on how prolific the plant is.



Wooden raised garden beds are great for older adults and people with back pain. Lettuce and other greens grow well in neat, colorful rows.

Place succulents and other houseplants in front of sunny, south-facing windows.



A plastic self-watering container can be rolled into sun or shade. The bottom holds water so the plants can take what they need throughout the day, leading to less over-watering. 🌸

**Hannah Wente** builds community through her freelance writing and nonprofit work.



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# Summer Fun Guide

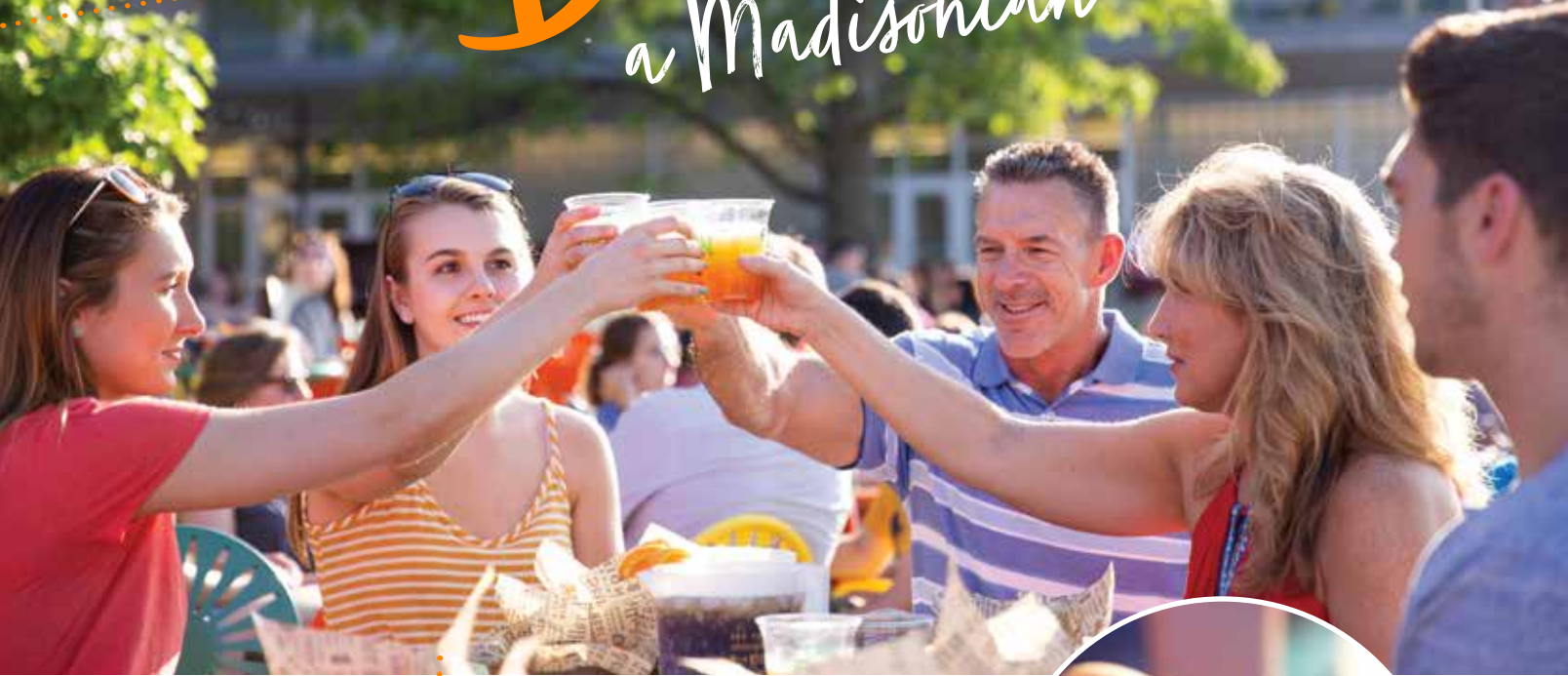
SUMMER IS SO MUCH SWEETER THIS YEAR — SO TAKE FULL ADVANTAGE  
NOW BY EATING, PLAYING AND EXPERIENCING OUR CITY AND BEYOND.

BY SHELBY ROWE MOYER, JESSICA STEINHOFF AND CANDICE WAGENER





# Eat like a Madisionian



CHECK THESE MUST-DO, CAPITAL CITY FOODIE EXPERIENCES OFF YOUR LIST.

BY CANDICE WAGENER



## Ice Cream at Babcock Dairy Store

**TUCKED AWAY ON THE WEST SIDE** of UW–Madison's campus, Babcock Hall is a sure spot to garner some summer smiles. Not only do they have top-notch ice cream (orange custard chocolate chip is the stuff), but their deli offers a nice variety of hot and cold sandwiches, too. And you're just a short stroll away from Allen Centennial Garden, where you can enjoy your scoops amongst the flowers.

## Brats and Beverages on the Terrace

**IF YOU ARE CRAVING A BIT OF** nostalgia for summers past, the Memorial Union Terrace is the place to find it. You'll still need to be mindful of COVID-19 guidelines, but enjoying a brew and a brat from The Brat Stand while relaxing in those classic, boldly-colored chairs, surrounded by lakefront views and the buzz of activity, will be a welcome sign that some good things are just the way you remember them.







## The Drink of all Drinks

**A LANDMARK ON THE SQUARE SINCE 1993 (AND A Madison establishment since 1964),** Genna's is a classy cocktail lounge, the perfect spot to unwind after a long day at work or to have an after-dinner cocktail. Indulge in their signature Door County Cherry Margarita, a creation bartender Colleen Hayes mixes up with Door County cherry syrup, fresh lime juice, triple sec and tequila, served on the rocks. Talk about a nod to Wisco summertime.

## Festivals of Food

**WHILE MANY OF OUR BELOVED FESTIVALS WILL LOOK** different or choose to take one more summer off, the iconic Taste of Madison will be held at Breese Stevens Field this year instead of around the Square. Scheduled for Labor Day weekend (Sept. 4-5), the event is always a true celebratory good-bye to summer, where you can sweat it out over cheese curds from The Old Fashioned or tamales from El Sabor de Puebla. Stay hydrated and feast your heart out.



## Finding the Food Carts

**MANY OF THE FOOD CARTS YOU KNOW AND LOVE** will be back in full swing this season. Grab some creative, flavorful tacos from El Grito, parked by the Regent Market Co-op on Monday and Tuesday nights. Enjoy refreshing smoothies and spring rolls as big as your bicep from Fresh Cool Drinks on Library Mall while you bask in the fountain mist. Or picnic on the Capitol lawn with eats from Caracas Empanadas, El Burrito Loco, Braisin' Hussies or Tavernakaya.

## Farmers' Markets

**THE DANE COUNTY FARMERS' MARKET IS A RITE OF** passage for Madison summers, and it's exciting to see its return to the Square. If you're not quite comfortable around a bigger crowd yet, opt to visit the smaller Wednesday market on Martin Luther King Jr. Blvd. Or check out one of the more intimate markets happening around town (visit [farmfreshatlas.org](http://farmfreshatlas.org) to find them) — there are 16 different options to choose from. While there may not be as much product variety, you'll have more opportunities for one-on-one conversations with local farmers, and we all benefit from supporting our local economy in one of the easiest ways possible — through food.



TOP LEFT HOLLY LEITNER | MIDDLE LEFT, BOTTOM RIGHT TRAVEL WISCONSIN | MIDDLE RIGHT SUNNY FRANTZ

# Downtown Delights

## HOORAY – DOWNTOWN MADISON'S EVENTS ARE BACK!

If you haven't caught any of these yet this summer, there's still plenty of time. For more information, check out [visitdowntownmadison.com](http://visitdowntownmadison.com).

### YOUR Lunch Time LIVE

Noon to 1 p.m., Tuesdays, now – August

Catch a free lunch-hour show in front of the Capitol building. Every Tuesday, live music acts play on the lawn near the North Hamilton walkway. Public health guidelines will be followed.



Central Business Improvement District, the City of Madison and Greater Madison Music City (a network of local musicians and industry players).

### LIVE & Local

5 to 7 p.m., Thursdays, now – September

At Lisa Link Peace Park, located along State Street, live musicians will be playing free concerts every Thursday. As businesses are opening back up, attendees can shop, grab dinner and enjoy the downtown show.



### Classical Guitar Concerts

7 to 9 p.m., July 9, July 23; Aug. 13, Aug. 27

Lisa Link Peace Park will also be bustling every other Friday night with free, live music by the Madison Classical Guitar Society.

### MAD LIT

8 p.m. to Midnight, July 16, 30; Aug. 13, 27; Sept. 10, 24; Oct. 8

New this year, you can experience a trifecta of music, art and pop-up shops at the top of State Street during eight Friday night events from now through October. The events are a collaboration between Madison's

### Maxwell Street Days

July 15-18

If you're a bargain hunter, be sure to visit Maxwell Street Days on State Street, a long-standing community tradition that has been expanded by two days this year. Peruse celebrated food vendors and discount clothing, jewelry, gifts, art, sporting goods, books and more.

### Madison Night Market

Aug. 19, Sept. 16, Oct. 21, Nov. 18, Dec. 16

The Madison Night Market is back! At this much-loved event, find handmade products, artisan gifts, food vendors and live music.



## Public Art

Art is all around us in these public art installations you can view around the city.

### "Both/And - Tolerance/Innovation"

Representing a confluence of ideas and beings, this installation at UW-Madison's Library Mall is a metaphor for the merging of the City of Madison with the University.



The stone represents reality and the steel panels represent abstraction – a nod to Aristotle's "being qua being" philosophy that learning exists between "knowing" and "believing."

### "Shift"

Located on Highland Avenue, flanking the inside of the underpass beneath Campus Drive, are two 70-foot-long, accordion-like steel sculptures that cast off geometric patterns when lit from behind, presenting a "shifting" perspective as onlookers view it from different vantage points. The installation was finished this past spring and is intended to be a gateway between the UW-Madison campus, UW Hospital and Clinics, and the Regent neighborhood.

### "Mildred"

The single steadfast granite pillar overlooking the water at Marshall Park in Middleton honors Mildred Fish-Harnack, a Wisconsin native who was executed on the direct orders of Adolf Hitler for her resistance fighting in Germany. She and her husband moved to Germany during the Great Depression and shared economic and military information about the Nazi regime.

### Lycon Inc. Mural

Painted by students from James Madison Memorial High School in collaboration with artists Amy Zarembo, Alicia Rheel and Dane Arts Mural Arts, this mural in Middleton was commissioned by Lycon Inc. Find it at the corner of Terrace Avenue and Deming Way in Middleton.

— Shelby Rowe Moyer





# Seize your Summer



THESE INSPIRED, FAMILY-FRIENDLY EXCURSIONS WILL SHAKE OFF ANY BOREDOM.

BY JESSICA STEINHOFF

**Summer is the season of loosening up.** More than ever, kids (and parents!) need a break. Slowly but surely, businesses are starting to fully reopen as more people get vaccinated. While more open-ended play can help young minds flourish this summer, lots of kids still miss the comfort of their school schedule.

For the best of both worlds, try peppering your calendar with themed adventures. Designed for grade-schoolers, these itineraries combine play, learning and memory-making opportunities.



## Quintessential Madison

First things, first: Fuel up at one of the Capitol Square food trucks — your crew is going to need the extra energy. **El Burrito Loco** will appeal to Mexican food-lovers with their whimsical cart, along with their nachos, burritos, taco bowls and quesadillas made to order. **Caracas Empanadas** serves up stuffed dough pockets with meats, veggies or cheese. (Their sister cart, **Caracas Arepas**, is located on the Library Mall and specializes in grilled corn pockets with meats, veggies or cheese.) **Common Pasta** will surely please mac 'n cheese lovers and other carb-loaders with their handmade noodles. Other carts dot the Square and Library Mall but may not be there daily, so see what's available the day you go!

Fly over to the Crow's Nest at the **Madison Children's Museum** (be sure to reserve your tickets online, first). Located on the rooftop, it offers a bird's-eye view of the city. You can also peer into a pond and commune with chickens

at this magical outdoor space. After, re-experience the rest of the museum again after a long COVID-19 closure, as it reopened in late May!

Next, flit across the street to tour the **Capitol building** (open on weekdays as of press time), ooh and aah at the views from the observation deck and rub a Badger statue's nose for good luck.

The **Wisconsin State Historical Museum** is guiding guests back in time with narrated walking tours in the late afternoon. Choose from three options: Madison's strange and quirky past, influential Wisconsin women or the hidden history of the Capitol Square. The women's history tour was created in honor of the 2020 centennial anniversary of the 19th Amendment, granting and protecting women's right to vote. Wear your walking shoes and bring an umbrella — tours take place rain or shine.





## Nature Adventure

Kick off the day at Monona's **Aldo Leopold Nature Center**, which offers self-guided tours about animals and their habitats. Though the buildings are closed, the interpretive trails are teeming with feathers, rocks and other touchable treasures.

Next, venture west to the free **Henry Vilas Zoo**, where you can meet a reticulated giraffe and one of the world's largest tortoises. See a live badger and watch the white rhino roll in the mud to cool off. At lunchtime, enjoy a hot meal and a cold drink while overlooking the polar bear exhibit at the Glacier Grille. For dessert, grab a scoop of Chocolate Shoppe ice cream.



Then hit the **UW-Madison Arboretum**, home to more than 1,200 acres of prairies, wetlands, savannas and forests. Take your wiggle worms through more than 17 miles of trails that weave throughout the arboretum, which has been restored and fostered by staff and students. On the website, download a trail map for easy navigation.

Before heading home, sniff flowers and look for butterflies at the University of Wisconsin-Madison's **Allen Centennial Garden**. With a colorful bridge, stone sculptures, a fish pond and a historic house, it's also a great place to pose for a family photo.

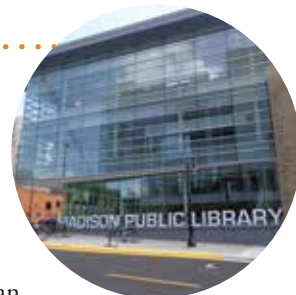
## Physical Challenge



Does your family love sports, games and exercise? If so, this itinerary is bound to be a winner. First, carboload with a Belgian waffle breakfast at the **Coppertop** family restaurant. Then putt your way through the outdoor mini-golf course at **Vitense Golfland**. For more golf-inspired fun, zip over to **Elver Park** for a game of disc golf (permit required) among the pines.

When you're ready for a breather, swing by **Barriques** on West Washington for some refreshing iced teas. As the day's temperature reaches its peak, cool off by paddling across Monona Bay. **Brittingham Boats** rents kayaks, canoes and stand-up paddleboards seven days a week. When you're ready to dry off, hit the playground or tennis courts at **Warner Park**. Then venture to the park's Duck Pond Stadium to cheer on the **Madison Mallards**. The beloved baseball team is slated to play three to four home games a week in July and early August.

If the weather turns sour, or you'd like to swap in an alternate activity, visit **Boulders Climbing Gym's** downtown location to possibly learn a new sport if your crew hasn't tried climbing before!



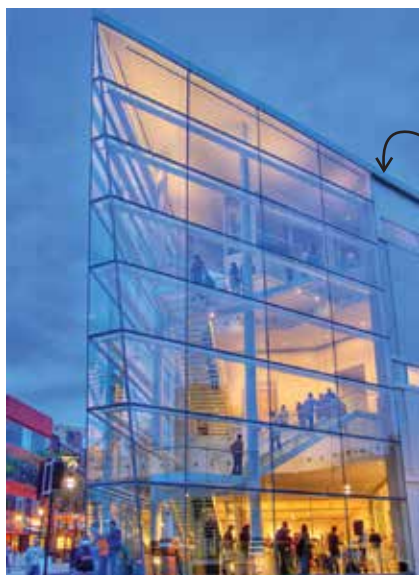
## Arts Extravaganza

Venture to the free **Madison Museum of Contemporary Art** to look at inspiring artworks. Kids can view the MMoCAkids art guide on a smartphone or tablet to supplement their viewing experience while there. Or, visit the website anytime ([mmoca.org](http://mmoca.org)) for other creative activities to try.

Use the Pokémon GO app to collect Jigglypuffs and other curious creatures as you walk toward **Central Library**. Make crafts in the Bubbler room when you get there (make an appointment first), then check out some books to take home.

**Revel** has Make at Home Craft Kits and On-the-Go Craft kits, so kids and tweens can dig into their creative side, no matter where they are. Visit Revel's website and select a craft to pick up, which range from felt succulent kits to doodle coasters to macramé.

Afterward, build an inspired pizza at **Ian's on State**. Macaroni noodles and smoked brisket are just a few of the toppings that can decorate your dough.



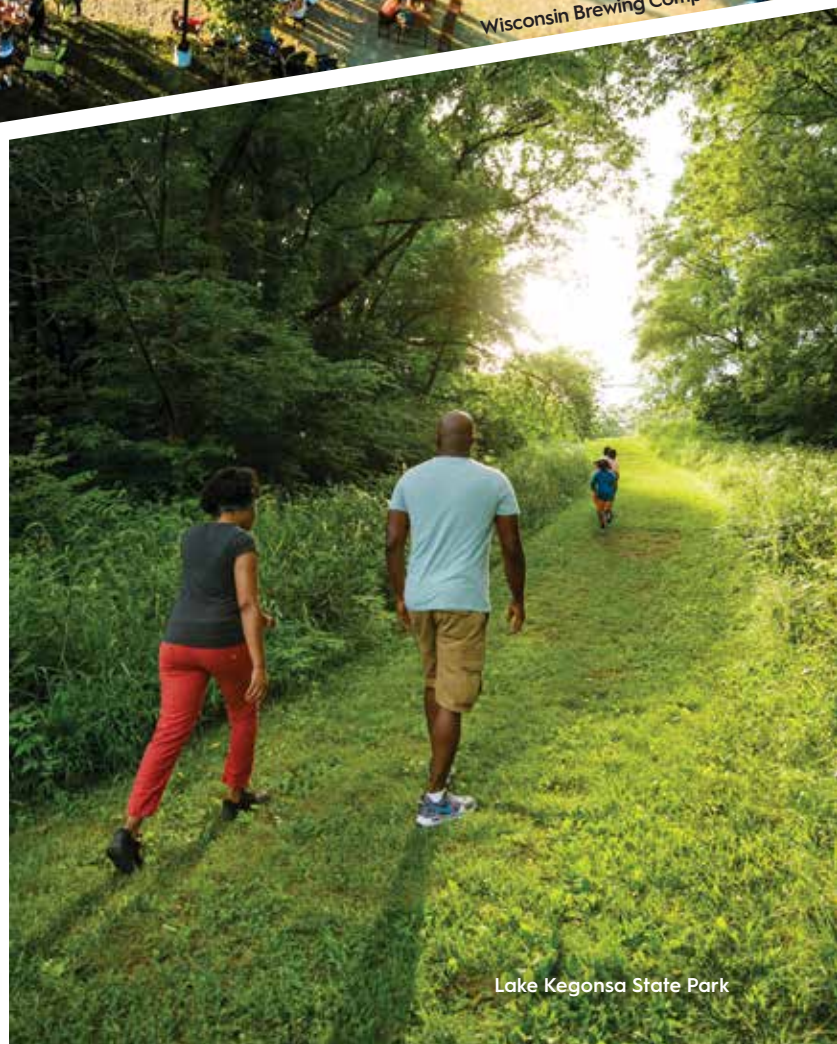




Wisconsin Brewing Company



Sofra Family Bistro



Lake Kegonsa State Park



# Summering in the Suburbs

LUCKILY, OUR CITY IS SURROUNDED BY 'BURBS BURSTING WITH FUN.  
BY CANDICE WAGENER

Planning a staycation and exploring the areas around Madison can be a fabulous adventure! We've paired up some fun activities along with great food spots, all within a half-hour of Madison.



Troll Beach

## Stoughton

WHILE THIS NEARBY 'BURB CERTAINLY MAKES A NAME for itself with its mid-May Syttende Mai festival, it deserves another look in summer. Start your day off sweet with homemade donuts from **Fosdal's**, a Stoughton landmark since 1939. Get lost on the Yahara River Trail System or wander through **Lake Kegonsa State Park**, where you can hike, swim, fish and even boat along the 3,200-acre lake. **Troll Beach**, an aquatic park loaded up with fun inflatables, is another option for water babies. Your toughest decision all day will be deciding between bites at **Wildwood Cafe**, **Wendigo** or **Viking Brewpub** with its totally magical langskip bar featuring Hilda, the friendly dragon. You can also whet your whistle at **Mershon's** with a glass of refreshing, homemade cyser.



## Verona

IN A TOWN THAT CONTINUES TO GROW BY LEAPS AND bounds, entertainment options are abundant in Verona. With easy access to the **Badger State Trail**, **Capital City State Trail**, and the **Wisconsin Ironman Loop**, this is the place to bring your bikes or lace up your running or hiking shoes. The different trails offer diverse views and experiences, and could occupy an entire weekend if you wanted. Of course, you'll need to fuel up, and there's no better place than **Sugar River Pizza Company**. If you're in the mood for some locally-brewed craft beer, head down the street to **Wisconsin Brewing Company**, which has a spacious patio and greenspace to relax and take in the summer scenery. Bring a blanket and snacks and make an evening of it!



Sugar River Pizza Company





Driftless Chocolates

## Paoli

### BECAUSE IT'S SORT OF ENVELOPED

by Verona, Mount Horeb and New Glarus, it seems Paoli often gets overlooked — but it shouldn't. Take in the quaint downtown and discover treats at **Driftless Chocolates**, located right beside gorgeous **Paoli Mill Park**. The **Sugar River** is a great option for kayaking but, if water sports aren't your thing, take a hike in the nearby **Scheidegger Forest**. Once you've worked up an appetite, head back into town to the **Paoli Schoolhouse**, a high-end bistro with a distinctive atmosphere.

## Mount Horeb

### JUST A STONE'S THROW FROM

Middleton, you could make an easy day trip by adding Mount Horeb onto your itinerary. **The Military Ridge Trail**, which runs right through the heart of downtown Mount Horeb, is an excellent option for bikers of all different levels, with lots of shade and a fairly wide berth. Along the path you'll find **Brix Cider**, with refreshments, snacks and plenty of outdoor seating.



## Middleton

### MIDDLETON IS THE GOOD NEIGHBOR

City next door to Madison, easily accessible via University Avenue. It's also home to a very significant nature preserve. **Pheasant Branch Conservancy** offers six miles of trails that are pedestrian- and bike-friendly. Feel totally removed from city life as you walk, run or bike through gorgeous forests and trails and over several beautiful bridges that span Pheasant Branch Creek. Plus, it's a favorite spot for birdwatchers, so bring your binoculars. Wander into downtown afterwards and



make your way over to classic diners **Hubbard Avenue Diner** (save room for pie!) or **Sofra Family Bistro**.



Hubbard Avenue Diner

## Waunakee

### IT'S THE ONLY WAUNAKEE IN THE

world, and it's a great place to enjoy the sunshine while getting in a game of golf. **The Meadows of Sixmile Creek** offers Dane County's only organic golf course, providing a safe environment for everyone, which is definitely something to brag about. With five different sets of tees, golfers of all levels will find the challenge

they're looking for. Once you've tackled the course, head over to **Drumlin Ridge Winery** for happy hour. Nibble on small-plate apps and local sips, like their aptly-named Wauna Red wine. For dinner, try out **El Charro Mexican Grill's** tasty fare or snag a seat on **Buck & Honey's** outdoor patio. 🌸



CLOCKWISE DRIFTLESS CHOCOLATES, MIDDLETON TOURISM, TRAVEL WISCONSIN, HOLLY LEITNER



## YES, YOU HAVE A MONEY RELATIONSHIP

*By Joanna G. Burish*

**H**ave you ever thought about this question: Do you know what your relationship with money is? Do your finances make you happy or sad? Do they control or scare you, or cause you to feel shame or a lack of self-worth? Do you avoid the realities of your finances and financial planning, or does your money empower you and make you feel like you can do anything? Would you like to know how to empower your financial future?

One of the best ways to learn about your relationship with money is to understand how your beliefs about money were formed and how those views influence your thoughts, feelings and behavior toward it. Why do you do what you do when it comes to money? As we watched our parents handle their finances, we all developed impressions of the power of money. Was it typically the person who made the money who had the power? Were they kind and generous with that power, or was it used negatively? All of these stories were internalized and influenced your ideas about money as you got older. Do you like this version of your relationship with money or not?

You have a choice to change your money story. You have an opportunity to look for the limits in your relationship with money, and the more you free yourself from your past limitations about money, the more you'll free yourself to receive abundance and an additional source of freedom, joy and self-love. That is a pretty awesome relationship to be in!



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## FIVE TOOLS TO EMPOWER YOUR RELATIONSHIP WITH MONEY

- 1. Understand your money profile.** Learning about your financial style can help your approach to financial power and planning, and creating a plan and sticking to it. Behavioral finance studies show that 70% of people who were advised on a financial plan from a financial advisor did not follow it. That's because the plan didn't match their profile. Let's get you in the 30% of those succeeding in their financial freedom and loving it!
- 2. Work with a holistic financial planner.** Your planner will get to know you, your core values and your money profile — and develop a plan made specifically for you!
- 3. Work with a money or confidence coach.** My good friend Karla Angel coaches about building confidence. A money coach can help you get to the core of what is holding you back from having your best relationship with your finances.
- 4. Listen to podcasts and read books that empower your knowledge about money and creating true wealth.** True financial planning is holistic, which includes in your heart and your overall mindset. These resources will deepen your financial knowledge, which in turn will help you stick to a financial plan. If you don't take all of this into account, your best-laid plans most likely won't last.
- 5. Be honest about what your true money mindset is.** Your money mindset shapes the way you feel about how you relate to abundance versus scarcity, debt, shame and your ego. It influences your self-worth, your ability to make financial choices with confidence, how generous you are and more. Debra Sunderland Coaching helps you become aware of your limitations and how to recreate the limiting stories we tell ourselves to approaching solutions from an empowered frame.

So, let's reset your money mantra and get you to reset your relationship with money again! If you'd like to find out what your money mindset is, or would like resources to work with a confidence or money coach, please reach out to me and my team. We are happy to help!



# THE LONG ROAD TO

# TOKYO



Madison's Olympic hopefuls, as well as past and present Olympians, share what the summer Games experience has meant to them.

BY TAMIRA MADSEN

# BEATA NELSON



HILARY SCHAVE

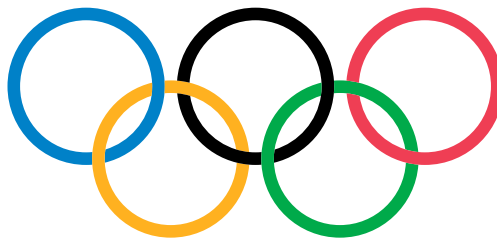


## Competing in the Olympic Games is the pinnacle of an athlete's career.

With the pandemic hitting full force in 2020, the 2020 Summer Olympics\* — which were to take place in July 2020 — were postponed until July 2021. With this delay, athletes worldwide had to regroup and keep their training momentum going for another year.

For a mid-sized Midwestern city, Madison has no shortage of awe-inspiring female athletes who are past Olympians or are giving it a shot in 2021. Here, we tell stories of Madison's Olympic hopefuls, as well as past and present Olympians.

*\*Note the 2020 Summer Olympics are being held in 2021, but are still officially referred to as the 2020 Summer Olympics.*



### Beata Nelson

The splendor of winning a medal at the Olympic Games is an experience like no other.

Elite athletes devote their lives and train for these moments. They stand on a medal podium in front of their country's flag and soak up the triumphant celebration.

The Olympic ties that bind Wisconsin and Madison female athletes are one and the same. They toil tirelessly for the love of their sport, and aspirations are realized when they reach their athletic pinnacles.

One athlete that trained close to home for a shot at the Olympics is Madison native Beata Nelson, who graduated from the University of Wisconsin–Madison in 2020. The 22-year-old is working with the Badgers swim team and was also coached in the past by Shane Ryan — who co-founded the Madison Aquatic Club with his wife, Carly Piper Ryan — and Janis Katz.

To increase her chances at making the Olympics, Nelson attempted to qualify in multiple events at the 2020 Olympic Team Trials on June 13-20 in Omaha, Nebraska. She competed in the 100M backstroke, 200M backstroke, 100M butterfly, 200M individual medley (IM) and the 100M freestyle. (*See sidebar, P. 54*).

With the pandemic, the Madison resident's college and Olympic pursuits were cut short in 2020 when the NCAA swimming championships were canceled and the Olympics postponed,

but Nelson put the disappointment aside to condition for the Olympics in 2021.

Nelson already has a legendary swim career and family ties to the sport. Her father, Andy Nelson, also swam for the Badgers. She started swimming at the age of 6 at Ridgewood Pool, a private facility on Madison's southwest side.

She joined the swim club at the YMCA, with Shane Ryan as her coach, and eventually flourished as a high school athlete. She won 12 Wisconsin Interscholastic Athletic Association Division 1 state swimming titles with Verona-Mount Horeb's swim team. Nelson proceeded to UW-Madison, where she claimed three individual NCAA titles in the 100-yard backstroke, 200-yard backstroke and 200-yard IM events. Besides Shane, Nelson attributes Badgers swimming coach Yuri Suguiyama and his staff for helping her achieve success in her swim career.

Though it was tough to be prohibited from the pool for a period during the pandemic, the Olympics postponement was helpful for Nelson in one way: She now trains in the brand-new Soderholm Family Aquatic Center at UW-Madison's University Recreation and Wellbeing building, which has a 50-meter pool. The Center opened in September 2020 and replaced the old Southeast Recreation Facility on Dayton Street.

One adjustment for Nelson has been swimming in a long-course Olympic distance pool at the 50-meter length, as opposed to collegiate and high school events, which take place in short-course pools that are a 25-yard distance.



Beata Nelson

She says she has enjoyed the all-encompassing aspect and intensity of her training regimen. Nelson spends six to seven hours each day working out, swimming twice per day three days a week, and does a longer swim workout the other three days a week. She also lifts weights three days a week.

"It's all about feeling your body and preparing, but also keeping your mindset right, being excited, having fun and not letting the pressure dictate how you're training or what you're preparing for," Nelson says. "I love the sport of swimming. It's definitely a grind. It's definitely hard. In the peak of training when things are tough, you have to remind yourself what you're doing it for."

Post-Olympics training, Nelson anticipates continuing to swim at the professional level with the International Swimming League (ISL). She earned money by participating in races in Budapest, Hungary, for a couple months last winter with a California-based ISL team.

Nelson, who obtained a psychology degree in 2020, says ISL has been a good development since financial assistance and earning a living can be tough as a professional swimmer, unless you're a USA Swimming national team member. She also wants to try to make another run at the 2024 Summer Olympics in Paris.

When her competitive career is finished, Nelson foresees attending graduate school and potentially working as a sports psychologist.

## Rose Lavelle

Former Badgers soccer star Rose Lavelle, 26, will be a key player when the U.S. women's national soccer team plays its first Olympic match on July 21 against Sweden. (The soccer portion of the Olympics begins two days before the Opening Ceremony.) This will be the first Olympic Games for Lavelle, a Cincinnati native.

Lavelle competed with Manchester City in England this season before returning to America and the OL Reign, a squad in the National Women's Soccer League. The Reign are based in Tacoma, Washington.

Lavelle scored a goal against the Netherlands to help lift the U.S. to a 2-0 victory in the World Cup Final in July 2019. She received the Bronze Ball trophy in that tournament and was also named the sixth best player in the world at The Best FIFA Football Awards 2019.



Prior to her professional career, the midfielder played with the Badgers from 2013-16 and earned first-team All-American honors from the National Soccer Coaches Association of America as a junior in 2015. Lavelle obtained a sociology degree from UW-Madison in 2017. She served as commencement speaker for UW-Madison's virtual winter commencement this past December.





# CARLY PIPER RYAN





## Carly Piper Ryan

Swimmer Carly Piper Ryan (formerly Carly Piper) was a UW-Madison student when she won a gold medal in the 4x200M freestyle relay at the 2004 Summer Olympics in Athens, Greece, with her teammates Natalie Coughlin, Kaitlin Sandeno and Dana Vollmer.

Not only did Ryan and her teammates win the 800M freestyle relay, they also broke a world record with a finish of 7 minutes, 53.42 seconds. The previous record was 7 minutes, 55.80 seconds by East Germany in 1987. That 2004 record by the U.S. women's relay has since been shattered many times.

"Going to the Olympics was always something I wanted to do ever since I was little and the dream kept growing, [getting] closer and closer every Olympic year," says Ryan, a Michigan native, who grew up swimming in youth summer clubs, year-round competitions and high school.

Ryan swam in Athens prior to her senior season at UW-Madison, where she earned Big Ten Conference swimmer of the year accolades in 2003 and 2005.

Now when she watches the Olympics, she gets emotional. Television highlights of the opening ceremony, medal celebrations and athlete profiles are moments that she fondly recalls.

"It always makes me tear up a little bit, too," Ryan says. "It's so cheesy, but I did that too."

Ryan retired from professional swimming in 2008, shortly after failing to qualify in the 200M freestyle at the 2008 Olympic trials. She didn't make the finals.

She works as a unit clerk at Group Health Cooperative and is raising two young daughters in Madison with her husband, Shane. (Shane was also a collegiate swimmer at UW-La Crosse). The Ryans also own the Madison Aquatic Club in Madison, a swim club for all ages and abilities, from parent-child swim classes up to high school and collegiate level training.



Carly Piper Ryan

*"[Competing in the Olympics] feels like it was so long ago ... yet at the same time, it feels like yesterday. I feel all of the feelings now when I watch [the Games]."*







## Gwen Jorgensen

Waukesha native Gwen Jorgensen won a gold medal in the women's triathlon in Rio de Janeiro at the 2016 Summer Olympics. The competition consists of a 1.5K swim, a 40K bike race and a 10K run. She's the only American athlete, female or male, to earn gold in the triathlon in the Game's history.

In order to find success in Rio, Jorgensen relied on her five years of experience competing in triathlons. The two-time world champion triathlete didn't stay in the athlete's village in Brazil and treated the Olympic event like any other race.

"There was a lot riding on the line," Jorgensen says, now 35. "Before the Olympics, I knew, for me, a silver or bronze medal would have been a failure on that day. That's a lot of pressure, but thankfully I had the right tools, such as making process-based goals to be able to compete with ease and comfort."

Before her 2016 triumph, she finished 38th in the triathlon at the 2012 Summer Olympics in London, after getting a flat tire in the bike portion of the race. This year will mark her third attempt to make the Olympic team. At the U.S. Olympic Track and Field Trials in Eugene, Oregon, which took place June 18-27, she ran in the 5K finals and finished ninth, not

qualifying for the Games in that event. She ran the 10K on June 26 (after press time). The top three finishers in each event will go to the Summer Games in Tokyo. (See sidebar, right).

Jorgensen, who joined the UW-Madison swim team as a walk-on, and also ran track and cross country at the university, is still incredulous about her gold medal victory. She says putting in the hard work and her past competition experience made the difference.

"What is it like competing for and winning an Olympic gold medal?" Jorgensen reflects. "It's a hard question to answer, and still seems almost silly that I could do that. To me, I knew I just had to do what I'd done before."



Gwen Jorgensen

# TRYING FOR THE 2021 GAMES

The U.S. Olympic Trials for the athletes we featured took place in June 2021. How did Madison's athletes do?

**Beata Nelson** had a solid showing at the 2020 Olympic Team Trials in Omaha, Nebraska, but didn't make the U.S. women's swimming team. In event finals, Nelson finished seventh with 2 minutes, 11.96 seconds in the 200M individual medley (IM) and 16th with 2 minutes, 12.70 seconds in the 200M backstroke. Nelson also swam in the semifinals for the 100M butterfly and 100M freestyle.



Badgers swimmer **Phoebe Bacon**, a sophomore from Bethesda, Maryland, will represent the U.S. in Tokyo after posting a runner-up finish (2 minutes, 07.46 seconds) in the 200M backstroke final.

**Vicky Opitz** celebrated a second Olympic berth in June, when she was chosen as an alternate for the U.S. women's rowing team. Another ex-UW-Madison rower, **Maddie Wanamaker**, 26, made the team.

Wanamaker, a Neenah native and former UW walk-on rower like Opitz, will make her Olympic debut competing in the women's four, which is a four-rower boat.

Aiming for her third Olympic Games, **Gwen Jorgensen** posted a ninth-place finish in the 5K finals at the U.S. Olympic Track and Field Trials. Jorgensen was also scheduled to compete in the 10K race.



**Rose Lavelle** will make her Olympic debut with Team USA's soccer team. Lavelle was a member on the American team that won the World Cup in 2019.  
— Tamira Madsen

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## Vicky Opitz

Madison native and Middleton High School graduate Vicky Opitz didn't entertain thoughts of reaching the Olympics until her senior year at UW-Madison. Opitz, 33, is the granddaughter of former Badgers rowing coach Randy Jablonic, and daughter of ex-Badgers rowers Konrad and Kay Opitz.

Opitz joined the Badgers rowing team as a walk-on in 2006 and earned a scholarship two years later. After graduating from UW-Madison in 2011 with a political science and communication arts degree, she relocated to Princeton, New Jersey, to live and train. The four-time world champion in the women's eight (which is a boat with eight rowers plus a coxswain), Opitz was selected as an alternate for that same event in the 2016 Summer Olympics in Rio.

She had mixed feelings about the 2016 Games, where the U.S. women's eight boat won gold medals.



Vicky Opitz

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"I loved being there and loved being with the team part of the experience," Opitz says. "But on the other side of the coin, it was very difficult because I wanted to compete; I wanted to be in those boats. So, it was hard being there to support but wanting to be racing as well."

Opitz was sidelined in 2017 after her left arm swelled during a race in Poland. A three-inch blood clot was removed from her chest in addition to the first part of her first rib, when it was determined she suffered from thoracic outlet syndrome. This condition is a group of disorders that occur when blood vessels or nerves in the space between the collarbone and first rib are compressed, causing pain and numbness in the neck, shoulders and fingers.

That same year she picked up her fourth world championship as a member of the eight boat. She also rowed in the women's pair that year.

Opitz, a starboard competitor, says that 26 rowers competed for 14 spots on the Olympic squad, seven spaces for a port (left) rower and seven for a starboard (right) rower. In June 2021, Opitz qualified



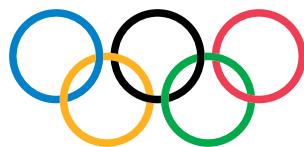
Opitz (second from right) at the 2018 World Rowing Championships, where she won gold in the women's eight.

once again to be an alternate on the 2020 Olympics squad (see sidebar, P. 54).

Two other rowers with Wisconsin and UW–Madison ties are Neenah native Maddie Wanamaker and Franklin's Sophia Vitas. The former Badgers rowers, along with Opitz, participated in Olympic selection camps in Princeton. In rowing, athletes have one oar each, and in sculling events, rowers have two oars each. Happily, Wanamaker qualified in June 2021 for the Olympics in the four, a four-rower boat. Vitas did not secure a spot.

Training in rowing is a rigorous and exhausting process where 12-hour days are a part of the normal routine. It also includes appointments with a physical therapist a couple times per week. Opitz says rest and recovery are important after difficult workouts. Going hard every day is expected, especially considering what's at stake.

"It kind of feels like you're almost sick all the time is the best way I've explained it to people," she says. "This also sounds bizarre, but you kind of get used to it. And, you learn how to manage it well."



Opitz confirms she's "pretty sure" she'll be done rowing after the 2020 games, but qualifies it, saying, "I don't want to close that door forever ... but, I'm pretty sure." Also on the horizon is working toward a master's degree in business.

The support Opitz and many athletes receive during their careers make up for the low moments and sometimes excruciating workouts they endure.

"Dealing with some of my ups and downs has definitely been challenging," Opitz says. "I want to be here. I'm willing to do what I need to do to achieve that. It's definitely not easy, that's for sure. There have been some low moments, but at the end of the day, it just comes down to love of sport." 🌸

*Tamira Madsen has covered sports in Madison and the state for more than 20 years, with an emphasis on UW–Madison football and basketball, and auto racing.*

## THE OLYMPICS AT A GLANCE

July 23–Aug. 8, 2021

- 2:** Number of times Tokyo has hosted the Summer Games — the first time was in 1964. It is one of 12 cities that has hosted multiple Summer or Winter Olympic Games.
- 4:** Number of athletes that compete in mixed doubles during a table tennis mixed doubles match. The sport will make its debut at this summer's Games.
- 33:** Number of Olympic sports.
- 339:** Number of individual events.
- 11,000:** Number of athletes from 206 nations that are expected to compete.

[olympics.com/tokyo-2020/en](https://olympics.com/tokyo-2020/en)





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# Wellbeing

## IN A WEEKEND

CHECK OUT THESE WELLNESS DESTINATIONS AROUND  
THE STATE, AND GET READY TO FEEL YOUR BEST.

BY SHELBY DEERING

**THE LEISURELY VACATION IS GREAT – THE ONE WHERE** you're lying in a hammock without a clock in sight, or you're taking in new locales at an unhurried pace. But, how about mixing those laid-back experiences with ones that will make you feel your best – in mind, body and soul. After an afternoon nap, you may want to go for a run alongside a scenic lake. Or check out a nearby CrossFit studio. Or stay at a resort where meditation and nutritious eats are on the itinerary.

Whatever your speed, take a look at these favorite, feel-good-to-your-toes wellness destinations from around the state.





Dragonfly Hot Yoga

## Madison

**IT'S FUN TO PLAY TOURIST IN YOUR OWN TOWN —** luckily, Madison is chock-full of fitness-friendly spots. As the mecca of IRONMAN Wisconsin and the NOBULL CrossFit Games, Madison is also one of the most bike path-rich cities around with 75 miles of paths. It also doesn't skimp on yoga studios. To turn up the heat, drop in to one of Dragonfly Hot Yoga's three locations, where you can partake in classic yoga classes or ones that emphasize High Intensity Interval Training (HIIT). To slow things down, rent a stand-up paddleboard, canoe or kayak through Brittingham Boats, Marshall Boats or Wingra Boats, located on Madison's three main bodies of water. Practice mindfulness and purposeful moving with a local forest therapy guide, like Moira Farrell of Hike and Heal Wellness or Kate Bast of Shinrin-yoku Madison.

Book a staycation at the AC Hotel Madison, which boasts a prime downtown location and ninth-floor fitness room with a jaw-dropping Capitol view. The Edgewater Madison is another perfect choice, with its signature spa as well as an amenity-packed wellness center with a relaxation pool, fitness classes and steam room. A quick jaunt down State Street takes you to Forage Kitchen, which crafts its own line of kombucha, as well as grain bowls and salads.



2019 IRONMAN Wisconsin winner Linsey Corbin



Brittingham Boats






## Bayfield

### NESTLED NEAR THE APOSTLE ISLANDS,


Bayfield is an outdoor lover's paradise, where the mind is calmed by natural surroundings and there are lots of chances to work up a sweat. To go for a run, bike ride or long walk, head out on Bayfield's many trails, like the Chequamegon National Forest's 300-mile system of mountain-bike trails, along with 38 hiking trails found in Bayfield County. For "paths" of the water variety, enjoy a guided sea kayak tour around Lake Superior and the Apostle Islands with local companies like Bayfield Kayak and Trek & Trail.

After soaking up all that nature, find your center with Jenny Tumas Yoga. The instructor provides group and one-on-one classes focusing on Vinyasa for all yoga levels at three area locations. Polish off your wellness trip with a stay at Wild Rice Retreat, an oasis located a stone's throw from the lake, offering yoga and meditation retreats along with beautiful cottages for overnight stays and locally-sourced meals.


 The Apostle Islands





 The Oxbow Hotel



 Phoenix Park Bridge


## Eau Claire

### HEAD TO WESTERN WISCONSIN FOR NEW WAYS

to work your body and soothe your mind. Eau Claire is home to The Center, a lovely stone cottage with classes to challenge the body – like Gentle Yoga and Zumba – and experiences that promote improved mental health, including Buddhist meditation, energy healing and tai chi.

To hit up outdoor destinations, like the Eau Claire River and the Chippewa River State Trail, book a stay at The Oxbow Hotel – boutique accommodations that provide guests with free bikes. Or, on the weekend, sign up at the front desk for a two-hour canoe or kayak paddle. For fresh ways to get moving, take a class at Dragonfly Dance & Wellness, where you'll find your rhythm at Hip Hop Fit or line dance at Country Kick. Let any worries float away at an aerial yoga class at Sky Yoga and Fitness. Then sip a customized smoothie at Crave 80/20.



 Kayakers near the Pablo Center at the Confluence

TRAVEL WISCONSIN



#### WITH THE FOX RIVER WINDING

straight through the Fox Cities – which include Appleton, Oshkosh and a collection of small towns – it's no wonder that this area is filled with waterside trails.

The Loop the Lake trail (shown) is a scenic, 3.2-mile path that starts in Neenah and connects to Fox Crossing and Menasha. It has views of Little Lake Butte Des Morts, four trestle bridges and a few parks along the way. The Fox Cities Paper Trail is a 50-mile loop that wraps in 11 communities, 20 parks and idyllic views of the river and Lake Winnebago. Don't forget to bring your bike, or you can rent one from Recyclist Bicycle Co., located in Kaukauna.

To take things indoors, visit Blankfield BodyFit in Neenah for a circuit training, Pilates or boot camp-style class. Appleton's Rooted Yoga provides morning stretch, chair yoga and yoga classes for all abilities. Cool down after a workout with a Green Goddess smoothie or kombucha at Appleton's Bona Fide Juicery. Then practice some self-care time at the CopperLeaf Hotel in downtown Appleton – in addition to the fitness room, the hotel offers in-room yoga mats.



Loop the Lake Trail



## Milwaukee

### IT MIGHT SURPRISE YOU TO LEARN

that Wisconsin's motherland of cheese and beer, otherwise known as Milwaukee, boasts some of the best fitness locales in the state. If you're looking for a challenging workout in between brewery tours, head to Cream City CrossFit Co-op, a member-owned studio housed in a historic brick building. Or Water Street's locally-owned SPIRE Fitness, lets you achieve your best-possible workout through a music-pumping indoor cycling, rowing or TRX class. With four locations, Empower Yoga employs infrared heat to rev up metabolism and loosen muscles. Or, get a breath of fresh air with an omTown Yogis class, held outdoors at various Milwaukee parks.

To wind down, savor a custom-made salad at Milwaukee Public Market's The Green Kitchen, brimming with vegan and gluten-free options. A bit west, Brookfield's Café Manna is another vegetarian wonderland – don't miss the vegan pho or the black bean and mushroom burger. End your day at the stylish Saint Kate Arts Hotel, readied with Peloton bikes and TRX equipment in the fitness room.

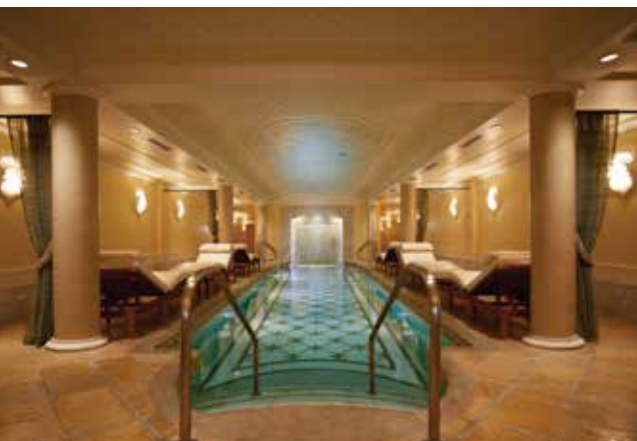


Spire Fitness



Milwaukee Public Market

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## SELF-CARE IN Kohler

Already famed for its Kohler Waters Spa at The American Club and luxe studio Yoga on the Lake, the small town of Kohler presents another wellness opportunity. Get the most of the Kohler experience by staying at the resort, where you'll have access to its five-star spa and wildlife grounds. Might we recommend the Destress Journey wellness package? It includes a two-night stay, meals, spa services, a yoga class, in-room aromatherapy and the use of a bicycle during the stay. [destinationkohler.com](https://www.destinationkohler.com) ✨



## OUTDOOR EATS

BY CANDICE WAGENER

This summer feels especially sweet as we safely return to doing activities we love, like dining out. We've rounded up some of our fave spots for dining outdoors in style, where you can soak up all the goodness of summer while enjoying a bite to eat.

### PATIO LOVE

There's a long list of patios around town, but these restaurants go above and beyond with their outdoor setup.

**Skål Public House** has already garnered Instagram love for their stunning alleyway space, offering a perfect spot to settle in, even on windy days. When in Mount Horeb, go with the lefse wrap: beef brisket, swiss, arugula, tomato and lingonberry sauce all wrapped up in Norwegian lefse (which is kind of like a potato-based crepe). Skål also offers an extensive tap list for beer aficionados.

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# SAVE THE DATE



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## EMPOWER LUNCH HOUR

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**12 p.m., Thursday, October 7**

### Money & Mental Health

Join Summit Credit Union & NAMI Dane County for a dynamic discussion around money & mental health. They'll review the 8 dimensions of wellness focusing on what it means to be financially well. They'll also explore the ties in mental and financial health, including resources available to help enhance your overall wellness.

**Visit [bravamagazine.com](http://bravamagazine.com) for registration details.**



Downtown Middleton continues to transform, and right in the heart of it all is **Longtable Beer Cafe**, with garage-style doors that open up to expand their dining space onto the adjoining sidewalk area, complete with fire pits. Here beer lovers are greeted by an entire wall of coolers displaying specialty beverages. Inventive salads — like Rushing Waters smoked trout on a bed of spinach, spruced up with shaved fennel, Montchèvre goat cheese and tossed in an orange strawberry vinaigrette — bring summer to the plate.

However, the patio to rival all patios is the lush, hidden urban oasis tucked away behind **The Great Dane** downtown. It's easy to forget you're surrounded by buildings as you sit beneath a canopy of trees and vine-covered stone walls while you dine here. A tried-and-true spot for their house-brewed craft beers, burgers and sandwiches, this place offers a classic Madison experience that is not to be overlooked.

### ON THE WATERFRONT

Madison has a somewhat short list of waterfront dining venues considering how much shoreline there is, which makes it that much more special when you get a table with an aquatic view.

A longstanding classic, **Mariner's Inn** offers a supper club vibe with gorgeous views of Lake Mendota. Enjoy great "catches" on the menu like lobster tail, salmon and shrimp, but the name of the game here is steak. With several different cuts and preparations — as well as indulgent additions like Bearnaise sauce — you'll definitely want to come hungry.

Monona has made good on plotting restaurants around the waterfront. Head over to

The **Waypoint Public House**, where you can enjoy a fancy brunch or a fine dinner on the banks of the Yahara River. Eggs Benedict gets a flavor upgrade with smoked salmon, or opt for their avocado-pesto toast if you're more of a landlubber.

A short drift down the Yahara, **Buck & Honey's** spacious, riverside patio brings beautiful views. Their curds are made with Sassy Cow cheese, so you know they're some of the best. Or take inspiration from your marine surroundings and order their scallops and berries salad.



### SHOUTING FROM THE ROOFTOPS

Rooftop dining seems especially magical as you partake in a delicious meal amidst breathtaking views of the city.

There's no better place to discover the potential of a rooftop than at the **Graduate Madison's Camp Trippalindee**. Surrounded by views of the Capitol, Lake Mendota, State Street and campus, you can roast marshmallows for s'mores and catch up with friends. Have fun perusing the camp-themed menu, whether you're into "Boozy Capri Suns," adult slushies or homemade lunchables.

Further down State Street, the ideal rooftop date happens at **Fresco**. The menu here is upscale, with steak tartare, roasted cornish game hen and panna cotta as just some of the delights you can feast on. Recently, Fresco announced they'll be closing in October (due to financial hardship resulting from the pandemic), so you'll want to catch a memorable meal here before then!

Meander out to Waunakee for the rare suburban rooftop experience at **The Lone Girl Brewing Company**. You'll really get the sense of being away from it all up here, and revel in live music on Fridays and Sundays. With a dozen varieties of their in-house, craft-brewed beer on tap, Lone Girl is a sure bet for taking in all that summer has to offer. 🌸







## PASTURE AND PLENTY'S MAKESHOP MOVES FORWARD

BY CANDICE WAGENER

When Pasture and Plenty opened their doors in June 2017, they immediately gained a loyal following for their locally-sourced meal kits and farm-fresh menu. While their catering and restaurant business has taken a hiatus during the pandemic, their meal kit and takeout business increased, and they've created virtual events, classes and workshops to stay connected with their community. As owner Christy McKenzie dreamed up what their business model could look like post-pandemic, plans began unfolding for P&P Makeshop — a space that will allow them to grow “in all the right ways.”

While the concept of growth had been in the plans for some time, McKenzie says they initially considered an offsite facility. It was happenstance when the adjoining space and parking lot next door became available, and McKenzie snapped it up. With the added square footage, the plan is to build a new cold prep kitchen — which will allow expansion of their meal kit community and farm-to-freezer foods, plus added room for their Bakeshop team to continue experimenting and exploring their craft. And that means bringing even more fabulous goodies to customers, like their take-and-bake cinnamon rolls.

The biggest development, however, will be the production kitchen shared with five new and growing local food businesses owned by women and people of color, providing the infrastructure these small businesses need to get started or expand their own growing operations. Tart Baked Goods, a women-owned bakery that is already familiar to P&P regulars, will have the capabilities to make even more small-batch sweet and savory goodies inspired by the bounty of our Midwestern seasons — and the occasional over-the-top treats.

New businesses to partner with P&P include The Vibrant Veg, started by chef Lauren Montelbano (formerly of Surya Cafe) as a means to provide healthy whole food options that are plant-based and gluten-free in the form of juices, meals and products. La Cosecha, owned by Jonathan Correa, makes authentic tortillas and chips from Mexican landrace and American heirloom varieties of corn grown in the Midwest. Shannon Berry and Miroslava Muñoz are in the process of launching Milpa, a line of locally-produced wholesale products inspired by the flavors of Mexico, from within the walls of the Makeshop.



Finally, Ice Cream Social, started by Katrina Ervin during the pandemic with a social-justice bent, is opening a scoop shop in the Makeshop, as well as sharing kitchen space for production.

With construction underway, Makeshop should be up and running by the end of summer. They met (and surpassed) their \$35,000 fundraising goal for the production kitchen and to provide seed money for the partner businesses.

“We’re looking [to partner with] businesses that are making a difference where they are,” says McKenzie. “It’s a reflection of the community that they really believe in the work we’re doing. They’re behind us. It’s humbling and empowering and pretty special.” 🌸



TOP, MIDDLE SUNNY FRANTZ

## IT'S TIME TO GET OUT!

Listen to live music, nibble on fair food and shop your heart out this summer.

BY SHELBY ROWE MOYER



### Opera in the Park Returns

**July 24 (rain date July 25), Garner Park**

The coronavirus forced the Madison Opera to put Opera in the Park on pause in 2020, but it's back this month after adjustments were made to ensure the safety of those attending this free event. Attendees can expect to see performers Amanda Majeski, Rehanna Thelwell, Andrew Stenson and Kyle Ketelsen in this year's program of opera arias, ensembles and more.

As of now, audience pods will be labeled to allow for social distancing between groups, but keep an eye out for the latest public health orders, because guidelines could change. [madisonopera.org](http://madisonopera.org)



### The Madison Children's Museum is Open!

For more than a year the Madison Children's Museum was closed due to the pandemic, but it's open again after taking several health and safety precautions. Book tickets in advance for museum entrance, and spend the day expanding the minds of the curious kids in your life.

Keep an eye out for the opening of Wonderground, a new, 10,000-square-foot, four-season playground. The museum reimagined its defunct, former parking lot into a space for play, with its signature log cabin and orchard, plus new climbing wall and activity nooks. [madisonchildrensmuseum.org](http://madisonchildrensmuseum.org)

### Concerts on the Square are Back — But in a New Location!

**July 7, 14, 21, 28; Aug. 4, Breese Stevens Field**

The outdoor concert series (shown right on the Capitol Square) performed by the Wisconsin Chamber Orchestra is back this summer on Wednesday nights! Concerts have been moved to Breese Stevens Field this year in order to accommodate a smaller crowd of 1,500 people per concert. Tickets need to be reserved, and there are a variety of seating options, from six-person reserved tables and blanket pods to general bleacher seating.

Can't attend in person? Each concert will be live-streamed for free on the Chamber Orchestra's website. Tickets and information can be found online. All ticket proceeds will directly support the musicians. [wcoconcerts.org](http://wcoconcerts.org)







## FUN-FILLED FESTIVALS AND EVENTS

### 18th Annual Sugar Maple Traditional Music Festival

**Aug. 6-7, William G. Lunney Lake Farm County Park**

This celebrated, family-friendly festival features performances by musicians, workshops and jam sessions. Three stages will feature music in the genres of rockabilly, country, blues and even Louisiana French. More than just music acts, the event also aims to educate and involve festival-goers, offering them the opportunity to talk to and interact with the artists. [sugarmaplefest.org](http://sugarmaplefest.org)

### The Bodega at Breese Stevens Field

**4-8 p.m., July 22 and Aug. 19, Breese Stevens Field**

Handmade jewelry, locally-sourced maple syrup, original artwork, fresh produce and beautiful antiques — all that and so much more will be available at The Bodega at Breese Stevens Field. The event series was created to support Madison's small business community and offer a space for people to shop while spending time with friends and family. [breesestevens-field.com/bodega](http://breesestevens-field.com/bodega)

### Dane County Fair

**July 15-18, Alliant Energy Center**



Concerts, stunt shows, carnival rides and tons of tasty bites will be available at the Dane County Fair this month. The Dane County Fair Association announced that they made the decision to bring the fair back this year, and safety measures will be in place. New attractions and activities await. [danecountyfair.com](http://danecountyfair.com)

### CrossFit Games

**July 27 – Aug. 1, Alliant Energy Center**

Forty men and 40 women will compete for the potential glory of being the named Fittest on Earth during the CrossFit Games. Fans can watch the action for themselves within the coliseum seating at Alliant. In addition to the competition, 200,000 square feet of vendors and sponsors, a 20,000-square-foot beer garden and a spectator workout space will be on-site. [games.crossfit.com](http://games.crossfit.com)

### Pursuit of Happiness Festival

**Aug. 6-8, McPike Park**

The three-day Pursuit of Happiness music, dance and comedy festival has several stages of entertainment Wisconsin-based, as well as out-of-state and international, acts are bringing a kaleidoscopic array of music and dance during this free event. View the full entertainment lineup online. [sessionsatmcpike.org/schedule](http://sessionsatmcpike.org/schedule)



### Wisconsin State Fair

**Aug. 5-15, Wisconsin State Fair Park, West Allis**

This year marks 170 years of the Wisconsin State Fair, and it's sure to be a memorable one — especially with heavy-hitter main stage performances including Billy Idol, Foreigner, Gabriel Iglesias and Boyz II Men with Ginuwine. Aside from the entertainment, many of us will be drawn to the fair by the food. This year, more than 150 locations will be offering 800-plus food and drink items. Plus, there will be over 400 shopping experiences. Safety measures and requirements will be in place. [wistatefair.com](http://wistatefair.com)



## ENTERTAINMENT UNDER THE STARS

We're all itching for entertainment after a year-plus of being cooped up due to COVID-19. So, the opportunity to watch live theater in person while outdoors feels particularly exciting. American Players Theatre's two offerings include a screwball comedy and a Shakespeare classic. [americanplayers.org/plays](http://americanplayers.org/plays)

### "Rough Crossing"

**Now – Aug. 7**

A gaggle of entertainment talent – two playwrights, two actors and a prodigal musician – decide to take their show on the road via ship. But chaos ensues as the actors begin to squabble and the musician gets caught in the middle. It's witty. It's ridiculous. It's the kind of raucous comedy we all need right now.

### "Cymbeline"

**Aug. 12 – Sept. 11**

Love. Wrath. Jealousy. Betrayal. The usual trappings of a Shakespearean drama are present in this comedy about a princess who marries a simpleton against her father's wishes – which kicks off a messy sequence of events. 🌸

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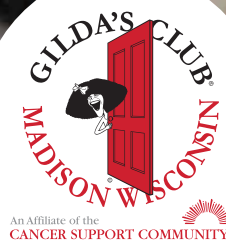
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HILLARY SCHAVE

**ELITE ATHLETE** | We spoke to Beata Nelson prior to the 2020 Olympic Team Trials in mid-June, and she shared her thoughts on her Olympic journey. Although Nelson didn't qualify for the 2020 Games, she was hopeful for the future. "The Olympics is the end-all, be-all for swimmers — and all athletes, really. I'm just excited to have an opportunity at a shot to represent the United States. I've been putting in the work every single day to make my dream come a reality. Whether or not I do achieve that this time around, I know it's in the cards for me at some point in my career. I've been doing the work to make it happen. Whether or not I make the [Olympic] team, it's not going to be a failure for me; I've done the work." 🌸



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