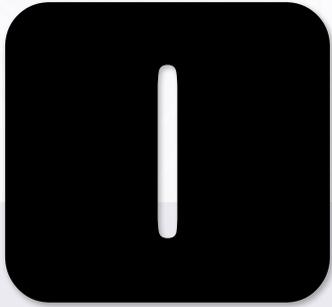


our lives



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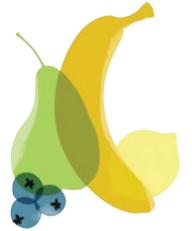
Lynn Lee



Ja'Mel Ware

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FOOD & DINING

Madison's LGBT&XYZ Magazine

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May/June
2016

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Tricia Bross



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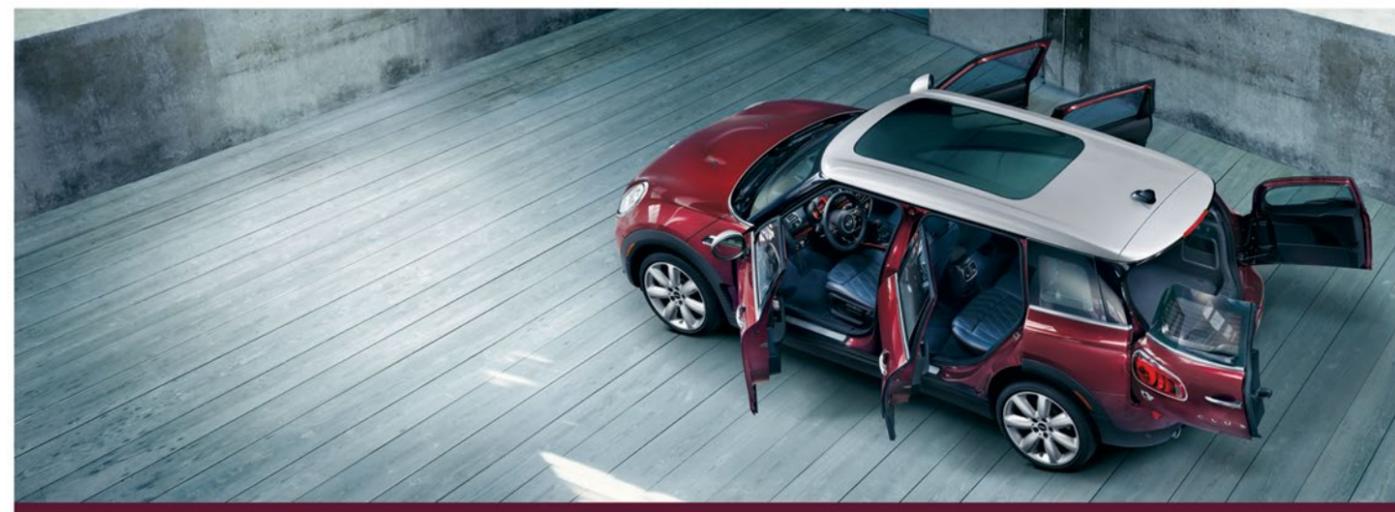
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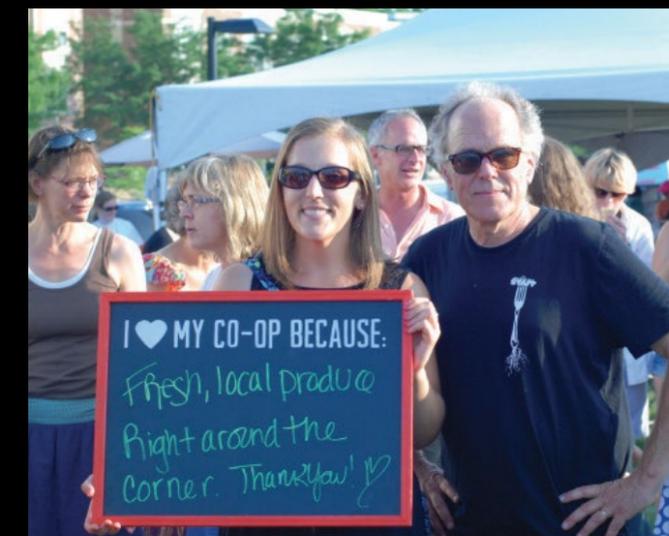
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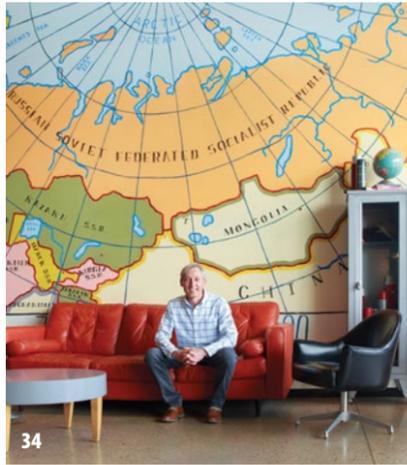
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“If you really want to make a friend, go to someone’s house and eat with him... the people who give you their food give you their heart.”

—César Chávez

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Cover photo by Ian DeGraff.



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EDITOR'S NOTE EMILY MILLS

FOOD IS LOVE

FOOD IS A UNIVERSAL NEED that bonds humans across the globe together. Travel anywhere with a willingness to seek out local dishes, and you're almost guaranteed to make new friends and have great experiences.

Increasingly, though, those of us living in industrialized places have become very separated from our food—the where, how, and by whom it's grown and raised. Madison was at the forefront of the “farm to table” movement that has tried to reverse the trend toward mass scale production, with innovative farmers, chefs, and business owners banding together to rediscover the roots that make each region unique. We have the good fortune to include a look at the current state of that movement and the innovators that make it tick thanks to **Tami Lax**.

On our cover, **Tricia Boss** of Luna Circle Farm also talks about the struggles and rewards of being one of the longest-running organic vegetable operations in the area. And **Lynn Lee**, co-owner of Cargo and Ground Zero Coffee, gifts us with the story of his own journey through the community of food and how it can bring people together, sustaining and nurturing us even through very difficult times. And speaking of bringing people together, our profile of the new **Intellectual Ratchet** networking group includes their recent cooking class events where members got the chance to learn skills from some of Madison's best chefs.

In the end, it's all about the table you set (and if you set it in the first place). Food and the experiences we have around eating can and do absolutely play a role in bringing people together who may not otherwise have cause to meet and get to know one another. I hope to see more emphasis on that reaching out and sharing experiences, on making good food accessible to everyone regardless of income or class or race, and building those connections that will help keep us all grounded in a healthier community. ■

CONTRIBUTORS



EMILY DUDAK TAYLOR is an attorney and partner at The Law Center for Children & Families in Madison, Wisconsin. She has practiced LGBT family law statewide for more than 10 years (parentage, adoption, assisted reproduction, immigration, estate planning, and prenuptial agreements). She was the lead attorney in a recent marital presumption of parentage appeal in Wisconsin, and the co-author of the family formation and protection chapter of the Wisconsin State Bar book entitled, “Sexual Orientation and the Law.” She is a fellow in the American Academy of Adoption Attorneys (AAAA) and Assisted Reproductive Technology Attorneys (AAARTA), as well as the Family Law Institute of the National LGBT Bar Association, all highly vetted organizations.

RITA GIOVANNONI has worked for Independent Living, Inc. since 1988, growing the nonprofit organization's services and senior living communities. She is a graduate of the U.W. School of Business with a master of science in health care fiscal management. Prior

CONTINUED NEXT PAGE



DANE BUY LOCAL MEMBER SPOTLIGHT



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Jenny Krueger, Attorney



Why is buying local important to you and your business?

We know it is beneficial for our local economy, but we believe there is more to it than that. We believe local businesses are often more tailored to their community because they have a better understanding of the local culture. We also feel that it is generally beneficial to all levels of the economy to support the innovation and new ideas that frequently stem from new and even long-standing local businesses.

What is your connection to the LGBT community?

We have had employees who were very active in supporting LGBTQ-focused causes. Many of our attorneys, particularly those in our Estate Planning practice group, have dealt extensively with the laws affecting couples in the state of Wisconsin, and have worked as a resource for members of the LGBTQ community, providing complementary informative sessions covering the evolving laws affecting marriages and partnerships in the state of Wisconsin.

Do you or your business do anything charitable in the local community?

Giving back is very important to us. In fact, this dedication to stewardship is a significant component of our mission statement. Our community contributions come in a variety of forms, including (1) Volunteering: Our Volunteer Committee works throughout the year to identify and organize opportunities for members of the firm to support great causes through volunteering. Most recently, members of the firm volunteered to help run the local Special Olympics Indoor Triathlon event. The firm also recently introduced eight hours of paid time off for staff to volunteer for a cause of their choice. (2) Sustainability: Our Sustainability Committee is one of our most active committees and has developed and executed a number of environmental and wellness-oriented projects. Examples include participating in local seed restoration projects and planting trees with Habitat for Humanity. (3) Financial Contributions: In addition to our “hands-on” approaches, we also look to make impactful financial contributions. We are particularly focused on supporting education, equal opportunity, and the arts. Examples include setting up scholarship funds with universities and supporting campaigns for organizations such as the United Way and Community Shares.

Boardman & Clark is the overall sponsor of Dane Buy Local's first-ever Spring Celebration, coming May 22! More info at danebuylocal.com.

CONTRIBUTORS (CONTINUED)

to joining Independent Living, she worked at University Hospital and Clinics and was a surveyor/consultant with the Joint Commission on Accreditation of Healthcare Organizations. At the end of December 2015, Rita stepped down as CEO of Independent Living. She didn't completely sign off, however, because she agreed to stay on as project development director for Tennyson Senior Living Community.

IAN DEGRAFF specializes in editorial, portrait, and farm photography and can often be found crawling through mud, jumping fences, and driving long distances just to find the best location for a shot. He uses his goofy sense of humor to make subjects feel more at ease during the photography process. When not doing photography, Ian enjoys gaming and being the crazy gay uncle for his nephew and niece. Follow his work at www.ianstevphoto.com.

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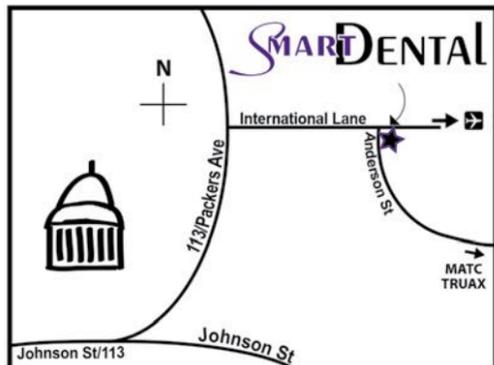
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Stronger Together

Milwaukee's **PrideFest** transitions to a year-round non-profit organization with an expanded, community-based focus.

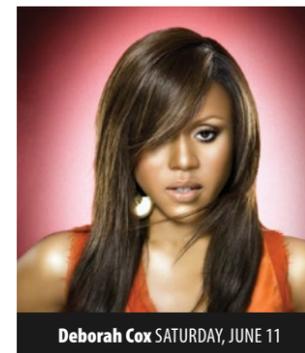


2016 HEADLINERS

Sarah Silverman
FRIDAY,
JUNE 10

Blondie SATURDAY, JUNE 11

Big Freedia
SATURDAY,
JUNE 11



Deborah Cox SATURDAY, JUNE 11



Crystal Waters SATURDAY, JUNE 11



GG00LDD SUNDAY, JUNE 12

PRIDEFEST MILWAUKEE in March announced that it had completed its transition to becoming a year-round 501(c)(3) operation. In addition to organizing and throwing one of North America's biggest line-ups of LGBTQ music and performance every June, its new non-profit status will allow PrideFest to support its partner organizations and educational efforts all year.

Now re-named Milwaukee Pride, Inc. the group, which has been run entirely by volunteers for the past 30 years, is now able to hire at least one paid staffer to help run the event itself. The group credits several years of high attendance for the ability to expand their operations.

The organization also announced plans to further expand access to gender-neutral bathrooms at its event, and reiterated its policy of being a safe space for transgender and gender non-conforming guests.

"We will be retraining our volunteers on approaching the restroom environment with sensitivity," said Terrance Raffet, PrideFest security director. "We are committed to protecting and serving all visitors, and to creating a safe, meaningful, and memorable experience."

Milwaukee Pride will host its first Annual Meeting in November 2016, including the release of its first Annual Report and community open **CONTINUED NEXT PAGE**

Breakfast with OPEN



CREAM CITY FOUNDATION

Why Philanthropy in the LGBTQ Community is Critical

Peter J. Holbrook, CEO of Cream City Foundation, will explore why LGBTQ philanthropy matters and what we can collectively do to make a difference. Local organizations that serve the LGBTQ community will be present to answer questions and welcome you to get engaged!

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house. Two of their initial focus areas will be cultivating LGBTQ youth leadership and supporting the local performing arts.

They're partnering with local organizations including the UWM LGBT Resource Center, Alverno Gay Straight Alliance, Marquette University Center for Gender and Sexualities Studies, GSAFE, and others to identify inroads for LGBTQ youth to learn and grow. They're also connected with professional organizations including Newaukee, the Wisconsin LGBT Chamber of Commerce, and the LGBT Workplace Alliance to develop the next generation of LGBTQ leaders. They've also launched their first-ever scholarship program, in partnership with Milwaukee School of Art & Design.

"Our ultimate vision is to have a second signature event each year, in addition to PrideFest, that meets emerging and expanded community needs," explained Michail Takach, vice president of Milwaukee Pride.

Milwaukee Pride has also developed a new community partnership program called Proud Partners as part of their mission. Essentially a free marketing exchange for Milwaukee Pride's allies, Milwaukee Pride promotes events, programs, and services for their partners that would connect to the LGBTQ+ communities.

"There is no cost to participate and no expectation of any further sponsorship, donation or involvement," the organization's description explained. "It's a way of making our community stronger by connecting key players who help Milwaukee's LGBTQ community live proud."

"We believe in a world where everyone can live proud with full expression of their authentic sexual and gender identities," said Scott Gunkel, president of Milwaukee Pride. "We are honored to bring our proud annual tradition to life, in ways that so many LGBT people in the world can only dream of. PrideFest is a reminder that we are always strongest together." ■



LGBTQ Organizations Update

Events | Accolades | News | Staff & Board Changes
 Recognition | Calls to Action

Reported by **Johanna Lepro-Green**

NEWS

Important notes about area LGBTQ groups

MADISON MINOTAURS

On May 22, the Madison Minotaurs rugby team will be heading to the **Bingham Cup** in Nashville. In its 8th year, the Bingham Cup is a celebration of the gay rugby community, in which teams from all of the country compete in a tournament. For more information about the Bingham Cup, visit binghamcup.com. For more information about the Madison Minotaurs, visit madison-minotaurs.com.

AWARDS / RECOGNITION / GRANTS

Special thanks for those who do good.

GSAFE

GSAFE has announced their **2016 Youth Scholarship recipients**. They are: Haruka Yukioka from Fond du Lac, Keiana James from Milwaukee (Riverside), Mason Sonnenberg from Oshkosh, and Owen Le Brun

from West De Pere. They will be celebrating this talented group of high school leaders at the GSAFE 20th Annual Celebration of Leadership Youth Scholarship and Awards Dinner on May 14. For more information, visit gsafe.org.

ARCW

At their annual awards dinner and gala in April, ARCW recognized three dedicated partners who are ensuring Wisconsin remains a national leader in the fight against AIDS. The group honored Wisconsin **State Representative John Nygren (pictured)** for his courageous leadership addressing the heroin epidemic, opiate overdose and his long-term commitment to supporting care and treatment for people with HIV; **BMO Harris Bank** for its generous philanthropy in support of ARCW programs; and **UW Health** for its historic and on-going work specializing in providing health care to people living with HIV across the state.



OUTREACH LGBT COMMUNITY CENTER MOVING TO NEW LOCATION



After 18 years at its current location in the Willy Street neighborhood, OutReach is moving to a new location farther north near the Dane County Airport. The move allows the organization, which supports Madison's LGBTQ community through programming, groups, the annual Pride parade, and more, to expand its operations and its capacity.

The new location, located at 2701 International Lane (Suite 101) will be open as of June, and includes an additional 800 square feet over their last space, more parking on both weekdays and weekends, bus access, and a decrease in property rental costs.

"We will soon announce several open house dates and times for those in our community to see our new digs—but remember, you are always welcome at OutReach!" wrote OutReach Executive Director Steve Starkey in a news release about the change.

STAFF / BOARD CHANGES

Who's moving on or moving into org leadership

NEW HARVEST FOUNDATION

At their annual meeting in April, the Board said goodbye to **Lisa Hart, Mark Porter, and Andrew Irving (all pictured)**. Lisa, Mark, and Andrew served on the board for the past six years.



Board members are limited to two consecutive three-year terms. It should be noted that this was Mark's second six-year stint on the board! The remaining New Harvest Foundation members are grateful for the passion and dedication that Lisa, Andrew, and Mark brought to the Board. They will be greatly missed. The New Harvest Foundation also welcomed two new board members: Jenny Campbell and Holly Andersen. Jenny works for the Wisconsin Economic Development Corporation and has served on the board of the Rodney Scheel House. Holly recently retired! She is looking forward to using some of her free time to support the New Harvest Foundation. The Board is currently in the process of clarifying its mission and strategies for providing grants. They will also be announcing a second round of grant recipients for 2016 in the upcoming weeks.

ARCW Register for the **Wisconsin AIDS Ride**

AWARDS / RECOGNITION / GRANTS

Special thanks for those who do good.

ALIANZA LATINA

The group met Karen Perez-Wilson and her sister Kate about two

years ago and it has been an amazing experience. Karen as well as her sister have been outstanding members of the group, they have participated in the monthly meeting as well as the banquets that AL has been invited to. Karen as well as her sister show a very strong leadership towards LGBTQ+ issues. When they first came to Alianza they seemed really shy but as time went on they started to feel more comfortable and engaged. We want to thank Karen and her sister for being with AL and for their interest in being part of this wonderful movement.

CALLS TO ACTION

Where and how you can help

NEW HARVEST FOUNDATION

Applications for the next grant cycle of the New Harvest Foundation are due on July 31. New Harvest seeks applications from more organizations that provide services that benefit the LGBTQ community in South Central Wisconsin. For information, visit newharvestfoundation.org/grants/the-application-process.

ARCW Register for the **Wisconsin AIDS Ride**

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New Harvest Foundation

is the only foundation in South Central Wisconsin that channels charitable contributions exclusively to organizations working to promote lesbian, gay, bisexual and transgender (LGBT) rights, services, culture and community development. Founded in 1984, New Harvest Foundation is operated by a Board of Directors, along with other volunteers. It pools contributions of hundreds of donors each year to provide grant money to LGBT causes. We raise money to give back!

Applying for a grant just got easier. The entire process can be completed online.

Three times a year, New Harvest accepts – from individuals, groups and/or organizations – innovative and compelling project proposals that seek to address the unmet or undermet needs of LGBT individuals and groups in our communities, striving to create positive change in the areas of social service, social change, public education, health care, arts and culture, and development of LGBT communities. These projects empower and support our lesbian, gay, bisexual, and transgender communities.

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today! This ride, spanning July 28–31, is a unique experience that will challenge, energize, and inspire you. It is an all-inclusive, fully supported, 300-mile ride through southern Wisconsin, created to raise critical funds for the fight against AIDS. This ride welcomes beginners to cycling veterans—you can choose from 1, 2, or 4-day options. More than 6,300 people are living with HIV/AIDS in Wisconsin, and it's estimated that an addi-

tional 1,500+ are undiagnosed but living with the disease. By supporting or participating in this ride, you will be assuring that ARCW can continue to provide access to life-saving health care and social programs for those affected. To register, donate, or learn more about the experience, visit arcw.org.

PRIDEFEST PrideFest, the annual LGBT pride festival in Milwaukee, is looking for

Bathroom Battle

Federal case ruling on Title IX may spell doom for anti-trans "bathroom" bills in states like North Carolina, while similar bills have already failed in Wisconsin.

NORTH CAROLINA'S DEEPLY PROBLEMATIC "bathroom bill," which stipulates that individuals must use the bathroom that matches the gender on their birth certificate, may run afoul of a new federal court ruling in a Virginia case. That decision states that Title IX, the federal law prohibiting gender discrimination and harassment in schools, protects the rights of students to use the bathroom that matches their gender identity. The ruling means that some \$4 billion in federal funding to education, housing, and transportation in North Carolina—located in the same federal circuit court district as Virginia—could be cut if the state is in violation of Title IX.

The North Carolina bill was passed during a special session after the city of Charlottesville enacted a LGBTQ non-discrimination ordinance. State Republicans described the ordinance as overreach by local government. In the House, every Republican and 11 Democrats backed the bill. In the Senate, Democrats walked out, leaving Republicans to pass it on a 32-0 vote.

Gov. Pat McCrory promptly signed the bill into law and North Carolina rocketed into the headlines as major corporations like Paypal scuttled plans to relocate to the state, prominent artists like Bruce Springsteen and Pearl Jam canceled shows there, and cities across the country issued non-essential travel bans to the Tar Heel state.

The bill was passed under the guise of protecting the safety and privacy of women and girls. But there are already laws on the books that prevent and punish perpetrators of assault and invasion of privacy. That argument is a smokescreen for what these bills really aim to do, which is to further harass and intimidate transgender and gender non-conforming people.

In fact, there are no documented cases of a transgender person attacking someone in a bathroom. Transgender people are, by and large, already on high alert when using public restrooms, since it's far more likely that they will be (and have been) harassed for doing so.

North Carolina is part of a troubling trend nationwide. Houston voters overturned a non-discrimination ordinance in November 2015, and South Dakota passed (although the governor vetoed) a narrower bill that would have required students to use the bathroom that matched their sex assigned at birth.

According to the National Center for Transgender Equality, which is tracking bathroom bills and other anti-trans legislation, some 49 bills have been introduced in various state legislatures that include provisions targeting transgender people, 32 of which deal with bathroom access. Just over a third of them are still being actively considered, while the rest were either killed in committee or put on hold.

Bills in Wisconsin requiring students to use single-sex facilities based on sex assigned at birth failed to move out of committee before the end of the legislative session, having received widespread attention and condemnation when introduced but then dying quietly. The possibility that either or both bills might re-emerge in future legislative sessions remains, but may hinge on the outcome of those federal cases and their ramifications. ■



volunteers for 2016. Volunteers will work in various capacities, from security and accessibility to ticketing and information. Volunteers receive free admission, a t-shirt, and a \$5 meal ticket for any of the festival vendors for each shift worked. You can work the whole weekend, or just one shift. If you're interested, visit pridefest.com/volunteer.

MILWAUKEE LGBT COMMUNITY CENTER The Center is looking for creative volunteers to help create an amazing float for the Pride Parade on Sunday, June 12. If you love decorating and building, please contact Brandon at bherr@mkelgbt.org for more information.

The Center is also looking for new LGBT+ artists for upcoming group shows. Paintings, fiber, quilt, photography, drawings, and mixed media accepted. The gallery takes a 30% commission that goes toward supporting the Center. For more information or to send links to your work, please contact mkelgbt-gallery@gmail.com. People of color, women, and members of the LGBT+ community are especially encouraged to apply.

CHIPPEWA VALLEY LGBTQ+ Chippewa Valley LGBTQ+ is looking for volunteers and new board members. For more information, visit cvtlgbt.info.

MADISON MINOTAURS The Madison Minotaurs rugby team is raising funds to be able to get all of their team members to the Bingham Cup at the end of May. The Bingham Cup is a celebration of the gay rugby community, in which teams from all of the country compete in a tournament. For more information about this fundraiser, or to donate, visit gofundme.com/madminosrfc.

UPCOMING EVENTS

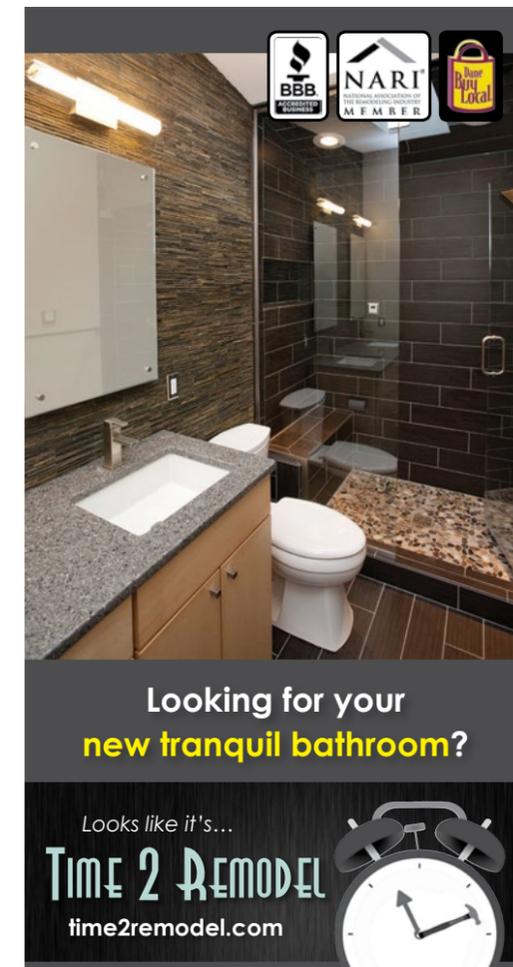
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MAY 2 BADGERLAND SOFTBALL LEAGUE Madison's LGBTQ and ally softball club gets underway May 2 and every Monday this summer with competitive league play at McGraw Park. Their women's league kicks off the following day, May 3 (and following Tuesdays), also at McGraw Park. Games are public and free to attend.

MAY 2 MADISON GAY VOLLEYBALL MGV returns with the Summer Competitive 4v4 sand league held at FIVE Nightclub every Thursday night. Volleyball will start the week of May 2 and the summer season will be 12 weeks long.

MAY 4 & JUNE 1 LGBTQ NARRATIVES This is a group for both emerging and practiced writers, meets on the first Wednesday of the month at 7:00 pm. The members of this group believe in the personal and political significance of LGBTQ-identified people finding and using their unique voices to connect with one another and engage the world. During group, prompts are suggested, but writers are encouraged to follow what inspires them. This group meets at the OutReach Community Center. For more information, email lgbtqnarratives@gmail.com.

MAY 7, 14 THEATRICAL TENDENCIES Milwaukee's LGBTQ-focused theatre, will be performing the Southeastern Wisconsin premiere of *Some Men*, which presents interconnecting stories of generations of gay men in New York City. With a cast that plays over four dozen characters whose stories parallel, this performance will take you from a piano bar during Stonewall, St. Vincent's hospital at the height of the AIDS crisis, to a Hamptons beach in the 1920s. The play begins and ends with a contemporary gay wedding. *Some Men* runs Friday and Saturday nights April 29–May 14. All performances are at 8:00 pm at the Soulstice Theatre in St. Francis. Tickets are \$20 at theatricaltendencies.com.



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JANESVILLE PASSES NON-DISCRIMINATION ORDINANCE

Lawmakers in the hometown of House Speaker Paul Ryan in March passed a non-discrimination ordinance that includes protections for gender identity, going farther than current state law in ensuring equal access and treatment for transgender and gender non-conforming people. The ordinance, which states among other things that public spaces must allow people to use the restroom of the gender they identify with, passed on a 6-1 vote.

In response to critics who claim the law opens a loophole for child predators, City Attorney Wald Klimczyk said those concerns were without merit and that people would be prosecuted for lewd acts or offenses in bathrooms, regardless of gender identification.

"The Janesville Council members did the right thing by passing protections that ensure none of their constituents can be denied a job or refused services because of who they are," said Freedom for All Americans Executive Director Matt McTighe in a statement.

MAY 12 MAD ROLLIN DOLLS On May 7, MRD will play the "Bout of Thrones," their championship game and final event of the season. Door open at 5:00 p.m., and the game begins at 6:00 p.m. at the Alliant Energy Center. For tickets or more information, visit madrollindolls.com.

MAY 12 UW LGBT CAMPUS CENTER The Campus Center will be holding their annual Rainbow Graduation. This event, in its 23rd year,

will honor the graduates of the class of 2016, confer Rainbow Leadership Awards, and recognize recipients of the 2016 LGBT Alumni Association Scholarships. It will take place on Thursday, May 12, 5:30-7:30 pm at the Wisconsin Institute for Discovery. If you're graduating in May, August, or December 2016 with any degree, or are an LGBTQ+ alum, and would like to participate, visit goo.gl/forms/52ux0vybSc. If you'd like more information about this event, visit lgbt.wisc.edu, or email lgbt@studentlife.wisc.edu.

MAY 12 UWM LGBT RESOURCE CENTER The Resource Center will be hosting their annual Lavender Graduation. Since 2010, this event has been designed to celebrate LGBTQ+ identified graduates and their achievements. This event will take place on May 12, 7:00-9:00 pm at the UWM Student Union, Wisconsin Room, located at 2200 E. Kenwood Blvd. They invite all UWM LGBTQ+ graduates to participate, regardless of degree level. If you'd like to be recognized as a Lavender Graduate, or nominate a student or faculty member, visit uwm.edu/lavgrad.

MAY 14 GSAFE The 20th Annual Celebration of Leadership Banquet will take place on May 14 at the Monona Terrace in Madison. The event, which begins at 5:00 pm, will feature a social hour, a silent auction, dinner, and a program that will recognize the winners of GSAFE's Youth Scholarship Recipients. The cost of this event is \$75 per person, and \$30 for middle and high school students. If you need a sliding-scale price, please contact amber@gsafe.org. To register for this event, visit gsafe.auction-bid.org/micro2.php.

MAY 15 PFLAG Their monthly meeting will take place at the Friends Meeting House at 1704 Roberts Court in Madison between 2:00

and 4:00 pm. For more information, visit pflag-madison.org.

MAY 18 OUTREACH William Wartmann and the Board of Directors of OutReach LGBT Community Center invite you to our 8th Annual Garden Party at the Rotary Gardens in Janesville, Wisconsin. Guests will be able to tour the beautiful garden and enjoy good conversation, food and music. Suggested donation: \$40 Limited income: \$20. For more information contact lgbtoutreach.org

MAY 19 CHIPPEWA VALLEY LGBTQ+ Meetings for the Chippewa Valley LGBTQ+ are held on the third Thursday of every month. The next meeting will be on May 19 at 6:00 pm. Meetings are held at the Wilson Building on S. Farwell Street in downtown Eau Claire. For more information, call 715-552-LGBT or 715-495-7941 to speak directly with the meeting manager.

MAY 19 OPEN The LGBTQ networking organization hosts its annual Breakfast with OPEN speaker series featuring Peter J. Holbrook, CEO of Cream City Foundation (Milwaukee). Why is philanthropy important to our LGBTQ community, specifically? Holbrook says: "LGBTQ philanthropy matters desperately to the future of our community. It is about providing our goodwill to the LGBTQ communities we belong to and our active efforts to promote its wellbeing. Philanthropy is about creating a culture of giving of money and time to make life better for other people. You do not have to have a lot of money to make a difference. You only need to care!"

Peter will explore why LGBTQ philanthropy matters and what we can collectively do to make a difference. Members of local organizations will be there to tell you more about what they offer. Deadline to sign up is Friday, May 13 at openmadison.org.

MAY 20 ARCW AIDS Resource Center of Wisconsin will be holding their annual event, the Red Ribbon Affair. This red carpet event feature appetizers, dinner, cocktails and a silent auction, funds raised will support life-saving prevention, care, and treatment services in Madison. Stay tuned to arcw.org for more information.

MAY 28 TEENS LIKE US The LGBT youth chapter of Briarpatch is hosting a Pride Prom on May 28 at the Madison Children's Museum. The event will run 7:00 to 10:00 pm, and is open to all LGBTQ-identified youth and their allies. It's free (suggested donation of \$5 appreciated) and is alcohol, tobacco, drug,

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JUNE 3 PERFECT HARMONY MEN'S CHORUS Perfect Harmony will be performing a concert on June 3. For updates, visit perfectharmonychorus.org.

JUNE 4 OUTREACH & WILLMA'S FUND Willma's Fund and OutReach will host a comedy performance by lesbian comedian Vickie Shaw, who has appeared on Logo and Comedy Central. This will be a benefit fundraiser for Willma's Fund, which assists the homeless LGBTQ community. There will also be a 50/50 raffle & door prizes! This event will take place at the VFW, 301 Cottage Grove Road. General admission is \$35, and VIP tickets, which include a meet and greet with the comedian, are \$100. For more information about the event and Willma's Fund, visit lgbtoutreach.org, or contact Colleen for more info at 630-408-9646.

JUNE 10-12, 18 MILTOWN KINGS The Kings will be performing at Pridefest, and on June 18 at Next Act Theatre. For updates and more

information, visit miltownkings.com.

JUNE 10-18 STAGE Q Stage Q presents their annual short play festival, dedicated to and in celebration of Madison's vibrant LGBTQ+ community. Performances will be June 10-18 at the Bartell Theatre's Evjue Stage at 113 E. Mifflin Street. Tickets are \$15 for Thursday and Sunday, and \$20 for Friday and Saturday. For more information about the festival, visit stageq.com or call 608-661-9696. To purchase tickets, contact boxoffice@bartell-theatre.org or call (608) 661-9696.

JUNE 21-26 UWM LGBT CENTER The Center will hold the UWM Pride Discovery Camp. This camp is "designed to inspire LGBT+ high school students to embrace their multiple identities and gain a better understanding of marginalized identities through community building, activism, self-expression, and connections in the LGBT+ Communities." Organizers note that while the full price of camp is \$580, the fee is based on a sliding scale. This means that they will accept payment from \$150 to \$580 depending on the student's ability to pay. Registration and



Mike Verveer

VERVEER ELECTED MADISON CITY COUNCIL PRESIDENT

After 15 ballots and a somewhat dramatic evening of voting and discussion, Alder Mike Verveer was elected as president of the Madison City Council late Tuesday night, April 19.

Verveer hadn't lobbied for the position in previous days but "allowed his name to be added as a unity candidate," according to a report on Madison.com. Verveer defeated two members of the previous leadership team, former Council President Denise DeMarb and pro tem Maurice Cheeks. It is unusual for both positions to seek the position. Usually, the outgoing president does not seek to run for re-election, and the pro tem is elected in their place.

In the race for pro tem, Ald. Marsha Rummel, 6th District, defeated Ald. Shiva Bidar-Sielaff, 5th District, by a vote of 11-8 on the first ballot.

scholarship applications are due by May 1. To register, apply, or learn more about this program, visit uwm.edu/lgbtrc/programs/pride-camp-registration/.

SAVE THE DATE

JULY 20 CREAM CITY FOUNDATION The Cream City Foundation will be hosting "My Best Friend is Straight," their annual summer party and fundraiser, which is billed as "an evening of frivolity and food for gay and straight friends." This year, the event will be held at the Marcus Center for the Performing Arts at 929 N. Water Street in Milwaukee. Although more information has yet to be released, re-

ceive updates and purchase tickets by visiting creamcityfoundation.org or by calling them at 414-225-0244.

AUGUST 20 WOOF'S The annual King Street Pride Block Party will be held the same weekend as the OutReach Pride Parade. For more information, visit madwoofs.com.

AUGUST 21 OUTREACH The Pride Parade lineup begins at 12:00 pm in the 500 and 600 blocks of State Street, and the kickoff is at 1:00 pm. The parade ends with a rally at the top of State Street at 2:00 pm, which will include speakers and music. For more information, visit lgbtoutreach.org.

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**In memoriam:
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FORMER DEMOCRATIC STATE REP. Tamara Grigsby passed away due to medical complications from cancer in March. Grigsby served as Dane County Executive Joe Parisi's director of equity and inclusion at the time she died.

"Tamara was a strong, passionate, articulate voice for her community in Milwaukee," said Senate Minority Leader Jennifer Shilling (D-La Crosse).

Grigsby served in the Legislature from 2005 to 2013. She was influential in establishing the state Department of Children and Families, said Sen. Lena Taylor (D-Milwaukee), who along with Shilling served with Grigsby on the Legislature's Joint Finance Committee during some of the most tumultuous months of the battle over Act 10 and collective bargaining rights, among other issues.

Grigsby graduated from Madison Memorial High School and received a bachelor's degree from Howard University in Washington, D.C., and a master's degree from the University of Wisconsin-Madison. In Milwaukee, she worked as an adjunct professor at Carroll College, U.W.-Milwaukee, and Cardinal Stritch University.

In a statement, Assembly Minority Leader Peter Barca noted, "During her time in the Legislature and throughout her life, Rep. Grigsby dedicated herself to ensuring basic fairness, equality and justice for all our citizens." ■



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High Flier

We talk to **Katie Kuehl** of **Cycropia Aerial Dance** about how she got involved with Madison's legendary performance troupe, and why the challenges of aerial performance are worth the learning curve.

WHAT IS YOUR BACKGROUND, AND HOW DID YOU GET INVOLVED IN CYCROPIA?

I am originally from Oregon, Wisconsin and, growing up, I was very involved with musical theater in school and the community. I moved to Asheville, North Carolina for several years to work on my undergraduate degree and escape the Wisconsin winters, but eventually was lured back to Madison when I was admitted to the School of Veterinary Medicine.

One of the first quintessentially Madison events I attended after returning was the Orton Park Festival, which takes place at the end of August. It was there that I happened upon, well, first a beer tent (let's be honest, it's a summer festival in Madison) and then Cycropia's outdoor performance in the huge, beautiful oak tree. I was instantly mesmerized. The movement, magic, strength, and control was compelling. Although I was embarking on a grueling academic path, I kept the memories of that performance in the back of my mind until I reached a point in school where I got my head above water and could occasionally think about things other than studying.

I started with introductory trapeze classes and was hooked immediately. It was hard; a lot harder than it looked, but hey, I like a

challenge, after all I was getting myself through vet school. It made me hurt in places I had never hurt and use muscles I didn't even know existed, but I liked pushing myself and seeing, slowly but surely, improvement. My first aerial silks class was a joke: I couldn't do anything but desperately hang on and flop around clumsily, but even there, little by little I was making improvement and getting stronger. Best of all I was setting aside time to use the whole other half of my brain, the one not totally inundated with medical terms, diagnoses drug names and treatment options. I think it was seeking this balance in my life that really helped me get through the challenge of school. After I graduated and started working at the Dane County Humane Society, I realized that for the first time in many years I had considerable amounts of free time that did not need to be used for studying, and was thrilled to secure a spot in Cycropia's Fall 2012 Introductory class.

WHAT ARE SOME OF THE UNIQUE CHALLENGES, AND UNIQUE PAYOFFS, OF AERIAL DANCE?

I think the biggest challenge is pretty obvious: the physicality.



You need a lot of core strength, a lot of upper body strength, a lot of hand/grip strength and flexibility to boot. To take it to the next level, you need to be able to combine that strength with grace and stage presence. Essentially you need to take something that is very difficult and demanding but make it look effortless to the audience. Another big challenge for many of the apparatuses we use is getting used to spinning endlessly without getting dizzy or disoriented. Amazingly your body gets used to this kind of movement after awhile, but there can be a lot of physical discomfort until you get to that point. They payoff is the performance: donning the spandex and sparkles and creating a sense of awe and wonder in every single audience member. Transporting them to a different world where up is down and the rules of gravity are constantly changing.

WHAT DO YOU LOVE ABOUT THIS ART FORM, AND BEING PART OF THIS GROUP IN PARTICULAR?

One of the things that I love most about aerial dance is that you can feel like a kid playing on a playground again—back when they were still dangerous and fun—and be getting a great work-out at the same time. I am an energetic person and I need an outlet to move around, sweat, challenge myself and get the endorphins flowing. That is what keeps me balanced with my mentally challenging profession. I love tapping into this whole other side of myself—pushing myself to improve and seeing the movement and creativity that results. To be a veterinarian, you have to love being a life-long learner, so in aerial dance I am always wanting to learn more: try new apparatuses, new styles of movement and push my body in new ways. Cycropia is a supportive environment for this exploration and creativity and you are among friends who want to keep learning, improving, and pushing each other to the next level. This group knows how to work hard together and play hard together!

WHAT'S THIS SHOW ALL ABOUT? WHAT CAN PEOPLE LOOK FORWARD TO IF THEY GO?

Our upcoming show is "Circo Lucido - Flying Cabaret" at the Wisconsin Union Theater, May 20–21, and as the name implies, we will be drawing on the inspiration of light used in ways to blend with movement and tell each piece's own story. There will be traditional and innovative apparatuses and a whole heck of a lot of talent and glitter. I am particularly excited to be performing on a spinning dodecahedron, which you will get a sneak peek of on our show poster. We are also excited to be collaborating with local artists and performers for this performance to round out the cabaret experience and keep you on the edge of your seats from start to finish.

I recently became an official member of the Cycropia Aerial Dance Collective and as a result I have been learning more about the origins of aerial dance and single-point dance trapeze. I think it is really intriguing that the art form developed with strong ties to and pioneers from the LGBTQ community out in Berkeley and Seattle, as well as having ties in the Madison community. My experience with the group has been nothing but positive and supportive of both me and my non-flying partner. From inception, Cycropia has welcomed people of all identities and skill levels to experience what it is like to dance up in the air.

For more on Cycropia and their upcoming performances, visit www.cycropia.org. ■

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Sullivan

Blue Talk & Love: Stories by Mecca Jamilah Sullivan

Reviewed by **Megan Milks**

“YOU! WHAT’S WRONG WITH YOUR BODY?” demands Malaya’s dance teacher in “Saturday,” one of fourteen exquisitely crafted stories in Mecca Jamilah Sullivan’s debut collection. Malaya is a big girl, and she has missed a step. Mrs. Rhymes won’t let it go: “You got to be in your body, girl! Move your arms! Your feet!” Malaya responds by dissociating, floating through the rest of the dance, daydreaming about waking up “long and lean and limber”—daydreaming about waking up “right.”

Blue Talk & Love is full of “wrong” bodies: big bodies, queer bodies, brown and black bodies, doll bodies, “freaks.” These stories are about characters with wrong bodies with wrong desires, who desire anyway. Like so many of her characters, Sullivan’s stories are big: big with voice and experience, big with New York and Harlem, big with want and pain.

The opening story, “Wolfpack,” tells the story of the New Jersey Four, four queer women of color who in 2007 received three- to 11-year sentences for the alleged gang assault of a man who threatened to correctively rape them in the West Village. Shifting perspectives among the women, Sullivan gives voice and representation to victims of cruel misrepresentation. The story emphasizes the intimacies between them, especially the soft solidity of Vernice and Luna’s love; when they encounter this man on the street, the injustice crackles through like lightning, the prose hot with pain.

Sullivan often shifts point of view in one story, enabling her to not only give voice to a range of characters but also to subtly reveal key information. One of the most artful uses of revolving perspective arrives in “Ruidos,” which tells the story of a Chilean musician who has awakened to find that his lover, Patrick, has left him; the point of view shifts from Aldo’s desperation to Patrick’s guilt, then finds final anchorage in Matilda, a woman who has taken it upon herself to care for Aldo.

Sullivan experiments with perspective in other ways, too. In “A Strange People,” she develops a conjoined first-person perspective to tell the story of the Carolina Twins, Millie and Christine McKoy, conjoined African American twins who were born into slavery and were owned their entire lives. Alternately adopting “We-Chrissie,” “We-Millie,” and



LGBTQ at the Library

Edward Graves and Beth McIntyre of the Madison Public Library give a rundown of current and new LGBTQ books on offer at your local library, as well as upcoming readings and events.

Carry On, by Rainbow Rowell. St. Martin’s, 2015.

Harry and Draco tussling around on the floor of Hogwarts? Check. This meta story is borne of gay Harry Potter fanfiction, and is a companion to Rowell’s 2013 novel Fangirl. Super fun.

Great American Whatever, by Tim Federle. Simon and Schuster, 2016.

A quick, witty book about grieving and first love. On his first venture outside since his sister died in a car accident, Quinn falls hard for a college boy, and sweetness ensues.

How to Grow Up: A Memoir, by Michelle Tea. Plume, 2015.

One of several memoirs of badass women this year (Carrie Brownstein’s *Hunger Makes Me a Modern Girl*, Kim Gordon’s *Girl in a Band*, Patti Smith’s *M Train*), Michelle Tea sets herself apart as working class and queer. Essays about getting sober and financially stable, from 12 steps to cosmetic self-care.

I’ll Never Write my Memoirs, by Grace Jones and Paul Morley. Simon & Schuster, 2015.

From Jamaica, New York, and Paris, the spectacular career and turbulent life of a disco queen, gay icon, and gender-defying iconoclast.

Lost Boy, Sassafras Lowry. Arsenal Pulp, 2015.

A queer punk reimagining of the classic *Peter Pan* story and Lambda Literary Award finalist. Orphaned and runaway lost boys call Neverland home, creating their own idea of family and belonging in this subversive fantasy.

Mislaid, by Nell Zink. HarperCollins, 2015.

A Southern novel about a mismatched family—she’s a lesbian, he’s gay—and the neglected children of artists. Southern in its treatment of pedigree, the story complicates race, gender, and sexuality for each family member.

The Narrow Door: A Memoir of Friendship, by Paul Lisicky. Graywolf, 2016.

Paul Lisicky writes about two long-term relationships, both friendship and marriage. When they must go separate ways, this memoir is about accounting for loss.

Not Otherwise Specified, by Hannah Moskowitz. Simon Pulse, 2015.

Etta is not lithe enough to be a ballerina, too bi to fit in with the Disco Dykes clique at school, and one of the only black kids in her small Nebraska town. Finding your niche has never been harder.

Simon vs. the Homo Sapiens Agenda, by Becky Albertalli. Harperteen, 2015.

Simon knows he’ll eventually come out to his parents. For now he’s satisfied flirting anonymously with a boy online, and living a drama free life—until one of his emails falls into the wrong hands.

Unbecoming, by Jenny Downham. David Fickling Books, 2016.

Family secrets pour out of this emotional novel about a girl whose senile grandmother lands on her family’s doorstep, cracking open stories of identity and confinement for three generations of women.

What Belongs to You: A Novel, by Garth Greenwell. Farrar, Straus, and Giroux, 2015.

An American abroad experiences the poverty of Eastern Europe through a hustler who both seduces and repels him.

“we,” Sullivan uses this innovative point of view to amplify the tensions between these two sisters and their at times aligned, at times contradictory, perspectives.

Many of the stories have a delicate touch of magic, and a few venture into magic realism and the fantastic more explicitly. In “A Magic of Bags,” Ilana has a peculiar power for “bodily troublemaking.” Irritated by others’ rejection of her strangeness, Ilana has developed an ability to irritate other people’s bodies in turn...but I won’t tell you what happens next: because as with so many of Sullivan’s stories, the pleasure here derives from the surprising plotline creeping in to reveal the story itself—and the bodies it imagines—to be magnificently, thoroughly right. ■

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BRITNEY SINCLAIR

JA'MEL WARE

MICHAEL LANGLOIS

Urban Country Club

We talk to co-organizer **Ja'Mel Ware** of Intellectual Ratchet about the group's origins and goals to provide a social and networking group to support Madison's increasingly diverse population of movers and shakers.

TELL US A LITTLE ABOUT YOURSELF AND YOUR ORGANIZATION, INTELLECTUAL RATCHET. WHO WAS INVOLVED IN STARTING THE GROUP, AND WHAT WERE THE DRIVING REASONS FOR DOING IT?

Intellectual Ratchet (IR) is Madison's Urban Country Club. The idea started at the end of 2014. Kimberly Cho and Britney Sinclair were the driving forces. Kimberly is IR's branding consultant and a talented graphic designer. Britney grew IR's social media following and provides interactive activities at each event. Together the three of us hashed out the philosophy and application of the Intellectual Ratchet lifestyle.

IR was created to give Madison's growing diverse population of Millennials and young professionals a variety of event options tailored to our needs. As Madison focuses on diversity awareness and sustainability, it needs to be able to retain the talent entering the city. While compensation and health care are pretty packages, Millennials seek well-rounded environments and won't settle in places that are missing key aspects.

WHAT SORTS OF ACTIVITIES DOES THE GROUP FACILITATE, AND WHO ARE THEY OPEN TO OR GEARED TOWARD?

IR events provide interactive environments that nurture fun and space for conversation and networking.

After our soft launch in April 2015 IR held three events: a private screening of *Straight Outta Compton* at Marcus Theater, a paint night at PaintBar Madison, and a holiday brunch at Tip Top Tavern.

This year we have an event planned for each month! Our year opener was two cooking classes held at FEED Kitchen and hosted by chefs Sami Fgaier of Le Personal Chef and Ben Altschul of Tip Top Tavern.

Our events are tailored to those who self identify as intellectual ratchet. These folks tend to be young creatives, entrepreneurs, professionals and Millennials. However, our events are open to and attended by everyone from all generations (21+) and backgrounds. We pride ourselves in hosting the most diverse events in the city.

IR works on a membership basis. Our members attend monthly events for free while the public pays a different price.

WHY DID YOU FEEL IT WAS IMPORTANT TO START A GROUP LIKE IR? WHAT GAPS DOES IT FILL IN THE COMMUNITY?

As an educational hub, Madison has great intentions that often stop at theory and self-reflection. IR provides practical solutions for opportunities to get to know people from diverse backgrounds while bringing a missing urban vibe to the city.

As a double-edged sword, IR also provides exposure of small businesses and organizations to a more diverse audience. Simply hosting an IR event provides venues with exposure to a growing population of the most prominent up-and-coming leaders in the city.

ARE THERE ANY CHALLENGES UNIQUE TO THE MISSION OF A GROUP LIKE IR, AND HOW DO YOU WORK TO OVERCOME THEM?

The biggest challenge we face is debunking and re-appropriating the definition of "ratchet." Many people associate the euphemism "ratchet" or "ratchetness" with something negative. IR is here to say "ratchet" is beautiful, it is culture, and it holds as much dichotomy as any other word. IR defines ratchet as: all things in celebration of the edginess, linguistic, stylistic, and cultural practices of soul in urban communities.



I find that the IR council—Ashley Robertson, Amber Walker, Britney Sinclair, Kimberly Cho, Micaela Berry, Michael Langlois, and myself—help define ratchetness. Each of us embraces and embodies the word, creating a positive association. IR images, also, help ease the minds of venue owners and managers. IR's photographer, Naku Mayo of In His Eye Photography, has a way of capturing the environments and energy of the spaces we create, allowing people to feel at home and welcome to attend our events.

WHAT ARE YOUR UPCOMING EVENTS? HOW CAN PEOPLE GET INVOLVED AND/OR FIND OUT MORE?

IR has some amazing plans for 2016 with events planned through December, but that information is private to our members. All members know about IR events two quarters in advance. The public will be informed about events two weeks beforehand. However, anyone can become a member! To learn more about membership visit our website www.IntellectualRatchet.com.

To see IR in action follow us on Facebook, Instagram, and Twitter. ■



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- Jamesetta, retention advisor

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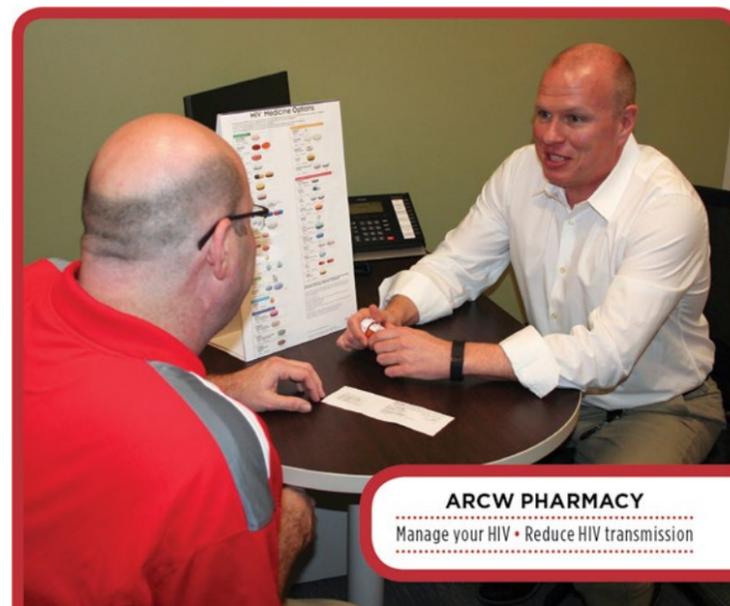
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May & June

Spring rolls on and summer heats up with a wide variety of festivals and other fun community events to choose from. Get outdoors, celebrate pride, support local makers and musicians, and more.

For more LGBTQ-specific events, see our Organization Updates on page 10.



JUNE

4

FRUITFEST

Plan B / Williamson Street

The annual celebration of all things queer and fruity returns to the parking lot and street around Plan B on Williamson Street in Madison. Headlined by Madison's own VO5 and featuring a colorful lineup of local and touring acts throughout the day, the festival also includes family activities, games, a karaoke contest, vendors, food, and more. fruitfestmadison.org



MAY

7

MAD ROLLIN' DOLLS ROLLER DERBY

Alliant Energy Center

It's the home season championships! All four MRD teams will face off in a double header, with the battle for third place happening first and the race to the championship trophy topping off a night of hard-hitting, fast-skating action. Win prizes, watch incredible feats of athleticism, and hang with a fun crowd at this family-friendly event. madrollindolls.com

12

MADISON GIVES

Monona Terrace

Madison Community Foundation hosts Harvard University's Michael Norton, co-author of *Happy Money: The Science of Happier Spending*, as he joins MCF and friends to share his thought-provoking research linking wise spending with happiness and stories of how investing in others increases that happiness. Enjoy two unique opportunities: the talk and the dinner. madisoncommunityfoundation.org

14

GSAFE'S CELEBRATION OF LEADERSHIP

Monona Terrace

Lend your support and celebrate the successes of GSAFE's honorees at this awards ceremony featuring a social hour, a silent auction, dinner, and a program that will recognize the winners of GSAFE's Youth Scholarship Recipients. Sliding scale entry available—email amber@gsafewi.org

20

RED RIBBON AFFAIR

Madison Concourse Hotel

This red carpet event features appetizers, dinner, cocktails, and a silent auction, with funds raised going to support life-saving prevention, care, and treatment services for people living with HIV/AIDS in the Madison area. www.arcwv.org

20-21

CYCROPIA'S "CIRCO LUCIDO"

Wisconsin Union Theater

Audiences have three chances to catch Madison's aerial dance troupe's latest spectacular, Friday at 7:30 p.m. and Saturday at 2:00 and 7:30 p.m. The performance aims to immerse its audience in a magical, illuminated world, exploring concepts of light and brilliance in eight original pieces. cycropia.org

22

DANE BUY LOCAL SPRING CELEBRATION

Around Madison

Dane Buy Local hosts this new event featuring three neighborhoods that are saturated with DBL members: Atwood Ave., Capitol Square/State St., and Monroe St. Take a stroll in any or all of these neighborhoods to stop in at your favorite local shops, enjoy tastes from your favorite local spots, and enjoy music from local musicians along the way.

Support local businesses and treat yourself to a fabulous afternoon. danebuylocal.com

22

BLACK SHEEP BAZAAR IV

High Noon Saloon

Join the Black Sheep of the crafting world in welcoming back warm weather with their fourth local maker's market. As always a portion of all vendor profits will be donated to Planned Parenthood. Come to shop and stay for the cocktails! facebook.com/blacksheepbazaarwi



Big Freedia

28

WURST TIMES FESTIVAL

High Noon Saloon, Brink Lounge, Brass Ring

Celebrate Madison and the surrounding area by eating and listening locally: Original bands play at this all-day event that benefits Second Harvest Foodbank and the MAMAs mission to put musical instruments into kids' hands. facebook.com/WurstTimesFestival

JUNE

10-12

MILWAUKEE PRIDEFEST

Henry Maier Festival Park

Be out and proud at the only Pride celebration with its own fair grounds! This year's headliners include Blondie, Big Freedia, Sarah Silverman. pridefest.com

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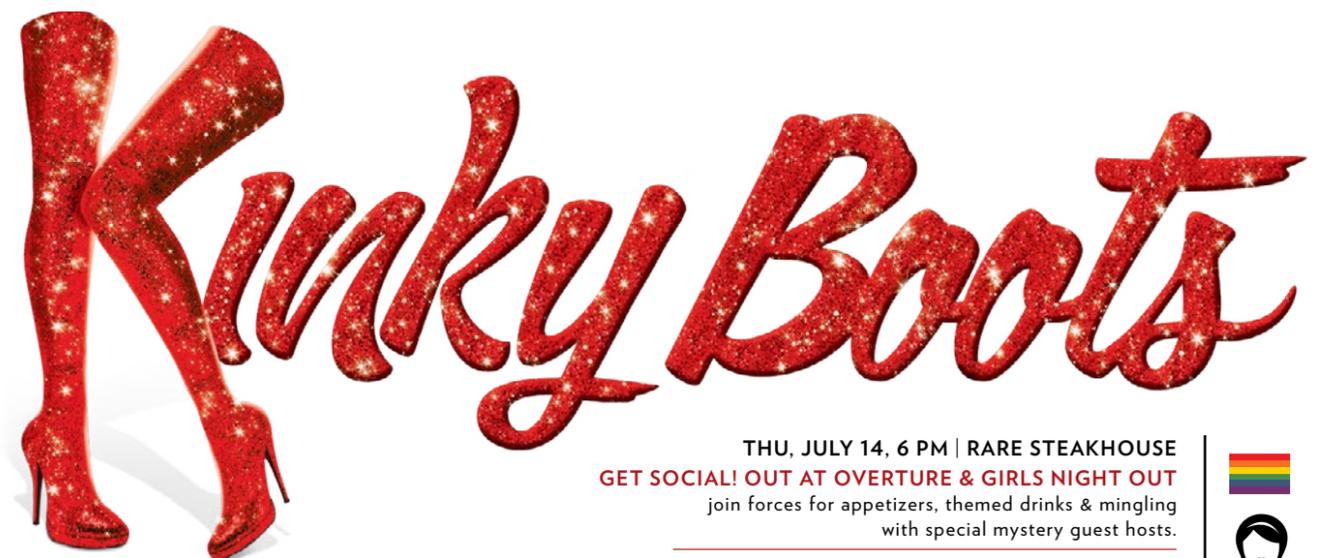
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11

**RUPAUL'S DRAG RACE
BATTLE OF THE SEASONS**

Pabst Theater, Milwaukee

The queens battle it out in high camp style, hosted by Michelle Visage.

pabsttheater.org



10-18

STAGEQ'S "QUEER SHORTS"

Bartell Theatre

StageQ's short play festival returns. The collection of short plays explores topics from across the LGBTQ spectrum.

stageq.com

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TAPIT/new works ensemble debuts story of the gay man at the center of the American Revolution.

INDIVIDUALS OF ALL political persuasions invoke the "Founding Fathers" to justify their positions—but have you ever wondered what the Founding Fathers themselves would think?

That's the question at the heart of *Ben Franklin & Baron von Steuben vs. the Paine County School Board*, the latest play from TAPIT/new works Ensemble Theater opening Friday,

May 6 and running through Saturday, May 21 at TAPIT/new works Theater, 1957 Winnebago Street on Madison's east side.

The play is inspired by a little-known historical fact—Baron von Steuben, the Revolutionary War hero credited with transforming the Continental Army into a force capable of beating the British, was a gay man. When a history teacher in the fictitious Paine County School District teaches this, and conservative school board members get wind of it, the stage is set for dramatic confrontation.

All this proves a bit much for Franklin and von Steuben, who've been observing the action from the Great Beyond. They decide to risk intervening in contemporary affairs to set the record straight, successfully transforming controversy into comedy and demonstrating that even if history doesn't repeat itself, it will still try almost anything to get your attention.

Outreach sessions, combining excerpts of the performance with facilitated discussions, will give students from West High School, LaFollette High School, Whitehorse Middle School, O'Keeffe Middle School, and Wright Middle School an in-depth and up-close experience with both the performing arts and history.

Written by Danielle Dresden, *Ben Franklin & Baron von Steuben vs. the Paine County School Board* is directed by Stephen F. Murray and performed by Francisco Torres, Krystal Lonsdale, Liz Light, Issac Brieske, Donna Peckett, and Dresden.

Peckett and Dresden, TAPIT/new works' producing artistic directors, will play the parts of von Steuben and Ben Franklin in drag. Stage manager Emily Morrison-Weeks, costume designer Rebecca Sites, lighting designer Patricia Micetic, and graphic artist Michael Duffy round out the production staff.

Performances are May 6, 7, 12, 13, 14, 20, 21, at 7:30 pm. Tickets are \$20 for general audiences and \$17 for students. Tickets are available at brownpapertickets.com. All performances are at the fully accessible studio theater, TAPIT/new works, 1957 Winnebago Street. Contact TAPIT/new works Ensemble Theater, (608) 244-2938, info@tapitnewworks.org for more information.

This production is supported, in part, by New Harvest Foundation; the Wisconsin Arts Board, with funds from the State of Wisconsin and the National Endowment for the Arts; DANE ARTS; and the Neil Allen Peckett Memorial Fund of TAPIT/new works. ■

**Madison Symphony Orchestra's
Season at a Glance**

Franzo Law II and **Brandon S. Hayes** sit down with MSO conductor **John DeMain** for a look ahead at the new season.

THE MADISON SYMPHONY ORCHESTRA (MSO) consistently presents a season that includes music as familiar as an old friend, pieces that offer reintroductions to known composers through their lesser-known but formidable works, as well as compositions by contemporary, living composers. Expect the 2016–2017 season to be no different. This will be John DeMain's 23rd season as Music Director with the orchestra. We sat down with DeMain to discuss the orchestral pieces that he is preparing, many of which will be performed by the MSO for the first time.

An exciting aspect of this coming season is that two performances will incorporate multimedia elements into the musical experience. The MSO has added a ninth performance to the season with the return of *Beyond the Score*. This event offers the audience a chance to explore a well-known classical work in detail, appealing to both classical music aficionados as well as to those new to the genre. The last *Beyond the Score* event was in 2014 and was a sold-out performance. This February, the explored work will be *Scheherazade* by Nikolai Rimsky-Korsakov, inspired by *One Thousand and One Nights*. Actors Brenda and James DeVita will portray Scheherazade and Rimsky-Korsakov, respectively, during the first half. In the second half, the orchestra performs *Scheherazade*, with myriad solos that truly showcase the talent within the orchestra. Expect to hear Russian influences, as well as elements of Orientalism, quite influential at the time the piece was written.

The first concert series in September

will also use multimedia to augment the performance of a well-known orchestral work. The MSO will perform *The Planets* suite by Gustav Holst, while taking the audience on an odyssey through space with an HD presentation of NASA images and videos, perfectly timed to DeMain's conducting. This concert will also include

Chaconne with violin soloist and Concertmaster Naha Greenholtz, written by John Corigliano and featured in the movie *Red Violin*.

In February, the orchestra will perform Peter Tchaikovsky's sixth and final symphony *Pathétique*, full of melancholy and romanticism. English pianist Stephen

Hough will play the Piano Concerto No. 5 (*Egyptian*) by Camille Saint-Saëns. The composer wrote this concerto while in Luxor, and was inspired by an overheard tune from singing boatmen. MSO will also perform *Second Essay* for Orchestra by Samuel Barber, the American Romantic composer. *Second Essay* was dedicated to poet and friend Robert Horan and is tinged with the tragedy of war, concurrent with its premier in 1942. Barber joined the Army Air Corps that same year. This concert series may be of particular interest to the LGBTQ community, as all three composers were either suspected of being gay or were out during their lifetime. In fact, according to Tchaikovsky's brother, Saint-Saëns and Tchaikovsky once performed a pas de deux of *Galatea and Pygmalion* on the empty stage of the Moscow Conservatoire. In addition, pianist Hough is openly gay.

Other highlights include Norwegian violinist Henning Kraggerud, who will

perform Max Bruch's Violin Concerto No.1 in October, as well as three postludes from his own composed work *Equinox*. In November, Christina and Michelle Naughton will perform Wolfgang Mozart's Concerto for Two Pianos. Although the identical twins are now internationally acclaimed, they spent most of their childhood in Madison and DeMain has known and worked with them since they were in grade school. The Madison Symphony Christmas Concert is a standing Madison tradition with performances from the Madison Symphony Chorus, local music groups, and Sylvia McNair, a two-time Grammy and regional Emmy award winner. Norwegian trumpet soloist Tine Thing Helseth returns to Madison in March to perform the Trumpet Concerto by Johann Hummel. This is one of the earliest concertos written for keyed trumpet, a predecessor of the modern valve trumpet. French Pianist Philippe Bianconi, another name familiar to MSO audience regulars, will play Sergei Rachmaninoff's Third Piano Concerto in April. DeMain referred to this oeuvre as the "Mt. Everest of piano concertos." The MSO closes the season in May with the glorious *Ein deutsches Requiem* by Johannes Brahms.

Other MSO performances to look forward to next season include Symphony No. 5 by Shostakovich (which was DeMain's audition piece for the MSO), Alpine Symphony, a tone poem by Richard Strauss, Elgar's *In the South (Allassio)*, and Beethoven's Symphony No. 6 (*Pastorale*). You will also hear works by Enescu, Schumann, Stanford, and Lutosławski (don't worry, it's one of his early tonal works that he later disowned!). ■

You can find more information at madisonsymphony.org.



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Earth Mover

Tricia Bross of **Luna Circle Farm** talks about her decades worth of experience in organic farming, the challenges and rewards of the farming life, and the girlfriends and broke-down cars that helped get her there.

SOMETIMES THINGS BREAK DOWN. And sometimes that breaking down process gives us the time and space to see a new direction forward, to change our lives, to grow something new.

Tricia Bross can point to several such instances in her own life—two in particular that involved a (different) car. The process of breaking something down to create new life, too, plays a major role in her day-to-day, having worked growing organic vegetables for the last 26 years. The purple awning of Luna Circle Farm has been a staple at the Dane County Farmers' Market, where she's been selling the bounty of her land since the time when she was just one of a few organic operations in the area.

The first goal of the farm was to teach interns how to support themselves by farming, but also to train other women to do the work. Tricia specifically aimed to teach women to "find their strength, to learn to move their bodies."

Farming wasn't what Tricia initially set out to do, however. Born in Boston and then moved across the country several times over, her family finally settled in tiny Wild Rose, Wisconsin when she was nine years old. There, though it wasn't their main work, her family kept a hobby farm raising beef cattle, pigs, sheep, and chickens. Tricia showed cattle and sheep at the county fair—but always saw boys and men taking the lead in the work. She never imagined there would be a place for her as a farmer.

Life took many turns, including a stint at a religious college for her undergraduate degree. Just after graduation, though, her burgeoning awareness of her sexuality drew her to San Francisco.

"It was an eye-opening experience on many levels," Tricia explains. "Unfortunately, it was also soon after the AIDS crisis began, so I saw many heartbreaking things as well."

She held a job that was about as far from farming as you could get, working as an auditor for Bank of America. "I wore business suits and pumps to work every day," she quips.

Her first experience with organic farming didn't come until 1985, when she moved to upstate New York for graduate school. There, Tricia met her first fresh market vegetable farmers.

"This was more in line with my vegetarian status than animal agriculture," she notes. "Plus, after dealing with my mom's health crisis I was really thinking about the connection between food and health. So the organic side really appealed to me. This was also the first place I saw women defining themselves as farmers."

It was, in fact, her concerns about what people put into the soil and water—and the related health impacts—that most drove her into organic farming. Her mother struggled with health issues, and Tricia dealt with digestive problems all throughout grad school while living a more sedentary life and eating "crap food."

"Where I grew up in central Wisconsin the water table was maybe just 15 feet below the surface, so everything you put on the soil trickled quickly into the water system." Once she started making those connections, she says, it felt like "signing our death warrant." Tricia wanted to do something to change that process.

STARTING OUT

Fate, and a faulty automobile, also played their hands: "I fell in love with a girl who worked on an organic farm, and when my car died and needed repairs I worked out a deal with the farm owners to live there for a month while it was getting fixed," Tricia explains. During that time, too, her digestive issues went away entirely. "I was eating good food and doing a lot of physically demanding work," she adds. It didn't take her Master's degree to make the connection.

After that, Tricia and her girlfriend moved out to the east coast and worked on an apple orchard. They eventually broke up, and Tricia went south to Florida, where she worked for "the most racist person I've ever known" on an organic vegetable farm. It was a bit of a wake-up call, one she credits for "bursting my liberal bubble."

"I had my idealistic image of organic farmers shattered when I realized that farmers are human too, and gender disparity and racial issues exist in the organic world as well."

Around that time, another broken-down car caused another big fork in the road of life. It happened while visiting friends in Gays Mills, Wisconsin, and despite having always expected to settle on the east coast, Gays Mills was where she stayed.

Luna Circle farm began in 1990 with her then-partner, Ayla. They rented land from another woman, Jazmin. "All three of us were Scorpios. Talk about an emotional household," she jokes.

Their initial challenges included finding an affordable space to live and farm. Tricia found that the transition from worker to proprietor, and having income go up or down based on the decisions she made, was a difficult one.

"I had some great success and made some huge mistakes," she says. "The learning curve is very steep the first year or two. I think these are the kind of issues that any new farmer faces. We had some difficulty finding financing when we needed some equipment, and I think it was gender related. But we did finally get a small loan."

The first goal of the farm was to teach interns how to support themselves by farming, but also to train other women to do the work. Tricia specifically aimed to teach women to "find their strength, to

Embracing the process



GAIL AMBROSIUS, CHOCOLATIER
GAIL AMBROSIUS, CHOCOLATIER/OWNER/PRESIDENT

People are embracing all things local with their food. As this continues, you will see people share photos of not only the dishes they are creating, but the ingredients before preparation. This is great to see, as more people are eating consciously with an awareness of food sources.

Spicing it up



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We've seen a growing interest in our bar products which we produce ourselves. We offer five different house-infused vodkas for our Bloody Marys, all using products from the farmers' market. Customers enjoy the different dimensions the Bloody Marys take with the infused vodkas.

Beans to bars



CHOCOLATERIAN
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I'm excited by the growing number of chocolate bean-to-bar artisans in Wisconsin. Bean-to-bar is the process of converting dried cocoa beans to a chocolate bar. WM Chocolate is in Madison, Tabal is in Milwaukee, and Del Sol is in Viroqua. I predict Madison will do for chocolate what Seattle did for coffee in the '90s.

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learn to move their bodies.” She taught women to use and repair power tools, chainsaws, and rototillers. “I also had some personal goals about wanting to learn to be as self-sufficient as possible and to leave a small footprint on this planet,” she adds.

EMBRACING CHANGE

Through the years, the work has been both rewarding and grueling. Living off-the-grid meant pumping and hauling all of the water needed to maintain a vegetable farm on sloped ground in Gays Mills. Frequent heavy rains often washed the soil away entirely, leaving them to start over again or without crops at all.

Finally, in 2002, it was time for another major change. The weekly drive into Madison for the Saturday farmers’ market was long and left her so tired she often slept through all of Sunday. Her then-girlfriend lived in Madison and the distance was a strain. Her mother’s health had gone on the decline again, too, and she wanted to be closer to her. Tricia decided that she’d spent enough time putting in the long, hard

hours required to maintain a life without regular access to running water and electricity.

She found a new farm closer to Madison in the small community of Rio, where she’s been ever since. Being able to come home to a hot shower at the end of a difficult workday has been a particular bonus of the change, Tricia says. She also switched from having live-in interns to hiring hourly workers. It’s meant less time to teach skills, but has freed her to pursue other projects while also recognizing that her body has different needs and capabilities now than it did when she was in her 20s and 30s.

She also says she’s come to appreciate having men as well as women working on the farm. It’s an opportunity to show them a co-ed environment where women contribute just as much to the operation, and for her to appreciate and use “the strength that comes easy to so many young men.”

RURAL MINORITY

As a small-scale, fresh market grower, Tricia feels the gender disparity is lower than in some other types of farming. However, she notes, sometimes in grower gatherings when the topic turns to equipment and mechanics, “I see lots of women fading out of the discussion. I don’t think that is a lack of interest, but rather a lack of the basic vocabulary to talk about things. I do think that on farms run by mixed-gender couples that the majority of the equipment work will be done by the guy—not all, but most.”

When it comes to how her fellow farmers do or don’t deal with her sexuality, Tricia also says she hasn’t had many overt problems. More often, it’s a battle of small assumptions and stereotypes. “I have at different events been asked who my husband is and how many cows he milks,” she relates. “That is just wrong on several levels.”



“I have on occasion had issues living as a lesbian in a rural, isolated area,” Tricia goes on to say. “I’ve had homophobic neighbors to deal with. But, I’m happy to say that is changing and people are more accepting.”

HARD WORK, MANY REWARDS

Through all the ups and downs, incredibly early mornings, bad weather, good weather, and overall very difficult work, Tricia still loves what she does. “

“I love being out first thing in the morning, hearing the cranes calling,” she muses. “I love seeing the spider webs, wet with dew and looking like strings of pearls. I love plowing the fields in the spring. Where else do you get a perfectly clean slate to start over each year?”

It was, in fact, her concerns about what people put into the soil and water—and the related health impacts—that most drove her into organic farming. “Where I grew up in central Wisconsin the water table was maybe just 15 feet below the surface, so everything you put on the soil trickled quickly into the water system.”

When I am mowing, I love to watch the ballet performed by the birds while they swoop to grab the bugs flying up from the grass. I love transplanting little plants—looking back and seeing a bed that was empty filled with plants.”

The people she’s known, loved, and worked with along the way are a big part of what makes it all worthwhile, too. “I have worked with lots of great people so I enjoy interacting with my crew each day. I love that my dog can spend the day running around with me. Twenty-five years later I still enjoy getting up in the wee hours every Saturday and going to the farmers’ market. My customers are the best. I enjoy the change of seasons and seeing the circle of life happening before me.” —Emily Mills

Visit Tricia and Luna Circle Farm at the Dane County Farmers’ Market or online at lunacirclefarm.net to find out more about the what they grow and where to buy (including through their CSA).

TIPS & TRENDS

Competitive innovations



CARGO COFFEE
LYNN LEE, CO-OWNER

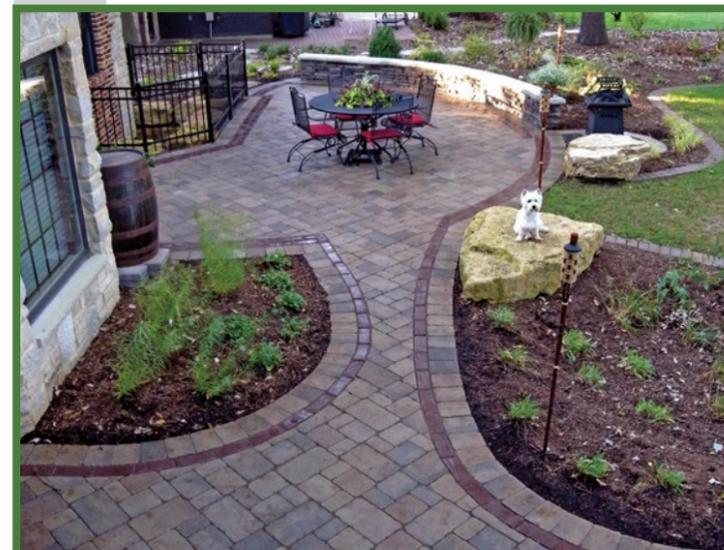
Whether it’s pizza, craft beers, a Southern-inspired restaurant, or Beard-nominated chefs upping their game, we have more options and better quality restaurants than we ever have had. Let’s just say, dining in Madison today means a lot more than just buying local. The new trend I see is for innovations, both in food and the dining experience. Chefs and restaurant owners are taking their craft and service to a level we have not seen before, at least not on such a wide scale. When there’s competition, the bar keeps getting raised both for food and the dining experience, and the winner will be Madisonians!

Listening to our bodies



MANNA CAFE AND BAKERY
BARB PRATZEL, OWNER

With an aging baby boomer population, and a with our country’s hyper-awareness of health needs, we’ve seen customers increasingly interested in food that is lower in bad fats, or higher in fiber. There has been a trend toward more use of ethnic foods that are highly spiced (though not necessarily “spicy;”) allowing more healthful ingredients to shine. Quinoa dishes abound. Wraps with Indian or Mediterranean flavors can eliminate the craving for cheese, or butter. And improvement of health through eliminating gluten, or lowering saturated fats, has become a notion that appeals not just to those whose health needs require it.



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feature

Living to Serve

Cargo Coffee owner **Lynn Lee** details the ups and downs and lessons learned from working in the service industry, from San Francisco in the early '90s to Madison in the now, and becoming a role model for his young LGBTQ employees along the way.

TEN YEARS AGO my husband Steve and I moved to Madison to start a family and new careers. Mine was to work for my brother Lindsey managing his two coffee shops, Ground Zero and Cargo Coffee. We opened a third coffee shop, Cargo Coffee on East Washington, last year.

My position in the shops has changed over the years, but the questions I get from new employees seem to remain the same. They are familiar questions that I remember asking my own managers in the restaurants where I used to work. After graduating from college with a Bachelor of Fine Arts in painting, I did what a lot of young people with my degree do right out of college and started waiting tables. Many of the people who work for us are either in school or just graduated, trying to get to the next stage in life. It was a confusing but exciting time for me then; I see it's the same for them now. So when they ask me these questions, I try to answer honestly, knowing someone took the time to answer mine, and it helped to bring me here.

WORKING YOUR WAY UP

The first question is usually, "How did you end up in Madison and owning a business?" What I know they are really asking is, "How do I get to where I want to go?" This is a hard one to answer, because I never thought I'd end up back in the Midwest doing what I'm doing. It wasn't planned out, many small steps brought me here to Madison, a city I love. The answer is, take the risk of change for a life you want.

In my case I was waiting tables in Ann Arbor, Michigan, and after two years I knew it was time to move on. One night I waited on two guys from San Francisco who, after much conversation, told me I should move there and if I did, I should get a job at a restaurant called Stars. By the time I walked home that night, I had decided to move to San Francisco. Three months later in a new city, I walked into Stars, told the HR person my story, and got a job. It was 1990 and Stars was one of, if not the most popular restaurant in the city. The owner Jeremiah Towers was one of the founders of California Cuisine, the farm-to-table movement we see taking over Madison's restaurant scene now, and the name reflected that movie stars, celebrities, and musicians were often dining there.

As a 24-year-old fresh out of Michigan, waiting on people I'd never thought I'd see in person, and making more money than I'd imagined—well, it was mind blowing. From this experience, I've never been afraid to take a risk or go with the possibility of making a change. I've taken many risks and can honestly say that I regret none.

San Francisco in the early '90s was recovering from the AIDS epidemic, apartments were cheap and the gay scene was slowly coming back. In an attempt to make friends I volunteered at the Names Project, working on the AIDS Quilt. I joined Act Up and then Queer Nation, activist groups to advance LGBTQ issues in San Francisco. Being involved in these groups was risky business in the early '90s, but it felt like we were fighting for change I believed in. I still am passionate about LGBTQ issues, and I now participate in a different way to support the effort. My brother and I have for years always said yes to donating coffee, gift cards, or money to LGBTQ organizations in Madison, too.

CAREER PATHS

The next question comes from getting to know the employees, and often they ask, "How do I get to the career I want?" The answer is, "Work hard and make this time work for you." Working in a café or restaurant means that you develop a unique skill set, and anyone who's done it knows what it is. You learn to multitask under stress. You learn to get from A to B, getting that table in and out on time. You learn customer service is about connecting with people, listening, and making them comfortable. You also learn that even if someone is difficult, like the chef screaming in your face, you have to find a way to work with them.

These are all skills, though learned in a café, that you can take with you to the next job or career move—but they also apply to life. These skills I learned in my 20s have helped me pursue all my passions. I continued to wait tables to save money to buy my first house in San Francisco and open a gallery representing 125 local artists. Working seven days a week at my gallery and waiting tables for five years were some of the best times I've known. I have found I'm not satisfied just going to work and going home. There are too many interesting or meaningful parts of my life I need to stay involved in. I'm still an active painter, selling my work at Hatch on Williamson Street and doing murals around town. I'm the president of the Marquette Neighborhood Association because I'm passionate about making the neighborhood the best it can be for the people who live here. I'm also raising my nine-year-old daughter, covering all the parenting responsibilities and

TIPS & TRENDS

Wine in cans



SQUARE WINE CO.
ANDREA HILLSEY, OWNER/OPERATOR

Don't be afraid. There is a movement within the wine industry of producers beginning to put wine in cans. Yes, cans. We owe this great innovation to the brewing community. They are the ones that figured out the technology to safely can delicious refreshment. There are two major producers you'll see on the shelves in Madison—Field Recordings/Alloy Wine Works and Underwood from Union Wine Company. The former producing balanced wines from California and the latter, great wines from Oregon. Cans also keep the price of the wine down by saving on packaging. If there is anything that will unite Madison drinkers, it's wine in a can. Good wine in a can. They are ideal for tailgating, Concerts on the Square, and all outdoor adventures. You can do it!

A smoother cold brew



JAVA CAT COFFEE
RENEE RASPILLER, OWNER

Over the past year we have seen an increased interest in flat whites, an espresso beverage originating from Australia that is prepared by pouring microfoam over ristretto shots of espresso. We have also noticed an increased demand for cold brew coffee (which is how we make ours) versus iced coffee (coffee brewed hot and strong and then iced). We believe this is because cold brewing creates a smoother tasting coffee, whereas brewing coffee hot and then icing it can leave a bitter taste in one's mouth.

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hopefully teaching her life is about pursuing all your passions.

CONNECTING WITH COMMUNITY

“How do you know so many people?” My response is always that you should get to know as many customers on a more personal level as possible. From this comes connection and opportunity. Coffee shops bring people in day after day, and you eventually connect with your customers and get to know them. Madison is full of people working on causes I believe in, and knowing them better and helping them when I can inspires me to do more.

I have had so many opportunities to support causes, events, and political candidates from getting to know my customers. One of the best experiences I’ve been involved in was working with Teen Pride Arts, an annual gathering of rainbow-spectrum teens, friends, and allies, with live performances and visual art-making. Getting to sit with a group of

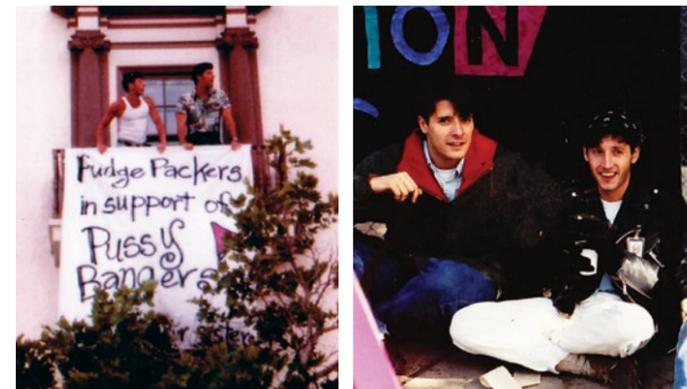
When you lose your partner, husband, you not only lose the day-to-day help raising your kid, but you lose the future, sharing in the special and difficult moments to come, things you had talked about and looked forward to as parents. More importantly, you lose the chance to reminisce.

teens talking about being a gay parent and hopefully being a positive role model was both magical and meaningful. Another is collecting coats for the homeless community at our Park Street location. As a business owner, I can make a difference and I try to encourage my employees to go out and get involved as well. Giving back to the community, whether it’s the city I love or my LGBTQ community, feels good!

GAY PARENTHOOD

My favorite question from my LGBTQ employees is, “How did you become a parent?” In the last 10 years, this is becoming a question I hear more and more as LGBTQ young adults realize this is a possibility. When I was in my early 20s, I already knew I wanted to be a parent, but without role models, it seemed impossible. It was a different time.

Ten years ago when we started the journey to adopt it was met with obstacles and the opinion that here in Wisconsin, it was a slim chance we would ever succeed. My husband and I were told by adoptions agencies that they couldn’t work with us because placing a child with us was unlikely. We did not give up and finally found an agency in Georgia with a high success rate for gay male couples and signed on with them. Three months later we got the call there was a newborn girl in Washington State who needed a family, and she was ours if we



wanted. We had no idea of her medical history, her ethnicity, or any information other than she needed a home, parents, and she could be ours. We said yes and were on a plane in less than two hours heading to pick her up. We were ready for the risk that it might be difficult to adjust to such a big change in our lives.

At the airport I told my husband, no matter what the situation, if we get on the plane, she’s ours. He agreed, as I knew he would, and we flew into the unknown. That night we were handed a four-day old, 4.5 pound baby girl in a motel. We signed the paperwork and the adoption facilitator walked out the door, leaving us on our own. It was the most terrifying and wonderful night of my life. Our life as gay men changed drastically. No more going out dancing, staying up late with friends, or working out. Priorities shifted to rocking baby to music we used to dance to, staying up late for night feedings, and teaching her to crawl, then walk, then ride a bike. Those were the only workouts we had time for. Yes it was a change, but one we welcomed and cherished.

LIFE GOES ON

The newest question I get from my staff is, “How are you doing?” This question means so much to me. Through the magic of Facebook I now keep in touch with many former employees, watching them start careers, marriages, and families. They keep track of me as well. The friendships they made with other employees have lasted long after they stopped working in the coffee shop. Does this happen in an office job? It might, but somehow the café environment encourages friendship like no other job I know.

Millennials get a bad rap. They are no different than I was 25 years ago, starting out, young, and wanting to navigate the life ahead. In some ways they have it better and worse than I did. They have a better environment to live an authentic life, being who they want to be with more options than my generation had. They have role models to look up to and see what is possible. But they also have a worse economic environment, more debt, and more uncertainty that they can achieve their dreams. I always tell them to look around, these may be the friends you have for life.

My two closest friends are coworkers from 25 years ago at Stars. They are the godparents to my daughter, and the two who, when my husband passed away last December, went with me to Hawaii on the trip he and I planned for our daughter’s 9th birthday. Losing my husband and my daughter’s father has brought much change to our life—not one

we chose, but one to navigate while still striving to hope for the best. It’s not been easy. When Steve and I started this journey to adopt a child, I guess the one risk I never imagined is I would be continuing on alone. When you lose your partner, husband, you not only lose the day-to-day help raising your kid, but you lose the future, sharing in the special and difficult moments to come, things you had talked about and looked forward to as parents. More importantly, you lose the chance to reminisce.

For me this is the hardest part of losing a husband. Remembering those first nights, remembering those first milestones in her life, and coming home and sharing with the other parent how proud you are of daily achievements by the girl we worked so hard to have in our life. I also have to deal with my own grief while helping my daughter navigate hers. In my home today, there is remembering a lot, so much talking, and so much affection. Those are the only things I know to guide her through this experience. So far, they seem to be working.

Now, as a reluctant single parent, I find I’m using all those skills I learned waiting tables so many years ago, all the more. Multitasking, getting from A to B under stress, and remembering to smile no matter how demanding the customer is, even if she is your daughter! The fact that so many people reached out to say “How are you doing?”—people I met through the coffee shop, who worked for us in the past, and who currently work in the shops—tells me that this unexpected life, living in the Midwest again working in coffee shops, was the life I had hoped for in my 20s. Sometimes, as I have been reminded of, you don’t anticipate the change your life will take, certainly not the risk. Now when my staff asks their questions I’ll add: no matter what happens, you’ll handle it.

In a few years, my daughter will start working in the coffee shop. I look forward to walking in and seeing her behind the counter learning the family business. I want her to have this experience, learn these skills, and hopefully, make some really good friends along the way. ■

TIPS & TRENDS

New flavor profiles



WILLY ST. CO-OP
MELISSA REISS, PURCHASING ASSISTANT

We’re seeing a lot of interesting trends! Coconut everything: Coconut oil for cooking, baking, as a skin care product; coconut water. It’s also the Year of the Cluster. Bagged snack foods have taken the form of “clusters”: granola clusters, nut and seed clusters, cookie clusters, quinoa clusters, etc. Fermented nut cheeses have also gotten more popular. We’ve seen four different brands in the last year, and we carry two of them (and are considering a third). These are vegan, paleo-friendly, gluten-free, and contain fewer ingredients and are less processed than many of the vegan cheeses that have been around. Typically they are cashew-based.

Turmeric is stepping into focus on packaging more, since the anti-inflammatory effects of the root has received much attention lately.

Producer connections



ROOTS CHOCOLATES
LISA NELSON, OWNER

Consumers are much more interested in where we source our chocolate and ingredients these days. Here at Roots Chocolates, we are proud to tell our customers that we are sustainable farmers growing as many value-added ingredients as possible. We also grow over 40 different fruits, herbs, and vegetables on our farm. Most of our confections are made with our farm honey as an ingredient. If we don’t grow it (say, ginger), we seek out our farmer friends in Wisconsin who do.

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Chef Dan Fox of Heritage Tavern (above)



Eat, Drink, Love

Tami Lax of Harvest and The Old Fashioned takes a survey of the history and current state of Madison's incredible farm-to-table dining and drink scene, including chefs, restaurants, farmers, brewers, bartenders, and more.

TWENTY PLUS YEARS AFTER climbing the stairs to *L'Etoile* I've never second guessed my decision to join a kitchen that was quietly growing and forever changing the face of Madison's food community. I went into this profession naively, wanting to spend my time doing something I felt passionate about. I had not realized that I had chosen a lifestyle as much as I had chosen a new profession.

I found this infectious passion in Odessa Piper, who founded *L'Etoile* in 1976 and was starting a quiet revolution along with her west coast equivalent Alice Waters. Creating restaurants that supported and stressed the importance of buying local, organic, and sustainably while educating the dining community on the importance of this practice would soon become known as "farm-to-table." It was idealistic and unique in the '70s when this revolution was starting to gain momentum. Their goal was to make it commonplace for restaurants to offer a menu featuring the bounty of its region's farming community.

Opening *Harvest*, my passion never changed. Buying local and creating an ever-changing menu became our religion, and it's what has earned us several James Beard Foundation nods as well

Chef Daniel Bonanno at A Pig in a Fur Coat



as being named one of the Top 10 Farm-to-Table restaurants in the U.S. *Harvest* will be celebrating our 16th year of being part of Madison's restaurant community and our goal remains the same, to teach and encourage our chefs the importance of sustainable practices and carry that vision forward to their next step in this ever-evolving profession. Seeing the need for a more casual style restaurant, too, I opened *The Old Fashioned Tavern & Restaurant* to showcase Wisconsin farmers and producers in a relaxed supper club environment.

A BOUNTIFUL LEGACY

Odessa built the foundation for Madison's food community that continues to strive for and grow the importance of a sustainable food system. Those who worked in her kitchen went on to create their own niches, like Jane and Wave of *The Dining Room at 209 Main*, Brian and Angela's *Deb & Lola's*, and Eric Rupert's *Opera House*. Odessa's last Executive Chef Tory Miller took his relentless passion for *L'Etoile's* vision and moved it into its 40th year, earning a Best Chef of the Midwest from the James Beard Foundation in 2012 and nominated this year for Outstanding Chef. This all happened while he was creating new restaurant concepts and opening *Graze*, *Sujeo* and *Estrellón*.

Madison's restaurant scene is diverse and rich with talent and has the distinction of being one of the top culinary destinations in the Midwest. Madison restaurants are known for creating innovative cuisine and are also driven by friendly competition with one another. On any given day, the decision to dine out can be overwhelming while one tries to land on a final destination.

In the culinary world, earning a James Beard Foundation nomination is equivalent to an Oscar. In 2016, we saw second semi-finalist nominations for Jonny Hunter of the *Underground Food Collective* and Chef Dan Fox of *Heritage Tavern*. Chef Francesco Mangano of *Osteria Papaverò* received his first nomination for Best Chef-Midwest. After winning his

Localized customization in catering



SHERATON MADISON
ERIC BORCHERT, DIRECTOR OF CATERING

Localization is the strongest trend in catering. Clients want to create a memorable experience for their guests. Customizing their menu with a local ingredient or product is allowing them to do this. Locally sourced cheeses are very popular. Local cheeses are more authentic and lend a learning component to simply eating a piece of cheese. Local ingredients and products lend themselves to being paired together to create a Wisconsin feel; items such as mini brat sliders, local cheese, or even S'mores paired with a micro-brewed beer from a Madison distillery.

Fish Tales



DAISY CAFE & CUPCAKERY
DARYL SISSON, OWNER

Restaurants have increasingly celebrated local products, but in Madison we also love fish that comes from far away, and sadly our oceans are being overrun by commercial fishing. At the Daisy Cafe, we use cod for our fish fry, fish tacos, and our cod sandwich, plus we serve salmon nightly. When it comes to fish, we commit to supporting local by getting all of our products from Bering Bounty. This is a company based in Verona, and the owner runs the fishing himself. He fishes in the Bering Bay off Alaska, so he can guarantee the origin and that it's all fresh, wild-caught fish; and he uses gill-netting practices so the process is sustainable.

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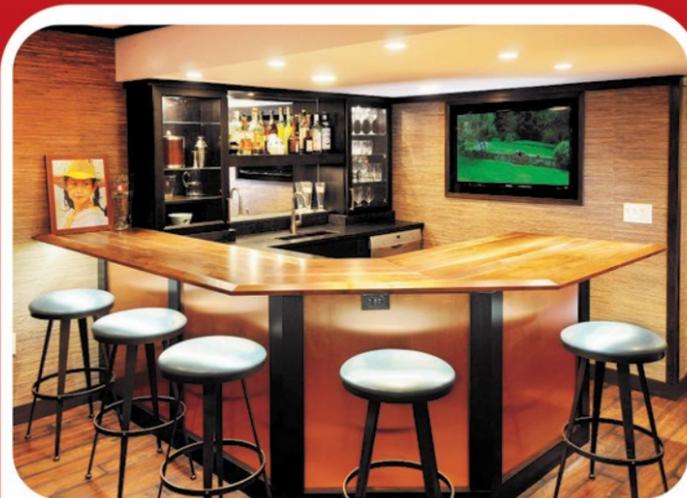


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Bos Meadery

first award Best Chef-Midwest in 2012, Chef Tory Miller received his first nomination for Outstanding Chef. Four nominations from a city of our size in one year is highly notable.

Jonny Hunter of the *Underground Food Collective* (*Forequarter*, *Underground Butcher*, *Underground Meats*, *Underground Catering* and soon to open *Middlewest*) has been transforming our local food scene like no other over the past 10 years. A true renaissance man, Jonny has garnered national attention and is inspiring all facets of our food system through his Underground ventures. Inspired by his public affairs degree, Hunter is generous about sharing what he has learned. In 2013 he attracted national press when he crowd-funded an open-source guide to meat-curing safety standards to make life easier for other aspiring artisan meat producers. He founded Bike the Barns, an annual fundraiser that benefits FairShares' Partner Shares, a program that helps low-income families buy fresh, locally grown vegetables. He also helped launch the Madison Area Chefs Network (MACN) along with Tory Miller and created the idea for Madison's Annual YumYum Fest.

Bologna, Italy native Francesco Mangano earned the love of his customers and fellow chefs long before the Beard Foundation gave him notice. He has offered an elevated Italian country-fare at *Osteria Papaverro*, opened in 2006, like his grandmother served at her restaurant in Bologna. Francesco's talent prevails in his attention to detail, authenticity, and his craft of charcuterie that is not to be missed during your visit.

Chicago native Chef Daniel Fox is the Owner and Executive Chef of *Heritage Tavern* and founder of *Fox Heritage Farms*. *Fox Heritage Farms* allows him to follow his passion for raising heritage breeds of pigs that are served both in his restaurant and other Madison-area kitchens. His elevated farm-to-table cuisine shines due to his tenacious attention to detail and always pushing himself to offer the unexpected.

This movement has also been driven by the diner's desire and demand for food that has been created with passion and is creative and delicious. There are a number of Madison-area restaurants that put their roots down years ago and are reinventing themselves and an unprecedented number of new restaurateurs whose priority is to impress and excite their guests. We all have our favorites in addition to the aforementioned: *The Tornado Room*, *Sardine*, *Taqueria Guadalajara*, *Greenbush*, *Grandpa's Pizzeria*, *Salvatore's Tomato Pies*, *Lombardino's*, *Pig in a Fur Coat*, *Sushi Muramoto*, *Himal Chuli*, and *Nostrano*.

DESIGNER DRINKS AND FARM FRESHNESS

While experiencing the depth and breadth of culinary creations, there is an added incentive to visit restaurants, too. Their bars and taverns are now taking their beverage menus to new heights. A new breed of bartenders put as much thought into their cocktails as restaurant chefs put



Jonny Hunter of the Underground Food Collective

into creating dishes for the menu. The classics are still king but many have been re-created with a twist. They are now using tools and ingredients that have never been previously used. Local beverage producers are also experiencing a broader market with Madisonians always wanting something new to try. We now enjoy *Bos Meadery*, *Cider Farm* hard ciders and apple brandy, *Ruby* coffee roasters, *Wisco Pop*, *Yahara Bay Distillery*, *Old Sugar Distillery*, and local breweries opening as fast as restaurants.

Not only has this revolution inspired many in our restaurant community but in the farming community as well. People who felt it was not viable to farm have found markets in selling to restaurants, local grocery stores and at our local Farmers' Markets. What started with one weekly Saturday market around the Capitol Square in 1972 has flourished into markets around the city daily during the summer and early fall months. We see mainstream grocery markets with local and organic sections.

There is also the option of our rich Community Supported Agriculture (CSA) culture that allows one to invest in a local farm and reap the benefits of its bounty throughout the growing season. Farmers have extended their seasons by cold storage of root vegetables that become more complex in their flavors the longer they are stored. One can now enjoy vegetables that were harvested at the end of last season while the new crop is sprouting in its current season. This may seem normal in 2016, but 20 years ago it was unheard of.

Farmers such as Richard de Wilde of *Harmony Valley Farm*, Tricia Bross of *Luna Circle Farm*, Steve Pincus of *Tipi Produce*, Jim and Rebecca Goodman of *Northwood Organic Beef Farm*, Bill Warner of *Snug Haven Farm*, John Aue of *Butter Mountain Farm*, to mention a few, have all paved the way for a continued interest in growing our food supply in south central Wisconsin. They are reclaiming our foothold on Wisconsin's rich farming community that has been disappearing over the past 50 years.

As life continues to speed up and we spend less time preparing our food, it is important to challenge ourselves to bring our families and friends back to the table. We must teach our children both the value of and skills for cooking their own food. On the occasion that you are deciding to dine out, keep in mind those who are making a conscience decision to source their product from a local, sustainable purveyor.

I encourage you to be part of this revolution that will make farm-to-table commonplace and keeping our beloved city on the culinary map. ■



When **TAMI LAX** is not spending time at her two Madison restaurants, *Harvest* and *The Old Fashioned*, she can be found documenting her life through photography. Her passion for photography rivals her passion for cooking and her favorite subjects are family, food, and travel.

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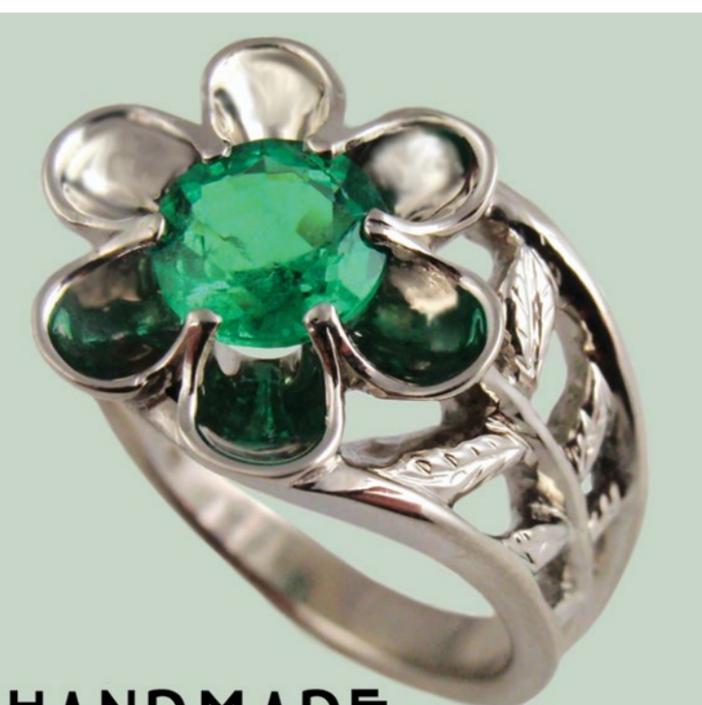


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Soul Food

Historian **Dick Wagner** explores the voices of gay liberation through the words of Wisconsin poets.

IN PRIDE AND PREJUDICE Jane Austen has the handsome Mr. Darcy call poetry “the food of love.” In the early decades of gay liberation in Wisconsin, the lyrical voices of poets indeed nourished the movement in so many ways.

Eldon Murray was the leading force of *GPU News*, the main voice of liberation in the 1970s, published from Milwaukee. It included poetry as an integral part of advocacy, as did other lesbian and gay publications over the next decades. Murray wrote a lengthy article on Walt Whitman’s Calamus poems from *Leaves of Grass*. Murray’s theory was that Whitman’s coming to terms with his sexuality released a tremendous creative energy and joy. This enabled the poet to write, “We two boys together clinging / One the other never leaving / Up and down the roads going.”

The early gay and lesbian movement staged poetry readings in Madison and Milwaukee, sometimes as fundraisers—which, frankly, did not bring in the big bucks. One such reading was publicized as an Oral Exhibition, *A Feminist Collusion*. Yet poetry was valued. *The Renaissance Newsletter* of the Gay Center in 1977 noted that the Red Ozier Press of Madison was going to publish a signed, limited edition of homoerotic poems by Allen Ginsberg. Readers were

His worry tottered between “I’ll die of AIDS or utter frustration.” For the poem *Tonight* Norman Richards mused on, “THAT four letter word.” His wish, “Tonight. I’m wishing for a miracle, that until THIS word can vanish, we will all unite with our hearts.”

informed that, “Ginsberg is largely unrecognized as a pioneer of today’s gay consciousness, even by gay people (and this in spite of the fact that he is often identified as a ‘homosexual poet’ by straight literati for whom the term is comprehensible if not comprehensive).” On the other hand, some of the early poetry was light drivel like a poem *Dear Santa* which asked, “Oh Santa, won’t you hear my plea—and leave a nice man under my Christmas tree?”

Serious works advanced liberation. In *Disorder* Richard Herman of Madison rejected the medical sickness model of homosexuality and encouraged the reader to continue the journey to love and joy found in the “secret kingdom.” Lawrence William O’Connor wrote in *The Pain of Being Different*, “The simplest animal’s sexuality is birthright, Yours is misunderstood; never taken for granted.”

Tom Redmond of Green Bay wrote of holding hands on the street, “But he will not, Allow it, His fear, Or mine, Or yours, Straight man.” Richard Whaley Sims titled one of his poems “Inside.” He talks of initially believing what others say, “that God would burn me eternally.” His positive ending is, “That I am human and need to love / As any other man would be allowed / To love with the whole of himself.” Poet D. A. Leonard, in a work titled “And God Cried,” also went full circle. At the beginning, “And I denied who I am, And God cried.” But Leonard concluded, “I’m real, I’m out, And God cried out for Joy.”

In recognizing the dangers of oppression, several poets went even further. Pat Wagner, in her work “witches,” embraced the older stereotype of non-normative women: “[W]hen you burn us, we will say our prayers / dutifully and ask God to let you purge your sins in hell.” Using the image of witches as herbalists and flying beings she asserts, “We heal ourselves” and finally she says, “Join us in heaven and we will teach you how to fly.” Chi McIntyre also talks of the “untamed witch” and seeks to “exorcise the fears men invoke in me.”

In “Queercide” Louie Crew put forth, “There are at least four good ways to kill a queer.” Among the means of oppression he noted were the witch-burning analogy and the pink triangles of the Holocaust. Brooks Edgerton, the editor of Madison’s *OUT!*, wrote “Crusading” about those who attack gays, especially the disingenuous, secretly sexual religious: “You’d say most anything / just to / ice their lips / and constrict their anuses.” Lynda Wannamake cries “Trash on Him,” who believes she could not be “sensitive for a woman lover.”

Yet most often love and desire would win out in their poems. Tara from the La Crosse area in *womynspirit* describes “such passion I have never before known.” Mary Waitrovich, also a songwriter, talks of “having the time of my life,” in a *razor to the bone or love, hot and helping*. Carol Kosobucki wrote, “There are no ‘simple’ love stories.” Henry X. Dudek in *Will You Dance* addresses himself to a “Boy so fair, with hair raven-black and, cheeks blushing rose, with eyes flashing interest, kindling response.” Char, also from La Crosse, wrote, “But only finding sisterhood have I experienced the joys / Of how many kinds of love are real.”

Karen Snider of Milwaukee published a book of poems titled *Aunty Em is a Prisoner in Kansas*. Her Dorothy was a strong woman who “wanted a gathering of witches” as artists scraping the sky. No meek and mild here. Snider’s “Dorothy put on her hand-me-down magic shoes, and stole the tin man’s watch, and swiped the cowardly lion’s favorite blue collar, and emptied the scarecrow’s pockets and took the last dollar—hardly enough for a ticket home.”

Ayl Hess and Louie Crew both wrote poems on interracial love. The group Bi?Shy?Why? had a newsletter called *BiLines* that published bisexual people’s poems. R. X. Lee wrote “Choices.” Ellen Franklin in “Morning Cuddles” alternates between male and female cuddling, from “tight small buns” to “large round hips,” and from “beard’s coarse whiskers,” to “soft delicious breasts.”

One of the state’s most famous gay poets was Antler. Allen Ginsberg praised his long epic poem “Factory,” about working on the line in a canning company in Milwaukee. Ginsberg arranged for City Lights Books in San Francisco to publish it. The poem includes the line, “Let me be paid for bringing into Poetry, penises and vaginas that will give us the visions, we have wanted them to all along.” The undervaluing of poetry was expressed in his *Why No ‘Poet Wanted’ in Want Ad Column*. Antler cultivated links to *Whitman* and in *Whitmansexual* described the 19th Century poet as a “cosmos-sexual.”

The release in 1987 of *Heartpieces: Wisconsin Poets for AIDS* was one of the earliest anthologies of works in the new crises with proceeds from the sale to benefit the Milwaukee AIDS Project. The book included 32 poets. The New York’s *Poets for Life* did not come



DICK WAGNER (rrdickwagner@gmail.com), openly gay former Dane County Board Chair and co-chair of Governor Earl’s Commission on Lesbian and Gay Issues, is working on gay Wisconsin history and welcomes topics and sources.

In A Queer Time and Place

LGBTQ Archivist **Andrew Shaffer** looks at the history of queer-specific spaces and businesses in Madison’s past, now part of the collection at the LGBTQ Archives at U.W.-Madison.

There is no Castro in Madison; no Boystown, or West Hollywood, or Valencia Street. Particular streets or neighborhoods have been known as queer hotspots, but Madison’s social and political life has never been confined to a single area. Instead, Madison’s LGBTQ community has long been woven into the fabric of the city. The U.W.-Madison Archives is gathering pictures, stories, videos, and other ephemera from many of the spaces where LGBTQ people have gathered throughout the region. The buildings may be gone, but their memories live on and continue to inform the lives of the people that called them home.

In the late 1970s some women in Madison became increasingly frustrated with the lack of establishments they could enjoy together. They decided a more permanent venue was necessary and in 1977 created **Lysistrata**, a feminist restaurant and meeting space. Events

ranged from arts to politics, and often blended the two together. Most importantly, **Lysistrata** served as a central space for women to find each other and organize. DJ Wipperfurth, one of the founding members, said, “It was like when you first come to town people go to **[A Room of One’s Own]** to sort of get hooked up, well people came to **Lysistrata** for the same reason.” **Lysistrata** and four adjoining businesses burned down in 1982, in what was believed to be an intentionally set fire, although no suspect was ever arrested.

Apple Island was another women’s performance and meeting space begun by Lois Stauber in 1989. Women from the community volunteered to renovate it, turning an old warehouse into a venue where they could be with their friends and lovers in a safe space that was created by women, for women. A volunteer production company was formed shortly after **Apple Island** opened, producing nearly one concert a month for over three years until it finally shuttered in the mid 1990s.

After managing a bar at the **Hotel Washington** from the early ‘70s, Rodney Scheel bought the property in 1975 and went about

reinventing it as a hub of queer life. According to Scott Seyforth, it became “a remarkable complex unlike anyplace in Madison, unlike anyplace almost anywhere.” The **Hotel Washington** housed a number of bars and cafes, including **Rod’s**, the **Club de Wash**, **Café Palms**, the **Barber’s Closet**, the **New Bar**, and more. More than a neighborhood or even a local attraction, the complex brought in visitors from around the Midwest and across the country. Events included drag shows and live theater, the annual **Mr. Rod’s** contest, and other competitions to reward particular talents. The hotel burned to the ground in 1996, a significant loss for many in the LGBTQ community.

In April, the U.W.-Madison Archives held a one-night exhibit that presented some of these stories. Portions of the exhibit remain on display at **Steenbock Memorial Library**, 550 **Babcock Drive**, throughout the month of May. To schedule a viewing of the archival collection so far, or to contribute your own materials, visit us online at go.wisc.edu/LGBTQ60s.

Funding for this project has been provided by the **New Harvest Foundation, Inc.** and the **George L. Mosse Program in History.** ■

out until 1989. Joseph Zanoni of Wisconsin wrote, “Gay men perish from AIDS / While the world looks another way.” He achingly recorded, “Struggling to find a proper sense of human dignity / From the same world always trying to deny it to you.”

In *Heartpieces*, David Carroll’s poem was titled *Never Wearing White*. He penned, “It’s hard to be an angel, at night, walking down Water Street.” The Milwaukee landscape of the late 20th Century populates his poem with the river that glitters and factories reflecting light. At the bar *C’est La Vie* he writes, drinks, and stares at the “bartender’s thighs, back, chest, and inevitably the rest.” His worry tottered between “I’ll die of AIDS or utter frustration.” For the poem *Tonight* Norman Richards mused on, “THAT four letter word.” His wish, “Tonight. I’m wishing for a miracle, that until THIS word can vanish, we will all unite with our hearts.”

The dominant belief in love was a constant. In *Forever* Ted Gonsalves wrote, “The search goes on / For one to love.” Rich Herman counters in *Pedro’s Love Poem* by writing, “To believe in forever is beyond my vision.” To his addressee Pedro he said, “You suffer from an incurable romanticism, complicated by a youthful need to love.” The poet then admitted, “If I am not careful I / may catch your faith.” In 1980 the Milwaukee feminist magazine *Amazon* printed “One Against the Night.” This poet wrote, “Once again I come to you / Seeking comfort from a storm of fright. And you and I become / One against the night.”

Surely these singing voices of Wisconsin poets carried the joy of liberation, the pain of oppression, and the staggering heart loss of AIDS. Like poets throughout time, their spirit fulfilling words were a remarkable effervescence of Wisconsin’s coming out following Stonewall. ■



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NAME Cooper
OWNERS Karl and Kevin
HOW DID YOU FIND YOUR PET? Went to Seattle to get him
AGE 6 months
SEX Male
BREED English Labrador
BIRTHPLACE Seattle, Wa
RESIDENCE De Forest, WI
OCCUPATION Being a puppy
FAVORITE TOYS The biggest stick he can find
FAVORITE LEISURE ACTIVITIES Cuddling
FAVORITE FOODS He's a lab, he eats anything
PET PEEVES Not allowed on the furniture
LEAST FAVORITE PHRASE "Leave it."
IF PETS COULD TALK, WHAT WOULD YOURS SAY? "Play with me, play with me, play with me."



NAME Lola
OWNERS Tim Walters and Bradley Tabor
HOW DID YOU FIND YOUR PET? Tim got two kitties, a brother and sister, from his parents. Lola's brother recently passed away, but she is still doing well!
AGE 13
SEX Female
BREED Calico
BIRTHPLACE Barneveld, WI
RESIDENCE Madison, WI
OCCUPATION Stay-at-home cat.
FAVORITE TOYS Laser pen, feather on a stick. Catnip from the back yard.
FAVORITE LEISURE ACTIVITIES Sleeping, eating, repeat.
FAVORITE FOODS Lola loves bacon and cheese cat food in a can.
PET PEEVES Lola hates being picked up. She likes to be in control.
LEAST FAVORITE PHRASE "Lola! Did you pee on the bathroom mat!?"
IF PETS COULD TALK, WHAT WOULD YOURS SAY? "Give me food, now!!!!!"



NAME Stuart
OWNER Isaac O'Malley-Laursen
HOW DID YOU FIND YOUR PET? Dane County Humane Society
AGE 5
SEX Male
BREED Beagle/Australian Shepherd
BIRTHPLACE Madison, WI
RESIDENCE My apartment that I let my owner live in
OCCUPATION Belly rub receiver, bunny hunter
FAVORITE TOYS Plastic bottles. They make the most noise when I chew them.
FAVORITE LEISURE ACTIVITIES Watching Animal Planet while my owner is at work, trying to kill all the bunnies in the back yard, laying on my owner when he's watching TV, licking
FAVORITE FOODS Peanut butter, cereal, animal crackers
PET PEEVES When my owner grabs my cheeks and ears, when my owner grabs and hugs me for long periods of time.
LEAST FAVORITE PHRASE "Bath Time!"

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Options for Living

Rita Giovannoni, Project Development Director and retired CEO of Independent Living, Inc., explains 4th and 5th quarter life planning options.

THE 4TH QUARTER in football is the culmination of the game. In Wisconsin, we're lucky to have a "5th quarter" celebration of a Badger game no matter the outcome.

Let's use the 4th and 5th quarters as metaphors for lifespan, with the 4th quarter being roughly 50 to 75 years of age and the 5th quarter being 75 to 100 years of age. What I propose to do is stimulate your thinking around planning housing and care options that might be needed later in life.

At Independent Living, Inc. we are keenly interested in the 4th and 5th quarters of life. We encounter many creative and diverse ways older adults and their families address housing and care services as they relate to aging. Key concerns are most often "Where will I live," and "If I need care, how will that work?"

Currently the most prominent options are staying in one's own home—whether single



A model of a granny flat.

family or apartment—or relocating to live with family. Other options are seniors-only apartments, and integrated senior living communities with independent apartments, assisted living, and memory care.

Lifestyle changes in retirement can include downsizing a home or adjusting to physical or health changes. Some older adults and their families develop plans and execute them with grace and aplomb; for others, it can be very difficult and stressful. This is especially apparent when a significant health event disrupts a thoughtful planning process.

Our nation is in the midst of the upward-moving curve of the Baby Boomer. In Wisconsin, we will continue to see this demographic "boom" in significant numbers for the next 15 years. In Dane County alone, seniors will account for 18 percent of the population by 2030. That's nearly 1 in 5 people age 65 or older. With this growth we believe there will be an explosion of innovations in which these new elders will define lifestyles quite unlike what we have seen to date in the senior care and living industry. We also believe there will be significant changes in how our new elders will organize their care and housing to support their personal lifestyle goals. Impacting this, of course, will be personal resources. Not all Boomers will have unlimited funds.

What follows is a look at some of the creative ways older adults and their families—as well as the senior industry—have begun to create options for the 4th or 5th quarter of life.

Consider the "compound." I've heard this frequently at gatherings where people jokingly refer to establishing a compound to co-

locate a group of similar or mixed-aged friends or family in private housing with shared common areas. This is a type of "co-housing" (the term most commonly used in the industry) that is a popular option for individuals who want a level of control and privacy in their personal living space yet be in close proximity to others with shared common spaces. This type of set up is seen as a way to have support in a wide range of activities such as dining together or sharing a car. As people age this arrangement may evolve into some personal care and support from others in the close and like-minded living environment.

There are at least two examples of this in Dane County. One is located on the near west side of Madison near Vilas Park and another in the Mills-Mound Street area.

Another is under consideration for the Union Corners project on East Washington Avenue.

Consider the "accessory apartment" or "granny flat." This is a model that has been around for a long time and is seeing resurgence in recent years. Changes in some local zoning ordinances have made this type of living environment a possibility. It basically involves new construction of a separate unit near another residence, or remodeling an existing home to create a private living space for an older adult. This provides one or both parents their own private quarters within very close proximity of their adult children.

Home seekers—the roommate—can be another older adult, or a younger person such as a student, or a working professional for whom this low- or no-cost housing option is appealing.

Consider the "home share" option. This is a matching service in which a person—generally an older adult who owns a home—is interested in sharing their home with another person. The reasons vary for a home share situation, such as companionship, the safety and security of having another person in the home, or having help with home maintenance. The result is a home owner able to stay in their home due to a roommate's presence. Home seekers—the roommate—can be another older adult, or a younger person such as a student, or a working professional for whom this low- or no-cost housing option is appealing. Independent Living, Inc. in Madison has been

offering such a matching service for more than 20 years. With a third party involved, the home owner and the roommate are screened, participate in a trial period at the start of the match, and receive ongoing support.

Consider the "intergenerational planned neighborhood." This is a new concept currently in development on the west side of Madison. It focuses on an Adult Family Home, a specific category of senior housing in our industry language. Here, a small group of older adults share private living quarters with each other and have the support of caregiving staff. With the new intergenerational model, staff and young families will live on-site, too. Hope & A Future, a local non-profit organization, is developing this project with future phases to include housing for more independent seniors and young at-risk families. The goal is to create and foster the intergenerational neighborhood experience.

Consider "co-locating," which describes a couple in their 4th quarter years taking up residence with a parent in her 5th quarter in a senior living community. This real-life scenario was recently described in a national newspaper on the East Coast. One couple shares an apartment with a parent in a retirement community. The couple takes charge of minor caregiving responsibilities, with community staff providing additional support. Another couple moved into an independent apartment at the same senior living community where the parent lives in assisted living. It made visiting and errands much more convenient for the adult children while relying on the professional staff to provide caregiving services for the parent.

All of the above examples are some of the more creative ways people in the 4th and 5th quarter of life have navigated or created new directions for themselves.

What are your ideas? How have you envisioned or experienced the place that you would like to live out a 4th or 5th quarter?

Would you be interested in having a conversation to explore and share creative ideas? We would like to hear from you and invite you to contact us. If there is enough interest, we would be delighted to host a gathering and delve into the ways to create a place for 4th and 5th quarter living. Please contact me at rgiovannoni@independentlivinginc.org or call (608) 274-7900. ■



RITA GIOVANNONI is the project development director for Tennyson Senior Living Community and the recently retired CEO of Independent Living, Inc. where she had served since 1988.

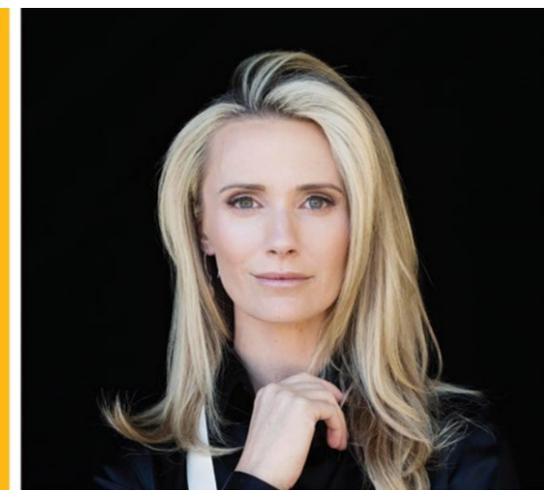
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Full Faith and Credit

As the U.S. Supreme Court now requires interstate recognition of LGBTQ adoption orders, **Emily Dudak Taylor** explores whether the legal implications mean the dominos are starting to fall in favor of broader LGBTQ rights.

AS AN LGBT FAMILY LAW ATTORNEY, I have always feared out-of-state non-recognition of my adoption, parentage, and similar court orders. My worst fear was of a medical crisis for a child while my clients were vacationing in a particularly hostile state. I embraced that fear and allowed it to inform the strategies and documents I recommended for my clients. Pessimism and redundancy were my mantras.

Specifically, I feared that, in a dispute, a state like Louisiana might not be required to recognize and give effect to a Wisconsin adoption order, notwithstanding the Full Faith and Credit Clause of the U.S. Constitution. The Full Faith and Credit Clause is very basic in content and fundamental to our form of government as a union of states, instead of a bunch of independent sovereignties. You learn it during the first semester, if not the first week, of law school. It states the following: “Full Faith and Credit shall be given in each State to the public Acts, Records, and Judicial Proceedings of every other State.” This provision has been interpreted to provide interstate protection to various documents and acts, but most certainly to court orders. In short, if a court order is full and final, it must be given effect throughout the United States.

However, as with other basic constitutional principles—for example, Equal Protection and “separate is not equal”—Full Faith and Credit has not been consistently applied in LGBTQ cases. The most notorious example is what happened in *Adar v. Smith* in 2011. In that case, the U.S. Court of Appeals for the



What is remarkable is the way in which the Supreme Court delivered this decision. They decided this case “per curiam,” meaning unanimously and summarily, and without briefing or oral argument. Alabama has been scolded, and severely.

Fifth Circuit allowed Louisiana to ignore a joint adoption order from New York for two gay men. The two men, who resided in New York, had adopted a child born in Louisiana, and as is customary in interstate adoption, after they finalized their adoption in their state of residence they attempted to revise their child’s Louisiana birth certificate to list them as the adoptive parents. Louisiana refused to do so, and the U.S. Court of Appeals affirmed their decision, carving out an exception to the Full Faith and Credit Clause. That case has haunted attorneys like me for five years.

But change is here, and attorneys like me are exhaling a slow and glorious sigh of

relief. On March 7, 2016, in a case called *V.L. v. E.L.*, the U.S. Supreme Court held that Alabama must recognize a Georgia adoption by a non-biological parent in a lesbian donor insemination case, and must respect the resulting equal parental rights, even if it disagrees with the adoption. The Court said the following:

A State may not disregard the judgment of a sister State because it disagrees with the reasoning underlying the judgment or deems it to be wrong on the merits. On the contrary, “the full faith and credit clause of the Constitution precludes any inquiry into the merits of the cause of action, the logic or consistency of the decision, or the validity of the legal principles on which the judgment is based.”

The Supreme Court said that so long as the lower court had jurisdiction of the adoption matter and the parties, the adoption order is entitled to full faith and credit (meaning respected, recognized, and implemented however may be appropriate under the circumstances). It is now clear that courts may not withhold recognition simply because they disagree with the order or the underlying merits or policy of the case.

The story behind the *V.L. v. E.L.* case is common in my law practice. Three children were born using assisted reproduction in 2002 and 2004, during the couple’s long-term, marriage-like relationship. One of the partners was the gestational and genetic mother. The couple co-parented the children together from birth on. Like many similarly situated parents, they decided to undertake second-parent adoptions of the children, to secure the relationship between the children and the non-biological parent. The adoptions were finalized in 2007 by a Georgia court, where the women were renting a house and living at the time.

In 2011, while living in Alabama, the couple ended their relationship. Litigation ensued. The biological mother attempted to invalidate the adoption orders, rather than just fight about the placement schedule. The family court case went all the way up to the Alabama Supreme Court. In September 2015, that court held that the lower Alabama family court did not have to recognize the Georgia adoption orders because, in its opinion, the Georgia adoption court had applied Georgia law incorrectly and never should have granted the adoptions. It found the adoptions void. This was a remarkable holding by a state supreme court. It was hostile and defiant of centuries-old law. The Full Faith and Credit Clause was designed to disallow courts in one

state from passing upon the laws of another state. But that is exactly what Alabama did. The non-biological parent appealed to the U.S. Supreme Court in November 2015.

The U.S. Supreme Court’s decision that full faith and credit must be given to the adoptions order is not remarkable in content. Again, the principle is basic constitutional law. What is remarkable is the way in which the Supreme Court delivered this decision. They decided this case “per curiam,” meaning unanimously and summarily, and without briefing or oral argument. In addition, the opinion was only six pages, which is incredibly short for a Supreme Court opinion. This sends a clear message about the strength of the principle involved. The message seems to be that basic principles of constitutional law are now going to be applied consistently to the LGBTQ community: equal protection, substantive due process, and now full faith and credit. The message seems to be that the Supreme Court will no longer tolerate blatant disregard of basic constitutional principles for the LGBTQ community. Alabama has been scolded, and severely.

V.L. v. E.L. seems extraordinary to me in this sense, almost like the first domino to fall after Obergefell. We now have a simple Supreme Court case citation for interstate recognition. Adoption orders are stable across

the country. That is very exciting.

It is also exciting to think of the implications of this decision beyond adoption. The language of the opinion seems to also require full faith and credit of parentage orders. Post-marriage equality, an alternative to adoption in some states in co-conception cases like *V.L. v. E.L.* is obtaining a parentage order (meaning an order confirming the application of the marital presumption of parentage and/or an assisted reproduction law to the family and declaring the non-biological parent a legal parent). In fact, this case could be used in all assisted reproduction cases, no matter the sex or gender of the parties. LGBTQ divorce judgments should also benefit from the decision, for example when implementing property division and support orders out-of-state.

Like marriage equality, it feels hard to feel grateful for the *V.L. v. E.L.* decision. The result should have never been in doubt. But we should feel hopeful. My pessimistic professional worldview needs some adjusting, I think, and I am thrilled to do it. ■



EMILY DUDAK TAYLOR is an attorney and partner at The Law Center for Children & Families in Madison. She’s also a co-author of the Wisconsin State Bar book entitled *Sexual Orientation and the Law*.

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Still Fighting

Wisconsin has made strides in recognizing same-sex parents on birth certificates, but **Tamara Packard** roots out the insidious ways the state still gets around full equality.

REMEMBER THAT GLORIOUS DAY in June 2015, when the United States Supreme Court officially and finally declared our right to marriage equality? The day when same-sex couples achieved parity with different-sex couples to legally marry and receive all of the state and federal rights and responsibilities that go along with those little words, “I do?” We knew that it was not the end of the fight, right? We knew that governments that opposed our equal citizenship



The State acknowledged that when all of these conditions are met, “Regardless of whether the non-gestational parent is male or female, he or she is deemed the ‘natural’ parent of the child as a matter of law, not biology.”

would make us continue to battle for full implementation of the Court’s ruling, right? Here in Wisconsin, we knew that the Walker administration would drag its feet and resist following the law at every opportunity, right? Right. Nobody said this was going to be easy.

One need only look to the State’s practices for issuing birth certificates to married couples and their children to find the “slow walk” (and worse) on display. Married same-sex couples are now having children, and rightfully expect the State to issue birth certificates with both spouses’ names listed as the parents, just as the State does for dif-

ferent-sex spouses. Unfortunately, that does not always happen.

A lesbian couple filed a lawsuit in federal court in Madison after the non-birth mother’s name was left off their child’s birth certificate. The couple is represented by Lambda Legal, Claire Lovell-Lepak, and me. The couple has asked the court to order the State to provide two-parent birth certificates to married same-sex couples and their children born on or after June 6, 2014.

The good news is the State has conceded that in one scenario, same-sex couples should receive a two-parent birth certificate. Specifically, if a married same-sex couple has a child on or after June 6, 2014 who was (1) conceived during the marriage (2) through artificial insemination (3) performed under the supervision of a licensed physician, (4) both parents signed a form consenting to insemination, and (5) the physician certified the parents’ signatures and the

date of insemination, then the family can be reasonably certain that the State will issue a birth certificate with both parents on it. This is because, in a brief filed in February, the State acknowledged that when all of these conditions are met, “Regardless of whether the non-gestational parent is male or female, he or she is deemed the ‘natural’ parent of the child as a matter of law, not biology. Regardless of gender, if the non-gestational spouse gives consent to the artificial insemination, which is confirmed in writing, he or she has agreed to take on the legal responsibility of parenting the child. Regardless of gender, the gestational spouse must confirm in writing her agreement to extend parental rights to the non-gestational spouse. And, regardless of whether the parents are a same-sex or a different-sex couple, the semen donor has surrendered his parental rights.”

Thus, if you and your spouse conceive a child and complete the paperwork following all of the steps listed above, the State should give you a two-parent birth certificate. If it

does not, you are encouraged to contact your lawyer or Lambda Legal at (312) 663-4413.

Unfortunately, however, in every other possible conception scenario, the State currently refuses to treat children born to married women with same-sex spouses the same way as it treats children born to married women with different-sex spouses. For instance, if a woman conceives a child using AI without the supervision of a physician, or through in-vitro fertilization, or through heterosexual intercourse with a man not her spouse, and the woman is married to a man, it is the State’s practice, consistent with the law, to put the woman’s husband’s name on the child’s birth certificate as a parent, along with hers. But if the woman who becomes pregnant by one of these methods is married to another woman, the State refuses to put her spouse on the birth certificate as the second parent.

The State’s justification for this insidious discrimination is a purported concern for the “rights” of “known biological fathers” when a birth mother is married to a woman, but which are admittedly of no concern to the State when a birth mother is married to a man. In recent court filings, the lawyers representing the lesbian couple have demonstrated that there is no legitimate reason for this different treatment: under the law,

biology is irrelevant when a married woman gives birth to a child. Just as the husband of a married woman is legally presumed to be the child’s parent, until and unless a court rules otherwise, so too should the wife of a married woman be legally presumed to be the child’s parent. Applying this presumption, both parents should be placed on the child’s birth certificate, regardless of the method of conception, and regardless of the gender of the birth mother’s spouse.

The federal court is currently considering whether the couple who filed the lawsuit can represent the class of all married same-sex couples who had a baby after June 6, 2014 regardless of conception method, or whether they can only represent the subclass of these couples who conceived their child the same way they did. Then the court will go on to decide whether the State has been violating the law by not issuing two-parent birth certificates to the suing couple and all couples in the class (or subclass, as the case may be).

Stay tuned to *Our Lives* for the latest developments in the case as they happen. ■



TAMARA PACKARD is a Madison civil rights lawyer, activist, and partner in the law firm of Cullen Weston Pines & Bach LLP, cwpb.com.

Christopher S. Krimmer Joins DeWitt



Recognized as a leading attorney in family law, Christopher brings to the firm more than 18 years of experience advising clients in divorce and other family law related matters. Christopher has received numerous honors in recent years including selection as a *Leader in the Law* by Wisconsin Law Journal, *Best Lawyers*® in family law for the past three consecutive years, and a *Rising Star*® in family law. Last year, Christopher was admitted as a Fellow in the esteemed *American Academy of Matrimonial Lawyers*.

A talented lawyer, mediator, arbitrator, Adjunct Professor of Law at Marquette University Law School, an author of a law book and numerous legal articles, a Co-Parent Coordinator, Guardian *ad Litem*, and an engaging speaker who has given over 60 presentations, Christopher has knowledge in every aspect of family law. Christopher effectively and successfully represents clients in matters including divorce,

paternity, child support, child custody, adoptions, guardianships, estate planning and Marital Property Agreements. Christopher is well versed in the unique issues involving clients in divorce who are business owners, own complex financial assets, or are facing challenging child custody disputes.

His family law practice includes traditional litigation, cooperative divorce, and collaborative law. A strong advocate for serving the community, Christopher has been recognized for his *pro bono* work with numerous awards and honors. In addition, he is known throughout the state as a leading authority on same-sex marriage, same-sex divorce, and LGBT rights. Christopher accepts clients statewide and works out of both the firm’s Madison and Brookfield offices. If you are interested in contacting Christopher please email him at csk@dewittross.com.

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Decade of Difference

Rep. Mark Pocan checks in and looks back at the incredible pace of progress for LGBTQ rights in America and where there's still work to be done

IN 2006, Wisconsin voters overwhelmingly approved a same-sex marriage ban in the form of a constitutional amendment by 59% to 41%. In that same election, Democrats took over the state Senate and Democratic Governor Jim Doyle won re-election. Voting for the ban, according to exit polling, were a quarter of self-described liberals, a third of Democratic voters and a majority of moderates. It passed in 71 of 72 Wisconsin counties.

One decade later, same-sex marriage is the law of the land. Public opinion is moving faster than can be explained by generational change. People changed their point of view.

In 2011, halfway through the past decade, we saw a switch to the majority of the public nationwide supporting gay marriage. In 2012 in Wisconsin, we elected two openly gay members of Congress, with U.S. Senator Tammy Baldwin becoming the first openly gay senator by winning statewide against a popular former governor. It was also the year I was elected to Congress.

I see the change as I travel around my district, which is a diverse mix of rural, suburban, and urban communities. In 2014, I went to a small, rural high school to speak to students. As a member of the House Educa-

tion Committee, I make it a priority to visit schools all around our Congressional District to talk with students. During a question and answer period at this particular school, one of the teachers shared a story. She frequently had her class debate current issues. They did so by putting up signs on either side of the classroom with symbols of a donkey and an ele-

As students stood and moved toward their sides, something unprecedented happened—every single student went to the side aligned as “pro” marriage equality. This was a school nowhere near liberal Madison. It wasn’t even in Dane County.

phant representing the two different political parties and their viewpoints. Students went to stand on the side they agreed with.

During one class period, she chose gay marriage as the issue to debate. As students stood and moved toward their sides, something unprecedented happened—every single student went to the side aligned as “pro” marriage equality. She had to have an assisting teacher stand on the opposite side of the classroom and play devil’s advocate arguing against it. And this was a school nowhere near liberal Madison. It wasn’t even in Dane County.

This class, which stood united in support of marriage equality, took place less than ten years after the anti-marriage equality constitutional amendment that easily passed stated, “Only a marriage between one man and one woman shall be valid or recognized as a marriage in this state. A legal status identical or substantially similar to that of marriage for unmarried individuals shall not be valid or recognized in this state.”

And that same year I had to travel outside the country to Toronto, Canada to marry my husband, just weeks after Wisconsin passed its constitutional ban. I told people then I would stay in Wisconsin and keep working here, pushing for equality in the state I grew up in.

It’s even better to be serving the people of my district in Washington, knowing it is now the law of our land. What a difference a decade can make. ■



CONGRESSMAN MARK POCAN is the U.S. Representative for Wisconsin’s second district, which includes Dane, Green, Iowa, LaFayette, Sauk, and portions of Rock and Richland counties.



Civil Rights and Health

Diverse & Resilient’s Nicole Fumo, MPH, looks at how denial of civil rights contributes to poor health for LGBTQ people, and how new methods of gathering data about that cause and effect are helping pave the way to a better future.

IN MANY WAYS, societal acceptance and support of LGBTQ people and their civil rights have increased considerably over the last decade, with the most measurable strides in just the last few years.

Despite the increase in public support for LGBTQ civil rights, rejection and discrimination still plague the community by way of state and local laws as well as societal and familial rejection. LGBTQ people continue to face discrimination in the workplace and in schools. Bullying of LGBTQ students in both middle and high school is pervasive, and in 28 states, sexual orientation and gender identity are not a protected class, meaning LGBTQ people can be fired solely because of their identity or orientation.

Significant research has illustrated that rejection, discrimination, social stigma, and denial of civil and human rights is linked to various health disparities that exist in the LGBTQ community. Across the board, LGBTQ people are at higher risk for poor mental health, alcohol and other drug abuse, intimate partner violence, and suicide—to name a few—when compared to straight/cisgender people. This is true for LGBTQ youth as well.

In 2013, 8% of students surveyed in Wisconsin and 18% of students surveyed in Milwaukee identified as LGB or unsure.

Every two years, high school students participate in a national survey conducted by the Centers for Disease Control and Prevention (CDC) known as the Youth Risk Behavior Survey (YRBS). Students are asked a variety of questions on topics including nutrition, violence, alcohol and drug use, exercise, safety and support, sexual health, and mental health. Since 2011, the Wisconsin YRBS included questions about sexual identity, meaning students are now able to self-identify as lesbian, gay, bisexual, heterosexual, or unsure of their sexual orientation. In 2013, 8% of students surveyed in Wisconsin and 18% of students surveyed in Milwaukee identified as LGB or unsure (Wisconsin YRBS, Milwau-

kee YRBS). Unfortunately, gender identity has not yet been included and transgender students are unable to self-identify.

As a result of this question, there is now data at the high school level showing health disparities as they manifest in 9th through 12th graders in Wisconsin, specifically. For example, 33.9% of LGB students reported being electronically bullied in the last 12 months

A staggering 28.2% of LGB students reported attempting suicide compared to 4.2% of straight students.

compared to 16.7% of straight students, and a staggering 28.2% of LGB students reported attempting suicide compared to 4.2% of straight students (Wisconsin YRBS).

With the overall shift in public support, and the truly momentous legal traction that LGBTQ civil rights have gained, it is easy to become complacent. There are continued attempts to discriminate against LGBTQ people here in Wisconsin, such as bathroom regulations aimed at transgender individuals. Additionally, when 57% of LGB or unsure youth in Wisconsin report feeling sad or hopeless almost every day for two weeks—and 49% have seriously considered attempting suicide—we can’t allow ourselves to be lulled into complacency.

Diverse & Resilient, together with our statewide community partners, works to address these health disparities through advocacy, direct service programming, outreach, public health research, and capacity building. In time, as with any public health concern, the combined efforts of organizations across the state will begin to mitigate these disparities, and we will see improved health among LGBTQ communities in Wisconsin.

We will continue to see tremendous strides on the legal front as LGBTQ people across the country gain access to basic rights. However, by acknowledging that societal rejection, stigma, and discrimination contribute to poor health, we can and should begin to seriously address these gaps that exist within the LGBTQ community. ■



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- 849 high school students reported being kicked out by their parents in the last 12 months.
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Eating Mindfully

Healthy eating involves the mind as much as the body.

Sue Gill lays out a path to more balanced living.

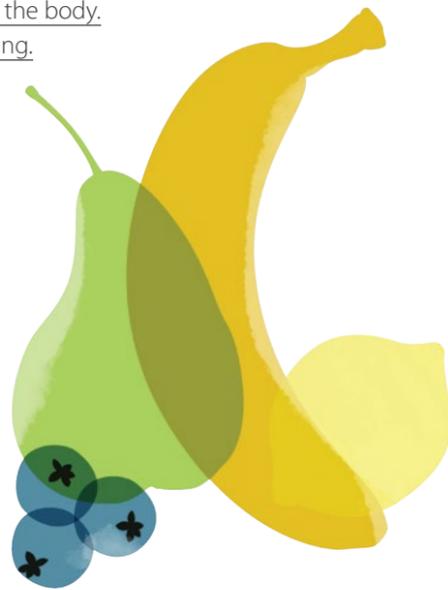
LAST SUMMER I WAS on some medication that took away my appetite and was later switched to something that made me nauseated for months. Wow, was that ever a strange experience. I love eating. I eat when I am hungry, when I am full, when I'm bored, when I'm anxious. I eat to celebrate, eat when I'm sad.

For several months while on these meds, though, I had no desire for food. I faced daily instances where I would have been eating, and I now had no idea what to do. That was the beginning of my experience with mindful eating.

Mindfulness is deliberately paying attention to this moment without judgment. It is calmly acknowledging one's thoughts, physical sensations, and feelings as they are being experienced right now. Mindful eating is applying the principles of mindfulness to food. The Center for Mindful Eating says that it includes four principles:

- **Allowing yourself to become aware of the positive and nurturing opportunities that are available through food selection and preparation by respecting your own inner wisdom.**
- **Using all your senses in choosing to eat food that is both satisfying to you and nourishing to your body.**
- **Acknowledging responses to food (likes, dislikes, or neutral) without judgment.**
- **Becoming aware of physical hunger and satiety cues to guide your decisions to begin and end eating.**

Within those principles are some pretty radical ideas. If we eat mindfully, there really are no longer "bad" and "good" foods. It's all just food that is either satisfying or not as we truly pay attention to this very moment. I think the first time I truly paid attention while eating was when I attended Mare Chapman's most excellent mindfulness retreat in Madison. The retreat included a 60-minute silent lunch. That lunch scared me. I was 35 years old and lunch was scaring me, as I had never previously really paid attention while eating. In the spirit of



The principles of mindful eating also imply that there is nothing wrong with "emotional eating," which tends to be disparaged in my field. A much bigger problem is eating while not being clued in to the full experience of eating.

mindfulness, I will just notice that right now and not judge it.

I am always amazed when I meet someone who has a healthy relationship with eating. It seems difficult to escape conflicting messages about food, from the constant barrage of cheap, readily available fast food, to the message that we maybe should all feel guilty if we are not craving organic kale smoothies.

Sadly, among some LGBTQ populations, there may be an increased incidence of disordered eating. Several studies have found gay and bisexual men to have a higher incidence of bulimia and other eating disorders compared with heterosexual men. The research is mixed, but there may be a trend toward more binge eating among lesbians. Unfortunately research on disordered eating is sparse among gender nonconforming individuals.

Whether you are a member of a group that is at higher risk for disordered eating, or a person who just happens to live in this era of conflicting messages, a much more tuned-

in approach to eating might be freeing. Imagine a relationship with food that does not include "bad" and "good" foods, and is free from guilt and diets and "shoulds."

The principles of mindful eating also imply that there is nothing wrong with "emotional eating," which tends to be disparaged in my field. A much bigger problem is eating while not being clued in to the full experience of eating. A place to start is by not multitasking while eating, and really paying attention to the experience. Ask yourself if you are hungry or full or in between at this very moment. Ask yourself if you really know what hungry and full feel like, and notice whether you have any emotions about those sensations. Notice any thoughts you are having about what you are eating. Really pay attention to the texture, flavor, and visual presentation of what you are eating at this moment.

I recently tried to really pay attention to the full experience of eating McDonald's french fries, which I've traditionally thought of as really good. I was absolutely dismayed when I could only taste salt and grease! Nothing about the experience brought me joy. On the other hand, I did thoroughly enjoy three Girl Scout cookies while being fully present to the experience. However, I then said, "Yum, these are good, I will keep

eating them while watching TV." Without even knowing what I had done, a row of those cookies was gone, and my stomach felt kind of upset. From a mindful eating perspective my mistake was not in exceeding a serving size, but in my complete lack of presence while eating the rest of those cookies.

One important note for those who have a history of a full eating disorder: Some principles of mindful eating may not be accessible to you early in your journey. It can take some time to re-nourish your body and to train your body and brain to recognize feelings of hunger and fullness. I encourage you to get the support of a professional who specializes in eating disorders.

If this approach to eating is intriguing to you, good resources include thecenterformindfuleating.org and the books *Intuitive Eating: A Revolutionary Program that Works* by Evelyn Tribole, and *Mindful Eating: A Guide to Rediscovering a Healthy and Joyful Relationship with Food* by Jan Chozen Bays. ■



SUE GILL is a psychologist specializing in trauma, anxiety, and mind/body wellness. She and her partner have lived in Madison for 15 years, and share their house with their two dogs.

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Supper Club Style

The Hilltop in Cross Plains offers big-time nouveau supper club appeal in a small town setting.

YOU MIGHT SAY that Brian Cantwell, general manager of the newly opened Hilltop restaurant, was born to be in the business, because he actually was. Brian's father was a restaurateur and literally raised his son in the work. Like many people, Brian left the family business and went off to university to earn a degree (in this case, in Political Science), but the restaurant business was always where his heart was.

The Hilltop is the latest restaurant Brian has been a part of opening, but his list of accomplishments is long and diverse. He worked for the DeRosa Restaurant Corporation of Milwaukee for seven years (which held a well-rounded list of different types/styles of restaurants) and also for the Bartolotta Restaurant Group in Milwaukee, which boasts more high-end establishments that feature a few James Beard Award-winning chefs. The best aspects of all of his previous work experience are now being drawn together to create the *crème de la crème* at The Hilltop.

In our interview, Cantwell stated that Steve McKenzie, owner of The Hilltop, has been incredible to work with developing this latest gem of southern Wisconsin.

Cantwell has an agreement with their meat purveyor which allows him to handpick prime cuts so that each time you visit The Hilltop, your meal will offer the same high quality product. It sounds very simple, but as we all know, many restaurants fail at one or more of these key items.

"Steve has been nothing short of amazing and supportive, allowing me a great deal of free reign in creating what The Hilltop was meant to become," said Cantwell. "He's also a skilled build-it-yourself kind of guy. In fact, he hand built our bar; a lot of the work you're going to see in The Hilltop was all him."

And what you're going to see is quite amazing. The decor is stylish and reflective of the supper club feel that McKenzie and Cantwell had envisioned, but it also gives a nod to today's trends. Cloth napkins, vintage flatware, and other thoughtful details reflect the hip factor and the class act that is The Hilltop.

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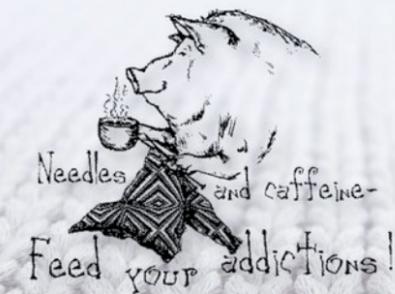
Cantwell is aiming for a contemporary spin on the supper club experience. Things like craft beers, fun one-of-a-kind mixed drinks, and 40 flavors of ice cream drinks (Red Velvet Cake and Salted Caramel are two favorites) are on the menu. When asked how he plans to further blend the new and the old, he said that his recipe for success was simple: He uses a formula called the Three Ps (People, Place, and Product) for success. By treating your staff (the People) really well, the impact of his staff members on the clients will be a thousand times more positive. By developing your Place to reflect the mood and the groove of your vision for the restaurant, the client literally sees a part of the experience they're about to have the moment they walk in. And by having a superior and consistent Product, your clients will want to return again and again. For example, Cantwell has an agreement with their meat purveyor which allows him to handpick prime cuts so that each time you visit The Hilltop, your meal will offer the same high quality product. It sounds very simple, but as we all know, many restaurants fail at one or more of these key items.

As a life-long fan of the supper club, I absolutely appreciate what Cantwell has done with The Hilltop. It truly is a destination dining adventure. Cross Plains really is only a few miles from the west side of Madison, and a trip to The Hilltop should be on your 2016 Summer Bucket List. The food, the people, and the ambience certainly make The Hilltop a bright spot in the dining scene of southern Wisconsin. ■



JEANNE BENINK is a Madison chef and the sole owner of Simply Served Personal Chef Service. Her friends often call her the soup guru, and she truly does have passion for exploring soups and stews from all over the world. You can find her online at simplyservedpersonalchef.com.

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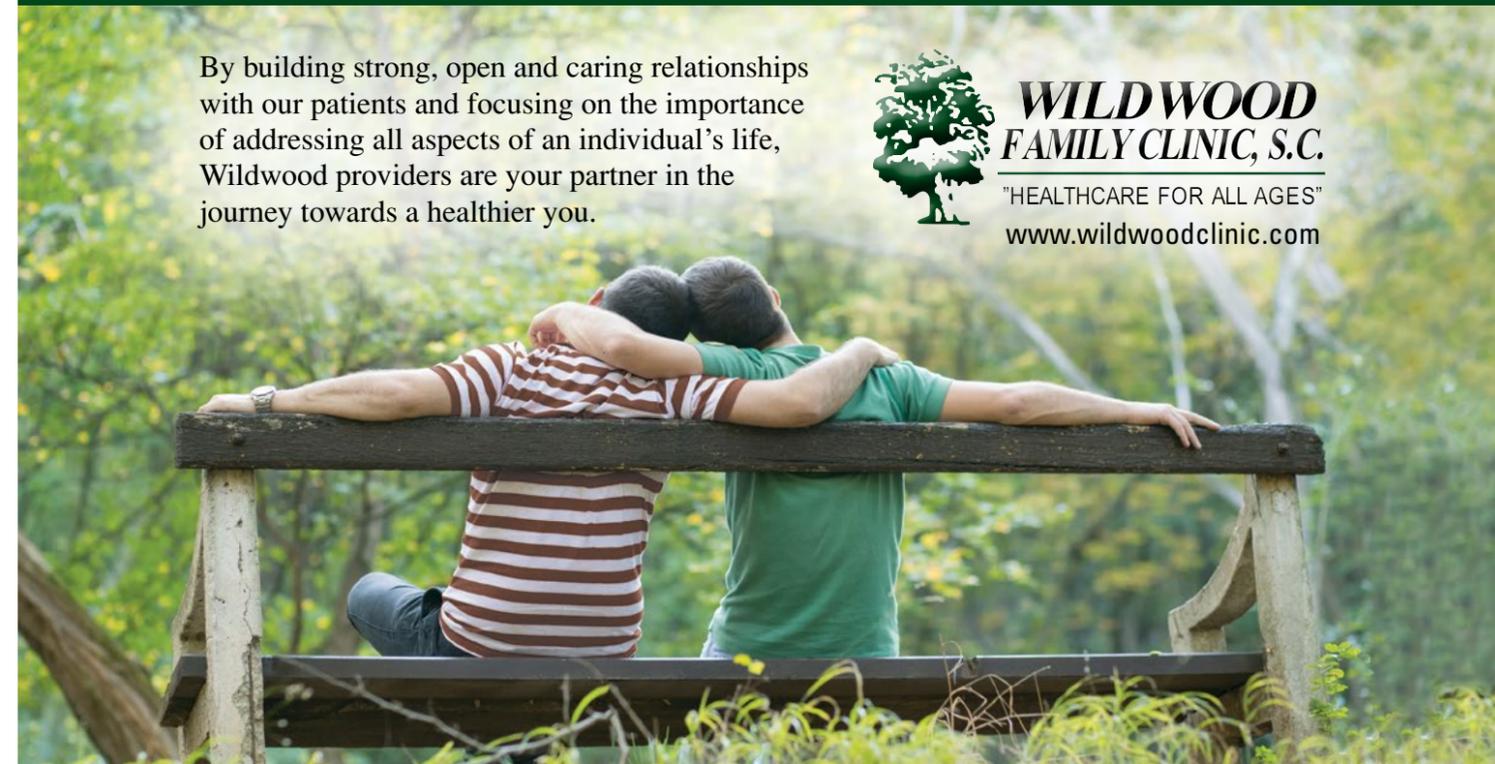
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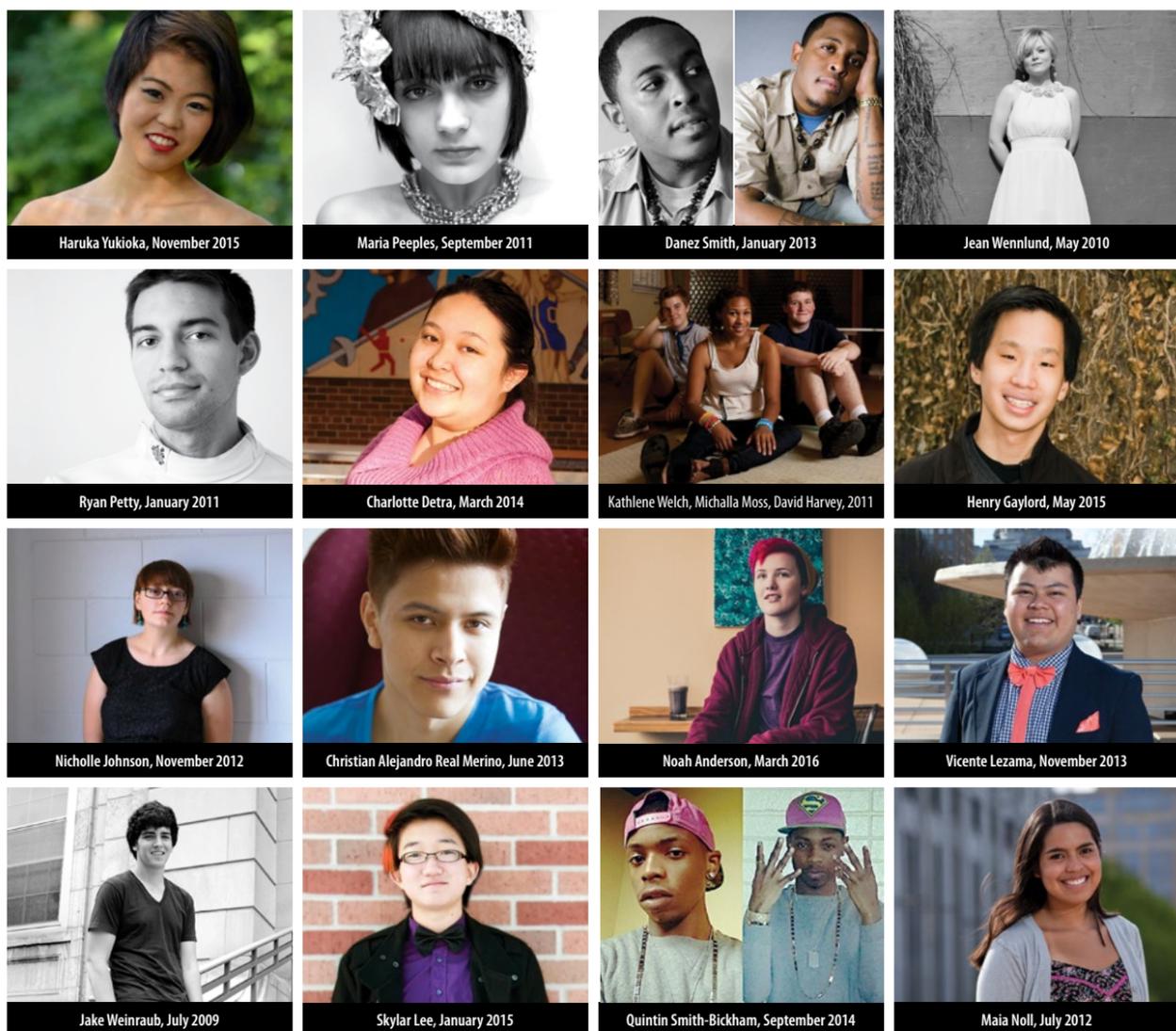
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The Now and Future Leaders

A look back at the past 8 years of youth leadership.

THIS ISSUE MARKS the end of the magazine's eighth year of publication. As we head into year nine, it's been both fun and enlightening to look back on the young people featured on this back page over time. The Future Leaders column has been a place to spotlight the vision, advocacy, struggles, triumphs, and innovation of our LGBTQ+ youth.

What initially began as a page dedicated to coming out stories has since evolved to focus on more diverse stories—some of coming out, yes, but also of finding purpose, starting movements, struggles with identity and mental health, inter-

sections with race and class, of an expanded view of gender and sexuality, and of breaking ground.

We made the conscious decision to feature youth on the last page of each issue as a way of looking forward into the future, to offer the vision of a new beginning. Where is the movement for LGBTQ rights headed? How has it changed and evolved over time? How have we changed and evolved? The kids are leading the way and, we can see just from the content we've been honored to share here over the years, they are more than all right. They're leading the way. ■



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3.99% APR*
Variable Rate after Intro Period¹

*APR is annual percentage rate. Rates are subject to change. The minimum loan amount is \$5,000. The one-time charge of \$149 that applies to newly booked HELOCs due at closing is waived through June 30, 2016, except appraisal costs or title insurance, if required. Member is responsible for appraisal costs ranging from \$400 to \$600, if required. Property insurance is required. Promotional rates are for fixed home equity loan segments and new home equity line requests received between 4/1/16 – 6/30/16 and closed within 30 days of request. Rates shown are for homeowners with 70% loan-to-value. ¹The introductory rate of 1.99% APR is valid for new UW Credit Union home equity line of credit requests received between 4/1/16 – 6/30/16 and closed within 30 days of request and is valid for homeowners with up to 70% loan-to-value (LTV). Intro rate is 2.49% APR for up to 80% LTV, 2.99% for 90% LTV and 5.99% for up to 100% LTV. APR will be fixed at the introductory rate during the 12-month introductory period. No annual fees. Offer is subject to normal credit qualifications. Rates are subject to change but cannot exceed 18%. Some restrictions may apply. **After the twelve-month introductory period**, the rate is indexed to The Wall Street Journal Prime. APR is subject to change monthly but cannot exceed 18%, and the APR will never fall below 3.99% for HELOC 70%, 4.49% for HELOC 80%, 4.99% for HELOC 90% or 7.99% for HELOC 100%. During the introductory and 5-year draw periods, the minimum monthly payment for HELOC 70%, HELOC 80% and HELOC 90% will be (a) \$50 or (b) the accrued interest on the outstanding balance under the agreement as of the close of the billing cycle, whichever is greater. The minimum monthly payment for HELOC 100% will be (a) \$100 or (b) 1.5% of the outstanding balance, whichever is greater. However, if you exceed the maximum principal loan balance allowed under your agreement, you will also be required to pay an amount sufficient to reduce your principal loan balance to the maximum principal loan balance allowed under the agreement. Balances of less than \$100.00 must be paid in full. Late payment fee: \$10 or 5% of your monthly payment, whichever is less.



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