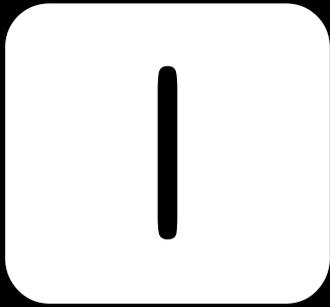


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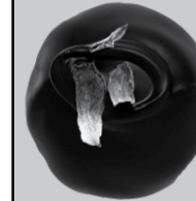
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Features

MARCH / APRIL 2009



16 Our Towns
Various members from all facets of our community share their favorite small town destinations



20 Returning to His Roots
In his own words **David Waugh** describes growing on a farm, and how he reconciled being gay with rural life



20 A Thread in Our Cultural Fabric
John Quinlan and **Will Fellows** revisit the cultural significance of Fellows' Farm Boys

Departments

- 6 Editor's Letter** The Running Man
- 7 Contributors** The faces behind our pages



14

Community

- 9 Our People** Meet Oregon High School's GSA
- 10 Our Stages** J. Patrick brings a wealth of experience to Madison theater
- 11 Our Pages** Raphael Kadushin takes readers on a few *Big Trips*
- 12 Our Calendar** The Red Ribbon Affair, Wisconsin Film Festival and more...
- 14 Our Entrepreneurs** Bernie Fatla discovers a market in the making

Quality of Life

- 22 Our Issues** Dr. Sue Gill on what can effect our relationship stability
- 24 Our Health** Amber Ault reports on how to keep your fitness goals realistic
- 24 Our Apparel** Bonnie Raimy starts thinking about swimsuits
- 26 Our Rights** Tamara Packard on April's Supreme Court election
- 28 Our Plates** Amy VanKauwenbergh casts off on a Betty Lou Cruise

Finding Pride

- 30 Our Family**
Merrin Guice finds the joy of defining her own life

Our History

19 Don't Forget the 'Third Coast'
Richard Wagner records the ripple effects that our elected officials have er in motion in the Upper Midwest



Cover Photo by **Todd Klassy**



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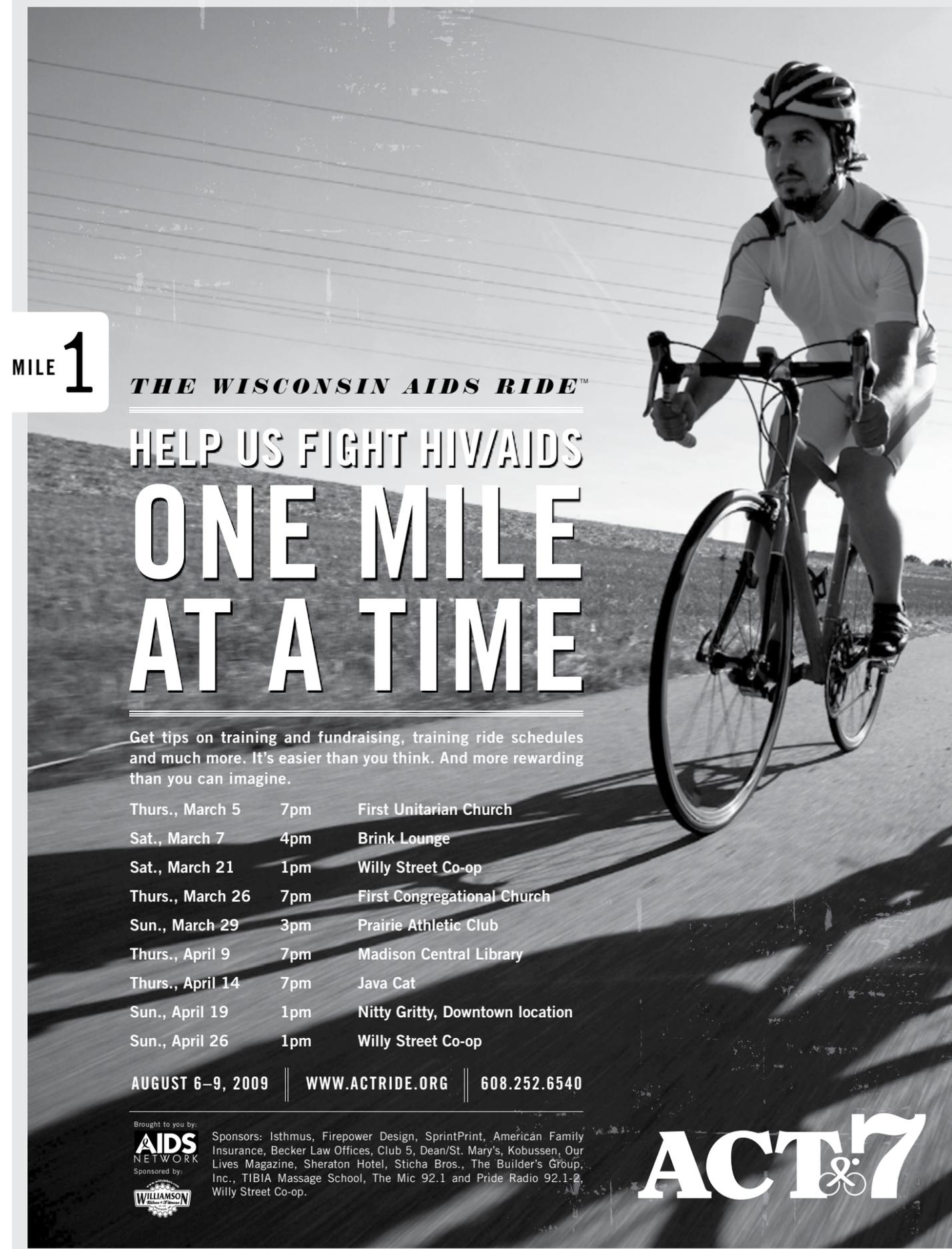
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Thurs., March 5	7pm	First Unitarian Church
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Sat., March 21	1pm	Willy Street Co-op
Thurs., March 26	7pm	First Congregational Church
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Thurs., April 9	7pm	Madison Central Library
Thurs., April 14	7pm	Java Cat
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SAVE THE DATE! JUNE 12-13-14

What?! *We've moved to the second weekend in June?* YES! In keeping with co-operation among all those who use the Henry W. Maier Festival Park Grounds, PrideFest was more than willing to move our event to June 12th - 14th, to accommodate the Miller Ride for the Arts, and the use of the Miller Main Stage for their annual ride.

PrideFest appreciates everybody for working with us, and hopes that our community understands.

UPCOMING EVENTS: May 7th



Proud Crowd Kick off reception 4-7PM at **The Iron Horse Hotel's Branded Bar**. Become a PrideFest Proud Crowd VIP by signing up at the event!

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- **\$250 level:** Same as above, Plus: Weekend access to the Miller Oasis VIP area!
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Performers announced soon! Check out www.pridefest.com for more perks, info and details. Don't miss your chance to hang out with your fave!

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editor

The Great Escape.



There has been no greater education in my life than what I have learned by traveling. Hiking in British Columbia and Alaska allowed me to witness firsthand the immensity of nature. Staying with a bush tribe in West Africa gave me perspective on the shared experiences of our human condition. Living briefly in an old communist high rise left me with a somber opinion of socialism. I'll always remember the moon over Moscow on the night I left Russia. The streets in Montmartre, New Orleans, Boston and New York are places I still think of often.

In talking about his new book, local author Raphael Kadushin says "Most gay men and women are really born travelers, and adept ones." And that, "growing up gay still—even today—means that even your hometown is a slightly foreign, unforgiving country." Those words resonate in me. Especially after reading Dr. Sue Gill's piece on attachment theory, and how our understanding of who we are can affect our sense of belonging as we're growing up.

I'm now about halfway through my fourth year living in Wisconsin. This marks a milestone. In the past 13 years I've managed to live in seven states across five regions of America. That isn't something I'm necessarily proud of. It's taken years of my life to find peace with who I am. In the past, I've traveled through different airports almost every weekend headed to somewhere new and unfamiliar. As exciting as that sounds, the result is a collection of boarding passes that sit tucked away in a shoebox. You all have helped make Madison my home and hindsight has shown how that wanderlust was my way of trying to figure out where I fit in since my own hometown wasn't an option.

A big part of finding my sense of home came from building relationships with people and places and learning the subtle secrets that make a place special. As a culture we place an exceptionally high value on authenticity. Much of our allure with rural America could be based on this. So, that said, in "Our Towns," we've asked notable members of our community to share their favorite small towns. They also offer suggestions to the places that they feel really showcase each destination's authentic character. After reading it, I'm aching to explore their recommendations and strengthen my own attachment to Wisconsin.

With love,
Patrick Farabaugh
PUBLISHER / EDITOR



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contributors

To contact all OURLIVESMADISON.COM users, visit their profiles at: www.ourlivesmadison.com/user/username

Sue Gill loves to travel, and hopes one day to go to Moscow so that she can have some ice cream while sitting in Red Square. She also loves snowshoeing and backpacking from her home base in Madison where she lives with her partner Sheri and their two dogs. Her step daughter Christa also lives in Madison where she performs with several musical groups, and her step son Aaron is in the Navy. Sue is a licensed psychologist and has been working in private practice and with crime victims at the DA's office for the past few years. She specializes in working with PTSD and other effects of abuse, and in LGBT issues.



Todd Klasy discovered the world of photography four years ago when he purchased his first camera. Self-taught, he enjoys the challenge of trying to capture beautiful images. He also appreciates



the splendor unique to Wisconsin and the American Midwest. A right brain person who has worked many years in a left brain job, photography has become a way for Todd to share with others how he sees the world.

Raised on a farm outside of New Glarus, Todd spent many of his formative years in Madison and traveling throughout the Midwest. Today he lives near Belleville with Steve, the world's smartest cat...

John Quinlan is a Madison, Wisconsin-based journalist, nonprofit development consultant, and civil rights activist. As a journalist he's worked with several publications and was part of a team that launched an LGBT parenting magazine. Also a former Executive Director of OutReach, he now hosts *Forward Forum*, a public affairs talk show, which airs on WTDY, 1670 am Sunday afternoons at 2pm, and streams and podcasts at wtdy.com. He sees his *Forum* role as "the director of an orchestra. My job is to tap the baton and get the rhythm going."



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OUR PEOPLE

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Taryn, Drew and Statia in the halls of Oregon High School.

Setting Change in Motion

Meet Drew, Taryn and Statia, three Oregon High School students learning the value of—and creating—a strong GSA presence.

Tell us about yourselves! **Drew:** I'm a student ally and part of the GSA Executive committee. I like anything to do with movies, and plan on pursuing a career as a film director and screenwriter. **Statia:** I like photography, which is what I'm going to college to study. I'm also really big into Harry Potter and the Lord of the Rings—I'm a nerd. **Taryn:** I'm a senior and an exec of my GSA. I work as a photographer taking photos for weddings and senior portraits, and I also work with GSAFE as a student planner.

out in our hallways. Our teachers are incredibly accepting and there are lots of LGBT staff members that we can go to for support.

What impact do you think your GSA has? **Taryn:** We have 3 missions. First, to teach and to learn. Second, to be a support group. Third, to be an activist group. Every year we get more people, so I believe it leaves an impact on them—they learn and get involved, and they learn they're not alone. **Drew:** Students know it is a safe place

Our group seems to take on projects and make it known that we, too, are an important part of our school.

Why did you get involved in your school's GSA? How do you think it's viewed by the student body? **Drew:** I got involved after some friends told me it was fun and sent a positive message. Our group seems to take on projects and make it known that we, too, are an important part of our school. I believe other students recognize and understand that. **Statia:** I think our GSA is tolerated by the student body, although they may not accept it. There are a lot of slurs and "That's So Gay" being thrown

where you can make a difference without adults telling you how. Much of this has to do with our wonderful advisor, Joan Karls, who lets us do our thing, and gets us any help we need.

What good changes have you seen? **Statia:** We just had a dance to raise funds for one of our teachers, Mr. Scott Jones, to do the AIDS ride. **Taryn:** We've put together health class presentations where two people go into every health class for two days teaching them about sexuality. We teach them

facts only and don't push our opinions on them. We teach them about harassment and suicide rates and such. Since we started doing this, I've seen harassment go down.

Nationally students participate in the Day of Silence (DOS) each year by taking a vow of silence to call attention to harassment and silencing of LGBT students. What plans do you have for the day? **Taryn:** In past years, we have had people sign up beforehand and we send an email to teachers with the names of who's participating. I've also been to the rally on State Street.

How effective do you think the DOS is? **Taryn:** It depends. A lot of people don't understand the meaning and why we choose to be silent. We get a lot of protesting at our school. **Drew:** I think as a whole Day of Silence is effective, however I believe that some kids just see it as a way of not talking to their teachers the whole day.

What has being involved in this group taught you? **Statia:** It's taught me to be a leader and re-teaches me this lesson every week. I have to keep in mind that even though I may not realize it, people look up to me as the leader of the GSA. **Taryn:** I take what I've learned and apply it to everyday life and every situation—not just for LGBTQ reasons. It's taught me how to be a leader and get my voice heard. It also has boosted my self-esteem and it taught me that I'm a better person than I thought. **Drew:** It's helped open my eyes to some issues that people are afraid to talk about. It has taught me that even kids can stand up and fight for their beliefs. ■

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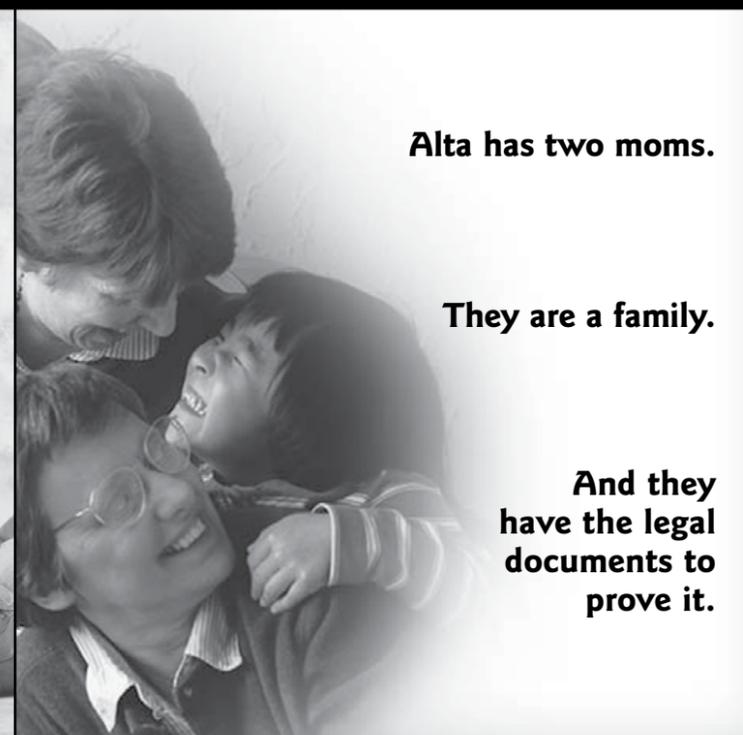
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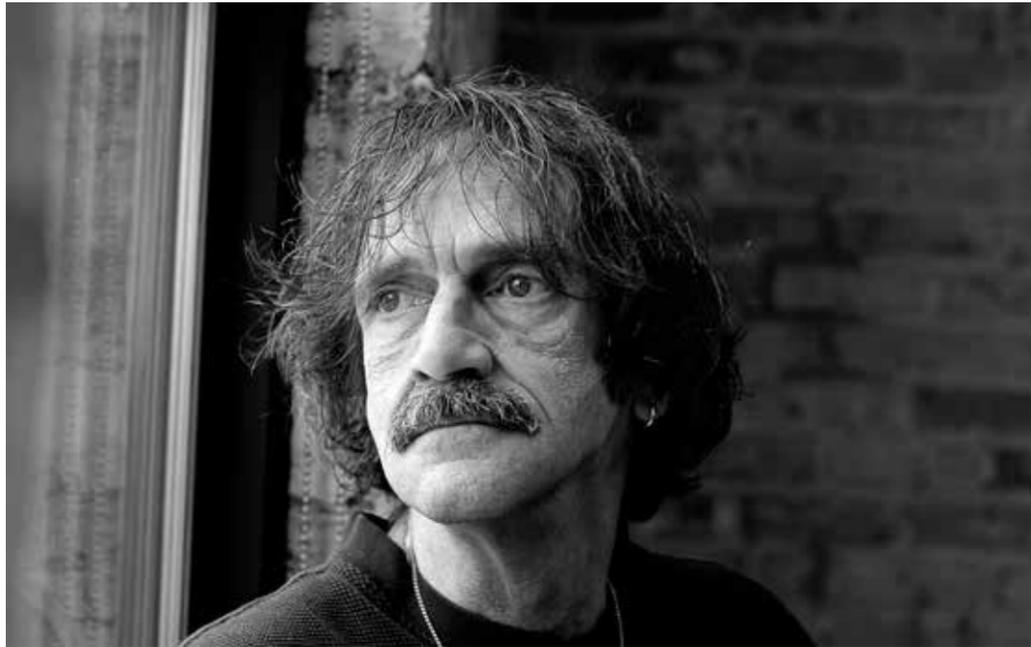
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Spotlight and Calendar by Tara Ayres

SPOTLIGHT



Long Live a Grand Dame

After surviving the Vietnam War and HIV, J. Patrick thrives in Madison's theater community.

J. Patrick may be the grand dame of Madison theater, having worked with most local troupes, and serving 5 years as the Madison Theater Guild artistic director. Raised a military brat, J. lived all over the world and went to high school in Okinawa. Acting through high school, he went to college on a dance scholarship, but gave it up to go into the theater dept. He has an MA in directing & costume design. J. spent 6 years in the Navy, working for the USO and serving in Vietnam near the end of the war.

When his tour was up, he spent a few years doing theater in North Carolina, before moving to Kenosha. On a visit to Madison he met his partner, Jeff. Moving here, he auditioned for Children's Theater of Madison. Nancy Thurow snatched him up. CTM was his theater home for years, although he would sneak away occasionally to do another show. He spent a year with Madison Rep in the mid-80's during the last year that they were a true repertory company. During that season, J. was also playing Comedy Sportz locally, as one of their original players. In '87, Comedy Sportz decided to open clubs around the country. J. opened clubs for them in Hartford, New Haven and Boston, spending 7 years on the east coast with Jeff.

J. returned to Madison and to CTM in 1995. When Nancy Thurow decided to turn CTM into a paid company, J. quit his outside job and went to work for CTM as an actor and Nancy's office assistant. He

jokes that he had saved enough to be able to starve genteelly with a boyfriend who had a regular job. In 2000, J. became the Artistic Director for the Madison Theater Guild, a position he held till 2006.

What does J. love most from his years in theater? "I did three MTG summer schools. Those were the best three summers of my life, doing cutting-edge theater with the kids, things they wouldn't be exposed to in high school. I learned a lot from that experience. I'm still learning about how to do theater and how to treat people well. I've gotten a reputation as being the school of hard knocks. I'm not going to pull punches, I get people ready for the real world."

"20 years ago I wanted to do, do, do. 25 years on, I've done, done, done, done. It takes me 2 hours a day to answer my emails and do my free theater consulting to kids from 13 to 35 all over the world. I like being the old wise man sitting up on top of the hill, having put it all in motion and watching it grow. I'm proud of what I've done on stage, but I've never been as proud as I am of watching my students grow and produce.

In 1986, J. was diagnosed with HIV, and was given a short time to live "I'd never had a home; Jeffy and Madison were my first home. And then I was diagnosed, and I thought I'd only have a home for another year or two. It built a fire under me, and I tried to live every day like it was my last. Of course, 25 years later, I'm surprised that I'm not dead of exhaustion!" ■

CALENDAR



VAMP
by Ry Herman
StageQ and Mercury Players Theatre
Madison, February 27 – March 28
stageq.com

CLOUD NINE
by Caryl Churchill
StageQ and Mercury Players Theatre
Madison, March 6 – April 4
stageq.com

CAMPUS AFFAIRS
by Gwen Lawful
Phibeta and Playwrights Ink
Madison, March 6 – 14
madstage.com/companies/
playwrightslnk.html

COSI FAN TUTTE
by Wolfgang Amadeus Mozart
Madison Opera
Madison, March 13 – 15
madisonopera.org

THE BIRDS THAT ARE YOUR HANDS
by Sol Kelley-Jones
Broom Street Theater
Madison, March 13 – April 19
broomstreet.org

Free2B...U & Me
by Marlo Thomas and friends
Laboratory Theater
Madison, March 20 – 21
madstage.com/companies/
laboratorytheatre.html

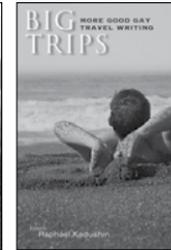
TWO NEW ONE ACTS
by Philip Heckman and Doug Reed
Actor's Factory
Stoughton, March 27 – 29
stoughtonoperahouse.com

DEGAS' LITTLE DANCER
by Wesley Middleton
Children's Theater of Madison
Madison, March 28 – April 11
ctmtheater.org

FALLING GIRLS
by Moniek Merx
University Theater
Madison, March 28 – April 4
utmadison.com

A Conasieur of Wanderlust

Big Trips: More Good Gay Travel Writing by Raphael Kadushin



Raphael Kadushin of Madison's own UW Press has edited a wonderful new collection of gay travel writing, *Big Trips: More Good Gay Travel Writing*. Released by UW Press, the volume collects some of the very best of the genre. Mr. Kadushin granted *Our Lives* an interview to discuss his book and the

work of UW Press to bring LGBT literature to bookshelves. —Ward Holz

What was your vision for this collection? I wanted to offer an exciting world trip for people who love to travel. I'm really happy at just the range of places visited; from Egypt to Morocco, Paris, Prague, Sicily, Provincetown, San Francisco, Yorkshire, the Greek islands, northern Spain, rural France and Mexico. I also wanted to reclaim the classic travel narrative, the kind that tells a story and evokes a real sense of place. The contributors, among our best writers writing today, definitely did that.

You state that gays may be natural travel writers by virtue of being outsiders.

Could you explain this idea? Well growing up gay still—even today—means that even your hometown is a slightly foreign, unforgiving country. And that in turn means every queer kid becomes a patient ethnographer who has to read his culture closely and decode the most subtle social signs, like a seasoned traveler, if he is going to stay safe. Most gay men and women are really born travelers, and adept ones.

Why have you included fiction in this collection? Because so much travel writing is really a form of fiction; you don't know much about a place after a week or two so you're always projecting your own fictions onto a place when you travel.

The anthology is divided into two sections, "Going Out" and "Coming Back." Could you explain your vision for this structure? Travel writing tends to fall into two natural camps. The Going Out pieces focus on the great sense of wanderlust and adventure that young, fresh travelers feel when they fling themselves out into the world. And the Coming Back stories focus on the need for stability, some sense of home, that the seasoned traveler feels.

Are there a couple of pieces in particular on which you would like to comment? I really like them all. Edmund White's story, about an American writer living in Paris, romantically involved with both a Frenchman and another American ex-pat, is a beautiful double-decker travel story that winds up in Morocco. Duncan Fallowell's piece about a British man's flirtation with a Sicilian waiter is very funny and sensual. And Mack Friedman's story about a boy traveling with the ashes of his mom, returning to Mexico, where they vacationed together, is heart-breaking.

Raphael, as the senior acquisitions editor for UW Press, you've been breaking new ground in the field of LGBT literature. Of which of these works are you most proud of having brought to publication? There are so many it's hard to single out any one. But I'm proud that so many of them have been so visible and made such a national and even global impact. Gad Beck's *An Underground Life* was one of the first memoirs of a gay Jew in Nazi Germany. Will Fellows' *Farm Boys* is a ground-breaking oral history of gay men growing up on Midwestern farms. Leslea Newman's *A Letter to Harvey Milk* is a very timely homage to Milk. Rigoberto Gonzalez's *Butterfly Boy*, one of the best memoirs by a gay Chicano man, won an American Book Award last year. It goes on and on, fortunately. ■

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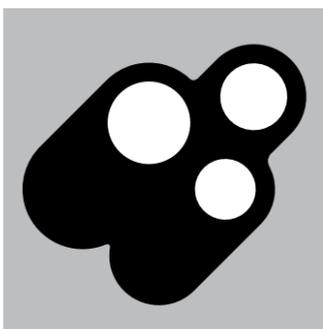
Cultural, Social, Service and Nightlife listings edited by Patrick Farabaugh



Camp Bingo
March 29, The Edgewater Hotel, 666 Wisconsin Ave., Madison
 Join hostess **Cass Marie Domino** for Beach Party Bingo. Camp Bingo is a not your grandmother's kind of bingo. This is a fundraising event for the AIDS Network.
madcampbingo.org



Red Ribbon Affair
April 3, Monona Terrace
 The AIDS Network's annual gala offers a chance to don your finest and rub elbows with an entire community of leaders—all while enjoying a black-tie meal and raising funds for the work and services the Network provides. Bid in the silent auction or on the items they showcase on stage. Justin Wilder and Christine Bellport of NBC15 to host.
aidsnetwork.org



Wisconsin Film Fest
April 2-5, Various locations
 The festival takes place each spring in downtown venues, all within walking distance. It presents new American independent and world cinema, restored classics, and the work of Wisconsin filmmakers. Over 150 films and an attendance getting close to 30,000 make it a lively event that's become a major part of our cultural calendar.
wifilmfest.org

ORGANIZATIONS

A representative sampling

AIDS Network
 600 Williamson St., Madison (608) 252-6540
aidsnetwork.org

Bowling Out Loud
beckwith.matt@yahoo.com

Dairyland Cowboys and Cowgirls
dcandc.org

Fair Wisconsin
 122 State St., Madison (608) 441-0143
fairwisconsin.org

First Congregational Church
 1609 University Ave., Madison (608) 233-9751
firstcongmadison.org

Frontrunners/Frontwalkers
personalpages.tds.net/~tmcdurg

Gay/Bi Fathers Support Group
Doolguy@charter.net

Gay/Straight Alliance for Safe Schools (GSAFE)
 301 S. Bedford St., Madison (608) 661-4141
gsaforsafeschools.org

Gay Softball League
ssblmadison.com

Gay Volleyball League
madisongayvolleyball.com

Hermanos Latinos
sneal@aidsnetwork.org

LGBT Business Alliance
madisonbusinessalliance.com

Madison Gay Hockey Association
madisongayhockey.org

Madison Minotaurs Gay Rugby
minotaursrugby.org

New Harvest Foundation
newharvestfoundation.org

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perfectharmonychorus.org

Rural Dykes Association
pswfarm@juno.com

StageQ
stageq.com

UW - Madison LGBT Campus Center
 800 Langdon St., Madison (608) 265-3344
wisc.edu/lgbt

Wisconsin Rainbow Families
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December 31 | New Year's Eve at Club 5



January 24 | Pillowpalooza III at the High Noon Saloon



January 25 | AIDS Network's Camp Bingo at the Edgewater Hotel



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Perfect Harmony Men's Chorus Cabaret: "The Dark Mirror"
March 14, 7 pm & March 15, 3 & 7 pm, West Side Club, 437 County Highway M (Junction Rd) Madison
 The Dark Mirror Cabaret explores life after Stonewall as presented by fifteenth century style mattachine-masked players representing Oppression, Resignation and Liberation in PHMC's unique musical mix. Evening performances include full buffet. Matinee performance is a dessert buffet.
perfectharmonychorus.org

Run for Fashion
March 14, 10:30pm, MOCT nightclub, 240 E. Pittsburgh Ave, Milwaukee
 PrideFest, The Ronald McDonald House Charities of Eastern Wisconsin, and the Zoological Society of Milwaukee County Zoo, in addition to a multitude of generous sponsors, will gather to remember Vic Milford's life and carry on his legacy of giving to the community he knew and loved. A special fashion show event showing off the latest spring fashions sponsored by Luci's Boutique (524 N. Water St. Milwaukee) will take place at MOCT at 10:30pm, with doors opening to the public at 9:30pm.
pridefest.com

PFLAG Meeting featuring Second Parent Adoption
Sunday, March 15, 2-4pm, Friends Meeting House, 1704 Roberts Court, Madison
 Attorneys from The Law Center for Children and Families will present the pros and cons of pursuing this avenue to legal parenthood.
pflag-madison.org

Laurel Mills and Nell Stark Reading
March 22, 2pm, A Room of One's Own Bookstore, Madison
 Laurel Mills' book *Racing Toward Providence* is a romance between reclusive painter Sam Warren and Kate Sinclair, set in the lovely wilderness of Maine. She also has a beautiful chapbook of poetry available called *Sing Back*. Nell Stark's latest novel, *Homecoming*, is the story of Sarah Storm and her college crush on her seemingly straight roommate.
roomofonesown.com

2009 ASANA Softball World Series Fundraisers:

March 22 Bowling Fundraiser
 9-pin tap bowling tournament at Village Lanes ssblmadison.com.



QLaw Gala **March 7, 7-9:30, University Club, 803 State St., Madison**
 A reception and benefit for QLaw held in conjunction with the University of Wisconsin Law School's Admitted Students Weekend. The program is an informal reception but includes remarks from local leaders and our sponsors. Last year, over 150 attended. qlaw.org

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114 King Street-across from the Majestic
www.woofsmadison.com

If the Shoe Fits

After already establishing a career in footwear, Bernie Fatla found a niche when an idea led him to create **Le Dame Footwear**.

Great businesses start with great ideas, and Le Dame Footwear is no exception. Bernie Fatla credits the inspiration for Le Dame to a single article in the New York Times about three years ago which told of a drag queen who bemoaned the dearth of stylish shoes that fit. With that single spark, Fatla switched gears from a successful 30 years in the shoe business, redirecting his experience into a family startup aimed at filling a specific void in the market—shoes in feminine styles that comfortably fit masculine feet.

Fatla, a happily married resident of Verona, began intensive research with his target customer base, interviewing over 2000 consumers. He's an engaging guy who takes seriously his business's tagline, "where style and fit matter," and makes no bones about his intended demographic. His website touts Le Dame shoes as, "a line of feminine styled footwear built to fit a masculine foot and designed specifically for **transgender, drag queen and crossdressing** customers." And yes, those words are in bold on the front of his catalog. He wears his products himself, showing off a classy leather ankle boot (dubbed the "Alex") at our interview. Fatla is fiercely loyal to his customers, whom he refers to as "my girls." He is an energetic, outgoing man with an evident passion for his products who takes intense pride in offering both high quality products and sensitivity/respect for his client base. "A lot of girls have been exploited, and their fears of being judged have been preyed upon to scam them," he says. "At Le Dame, the customer comes first."

Fatla strikes a careful, classy balance between discretion for his customers and an unabashed pride in his business. He eschews market research based on the needs of genetic women, preferring instead to maintain a personal correspondence with his customers, listen to feedback and conduct focus groups. He has also chosen not to offer his products in women's sizes, worried that doing so could be confusing, and thereby taking a

His attentiveness to his niche has helped him make specific choices that might not be obvious without that research.

stand about whom his product is designed for. His attentiveness to his niche market has helped him make specific choices that might not be apparent without his careful research. For instance, he does not include functional buckles in his shoes because "my girls tend to have bigger hands, and they don't want to be dinking around with little buckles!" He also is working on introducing a line of dyeable shoes in his signature style, the Sharon, so that a customer seeking accessories for her formalwear can match the color of her shoes exactly to her dress.

Le Dame began as an internet-only company. No Madison area stores carry Le Dame shoes at this time, but Bernie makes private appointments in his home to try on shoes, which are also available through his website, www.ledame.com. Fatla and Kiki, Le Dame's spokesperson and model, attend Southern Comfort every year in Atlanta to interact with the trans community there. Le Dame also offers a scholarship to Southern Comfort to cover the cost of one person's trip (who couldn't otherwise afford to attend) as a way to give back to the trans community.

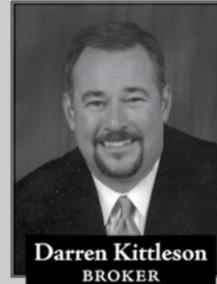
What advice does Bernie have for a budding entrepreneur? "Just do it! Life is too short not to try it. Do your market research, find a niche and have fun doing it!" ■

Gretchen Treu works at A Room Of One's Own bookstore and is happy to chat about books with anybody who stops in.

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Our Towns

Local community members share their favorite small town getaways.



Downtown
New Glarus



Eagle Bluff Lighthouse,
Peninsula State Park



Madeline Island

The ride is about 5.5 to 6 hours from Madison, and 1/2 hour ferry ride during the summer. When the weather turns cold we have an ice road that we drive across during the middle of the winter.

We built a home on the island in 2006 and spend as much time as possible there. Matter of fact, I'm living on the island most of the year now.

Glenn likes to boast that when Wisconsin confronted the Marriage issue in the 2006 election, La Pointe (on Madeline Island) voted no in a percentage that was second only to Madison.

Cooksville

Michael Fumelle, Residential Loan Officer of Associated Bank



Cooksville is an unincorporated “four corners” village in northwestern Rock County, about 6 miles south of Stoughton. The village founded in 1842 is rich with early history and charming mid-nineteenth-century architecture. Often called “a wee bit of New England in Wisconsin,” it is a quaint throwback in time, perfect for a walk on a winter, spring, summer or autumn day, especially around the Public Square surrounded by 19th century residences, many built of locally-fired vermilion-colored brick. Most of the houses and buildings in the historic district (listed in the National Register of Historic Places in 1973) have been rehabilitated, and the historic one-room schoolhouse is now the Community Center. The **Cooksville General Store** dates from 1846 and is still in business (the Store was the first stop on the ACT ride this last August), and nearby on the Badfish Creek is an old, historic steel bridge that is now closed to car traffic but is frequented by bicyclists in the spring through autumn months.

Larry Reed, a long time resident of Cooksville and a civic leader in the village, owns two corners of the main intersection in the village. On one corner he lives in a beautifully restored 1848 Greek Revival house, which has been featured in national magazines. The home is filled with antiques from the 18th and 19th centuries. Larry gives tours to special interest groups upon request and enjoys showing people around “the town that time forgot.” On the corner opposite his home is the 19th century **Cooksville Congregational Church** with four minarets and a bell tower, which Larry and his late partner purchased and restored to its original appearance (it had been used as the town hall in the 1940s and 50s). Larry now rents out the church for weddings, commitment ceremonies, and musical events. The church would be the perfect spot for LGBT couples who want a quiet, quaint commitment ceremony in a pastoral, rural setting.

Larry is the local historian and is available to give talks on Cooksville's history year round. A stroll with him through the historic village becomes the story of gay men who have loved the community and have helped preserve and celebrate its early history and architecture, beginning a hundred years ago when Ralph Warner, the first of the village's “antiquarians,” discovered the quiet little historic community and opened his antique-filled home to luncheon guests while he played the piano in the parlor.

Madeline Island

Glenn Carlson, Executive Director, Fair Wisconsin

Michael Childers, Realtor, Island Shores Realty on Madeline Island



Madeline is the largest of the 22 islands in the Apostle Islands. The other 21 islands are national treasures, designated the Apostle Islands National Lakeshore (Gaylord Nelson Wilderness).

The island has about 250 year round residents, and is guest to over 2500-3000 week-long and summer residents during the summer season. There are so many things to do and places to go on the island, from **Tom's Burned Down Cafe** to the **Madeline Island Music Camp**, gourmet restaurants like **Lotta's** and the **Pub**, the **Beach Club** and **Bell Street Tavern**. Kayaking, sailing, boating, snowmobiling, cross country skiing, hiking, the Big Bay State Park—the list goes on and on.



Mo Kappes on the Sugar River

Spring Green

Abbie Hill, Grant Coordinator, WI Dept. of Tourism



If you love the arts then you'll find Spring Green has a lot to offer for only an hour's drive. My favorite is **American Players Theatre**, a professional Shakespearean company performing dramatic classics on an open-air stage. The summer 2009 line-up includes Shakespeare's *Henry V*, *The Winter's Tale* and *The Comedy of Errors*. While Shakespeare is APT's heart, they also perform other classic works. The acting is always phenomenal and the costuming is fabulous, too. This is a special year for APT because they plan to open their new 200-seat indoor theater in July.

Artists and craftspeople call this area home and many open the doors to their studios and workspaces every October for the **Fall Art Tour**. If you like architecture there's **Frank Lloyd Wright's Taliesin** and the Wisconsin River is nearby so you can rent a canoe or have a picnic there.

Local businesses I recommend: Start your tour with a home-cooked breakfast with an ethnic flavor at the **Spring Green General Store**. While you wait for your meal, you can browse their selection of handcrafted jewelry, cards, house wares and natural cosmetics. Side note—the Spring Green General Store is also the producer of the annual Memorial Day weekend outdoor music event Bobfest, a tribute to Bob Dylan's birthday featuring 12 hours of food and music.

For more shopping, head right across the street from the General Store to peruse the **Albany Shops**, seven boutiques featuring unique clothing, jewelry, gifts, books, toys and Amish crafts that you won't find locally in Madison. Or venture out to the **Medicine Buddha Healing Center** on Clyde Rd.

Sugar River (Albany to Brodhead)

Mo Kappes, Outdoor Programs Coordinator, Rutabaga Paddlesports Shop



I love this trip because I can paddle and bike all in one excursion. You can throw the bikes in the canoe or park them at the town park in Brodhead (the take-out for this section) and switch easily from canoeing to biking. The paddling section takes about three hours to complete and winds lazily through farmland and quiet wooded areas. Once in Brodhead, I hop on my bike and head back to the put-in via the Sugar River State Bike Trail, which is just a block or two away. (Remember to bring \$5 along for the trail fee.) The distance back to the put-in is about six miles on a basically flat and well-tended trail. It's great! About the time you want to stretch your legs, the paddling portion is over and the biking begins!

Frozen treats bookend this trip! There is an ice cream shop at the put-in AND a drive-through custard spot at the take-out -- just a block or two past the entrance to the bike trail. And, if you are willing to detour through Monticello, **M&M Café** on Main Street has excellent pie. You can have your ice cream and pie, too!

Ellison Bay (Door County)

Joseph A. Shapiro, Director of Administration & Operations, Foley & Lardner LLP



Before last summer I'd never heard of a "folk school." I did not know who Jens Jensen was and had never set foot in Door County. I'd heard it was like Cape Cod, where I spent many happy vacations in Provincetown, so this was a likely destination.

I decided to try a structured vacation; one where I might take a course or pursue some new learning experience, while leaving myself time to relax. It didn't take much time to find **The Clearing**, described by founder Jens Jensen (a noted Danish-born landscape architect, who designed many of Chicago's parks) as a place "to clear away all debris of overstuffed learning steeped in form and tradition and get to the source of all wisdom... the soil."

Since 1935, The Clearing has been run as a residential folk school, where people come for a week at a time to take an art or nature course, appreciate the amazingly beautiful setting in the woods, on the edge of the water; enjoy well prepared meals and spend time meeting the other participants, in a quiet retreat where cell phones, computers and televisions are not part of your life.

In many ways, this is a distinctly un-gay (but never anti-gay) place. I was, after all, the only openly gay member of the group of fifty participants. Still I found it to be an environment that attracts creative, sensitive, gentle people who are open-minded and enthusiastic about sharing their lives with others—and learning about yours.

North Freedom

Tamim Sifri, DDS, Smart Dental, LLC



Dr. Evermor's *Forevertron* is a randomly cool place to visit. It's a great side trip if you are heading to Devil's Lake or even the Dells.

New Glarus

Scott J. Smith, Marketing Director, Purple Door Production



Founded by Swiss immigrants in 1845, New Glarus is still referred to as "America's little Switzerland." The village and town, however, are so much more than chalets, lederhosen and cheese fondue—although

you can certainly find all of that in abundance. At its heart, New Glarus is a progressive, open-minded and artistic bedroom community of Madison with a distinctive flair all its own. And it's the home of the **New Glarus Brewing Company**, makers of Spotted Cow.

Visitors should absolutely take a tour of the brewery. It's fun, educational, and even a bit snarky. After the tour, have a couple of pints at a local tavern or restaurant. For a true step back in time, visit **Puempel's** (pronounced "pimples") on 6th Avenue. Steeped in history, this classic is no-frills yet innocently elegant in its reverence for Swiss culture. The walls feature 100-year old fresco paintings and the ceiling is a patchwork of dollar bills. Try to get a buck to stick; it's more challenging than you might think.

The Glarner Stube on 1st Street is an absolute must. For 17 years, owners Debbie and Gary have welcomed locals and tourists alike, and



Wright's Taliesin in Spring Green

the food and atmosphere has made fans of some famous faces including Senator Russ Feingold and Terry O'Quinn (John Locke from "Lost") among others. Unofficially dubbed New Glarus' only gay bar/restaurant, "The Stube" features eight New Glarus Brewery beers on tap, a singing deer, the Midwest's largest urinal and decadent and delicious Swiss-style meals.

If you've had enough of the Swiss thing, check out **Flannery's** on 2nd Street. Somewhere between a sports bar, Irish pub and good ol' supper club, Flannery's is famous for their Old Fashioneds. Owners Mike and Ruth serve up tasty American food, great conversation and enough brown booze to power the State Capitol well into the next decade. What's not to love?

Peninsula State Park

W. Earle Smith, Artistic Director, Madison Ballet



Peninsula State Park is one of my favorite places to camp. The bluffs and hills are great for a hike or picnic. And when I'm in a lazy mood, I'll either nap on the beach with an occasional swim or just sit with a fishing pole. It doesn't get much better than that!

In the evenings, if I'm not in the mood to cook, it's a quick trip to the entrance to State Peninsula and a great summer meal at **Digger's Wood-Fired Pizza Grill**—wood-fired pizza with a homemade, hand tossed crust. I'm usually stuffed after the pizza, but I somehow manage one of their homemade desserts.

For a little evening diversion I will head to the **American Folklore Theater**, located inside the park. This quaint outdoor amphitheater produces original musical comedies mid-June through August. The shows are hilarious and there is nothing like watching a show under the stars.

Lake Geneva

Natasha Vora, Indocara, Founder & Owner



It's beautiful in Lake Geneva all year around. There are plenty of great hotels to choose from and outdoor activities to enjoy. It feels like a European destination, only it's a much shorter distance to get there!

Great shopping at locally owned stores and good restaurants line up the center area of town. It makes for a fun-filled day with endless options for entertainment. **French Country Inn** is nestled in the woods with rooms and a dining room overlooking the lake which makes for a quaint and wonderful meal. Another beautiful hotel is the old playboy mansion **Grand Geneva Resort and Spa**, where the décor inside is old and worth visiting.

The downtown area has a mix of eateries and retail, and everything is pedestrian-friendly. ■

Our History by Richard Wagner

Don't Forget the 'Third Coast'

Years before Harvey Milk was elected in San Francisco, the Upper Midwest had out women and men serving in—and being elected to—office. **Richard Wagner** tallies our political scorecard.



As I write, there is Oscar buzz about the film "Milk." It certainly is at the top of my list for 2008 movies. I wept during the film and felt personally connected in several ways. I first ran for office in 1973, the same year as Harvey Milk's first

unsuccessful run. While mine was also unsuccessful and I was not yet publicly out, my platform, like Harvey's, did include proposed civil rights protections in municipal ordinances for gay men and lesbians. It was several years later that Madison did pass an ordinance, though we did so before San Francisco passed theirs. And like Harvey, I got threatening mail. I remember hearing in real time Harvey Milk's political will urging folks to come out, which was broadcast on Wisconsin public radio just after his death.

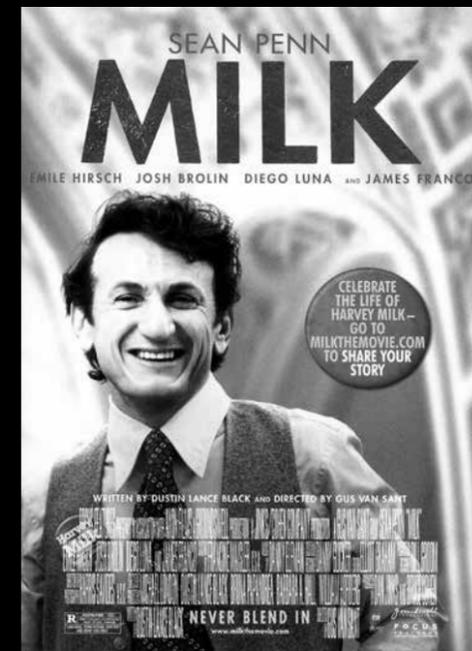
But there are several historical aspects the film raises of which we should take note. Some early reviewers put Harvey Milk out there as the first openly gay elected official in the U.S. We can attribute some of that to bi-coastal viewpoints and some to just faulty research. In fact, the role of the Upper Midwest in gay and lesbian leadership, especially in elected officials, is one in which our region can be justly proud.

The first person noted to have come out while in office is from Ann Arbor, Michigan. Nancy Wechsler ran and was elected to City Council in 1972. During her term, she came out as a lesbian. Score one for the Upper Midwest.

In 1974, Kathy Kozachenko ran as an out lesbian for the same Ann Arbor city council and won, making her the first out person in the U.S. to be elected. Score two for the Upper Midwest.

Next was Elaine Noble, who was elected to the Massachusetts House of Representatives in 1974 and came out in her first term. She was involved in LGBT activism in the Boston area. She was re-elected in 1976 as an out lesbian, becoming the second out person to be elected. In 1978 she tried to make further history and ran for the U. S. Senate, but lost in the primary.

Responding in part to Noble's stance and his own sense of integrity, Minnesota State Senator Allan Spear came out in 1974. His coming out was featured in *The New York Times*. Re-elected in 1976 to the State Senate, Spear became



Part of Milk's argument for electing openly gay and lesbian people was that invisible minorities were too often judged on their most visible members who were not necessarily the role models the community would choose to put forward.

the third openly gay or lesbian person to be elected. Score three for the Upper Midwest.

Next, our focus turns to Madison. In October 1976 the City Council had to appoint a new alder for the student area around campus and Langdon Street to complete a term. After interviews with many candidates, the Council selected Jim Yeadon. Yeadon had not made a point of being gay at the time, but came out in an interview in the *Daily Cardinal* four days after his appointment. This really was not a revelation as he had been active in Madison's Madison Alliance for Homosexual Equality (MAHE), the first gay rights organization in Wisconsin, formed in the fall of 1969 after Stonewall. Yeadon was also active in the Gay Law Students Association and served on the Madison Equal Opportunities Commission. He also gave interviews to *GPU (Gay People's Union) News* of Milwaukee.

Yeadon was elected for a full term in the spring of 1977, becoming the fourth openly gay or lesbian person elected in our general area. Score four for the Upper Midwest.

Then, Harvey Milk in November of 1977.

Part of Milk's argument for electing openly gay and lesbian people was that invisible minorities were too often judged on their most visible members who were not necessarily the role models the community would choose to put forward. Before Stonewall, gay and lesbian people were most often in the press as part of criminal reporting, from raids on bars

or for having public sex. Milk felt it was not sufficient to have only liberal friends to look after us. "If we remain invisible, we will be in limbo; people with no brothers, no sisters, no parents, no positions of responsibility. The anger and frustration some of us feel because we are misunderstood—friends cannot feel that anger and frustration. They can sense it in us, but they cannot feel it... It's time we have many legislators who are gay, proud of that and do not remain in the closet."

Madison and Dane County took Harvey's advice seriously. Yeadon's trailblazing action was followed by dozens of subsequent city alders and county board supervisors and even a couple village board members in the region. When the first nationwide conference of out elected officials was held in 1984 (in West Hollywood—where else?), five of the dozen officials in attendance were from Wisconsin and Minnesota, including Kathleen Nichols and myself from the Dane County Board of Supervisors. Score another for the Upper Midwest.

Meanwhile, Jim McFarland who represented Yeadon's old district on the Madison City Council was the first out Republican elected to office in the U.S. Likewise, Ricardo Gonzalez of the Madison City Council was the first out Hispanic person elected. When the fifth conference of out officials was held in Madison in 1989 (with Tammy Baldwin and me from the County Board as co-chairs), we presented the largest delegation of out officials (seven) from one area of the country. It included 10% of the City Council and 10% of the County Board. Score another one for the Upper Midwest. The Dane County Board became a training ground for out gay men and lesbians to run for higher office. Tammy began her service on the Board, as did Mark Pocan. Both went on to serve in the state legislature, where Pocan continues to this day.

Wisconsin remains just one of two states which have had two openly gay/lesbian members of Congress: Steve Gunderson and Tammy Baldwin. And Tammy made history as, not only the first woman elected to the U.S. Congress from Wisconsin, but also as the first person who was out when she was elected to Congress. Others, such as Rep. Barney Frank, came out after they had been elected. Score... oh, who's counting? It's too many.

So, enjoy the film "Milk" and the history that Harvey made, but also realize that here in the Upper Midwest, we are no slouches in demanding and getting our own seats at the table of public policy. In the days of 1960s activism, people used to refer to the Upper Midwest as the "Third Coast" because of the Great Lakes. In gay and lesbian activism, this was certainly the case in the last part of the Twentieth Century. ■

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 now working on gay Wisconsin history and welcomes topics and sources.



David Waugh and Bob Klebba

I was born and raised on a third generation family dairy farm outside Poynette, Wisconsin. I didn't feel connected to the farming lifestyle; I felt like a city boy dropped off and forgotten. When I entered puberty, I realized I was different. Living in the country, I would on occasion find dirty magazines along the side of the road, chucked out, I imagine, by men whose wives wouldn't approve. I preferred the magazines

with couples because I could look at the objects of my increasing desire—men! Like many gay boys of my generation and circumstance, I fought hard to suppress my homosexual desires and in doing so, I assumed the hardened identity of a heterosexual farm boy.

During my early 20's I would on occasion visit the Hotel Washington's gay bars with my closest friend, an openly bisexual woman. My own sexuality however was still a closely guarded secret. At the age of 27, I married my college girlfriend. At the time I considered myself bisexual, committed to living as a heterosexual. Three years later we had a child.

The year my son was born I was working full time at the university. To make a few extra bucks I went back to my roots, literally, and started growing organic lettuce on my parents' farm. I joined the Dane County Farmer's Market and sold lettuce every Saturday morning on Madison's Capitol Square. For me, it was the discovery of a buried passion for growing things. My buried gay identity, however, was starting to have an effect on my marriage.

While in Madison, I realized I was living in a community that didn't give a damn if I liked sex with women or men like the way a small town would. I took the plunge and came out to my family. I'm forever grateful for their immediate and overwhelming support. A burden

was lifted. My wife and I parted as friends.

After dating men for a year, I met my husband, Bob, through an online personals service. We had a lot in common—he, too, was going through a divorce, and we shared a passion for gardening. Together we continued growing lettuce for the spring farmer's markets.

After Bob was laid off from his professional career a few years later, we decided he should pursue a full-time career in horticulture. We

not be comfortable with us, but I think it does them a world of good to see a family farming operation being run by a gay couple. I think it is important for people to be exposed to the normalcy that dominates gay lives. We are not, after all, Eddie Albert and Eva Gabor on "Green Acres," as much as I like the camp imagery.

This past spring my son wrote a paper on gay marriage at the same time that the California Supreme Court ruled in favor of gay

Returning to His Roots

In his own words, **David Waugh** talks about how he has come full circle from being raised on a farm to coming out and owning his own.



Morningwood Farm Nursery

A Thread in Our Cultural Fabric

John Quinlan talks with author **Will Fellows** about the timeless relevance that helped inspire *Brokeback Mountain*—the collection of narratives in *Fellows' Farm Boys*.



John Quinlan



Will Fellows

John Quinlan: Hi Will. So good to have the chance to visit with you.

Will Fellows: It's a pleasure, John. I remember that you were in the audience at my first Madison screening of the *Farm Boys* slideshow in 1996, before the book had even been published.

JQ: You know, one of my favorite things to do when traveling is to browse the gay and lesbian section at community-owned bookstores. Invariably, I'll find a copy of *Farm Boys* on the shelves. Why do you think it has that kind of staying power?

WF: Mainly I think it has to do with the power of individuals talking about their lives with insight, candor, intimacy and sincerity. To me, no other literary form is more powerful than autobiographical narrative. I'm strongly drawn to it, as I think many people are.

JQ: You're a gay man, living the cosmopolitan life in the big city. How does your rural upbringing still influence and ground you?

WF: Bronze and I have lived in Milwaukee for 15 years. It suits us quite well, with many urban advantages but not too big – we like to get around on foot and bicycle much of the time. But Bronze and I will always be dairy-farm boys in our core values and sensibilities. We're in the city but we're often reminded that we're not really of the city.

JQ: While I didn't grow up on a farm, I did grow up in small towns well-removed from the gay meccas of the state like Madison. I still feel a debt of gratitude for the awareness of the importance of supportive community that instilled in me. So many of us share that experience, and yet feel that we have no choice but to live in large cities. Are things changing?

WF: What I've read and heard in the past ten years leads me to conclude that significantly more LGBT people are choosing to live openly in rural and small-town places—sometimes in the communities they grew up in. Urban life doesn't suit everyone. I'm reminded of the youngest guy in *Farm Boys* talking about his desire to get out of Omaha and return to the ranch he grew up on: "Where I came from is as important as what I am."

JQ: When I was the director of OutReach, I made a point of trying to connect with a leader of Pioneers, a social and support group for LGBT people in rural southwestern Wisconsin. And yet I sensed a wariness from him, a sense of mistrust based on the fact that big city gays just didn't get the day-to-day realities of LGBT people living in rural areas. Finally, the guy just poured forth with all of these emotions and built-up resentments about the judgments that urban gays place on rural gays. "Just because I don't fly a rainbow flag in the front yard, it doesn't mean I haven't worked for years to build relationships with my neighbors that are the foundation of their acceptance of me and my partner. So, I ask you, who's really hiding here... people like me with the courage to live an honest life out here, or people taking refuge in a gay ghetto somewhere?" Do you think he had a point?

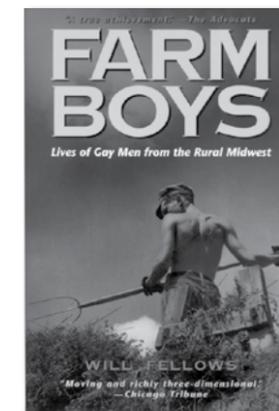
WF: It's a good point. The fact that it's tinged with indignation and resentment reflects the extent to which urban values dominate queer and mainstream culture. The importance of "blending in" is greater in non-urban places, where residents tend to manage their individual expression in ways that don't corrode community cohesiveness. It's not just rainbow flags – political yard signs, even house colors and landscaping can be problematic. Whether or not one sees this as a good or bad thing depends on what kind of community one wants to be a part of and how

one sees the role of the individual in relation to community. The fact is, there are as many legitimate ways to be queer as there are queers. Really, we all need to just live our authentic lives.

JQ: Rumor is that, here in the Madison area, many of the gay men you've wrote about in *Farm Boys* have connected with each other, and created their own sense of supportive community, even gathering for periodic reunions. What about their shared life experiences, and the experience of telling their stories in your book, continues to connect them in this way?

WF: Those fabulous farm boys! It's great to know that some of them are bonding like this. I'm grateful to them all for telling me their stories way back when. I hope they've shared in the pleasure of knowing that the book has made its way into the hands of readers for whom it has been life-changing, even life-saving. Knowing that a play inspired by the book has had productions in New York, St. Paul, and San Francisco. Knowing that their stories were read by Jake Gyllenhaal and Heath Ledger as they prepared for their performances in *Brokeback Mountain*.

I think a big part of what unites these guys are the values and priorities reflected in Minnesota farm boy Lon Mickelsen's words: "Though there were times when it was rough around the edges, my life on the farm gave me many of the things that I value most today: my appreciation of the importance of relying on others and allowing them to rely on me, of balancing work and play, of keeping a wide-eyed fascination in the world; my love of animals and nature, my work ethic, my desire to grow things. Every now and then, sitting in a twenty-story office building in downtown Minneapolis, I have the urge to hop in my car and drive until I see corn. Some of my urban friends feel panicky out there, but to me the big open spaces are very calming." ■





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OUR ISSUES

Are You Always Leaving?

Attachment Theory helps Sue Gill illustrate how processing our sexuality can effect our ability to build and sustain lasting relationships.

I love the smell of jet fuel. It takes me immediately to memories of the great adventures of my life. India, China, Canada, the Pacific Northwest... just naming these places brings a smile to my lips, and I feel a lightness throughout my body. I can almost smell the overwhelming greenness of a Pacific rain forest as I sit here on this cold Wisconsin day. My skin remembers that first blast of desert air as I stepped off a plane in the desert of central China. My knees get weak when I remember with awe my first experiences in the Canadian Rockies.



How can we tell when living light is a sign of ill health? When does frequent change move from adventurous to avoidant?



I love road trips, too, and have come to learn that travel doesn't always have to include exotic destinations. Lake Superior is one of my favorite places in the world. I love to experience the moods of that lake and was amazed to discover last February that she has a whole set of winter moods I had not known about. I am looking forward to spending some more time with Lake Superior in winter. I think she has some lessons for me.

My travels haven't always been for vacations. As many do in our community, I used to move a lot. In fact, throughout my twenties it was a source of pride that I could fit everything I owned into my car. It seemed

important at the time to be able to move at a moment's notice. Times sure have changed for me. I moved a few months ago, and it took weeks of packing and a mountain of boxes to hold all of my stuff.

This experience made me wistful for my twenties and got me thinking about healthy lifestyles. How can we tell when living light is a sign of ill health? When does frequent change move from adventurous to avoidant?

John Bowlby wrote the book, "Attachment and Loss" (1969), that launched the line of study called Attachment Theory. This field might help to understand relationship health, and also why some within our community have a hard time putting down strong roots. Attachment Theory proposes that the relationships we had with our primary caregivers while growing up created a template through which we see future adult relationships.

Some of us have grown up with primary caregivers who were consistently available both physically and emotionally. As our world expanded, we continued to return to our caregivers for reassurance and when we felt threatened. This can be seen in the toddler who bumps himself and goes running to Mom in the next room, and in the college freshman who calls Dad crying when she has her first fender bender. In both cases, as the parent is appropriately supportive, the child's inner template solidifies into a Secure Attachment Style of understanding relationships: "Those who love me are there for me when I need them."

In contrast, some of us have grown up with caregivers who were inconsistent, chronically distracted, or abusive. This can lead to an inner template that says things like, "I'm better off without any close attachments because people will always let me down," or, "I can't live without you," or, "I need you; no, wait, now you're too close, get away!"

Even the most secure attachment can be challenged if we come from a family that is not supportive of our sexual orientation or gender identity. Many of us had a sense of our emerging identity long before we told the important people in our lives. Some of us have chosen never to reveal aspects of our identities to people whom we hold

Some people may show an extreme fear of loss that keeps them obsessing about the faithfulness of their partner, or keep them in a relationship long beyond the time they should have moved on.

dearly. This can be tremendously challenging to our inner template of relationships: "Those who love me are there for me, except if they know who I really am." For those of us who came into identity struggles with a less secure attachment, the inner template can become even more rigid: "People will never be there for me, not when I skin my knee, not when I am in a car accident, and especially not if they knew the real me."

With these profound challenges to our core understanding of relationships, I was not surprised to hear that the National Gay and Lesbian Task Force estimates that as many as 20 - 40% of our nation's runaway youth identify as LGBT. An adult consequence of attachment struggles can be more subtle types of running away. This can include chronic instability in relationships, numerous partners, or inability to stay in a committed relationship. Some people may show an extreme fear of loss that keeps them obsessing about the faithfulness of their partner, or that keeps them in a relationship long beyond the time they should have moved on.

I am a fan of getting away. Especially when the winter is droning on and the green of May still seems far away. The next time you are in an airport, please take a good deep breath of that jet fuel for me and embrace with joy your next adventure.

I am also a fan of self reflection. You may benefit by taking some time to think about running away. Identify areas in your life where you may be chronically running. Ask some friends if they can see any patterns that look like running. Identify the beliefs that you have about important relationships in your life. By doing so, your inner journey of personal growth can be as exciting as any travels that may come your way. ■

Sue and her partner Sheri have lived in Madison since 2000. They keep busy with their two dogs Frankie and Maslow. Sue is a psychologist in private practice and can be found online at www.madisontherapy.com.



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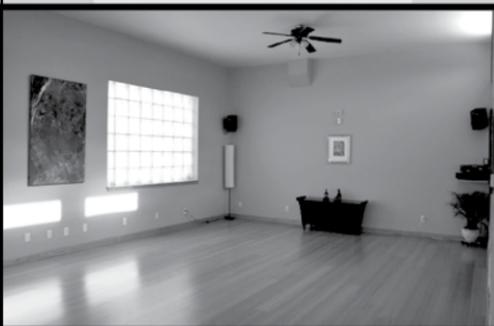


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OUR HEALTH

Leaping Past the Hurdles

Motivation and realistic goals are only the start of your fitness obstacle course. Amber Ault reports on ways to achieve better results.

It's a couple of months into the new year and time to check our progress toward keeping our 2009 resolutions to improve our health and increase our fitness. Are we inspired by those buff Obamas? Freaked by the fast-approaching pool party season? Oh, whatever will we wear to the GSAFE Celebration of Leadership? Let's just take a mindful breath and consult with some of Madison's fabulous fitness experts. What do they have to say about staying on course toward getting healthier this year?

Change? Yes we can...but it can bite. When it comes to changing habits from passive to active, we're like a bunch of grumpy Republicans getting used to the new game in town. Bradford Hastreiter, who recently set up a personal training practice at Studio Melt in downtown Madison, emphasizes how challenging it can be to become a body in motion. "We are creatures of habit," he notes. "If you sustain the habit of sitting on the couch when you get home for work, it takes a lot of energy and commitment to change that habit so that you go to the gym or walk in the neighborhood for an hour." Recognize that we can change, and that it takes work.

Location, location, location. Beyond inertia, are the issues of location and intimidation. "If the gym is ten miles away, if you have to go a long way to get there, or if it's snowing out, it becomes a major ordeal," says Sonya Barton, co-owner of Twisted Fitness, located in Ford's Gym on the east side. Barton recommends finding a place to work out that is close and



Each trainer I interviewed emphasized the importance of social support in staying on course toward our fitness goals.



convenient, and where the vibe is a comfortable one for you. Many gyms and clubs offer one-week trial memberships to allow folks to explore the match. She even recommends calling in advance to chat with the staff, so that when you take the first big step through the door, you'll already feel connected. Barton, whose business includes personal training, classes in mixed martial arts, and a most amazing \$5-drop-in-twice-weekly abs class called Crunch Time, is all about the fit between a person and a place. "It's hard enough for people to get themselves in the door," she says, "so

we do as much as we can to make them feel as comfortable and welcome as possible, and to ensure that they have fun."

Set your own gay agenda. Having fun becomes easier when a person sets small goals en route to larger ones, says Josh Baszynski, a personal trainer who manages the new, woman-owned 24-hour Snap Fitness location on Atwood Avenue. Baszynski uses the "SMART" model for helping people set fitness goals. Goals need to be specific, measurable, achievable, relevant and time-bound. "Losing thirty pounds in a month is not smart, healthy, or likely achievable," he emphasizes, so it's important to create smaller benchmarks. Hastreiter, who uses a "macro-micro" approach to goal-setting, agrees. "A client may want to lose 40 pounds or to be able to bench press 150," he says, "so we focus on losing 5 pounds in one month. After that, we set new goals that will allow them to go to the next step." Great gains can be accomplished through focusing on small, incremental achievements. Otherwise, notes Barton, "it can be overwhelming."

Yes, We Recruit! Each trainer I interviewed emphasized the importance of social support in staying on course toward our fitness goals. Whether it's planning to meet pals to sweat it out at Barton's Crunch Time, making a midnight workout date with your partner at Snap! Fitness, signing up for the outdoor fun group Hastreiter is organizing for the warm months, joining one of Madison many sports clubs, or just being around other like-minded people dreaming of biking with their Sweeties while spinning away at the gym, recruiting support for your cause can get you there easier and faster. There may not be a toaster oven for the queer family member who brings out the most new fitness fanatics, but cultivating playmates has its own healthy rewards. ■

addition, acquiring trunks with a tie waist/drawstring is not a bad idea, as this will keep them around your hips and not around your knees.

LADIES Tankinis are brilliant. A tankini is a suit that has a bikini/brief bottom with a tank-like top, so using a restroom isn't as difficult as it can be when wearing a one-piece suit.

Make sure to buy a suit that is not too small. Tight fitting suits can cause "bulging" of the upper thighs and upper back...not flattering.

If you need support up top, find a suit that has a built in shelf bra or underwire for comfort. If the girls aren't happy ain't NOBODY happy. ■

Check out Middleton Sports and Fitness for the size that fits your body best.



Pockets are great for keys and cash

Suit Yourself

Bonnie Raimy's tips to purchasing the perfect swimwear.

BATHING SUITS. These two words bring about a feeling of anxiety to a good portion of the population. Calm down. Breathe. Remember you are beautiful. The key to relaxing this season is to find a suit that fits well while also making you feel confident.

MEN Purchase a pair of "real" swim trunks instead of long shorts with boxers. Short and boxer material is usually not designed for water submersion and therefore will retain water and sag.

Make sure the trunks are not too long. Match the length of your trunks with the average length of your shorts to avoid an embarrassing tan line.

Make sure the fabric and mesh lining are forgiving against sensitive skin. The mesh briefs should fit securely, keeping your "junk in your trunks". In

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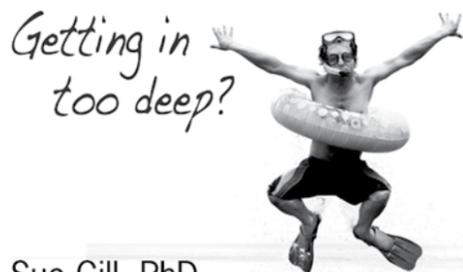
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A Supreme Moment

With a Pro-Fairness assembly now seated in the Wisconsin Legislature,
Tamara Packard draws attention to a critical April election.

On April 7, Wisconsin voters will choose whether Chief Justice Shirley Abrahamson will remain on the Supreme Court, or whether she will be replaced by Jefferson County trial court Judge Randy Koschnick. As gay, lesbian, bisexual and transgendered Wisconsin citizens, as well as friends, family and allies who support the rights of LGBT people, we have a clear choice. Your decision will have deep ramifications: Cases affecting our legal rights are sure to reach the Supreme Court in the next few years. Vote intelligently, with your values and LGBT families in mind.



**Justice Abrahamson wrote:
"Such a child needs and
deserves the protection of
the courts as much as a
child of a dissolving
traditional relationship."**



Chief Justice Abrahamson has been on the Supreme Court for 32 years. During that time, a number of cases touching on LGBT rights have come before the Court, and Chief Justice Abrahamson has repeatedly demonstrated sensitivity to the issues facing our families.

For instance, Justice Abrahamson authored the 1995 majority opinion in *In re the Custody of H.S.H.-K*. That case addressed the visitation and custody rights of a non-biological mother of a child planned for and raised by a lesbian couple, after the couple broke up and the biological mother attempted to cut the child off from his other mother. The

Wisconsin Supreme Court ruled that under Wisconsin law, when a person has a parental relationship with a child, a court may grant that person visitation rights if it is in the child's best interest, and if there has been a significant event (such as a break-up) which justifies state intervention. Reflecting an understanding of the real people whose dispute was before her, Justice Abrahamson wrote: "When a non-traditional adult relationship is dissolving, the child is as likely to become a victim of turmoil and adult hostility as is a child subject to the dissolution of a marriage. Such a child needs and deserves the protection of the courts as much as a child of a dissolving traditional relationship."

Consistent with this recognition that children in nontraditional families deserve the same protections as all other children, Chief Justice Abrahamson joined the dissenting opinion in *In re the Interest of Angel Lace M*. In that case, LGBT families lost when the Court ignored the legislature's clear statement that the best interests of the child are "paramount" when applying the adoption statute. The Court ruled that only one parent in a same-sex couple could be the adoptive parent of a child. Everyone involved in the case agreed that the family of Angel, her two mothers, and their other children was loving, healthy and stable, and that it was in Angel's best interests for her to obtain the additional legal stability that comes from two-parent adoption. The dissenting opinion argued that given this, and because the legislature intended for the "best interests of the child" to govern the adoption statute, both of Angel's parents should be allowed to adopt her.

Much less is known about how Judge Koschnick perceives our community. He has been a trial judge for fewer than ten years. Trial court decisions are not readily available to the public, and few are appealed. Of those cases that started in Judge Koschnick's court, then were appealed and decided by an appellate court, none have touched on LGBT rights.

We are therefore left to discern Judge Koschnick's perspective on LGBT issues through other avenues: his campaign website, the company he keeps, and what is covered in the media. On his campaign website (viewed

on 1/19/09), Judge Koschnick has chosen to post a letter from Attorney Michael D. Dean, general counsel for First Freedoms Foundation, Inc., validating Judge Koschnick as a "judicial conservative." Judge Koschnick also calls himself a "judicial conservative," though there is no consensus on what that is. Yet if a "judicial conservative" is one with whom Michael D. Dean agrees, the LGBT community would be ill-served by Judge Koschnick winning this election. Mr. Dean was a leading supporter of the anti-gay "marriage amendment" to the Wisconsin Constitution. First Freedom Foundation, Inc., is a right-wing organization that proclaims on its website such things as: "The father-mother-child relationship is grounded in nature and natural law. . . . FFF . . . protects family integrity against . . . judicial redefinition of family." Media reports indicate that Judge Koschnick is doing his early campaigning at gun shows and hunting expos.

Since the crushing 2006 passage of the "marriage amendment," Fair Wisconsin has been working to create conditions in the Wisconsin legislature which would favor pro-LGBT legislation. With the 2008 elections, Fair Wisconsin had succeeded in this effort: the legislative leadership is now pro-fairness. If we all work together, Wisconsin will soon become the first state in the Midwest to legally recognize our families by ensuring that responsible, committed same-sex couples can take care of each other through specific legal protections. The protections Fair Wisconsin advocates include the right for state employees to cover their life partners on their health insurance, the right for all employees to take leave from their job to care for a partner who is seriously ill, hospital visitation rights, the ability of one partner to pursue and receive damages if the other partner is killed through someone else's negligence, and so forth.

Because of the "marriage amendment," the package of rights Fair Wisconsin is advancing does not approach anything "substantially similar to marriage." However, it is possible that this legislation, once it becomes law, will be challenged as contrary to the "marriage amendment," and that fight could go all the way to the Wisconsin Supreme Court. Please go to the polls on April 7 and vote in the Supreme Court race. Decide in which of these candidates' hands you will put the future of LGBT families. ■

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

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From mid-April through mid-October, Betty Lou Cruises offers an assortment of dining options to those looking for more than the typical restaurant experience. Step aboard one of their fleet of yachts to enjoy a feast for all the senses.

Betty Lou Cruises take full advantage of Madison's natural beauty and are a fantastic way to show the city off to visitors. Take in the lakeside architectural sights, like the State Capitol and Monona Terrace (Lake Monona) or Governor's Mansion (Lake Mendota). Whichever lake you tour, you'll find a breathtaking panorama providing the backdrop to your culinary adventure.

Ships are outfitted with both indoor and outdoor spaces for enjoying your dining experience, and guest facilities are available. Cruise cuisine is prepared by the people behind local favorites Nau-Ti-Gal, The Mariner's Inn, and Captain Bill's. With choices ranging from brunch to dinner, ice cream socials to happy hours, finding a time and theme to fit the occasion isn't hard; deciding which to try first is!

Start the weekend off right with a twilight cruise on the Friday Seafood Buffet, and feast on lobster bruschetta, shrimp scampi and even sirloin steak as the sun sets. You can also enjoy a lazy morning on the lake with the Sunday Champagne Brunch, nibbling on pastries, prime rib, smoked salmon and other traditional favorites, including delectable chocolate-covered strawberries.

Lighter dining options include the Friday Cocktail Cruise, which invites guests to unwind with an open bar and light appetizer buffet. Also available are the Pizza & Beer Cruises (Thursdays) and Ice Cream Socials (select Saturdays), for which Betty Lou has teamed with local purveyors Ian's Pizza and The Chocolate Shoppe, respectively.

Night owls can take pleasure in moonlight over the waters with Friday and Saturday late night cruises. Each features an appetizer and dessert buffet, and Friday evenings offer the additional attraction of live music (check website for featured bands by week).

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Crave Restaurant
201 W. Gorham, 268-2728
Seafood, Burgers \$\$\$
cravemadison.com

Dayton Street Grille
1 W. Dayton St 257-6000
American \$\$
concoursehotel.com/dining

Dotty Dumpling's Dowry
317 N. Frances St., 259-0000
American, Burgers \$
dottedumplingsdowry.com

Eldorado Grill
744 Williamson St., 280-9378
Tex-Mex \$\$\$
eldoradogrillmadison.com

Fresco
227 State St., 663-7374
American \$\$\$
frescomadison.com

Frida Mexican Grill
117 State St., 256-4000
Mexican, Southwestern \$\$
fridamexicangrill.com

Great Dane
123 E. Doty St., 284-0000
Brewery, Burgers \$\$
greatdanepub.com

Harvest
21 N. Pinckney St., 255-6075
American, French \$\$\$
harvest-restaurant.com

Himal Chuli
318 State St., 251-9225
Nepalese, Vegetarian \$

Husnu's
547 State St., 256-0900
Turkish, Italian \$

Johnny Delmonico's
130 S. Pinckney St., 257-8325
Steak, American \$\$\$
johnnydelmonicos.com

Jolly Bob's
1210 Williamson St., 251-3902
Caribbean, Jamaican \$\$

Kabul Restaurant
541 State St., 256-6322
Afghanistani \$

Lazy Jane's Cafe
1358 Williamson St., 257-5263
Sandwiches, Deli \$

Le Chardonay
320 W. Johnson St., 268-0372
Mediterranean, French \$\$\$
lechardonaymadison.com

L'Etoile
25 N. Pinckney St., 251-0500
French, American \$\$\$
letoile-restaurant.com

Maharani
380 W. Washington Ave., 251-9999
Indian \$\$

Marigold Kitchen
118 S. Pinckney St., 661-5559
Sandwiches, Soup \$
marigoldkitchen.com

Michael's Frozen Custard
2531 Monroe St., 231-3500
Frozen Custard, Burgers \$
ilovemichaels.com

New Orleans Takeout
1517 Monroe St., 280-8000
New Orleans Cuisine \$
eatmobettah.com

Ocean Grill
117 MLK Jr. Blvd., 285-2582
Seafood \$\$
oceangrillmadison.com

The Old Fashioned
23 N. Pickney St., 310-4545
Steak, American \$\$
theoldfashioned.com

Opus Lounge
116 King St., 441-6787
Tapas \$\$
opuslounge.com

Parthenon Gyros
316 State St., 251-6311
Greek \$

Restaurant Muramoto
106 King St., 260-2680
Asian Fusion, Vegetarian \$

Roman Candle
1054 Williamson St., 258-2000
Pizza \$
theromancandle.com

Sardine
517 Williamson St., 441-1600
French \$\$\$

Shamrock Bar
117 W. Main St., 255-5029
Sunday Brunch \$
shamrockbar.com

Sucré
20 W. Mifflin St., 310-4520
Dessert \$
sucresweet.com

Sunprint Cafe
15 S. Pinckney St., 268-0114
Sandwiches, Vegetarian \$

Takara
315 State St., 268-0188
Japanese, Sushi \$

Tornado Club
116 S. Hamilton St., 256-3570
Steak \$\$\$
apartmentrenting.com/tornado

Weary Traveler
1201 Williamson St., 442-6207
International \$

Wisconsin Union
800 Langdon St., 265-3000
American, Sandwiches \$
www.union.wisc.edu

East

Bunky's Cafe
2827 Atwood Ave., 204-7004
Italian, Mediterranean \$\$
bunkyscafe.net

Cloud 9 Grille
876 Jupiter Drive, 441-3250
American \$\$
cloud9grille.com

Ella's Deli
2902 E. Washington Ave., 241-5291
Kosher/Deli, Ice Cream \$
elladeliandicecreamparlor.com

Fork and Spoon Cafe
1133 E. Wilson St., 257-7216
Italian, Pasta \$
forkandspooncafe.com

Glass Nickel
2916 Atwood Ave., 245-0880
Pizza \$
glassnickelpizza.com

Harmony Bar & Grill
2201 Atwood Ave., 249-4333
Pizza, Burgers \$

Lao Laan-Xang
2098 Atwood Ave., 819-0140
Laotian, Vegetarian \$\$

Mariner's Inn
5339 Lighthouse Bay Dr., 246-3120
Seafood \$\$
vrv-madison.com/mariners

Monty's Blue Plate
2089 Atwood Ave., 244-8505
American, Pies \$
montysblueplatediner.com

Nau-Ti-Gal
5360 Westport Rd., 246-3130
Seafood \$\$
vrv-madison.com/nautigal

Tex Tubbs Taco Palace
2009 Atwood Ave., 242-1800
Tex-Mex \$
textubbstacos.com

Alchemy
1980 Atwood Ave., 244-8563
American, Burgers

West

Bar Bistro 608
430 N. Midvale Blvd., 316-6900
Seafood, Steak \$\$\$

Biaggi's
601 Junction Rd., 664-9288
Italian, Pasta \$\$
www.biaggis.com

Bluephies
2701 Monroe St., 231-3663
American, Vegetarian \$\$
bluephies.com

Captain Bill's
2701 Century Harbor Rd., 831-7327
Seafood \$\$
vrv-madison.com/capbills

Flat Top Grill
538 N. Midvale Blvd., 236-4008
Asian Fusion \$\$
flattopgrill.com

Fleming's Steak & Wine Bar
750 N. Midvale Blvd., 233-9550
Steak, Seafood \$\$\$
flemingssteakhouse.com

Glass Nickel
5003 University Ave., 218-9000
Pizza \$
glassnickelpizza.com

Mediterranean Hookah Lounge
77 Sirloin Strip, 251-7733
Mediterranean \$\$
Inka Heritage
602 S. Park St., 310-4282
Peruvian \$\$\$

J.T. Whitney's Brewpub
674 S. Whitney Way, 274-1776
Brewery, American \$\$
jtwhitneys.com

Jordan's Big Ten Pub
1330 Regent St., 251-6375
American, Burgers \$
jordansbigten.com

La Hacienda
515 S. Park St., 255-8227
Mexican \$

Madeleine's Patisserie
3742 Speedway Rd, 441-0909
Bread, Pastries \$
madeleinesmadison.com

Mickie's Dairy Bar
1511 Monroe St., 256-9476
Breakfast, Burgers \$

Tex Tubbs Taco Palace
2701 University Ave., 231-3473
Tex-Mex \$
textubbstacos.com

Zuzu Cafe
1336 Drake St., 260-9898
Sandwiches/Deli \$

Chef's 3-Course Dinner Sun-Thurs Only \$25
(full menu also available)
246-3120
marinersmadison.com

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Letting go of the traditional definitions of achievement helped **Merrin Guice** learn how to start living for herself.

Redrawing the Picture-Perfect Life

If one were to take a look into my world about three years ago, my life might have been mistaken for an early version of the "Cosby Show." I had graduated from both undergrad and graduate school, was beginning my doctoral degree, was married to a man with a Princeton degree in theology, had two dogs, a nice apartment and I was miserable. For you see, similar to the '80s iconic television show, my life was complete fiction. I was and always had been an achievement whore. I spent so much time trying to complete goals designed in high school that I forgot to live. I was so caught up in the opinions and validation from anyone who might happen to evaluate me that I ignored who I was and what I wanted. It took the death of my sister, and domestic abuse to knock me out of my made-for-TV life.



our lives **01** Merrin Guice
ourlivesmadison.com
user femaestro

She did not have the chance to live a complete life, and here I was squandering mine.

When I look back, I'd always been a lesbian. I did not date in high school. I was vice president of the Christian club, and I was president of about five other groups that I founded. I grew up in a homophobic atmosphere where being a lesbian was not part of a picture perfect life. However, we cannot simply ignore who we are and lead healthy lives. I looked like I had it all together. I was a mess inside, and for years, I did not know why. And when I married a man at the ripe old age of 20, I was completely frozen sexually. I felt emotionally sick all the time. Often I would cry alone, wondering why I was not happy. I drowned my unhappiness in work. I studied hard and long into the night so I would not have to face myself. Granted, this helped me accomplish a great deal academically, but as a person, I was floundering.

The first time I accepted that I might be gay was during graduate school. One day I accompanied my husband to a party where a young female Princeton student made my heart flutter. I had felt these feelings before, but for the first time I recognized what they were. I was strongly attracted to a woman. I had never felt this way toward a man. This was a sexual attraction. If I had been a healthy person, open to admitting who I was, I might have sat my husband down and had a conversation with him; however, I had begun to realize that my husband was emotionally abusive. And because I was hiding from myself, I began to dig an even deeper hole, ignoring all aspects of my life and thinking that I could simply put on a brave face and everything would be fine. I was trapped because I refused to be free and honest.

Then, during my dissertation year, at a point when my husband's abuse reached an all-time high, I got a call that my younger sister was in

a car wreck with a drunk driver. She had been killed. The week before, I had told my sister, Morgan, that I was gay, but that I was going to stay married because I had a child. She, who was completely free and honest with herself and others, informed me that I was crazy and that life was too short. She was right. The abuse from my husband continued, and I checked myself into the hospital to get away from him. It was during that time that I was able to stop and breathe, feel my sister's presence, and feel what her memory was telling me. She did not have the chance to live a complete life, and here I was squandering mine. I was not only living a lie, but living in such denial that the on-stage version of me was on auto pilot while I was emotionally dying behind the scenes.

Then in July of that same year, a domestic abuse situation occurred that caused me to plummet to rock bottom, and it was the final wake-up call. I had several beautiful friends, who were mostly new to my life and who helped me see what was really going on. I had been in therapy, but for once I started telling the truth.

I literally had to rebuild my life. The gay community was such an asset to me during this time. Being around people who were loving and living their lives honestly helped me to accept myself more holistically. I realized what the closet had done to me. I was so blind to myself that I had let someone else treat me badly, possibly because on some level, I felt that I deserved it. I thought that I could create a perfect façade, become a model figure to others, despite the damage that was being done inside. I had believed that the picture was all that mattered. I realized that as a sister, and a daughter and a mother, I owed it to the women around me and, most importantly, to myself, to be myself and live an honest life, which meant coming out. I had to stop thinking that there was a "normal," or a "right," or a "perfect." I was normal and that was enough.

Coming out for me was such a turning point. I now live a more authentic life across the board. I stand up for myself in ways that I never would have before, I am honest with my feelings, and most of all I know that I am worthy of love and peace in my life. What I learned is that coming out is not just about sexual health; it is about mental and spiritual health as well. There are many people who were in my life before I came out who no longer speak to me, or who have kindly informed me that I am going to hell. But I have stopped trying to live on the "Cosby Show." I am real, and so is the love and acceptance I feel every day from those who matter. ■

Ask questions, find support and learn more about the coming-out process in our forums online at: OURLIVESMADISON.COM

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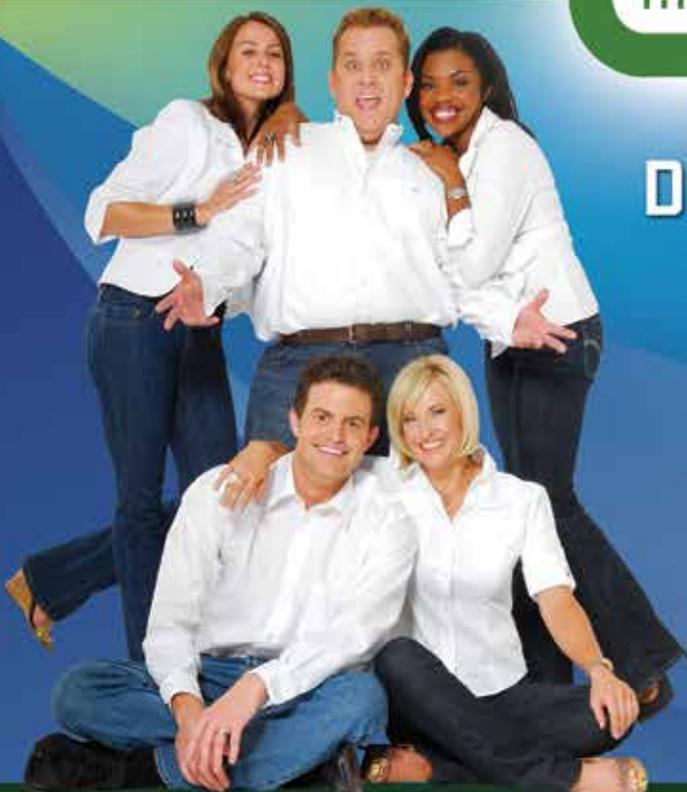
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