



Take Three with Karen Herzog

Oct. 2018 in Door County – longtime, annual family vacay destination

Karen Herzog is a Copy Editor at the Kern Institute

We recently asked Karen to tell us about herself and her role in the Kern Institute...

Background and Current Role in the Kern Institute

Professional: I joined the Kern Institute in January as copy editor for Transformational Times after working last year with the Advancing a Healthier Wisconsin Endowment (AHW) to help share stories about transformative, AHW-funded public health projects in communities across the state.

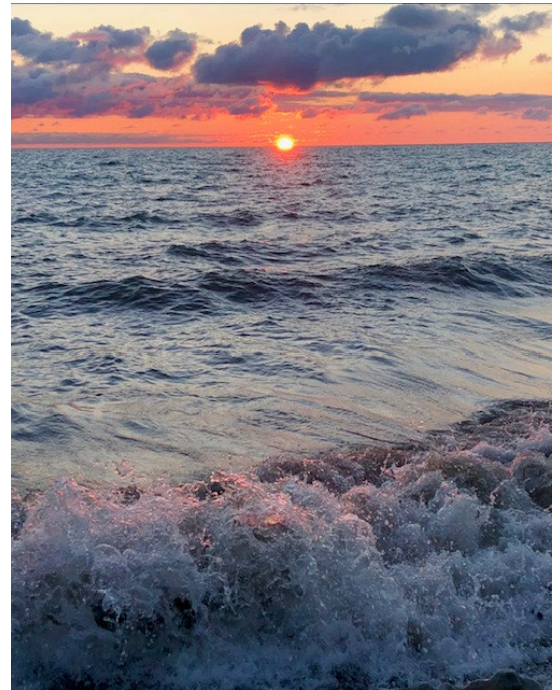
I have been fortunate to have great colleagues throughout my career. I became a newspaper journalist because I believe storytelling can make a difference, I love learning something new every day, and I genuinely enjoy people -- “ordinary” people more than “famous” people. I worked at newspapers in Iowa, Florida, and Kentucky before moving to Milwaukee in 1991 with my fellow journalist husband, Tom Daykin. I spent the next 27½ years covering a lot of fascinating stories, and a lot of tragic deaths -- from Jeffrey Dahmer’s serial killing spree to Cryptosporidium in our drinking water, to Milwaukee’s infant mortality crisis, two mass shootings, and college students dying of meningitis. I cried at funerals for people I never met. I would not trade my life experiences for anything. I took an early retirement buyout from the Journal Sentinel at age 55 and reinvented myself professionally by joining the Wisconsin Conservatory of Music as Director of Grants and Communication. I was drawn to their work in schools, bringing music education to kids who otherwise would not have it. Two years ago, I started my own consulting business to write narratives that help a variety of Milwaukee nonprofits articulate *why* what they do matters, and gain funding for their important work.

I have one “employee” -- a hilarious, 16-year-old tabby named Chai who faithfully naps on a chair in my office when she isn’t joining Zoom meetings.



Personal: I grew up on a dairy farm in northeast Iowa and earned my bachelor's degree in journalism as a first-generation college student at the University of Iowa. (How about that women's basketball team!) My husband Tom still covers commercial real estate for the Milwaukee Journal Sentinel. We have two daughters, Kelsey, and Emily. They both work in healthcare. We are excited to finally take a family trip to Ireland this year after the pandemic derailed it in 2020.

I am a nature girl. I enjoy traveling and photographing sunrises like this one over Lake Michigan, a few blocks from my house.



What Kern activities are you most looking forward to in the next year?

I'm looking forward to the thoughtful reflections and perspectives that MCW faculty and students will share with Transformational Times readers in the weeks and months ahead. I hope they find reflective writing adds meaning to their experiences and informs their work. There is power in storytelling, and bylines are cool. I have grown so much through writing.

A favorite spring recipe

This recipe highlights maple syrup with wild-caught salmon. It goes great with another spring favorite, roasted asparagus. (**Fun Fact:** As a longtime food writer at the Milwaukee Journal Sentinel, I was paid to test hundreds of recipes, including this one. My family enjoyed great meals on someone else's dime for 15 years.)

Maple-Glazed Salmon

- 2 (2-pound) pieces boneless salmon, cut from wide end of fish
- ½ cup pure maple syrup
- ½ cup rum
- 4 tablespoons Dijon mustard
- Fresh crushed garlic to taste
- Fresh ground pepper to taste
- Olive oil
- Additional maple syrup

Set the fish, skin side down, in plastic container or shallow baking dish large enough to hold it flat.

In a small bowl, prepare marinade by combining maple syrup, rum, mustard, and garlic. Place in small saucepan over medium heat and reduce mixture to a syrup consistency, stirring constantly to avoid burning.

Rub fish all over with marinade, reserving some marinade to serve with fish. Cover and refrigerate for at least 2 hours, turning once or twice.

Preheat oven to 450 degrees. Line rimmed baking sheet with parchment paper. Set salmon on baking sheet, skin-side down. Season with pepper to taste.

Roast salmon 15 minutes, or until fish flakes easily when tested with tip of knife. Remove from oven. Drizzle olive oil and maple syrup over each piece, then broil for 1 to 2 minutes, watching carefully to avoid burning. Remove from oven and slide onto platter to serve with reserved glaze on the side. **Makes about 8 servings.**