

TROY GARDENS

Community gardens season starts before ground thaws

By Marge Pitts
Friends of Troy Gardens

It's too early to get out there and dig, but if you are or wish to become a Troy Community Gardener you should begin planning for it now.

Returning Troy gardeners must submit an application form to the Troy Gardens office by March 1. New Troy gardeners must submit their applications by March 30. These forms will be available for downloading from the website, www.troygardens.org, starting February 21. If you would like a form mailed to you, call Christie Ralston at 240-0409.

Because Troy Community Gardens will reach capacity this year, it was decided at an all-gardener meeting last fall to reduce down to four the numbers of plots for people with five or six plots. In addition, our new Spring Registration/Plot Assignment Subcommittee met recently to determine priorities for assigning plots. Homeowners at the new Troy Gardens townhouses are guaranteed one plot if

they wish. Check the website for more complete information after February 21.

Garden Registration will take place at Lakeview Lutheran Church on Sat., Mar. 31, 10 am to 1 pm. Returning gardeners are not required to attend. However, it is important for new gardeners to become acquainted with the rules, expectations, and plot layout. Applications from new gardeners must be received at the Troy Gardens office by March 30 or handed in at Registration the following day.

Registration day is most useful for the Hmong gardeners, whether they are returning or new. We will review and translate all the general rules and new plot assignment priority rules. Returning gardeners are strongly advised to use the exact same name on this year's application as they used last year in order to be recognized as a returning gardener and not a new gardener. Most importantly for everyone—free seeds will be available to everyone at Registration!



Photo by Kerri Flippin-Johns



Photo by Girl Ray

Left: Volunteers match paper to plots during Troy Community Gardens Opening Day. This year the work begins on Saturday, April 21, 9am-noon. Right: Dennis Hargrove volunteers on the Workday Committee. You'll find him helping out and sharing the fun during Volunteer Work Days, the third Saturday of each month from May through October.

Community Gardens Dates

Wednesday, February 21: Registration forms & information available at www.troygardens.org

Thursday, March 1: Registration deadline for returning gardeners

Friday, March 30: Registration deadline for new gardeners

Saturday, March 31: Community Gardens Registration, Lakeview Lutheran Church, 10 am to 1 pm

Saturday, April 21: Community Gardens Opening/Volunteer Day, 9 am to noon. Dig in!

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WANTED! Your old garden tools!

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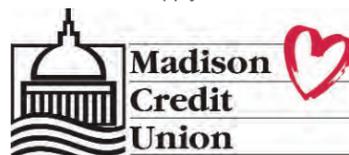
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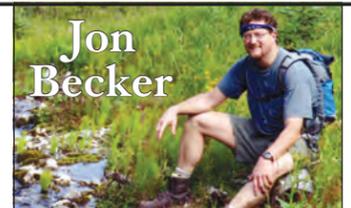
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Holiday of hearts hides history of horrible deeds

By Mary Schumacher

Northside News

On February 14, across the country and around the world, cards and gifts are exchanged in the name of St. Valentine. The first major giving holiday of the year, its ubiquitous pink and red hearts quickly sprout in stores before we even get Christmas out of our systems. But why do we celebrate a sweet holiday of romance on Valentine's Day when its origin was actually quite depressing?

Yes, the holiday was named after a saint who met with a gruesome end. Valentine, a priest, won the wrath of Roman emperor Claudius II, a singularly unromantic ruler. He needed young men for his army and believed that young men with wives and families would not make good soldiers. So he banned marriages.

Valentine continued to perform marriages in secret until the Romans caught him. Sitting in jail before his beheading, he made friends with the jailer's daughter. His last act was to send her a tender note, signed "from your Valentine." The rest is Hallmark history.

Well, not really. The people of Rome didn't seem particularly impressed with Valentine's fate, so the early Christians usurped a pagan holiday for their own. Valentine died on February 14, conveniently close to a Roman pagan holiday called Lupercalia. This raucous and col-



orful fertility festival involved young men and women pairing off after a busy day of the men swiping the women with bloody goat hides.

The Christians clearly had some work to do to tame down Lupercalia but they managed. By the Middle Ages in England and France, St. Valentine's Day was the day for love and romance, inspired by Valentine's note to his love.

Americans can thank the Brits for introducing us to the holiday, upon

which we quickly perfected mass production of Valentine cards. Today's holiday has surpassed mere note exchanges, with flowers and chocolates firmly associated with the day

Northsider Meg Finnegan, owner of Flowers by Meg, expects to sell 1,200 roses alone this Valentine's Day. Red roses have long been a symbol of love and passion, the favored flowers of poets and romantics.

"Red roses are the traditional flower

for Valentine's Day," Finnegan said, "but people are also choosing other flowers like lilies and tulips because they're not just giving for romantic reasons. It's funny how Valentine's Day used to be about love, romance, and Cupid, but now we have daughters buying flowers for mothers, or girlfriends buying for each other. It's become a day just to show you care about someone."

What's love got to do with chocolate? Chocolatier and Northside resident Nilda Molina Miller of Nilda Chocolates has heard from customers that chocolate is their first choice for Valentine's Day, and she admits that chocolate is reputed to have aphrodisiac properties.

"Obviously, I love chocolate in general," she said, "but what better way to show someone you care than to give them what they like? And people really like dark chocolate truffles."

Actually, the legend of St. Valentine is rather uncertain. There are several Valentines in early Christian days who could claim to be the holiday's instigator. It doesn't matter. They're all chopped liver. No one really wants to remember which Valentine died what kind of awful death. Not even the Catholic Church celebrates St. Valentine's Day anymore - officials removed him from the official holiday list. For Catholics, February 14 is the day for Sts. Cyril and Methodius.

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EAST HIGH SCHOOL

Know Your Purgolder: Steve Saunders

Steve Saunders graduated from East in 1958, and earned a degree in geology from UW Madison in 1963. President John F. Kennedy launched two major initiatives that strongly influenced Steve's professional life: the Peace Corps and the moon program.

Steve joined one of the earliest Peace Corps missions: He served in Africa from 1963-1965, mapping rural areas of Ghana.

Although Neil Armstrong walked on the moon in July 1969, a successful moon landing had seemed unlikely in 1961, when America lagged in the space race behind the Soviet Union.

Gearing up the US space program in less than a decade to land on the moon and begin exploring Venus and Mars required the best scientific minds, and Steve was a key member of the team that did it.

As a graduate student at Brown University, Steve had moved from earth-bound geology to space research, and in 1970 he became Brown's first PhD graduate in planetary geology.

Steve's career has spanned 33 years at the Jet Propulsion Lab (JPL) in California, and four years at NASA headquarters in Washington, D.C.

In both positions, he has served in leadership roles on some of the most important space projects in history.

Before attending East: My family moved a lot because of my dad's work. We lived in Kansas, Oklahoma, Illinois and Michigan. I went to school in Lodi from 8th grade to 10th grade. In Madison, we lived on Elmside Boulevard.

Activities at East: I was an Eagle Scout, and I worked as a counselor at Scout camps. That was good training for my Peace Corps experience in Africa. At East, I wrote for the Tower Times, and belonged to the Radio Club; we built ham radios. I was always interested in science. When I was a senior, I won a Westinghouse Science Award.



Dr. R. Stephen Saunders, Project Scientist, NASA

Geology Studies: I studied geology because I liked it. I took my exam for graduate school in Africa, when I was in the Peace Corps. After a few months at the Sorbonne in Paris, I went to Brown University to study stratigraphy, the science of rock layers.

I will never forget the day that my professor said he believed all of the important questions about stratigraphy on Earth had been solved! I wondered about my decision to study geology, but then I became involved in a moon mapping project. A group of graduate students started a seminar in planetary geology, and in 1970, I was the first to earn a PhD from Brown in that field.

Viewing Venus: When I left Brown, I decided to join the JPL because they offered me what I wanted most - I wanted my own planet!

I became Project Scientist on a project to map Venus. It is the planet closest to Earth, but is shrouded with thick clouds. We launched orbiters that used sophisticated imaging radar to see through the cloud cover. Our team of scientists completed the survey in the early 1990s.

For the first time, we had a map of Venus with enough detail and resolution to help us understand the processes that have helped shape the planet. My work on that project spanned about 25 years.

Memories of Mars: A memorable experience was in July 1976, when Viking 1 landed on Mars. A Brown professor of mine was team leader for that landing. It was a real milestone - the first time a spacecraft landed safely on another planet and sent images of the surface. As the landing took place, my professor was in the green room talking to the media and I was in the lab; my job was to pass commentary to him about what we were seeing so he could tell the press. But the landing was so exciting, I was tongue-tied!

Planetary Research: My position as JPL Senior Research Scientist was the equivalent of a professorship. In addition to conducting extensive research, I secured funding, and published many scientific papers. My col-

leagues and I also invented technology as needed. For example, I developed computer imaging and enhancement techniques to obtain and interpret digital data. I sometimes worked with scientists from other countries on projects, and I also worked with American astronauts.

NASA Projects: After I took early retirement from JPL, I joined NASA, where I work on several concurrent projects. I am Program Scientist on three projects--Mars Reconnaissance Orbiter, Mars Express, and Planetary Data System--and Discipline Scientist on the Planetary Geology and Geophysics Program.

Steve has two adult sons. He has been married for 12 years to the former Susan Larson, also East class of '58; they dated while at East and in college. Susan was a long-time English teacher at LaFollette High School.

They divide their time between Washington, DC and their home on the Rock River near Edgerton. They are food lovers who enjoy cooking and eating out. Steve's newest avocation is ironwork; he takes classes at a noted metalworking academy in Stoughton.



Saunders as a senior at East.

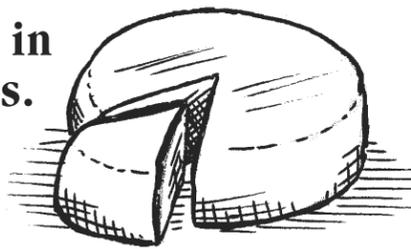
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EAST HIGH SCHOOL

From
**ALAN
HARRIS**



EAST HIGH PRINCIPAL

Moments of Pride

Recently a student came into my office. He wanted me to know that he was passing the last four classes he needed to graduate. A year ago this student was in my office frequently with concerns about being treated fairly and frustrated that he may never graduate. Some of our dedicated staff stayed with this student, worked through the issues, and with the completion of these courses, he will receive his diploma. He wanted me to know that he IS going to participate in graduation ceremonies in June. We should all be proud of his accomplishment.

On the same day, another student arrived at my door that has not been attending much this fall semester. He said that he realized he needed to get back into school and get his act together. We met with a counselor to begin working on a plan for this student to receive a High School Equivalency Diploma through some of the district alternative programs. The student asked, "What would I have to do to get an East High diploma?" The counselor

told him it would take more time--an additional semester in school. The student didn't mind the additional time; he wants a diploma. He has a great deal of work to do and our staff will be there to support him along the way.

On January 18, I had the pleasure of attending a wrestling match featuring our Purgolders versus Memorial. There was teamwork and coaches who believe in their athletes and were teaching before, during and after each contest. Most impressive to me was the character of our East athletes. Through success and adversity they carried themselves like winners. There were many close calls and frustrating moments but their focus and effort did not falter. Our crowd was loud and proud. Our wrestling team represented the values of East High school.

On January 19, I attended the Skills USA awards ceremony in our woodshop class. Student leaders organized and presented certificates to their peers. The ceremony was one of pride and dignity. It was the culmination of hours of hard work and persistence to meet rigorous requirements. Most impressive were the student officers who organized and coordinated the ceremony.

Our success stories are the result of staff and community who care deeply about student success and students themselves, diverse in so many ways, who want to succeed.

Math Notes

Thank you to East High senior Andrew Stabler and family for their donation of a graphing calculator to the school rental program. These important tools are used by students at all levels of mathematics. Both new and used calculators may be donated for this purpose.

Contact Steve Somerson, 204-1797, ssomerson@madison.k12.wi.us. Contributions to a scholarship fund which allows rental fee waivers may be sent to East High School, Attn: Mary Paulson (Math Club Advisor).

East Math Club members will be hosting their **annual Pi Mile Walk/Run for Math at Warner Park on Sat., May 5.**

There will be pi(e)s and t-shirts for all participants. Proceeds will go toward supporting math competitions and graphing calculator scholarships at East High School.

Contact Mary Paulson for more information or to make a prize or monetary donation (mpaulson@madison.k12.wi.us).

Parents and other community members are invited to participate as guest speakers in our **annual spring Math Week program, May 21-25.**

Mathematics may be presented as a topic in itself, as a tool, or as part of

a career path. We hope to reinforce to students that mathematics is used outside of the classroom—in research, services/ production, decision-making and for pleasure.

Local contexts are desirable but not necessary. Connections to culture & art, science, public policy, and personal finance are possible topics. Primary audiences will be mathematics students, grades 9-12. There are several formats for presentation.

If you have a specific idea, or any questions, contact C. Chin, 204-1534, cchin@madison.k12.wi.us



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March 7: Writing profile stories. This session will be held online. Participants will need Internet and computer access.

March 14: Introduction to writing issue-based stories. To be held at the Packers Community Learning Center, 1927 Northport Drive.

March 21: Writing issue-based profile stories. This session will be held online. Participants will need Internet and computer access.

March 28: Introduction to writing blogs. This session will be held at the Bridge Lake Point Wauona Neighborhood Center.

April 4: No class.

April 11: Final session. Participants will discuss their blog entries. To be held at the Packers Community Learning Center.

Information, scholarships: madisoncommons.org
Space is limited and pre-registration is required.



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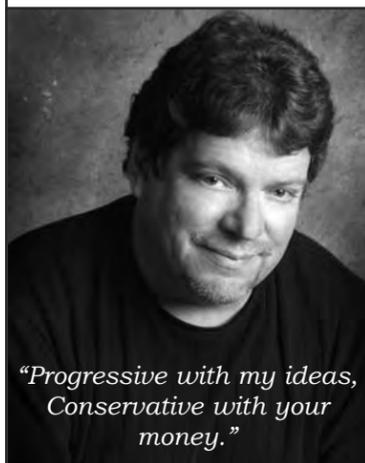
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Provide leadership and a long-term vision for the Madison School Board.



April 3

**Maya Cole
for School
Board Seat 5**

*"She's a passionate progressive ...
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- John Nichols, The Capital Times, March 30, 2006*

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What is CranioSacral Therapy?

By Dawn Papke

CranioSacral Therapy (CST) is a technique that is used for pain relief and relaxation. The proper alignment of the craniosacral system allows the nervous system to rest at a more stress-free level. Individuals who experience CranioSacral treatment describe profound states of relaxation, of feeling lighter and more balanced. Examples of treatable conditions include chronic pain, TMJ, injury recovery, fatigue, insomnia, concentration problems, stress,

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son is not dependent upon a lifetime of therapy sessions. In addition, CST treats the body as a whole. Thus the person who came for a few sessions and saw their headaches resolved may also notice that they no longer have the occasional low back stiffness that they previously suffered.

If you would like to learn more about CranioSacral Therapy, don't hesitate to call 438-6649 or visit www.amazingtherapy.com.

Dawn Papke lives in the Sheridan Triangle Neighborhood. Her office is located at 2044 Atwood Ave.

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My experience with CranioSacral Therapy

By Teresa Mertens-Pellitteri

I recently chose to have a CranioSacral Therapy session. I went into the session with two expectations. From what I had read about CranioSacral I expected it to be subtle, possibly even too subtle, I also expected to feel relaxed afterwards. I was pleasantly surprised and awed by the experience I had.

The CranioSacral Therapist, Dawn Papke, instructed me to lie fully clothed on the massage table. After seeing to my comfort regarding the lighting, music and room warmth she began by placing her hands under my neck. It felt as if her hands were

gently guiding and coaxing the tissue on my neck as she used extremely subtle hand movements. After a short period of time I felt muscles in my body release and relax. This was repeated throughout the session as Dawn placed her hands in different areas along my spine and on my head. The time varied that her hands would stay on an area from maybe a minute to five minutes. Gentle rocking was interspersed with the guiding and coaxing hand movements. In some areas of my body I felt a pulsing pressure build almost to the point of pain and then the release of tension or pain replaced by deep relaxation.

It surprised me when I felt it first on the left side of my face where I'd had a headache earlier that day and again when it happened in my teeth, which had been aching a few days before. It felt as if layers of pain new and old were being peeled away and released. I was most intrigued when Dawn was holding a spot on my neck and I could feel my pelvis shifting and gliding into a more balanced position. By the time the session was over I felt as though I had melted into the table and was enveloped in a comforting cocoon. The CranioSacral session had been subtle, yet very powerful, pain releasing and deeply relaxing.

Neighborhood organizer



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Vision

Neighborhoods should have a strong voice in city government. As your alder, I will make sure your voice is heard in City Hall. I promise to be active, accessible, and responsive, making sure that our neighbors know about and are invited to participate in the decisions that affect us.

Experience

- * Treasurer, Eken Park Neighborhood Association
- * Working to involve tenants, landlords and business in neighborhood groups
- * Organizer of multi-neighborhood meeting on water quality and Well #3

Transportation that Works for Everyone

Vision

Our neighborhoods should have an efficient, affordable, and reliable public transit system. I will continue to support strengthening and expanding Metro bus service, especially on the Northside. I will also advocate for making our streets safer for pedestrians and for more user-friendly bike lanes and paths.

Experience

- * Chair, Long Range Metro Transit Planning Committee
- * Advocated before the city council for more Metro funding
- * Worked with the Mayor's office on Metro purchasing pool for small employers



Daily bus commuter

Northside volunteer



Support for Local Business and Families

Vision

The economic health of our community depends on the vitality of the many small businesses in our neighborhoods. I will support our local businesses and the families that work and shop at them, and will ensure that there are opportunities for new businesses and working families to succeed in our area.

Experience

- * North Side Farmer's Market Volunteer
- * Dane County Time Bank member
- * Helped the Mayor's office propose a local purchasing policy
- * AFT local 223 member

A Safe Community

Vision

We should feel safe in our homes and neighborhoods. I will continue to work with our neighbors to seek solutions to the root causes of crime and to ensure the police respond quickly and effectively to neighborhood safety issues. I will keep our streets safe through traffic calming and good planning, and our drinking water safe through good management and improved communication.

Experience

- * Facilitated EINPC session on neighborhood responses to crime
- * Advocated before the city council for community policing
- * Sierra Club Inner City Outings for youth volunteer



Experienced facilitator

Satya for City Council
Rhodes Conway DISTRICT 12

Experience. Vision.



Contact me anytime!
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satya@satyaforcitycouncil.com
www.satyaforcitycouncil.com

VOTE FEBRUARY 20, 2007

PEOPLE

Neither rain nor snow nor...

Mailman Mike is a carrier who cares



Mail carrier Mike Coy brings more than just mail to the neighborhood he works in.

By Mary Anderson

Every once in a while, someone special crosses your path. Mailman Ernie was that someone in the Sesame Street neighborhood. My mail carrier Mike Coy is that someone in our Northside neighborhood.

Mike has been my carrier for years. He is known around the neighborhood not only as a dependable mail carrier who delivers the mail every day but also as a watchful and helpful person. He gets to know the people to whom he delivers mail and notices when something seems unusual.

One day, while delivering the mail, Mike came upon an elderly man who had fallen. He called 911 and stayed with the frightened man until the paramedics arrived. Another time he alerted a mother whose three-year-old child had wandered a couple of blocks from home, keeping the child from possible harm. Recently he

called 911 for a man who stopped his car near a house where Mike was making a mail delivery. The man mistakenly thought he lived there and was holding his head complaining of a headache. Mike stayed with the man until the paramedics arrived. These are just a few examples of Mike's generos-

ity.

I know from my first-hand experience that Mike goes beyond his job description.

In 2001, I had a stroke. When I was in the hospital for a few weeks, Mike noticed I not around like I normal. He saw my son and asked if anything was wrong. Upon learning of my illness, he stayed in touch with my family by offering to help in any way he could.

Due to right-sided paralysis from my stroke, I had to learn to do things differently. I set goals just to do everyday living tasks, such as getting the mail. It was important to me that I continue with that goal.

It was winter, and I couldn't safely step outside to the mailbox. I problem-solved ideas with Mike, and he offered to put in a mail slot. He knew my husband and children were busy helping me with other issues, and this was something he could do to help. I took him up on his offer. On his day off, he installed a mail slot with a drawer to catch the mail so I wouldn't fall bending over to pick the mail up off the floor. In 2006 my husband and I both had heart attacks. Mike provided more mail carrier special services to help us maintain our independent lives at home.

I cannot write everything I see on a daily basis - this would be too long! Mike has the gift of balancing his job responsibilities in a professional manner while being friendly, alert and caring to his postal customers. Mike does an outstanding job. Mike is our friend in the neighborhood. He also makes the US Post Office look good!

Mail carriers deliver our mail through hot or cold, rain or snow. If you have a chance, take time to recognize your mail carrier and let him or her know you appreciate them. If you don't acknowledge your mail carrier, acknowledge someone else who makes a difference in your neighborhood.

Sunshine Adoption Seminar

Wed, March 14, 6-8 pm
Lakeview Public Library

Sunshine Adoption, a non-profit, licensed international adoption agency is offering a FREE informational seminar for those interested in adoption opportunities in Central and South America, Eastern Europe and Asia. Seminar participants will learn about the process, requirements, fees and timetables.

Reservations are required 48 hours prior. For more information visit www.sunshineadoption.org or call toll free 866-549-1836.

FRIENDS NEEDED

Share two hours a week with St. Mary's Adult Day Health Center, and reap the rich rewards of joy.

Assist with a craft project, serve a meal or just engage in conversation with the young at heart whose health is frail. Or be an escort on van trips into the community.

Week days from 8 a.m to 4:30 p.m. Come help make someone's life happier and emotionally healthier.

Call Jim at 249-4450

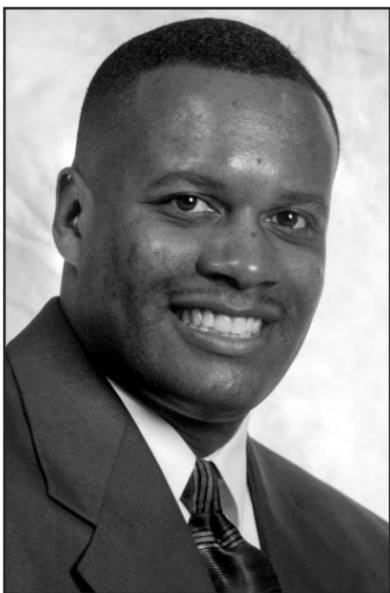
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CENTER

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Madison School Board



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- Former Center Director of Vera Court
- Firefighter at Station #10

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PEOPLE

One century, is that all? Northside centenarian Spike Ehler savors life

By J.D. Stier

The Northside News

The Northside proudly boasts as home to Spike Ehler. Spike, born Sylvester Ehler, turned 100 on New Year's Eve.

Spike started life on an Indian reservation in Montana. His father was from Germany and his mother was an American Indian. His father had settled on a land claim in Montana, later marrying a Chippewa woman. He grew up learning Chippewa and German; it wasn't until he left for school that he learned English. His childhood home was a one-room cabin without indoor plumbing, electricity or a telephone. Water was a quarter of a mile away.

When Spike was 6, he has already set himself apart. He was the first known person to survive lock-jaw in North Dakota. He had stepped on a rusty nail, and the family spent three days getting to a doctor. When Spike and his family arrived at the doctor, his jaw was clenched shut. The doctor gave the little man a shot, wedged a bit in his mouth, and Spike recovered.

At 12, Spike started his first job at a newspaper. He came to Madison in 1926 and got a job at the Wisconsin State Journal as a Linotype operator. He eventually opened The Gilman Press, where he specialized in legal brief printing and worked until his retirement in 1964. Spike had saved \$200,000 and said, "I thought that



Photo by Mary Schumacher

Spike Ehler was the first person known to survive lock-jaw in North Dakota. Spike also carries a 57-year perfect attendance record for Rotary!

would be enough to take care of me, and I'm not broke yet."

Spike bought a house on Lake Mendota in 1948, which he lived in through his 100th birthday. Neighbors refer to him as "the mayor of Woodward Drive." He was happily married to his wife, Lona, "the greatest woman in the world" for 62 years. After he retired, they drove across the country, visiting nearly every state. Throughout the entire drive Spike had one hand on the wheel, the other on Lona's hand.

Back in the day, Lona started a scholarship for nurses at MATC in Spike's name. The fund is now worth over \$1 million and pays for tuition

and fees for 15-20 nurses every year. Lona also gave \$500,000 to the Rotary Foundation in Spike's name. This gift has helped to fund community grants every year. Spike is a long-term Rotarian who holds the record for perfect meeting attendance. To all you young Rotarians out there, if you want to top Spike's record you'll have to go

to every Rotary meeting for the next 57 years.

Spike's neighbors help him out by purchasing groceries and cutting his lawn. His grape vines and garden have long been the envy of neighbor Steve Cardarella, who said that Spike was always generous sharing his jams and jellies.

Spike did have some words of wisdom to the young Rotarians and those of us not quite 100 yet. He stays active by reading the newspaper, playing scrabble and visiting with friends. He learned how to operate a computer in 1995.

What is the secret to a long life?

"Be careful who you associate with, stay away from women and drink only first-class booze," he says with authority.

In early January Spike had a minor injury after a fall and is now in an assisted living arrangement. From all of us on the Northside, get better soon, and we wish you many years to come!

Editor's Note: Writer Mary Schumacher also provided information for this profile.

Barrels for Sale

Plastic 55-gallon barrels for sale
\$15 each
(quantity discounts available)



Great for

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CHURCH NEWS

Thov caw tuaj koom peb pe hawm Vajtswv txhua vij Weekly Hmong services welcome visitors

By Sue Martin

Northside News

Pastor Ko Saelee of Madison Community Seventh-day Adventist Church moved to the Midwest from California in late 2005 to coordinate the Hmong ministries of the Adventist Church in Wisconsin and Minnesota, states where nearly 30% (75,000) of the Hmong in the U.S. live. Saelee and his family divide their time between these two states, and he preaches on the Northside twice a month.

Saelee was born in 1970 in a small mountain village in the Lampang Province of northern Thailand. Along with his parents, nine brothers and two sisters, he worked very hard farming rice and corn. His Hmong family and village were very poor. A major village problem was opium addiction. When Adventist missionaries arrived, the people accepted their health message and overcame this addiction. Soon, the village took advantage of educational opportunities, and now Meekamae is a prominent village with many college graduates.

In 1970, his entire village practiced the traditional Hmong religion of Animism, or spirit/ancestor worship. Saelee's older sister was the first in the family to attend church, and gradually his entire family became Christian. Today, his village is 90% Adventist.

Meanwhile, in the early 1970s, Laos persecuted the Hmong who had helped U.S. troops. Those that could escape fled to refugee camps in Thailand. In 1975, the U.S. began the refugee resettlement program. So, in 1990, at age 20, Saelee left his homeland to become the first ever Adventist missionary from Thailand to America to help these new immigrants.

When working with a Lao group in Sacramento, Calif., he met Terri West, who had previously lived in Thailand for four years. Saelee earned his theology degree, and West a degree in Health Education/Missions, at Weimar College near Sacramento. Saelee and West married in 1995, the day after his graduation.

The Saelees now live with their three children, ages 3-9, in rural areas of Isanti, Minn., (north of Minneapolis) and Rio, Wisc. His wife homeschools their children. They offer free garden plots at their farm in Rio because fresh food is so important to the Hmong. A major concern is the chronic disease striking their population due to the dietary changes adopted since coming to the U.S.

Saelee initiated an international gathering of Hmong Adventists scheduled this March in Thailand for adults and 700 youth from China, Laos, Thailand, U.S. and France. Local youth, including Madison East High sophomore Panhia Thao and senior Chinou Vang, have made hundreds of eggrolls as a fundraiser for the trip.

Pastor Saelee shares, "In my short time here in Madison, I have worked with very nice people. My goal is to volunteer more in this community, especially in the areas of education and health, with possible free tutoring and cooking classes."

The Hmong congregation at Madison Community Seventh-day Adventist Church, 1926 Elka Lane, holds services in the Hmong language every Saturday. The church service starts at 2:30 pm, preceded by Adult Bible study and Youth Group meetings at 1:30 pm. Visitors are invited. For more information, call 246-0974 or 443-6575.

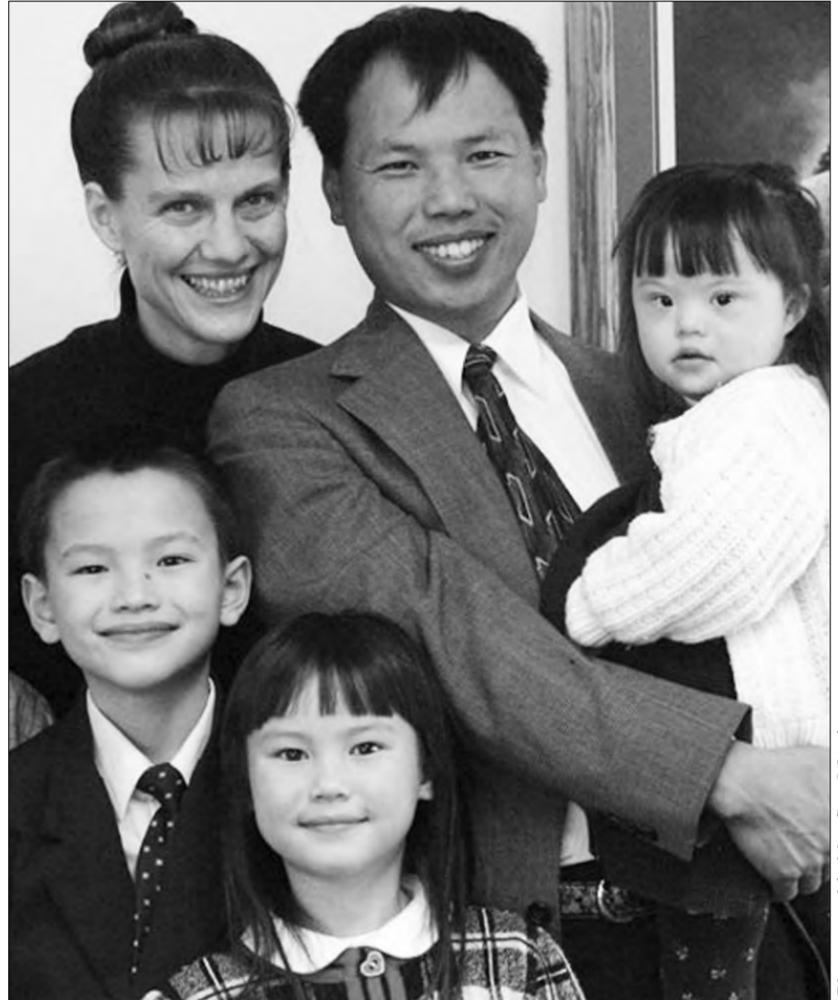


Photo provided by Sue Martin

Pastor Ko Saelee with his wife Terri and children Jeffrey (9), Janessa (6) and Kayla (3). The family divides their time between Minnesota and Wisconsin.

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Pastor Jakes Voker

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Free Breakfast: Sunday 8:30 a.m.
Church School: Sunday 9:00 a.m.
Worship Hour: Sunday 10:00 a.m.

Plan now to join us for worship
Palm Sunday and Easter

Your Hometown Church on Madison's North Side

Keys To Happiness

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CHURCH NEWS

Bread of Life Food Pantry

Bread of Life opened for business January 17 at 2126 N. Sherman Ave. (St. Paul Lutheran Church) and will be open every Wednesday from 9 to 11 a.m. Those wishing to use Bread of Life are asked to keep their visits to once per month. Each adult should have a picture ID. Documentation showing the number and age of children in the household is needed if food for a family is requested.

The official Grand Opening is Wed., Feb. 21. You are invited to check out the pantry. Donuts and coffee/juice will be served.

What's Happenin' at Lakeview Lutheran Senior Forums

Tuesday, February 13

"The Great Story we find ourselves in"

Exploring the connections between the Biblical story and the stories of our lives. Special Guest Presenter: Pastor David Keesey-Berg, ELCA

Professional Storyteller
RSVP 244-6181 by Feb. 12

Tuesday, March 13

Northside History

A historical slide show down Sherman Avenue, Northport Drive, and Troy Drive and an interactive discussion about the northside-bring your stories, photos!

Special Guest Presenter: Ann Waidelich,
Retired Madison Public Library Librarian
RSVP 244-6181 by March 12

Both forums are free and open to the public
Lunch at 11:30 a.m. ~ Program at Noon ~ West Hall

Lakeview's second annual auction and raffle coming!

Lakeview Lutheran Church will hold its second annual Community Auction and Raffle on Saturday, March 24, from 1 to 3 p.m.

Proceeds of the event will again benefit the continuation of Lakeview's community outreach programs such as the Food Pantry, Family Enhancement, Blood Drive, Thanksgiving dinners, etc.

This year the raffle prizes will be all cash with a top prize of \$1,000. Raffle tickets can be purchased for \$10 each or 3 for \$25. Tickets are available from church members or through the church office at 244-6181.

At the auction you can bid on a UW football from the Capital One Bowl game autographed by coach Bret

Bielema or a two-night stay at a condo in Sister Bay, Door County. Mallards fans can bid to be a "Mallard for a Day" or bid on tickets to the popular UW Band Concert, among other items. Duane Stroschein of Stroschein Auction Services will again serve as auctioneer.

Cash, checks and credit cards will be accepted for purchases and food will be available on the day of the auction. The church is located at 4001 Mandrake Road and all Northside neighbors are welcome to participate and attend. Ted and Cindy Witt continue as co-chairs of the event along with Mary Cragin.

Labyrinth Walk opening at Lakeview Lutheran on Feb. 21

There will be a Labyrinth Walk open to the public beginning Wednesday, Feb. 21, 2007 at Lakeview Lutheran Church. Anne Tigan, parish nurse at Lakeview, is a trained labyrinth facilitator and will be on hand during the walks. The canvas labyrinth will be located in East Hall the following dates and times:

- ☞ Wednesday, February 21, 9 am-9 pm, East Hall
- ☞ Thursday, February 22, 9 am-9 pm, East Hall
- ☞ Thursday February 22, 6-7:00 pm, Special healing walk with candlelighting and chant
- ☞ Friday, February 23, 9 a.m.-3 p.m.



A wooden tabletop version of the labyrinth will be provided; it can be traced as an alternative to walking the canvas one.

There is no charge for the walk.

Please call the church, 244-6181, for more information. Lakeview Lutheran Church is located at 4001 Mandrake Rd. at Northport Dr.

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growing by grace,
going forth to serve.



CHRIST PRESBYTERIAN CHURCH

Sunday Worship Services
9:00am - Traditional
11:15am - Contemporary

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GROWING IN OUR FAITH
MADISON COMMUNITY SEVENTH-DAY ADVENTIST CHURCH

Saturday Services
9:30 am ~ Bible Study
11:00 am ~ Worship
Pastor Abraham Swamidass ~ 246-0974

Hmong Saturday Service
1:30 pm ~ Kawm Vajluskub
2:30 pm ~ Pehawm Vajtswv
Pastor Ko Saelee ~ 443-6575

1926 Elka Lane
Madison, WI



Meals on Wheels volunteers needed!

Home Health United - Meals on Wheels needs volunteers in the Northside area. The pick up point is Webcrafters, 2211 Fordem Ave. Directions are provided. It takes about one hour to deliver a route.

If you can give your time to deliver meals to elderly and disabled homebound people call 276-7582.

ST. PAUL LUTHERAN CHURCH
2126 N. Sherman Ave 244-8077

Sunday Worship:
8:00 a.m. Traditional
10:30 a.m. Re-Soul'd
Straight to the heart worship
Wednesdays 6:45 p.m. Blended

Easter Week Services:
Maundy Thursday & Good Friday: 6:45 p.m.
Easter Sunday: 6:30 & 9:00 a.m.

Easter Cantata Sunday, April 15 8:00 & 10:30 a.m.

Easter for Kids
Saturday March 31 9 a.m.~2 p.m
Ages, Kindergarten ~5th Grade
Sign up required. Call 244-8077

Bread of Life (food pantry) ~ Wednesdays 9 to 11 a.m.
Bringing People into a Saving Relationship with Jesus

Lakeview Lutheran Church Second Annual Community Auction & Raffle

Auction

- ▶ Be a "Mallard for a Day"
- ▶ Autographed Capital One Bowl Football
- ▶ UW Band Concert Tickets
- ▶ 2 Night Stay in Door County
- ▶ And Much More!

Auction & Raffle to benefit Community Outreach Programs

live auction ▶ silent auction ▶ raffle

Saturday March 24 1-3pm

Raffle Tickets Top Prize - \$1,000 cash
\$10 each ▶ 3 for \$25
available at 244-6181

Lakeview Lutheran Church, 4001 Mandrake Rd