Irwin A. & Robert D. Goodman Foundation Grants $30,000 to Natural Playground Project

A $30,000 grant from the Irwin A. and Robert D. Goodman Foundation will help build a new natural playground for the Kennedy Heights Community Center and surrounding neighborhoods on Madison's northside. Kids and families who play in quality outdoor play spaces are healthier and more likely to be successful academically. A natural play ground uses the resources of nature to engage children in vigorous outdoor play. The new playground will serve as both a playground and an outdoor science classroom. Outdoor play has been connected to reducing incidence of childhood obesity a priority of the Goodman Foundation. "The Goodman Foundation is proud to be a part of such a unique project. The natural playground will be a fun way for children to increase their physical activity while at the same time learning," said E.G. Schramka, chair of the Irwin A. and Robert D. Goodman Foundation, Board of Directors.

Irwin and Bob owned and operated Goodman's Jewelers on State Street from the late 1930's until their retirement in 2001, and they had a well deserved reputation for being kind, honest, and generous. The Goodmans lived frugally, invested wisely, and used their wealth to make many gifts which will serve the Madison Community for years to come.

"Our goal is bring joy to families, foster curiosity in children and support vigorous healthy play this generous grant from the Goodman Foundation will make our goal a reality" says Alyssa Kenney, Executive Director of the Kennedy Heights Community Center.

The unique and innovative natural play space will be built using both professional contractors and a community build model. The community build date has been set for August 24 and a brief dedication ceremony will take place at noon on August 24th at the new playground.

Playground Dedication Ceremony at Noon on August 24th

Kennedy Heights residents, volunteers and donors are invited to a brief natural playground dedication ceremony on Friday August 24th at noon. The ceremony will take place outside of the community center, 199 Kennedy Heights, at the new playground. There will be guest speakers and community building activity followed by a light lunch. The event is free.

Everyone is welcome. Please RSVP by calling 244-0767 or e-mailing director@khcommunitycenter.org. A response is appreciated but not needed.

Still Recruiting Volunteers for the Community Build August 24th

On Friday, August 24th the Kennedy Heights Community Center will host a community build day to construct a new natural playground for the neighborhood. We are seeking 100 volunteers to help build, garden, plant, cook, serve and cheer. Together we can make this dream playground a reality. Morning shift from 8:00 AM - 11:30 AM and afternoon shift from 12:30 PM - 4:30 PM are available. Volunteers will get a t-shirt, a meal and a few hours of hard work bringing joy to children and families. There is a volunteer registration form on our website at www.khcommunitycenter.org/Community-Build.html or you can sign up by calling 244-0767.
News From the Heights

Boys Group Goes Up North

By: Patrick Winter

In November, KHCC Boy’s Group traveled up to Black River Falls north of Madison, for a fun filled weekend in the woods. The boys stayed in a rustic log cabin in the middle of the forest. They learned how to build a campfire and cooked over it. They also went deep into the forest and built a shelter, pretending as if they were stranded in the woods and needed a place to sleep for the night. They made it with logs, branches, moss, leaves and birch bark. Once complete I would have gladly spent the night sleeping in it, it was built well. Once it got dark the boys brought out their flashlights and ventured into the dark forest to find the shelter under the cover of darkness. I am surprised they went in the forest at night, it was scary! It took a while, but eventually they found the shelter, went inside and told ghost stories. It was almost a full moon, our eyes adjusted to the moonlight and we were able to walk all the way back to the cabin through the forest without even using flashlights! We wrapped up the weekend by having pancakes, eggs, bacon and sausage for breakfast Sunday morning before returning to Kennedy Heights. All in all it was a pretty good weekend.

MERIT Goes to School

By: Stephanie Nash

As Madison Empowering Responsibility in Teens (MERIT) got ready for its first day of school, I was bubbling with many emotions. After all, this was our baby and I couldn’t help but be concerned with how the kids would respond. Would they be accepting of MERIT? Would they openly talk and participate? Would they grab and retain the concepts MERIT brings to the table? MERIT has generated a buzz at Black Hawk Middle School that has young people on all grades levels within the school inquiring how they can be a part of what now is being seen as a movement and not just a program. Kennedy Heights Community Center is proud to be partnering with Black Hawk on this project as our community collectively takes steps to equipping our young people with the tools needed to make healthy decisions as they shape their life’s goals and future dreams.

The Making A Difference curriculum is being implemented each quarter as part of the 8th grade Health & Wellness course and with the first quarter successful implementation, the AVID (Advancement via Individual Determination) elective has joined MERIT forces. MERIT is a holistic program where the focus is on sexual health education, teen pregnancy prevention, teen leadership and community involvement as well as self-esteem building, and cultural identification.

The Office of Adolescent Health (OAH) awarded a partnership of three community centers in Madison a grant to facilitate these evidence-based programs. Grants are funded for up to five years. OAH will oversee the implementation and evaluation of the grants.
As I wrap up year two of Madison Empowering Responsibility In Teens grant, I can’t help but to look forward with great anticipation of what grant year number three will bring. This has been an amazing year and I am honored to have had the opportunity to work with many of Madison’s brightest and ambitious young people as Team MERIT has taken on the role and responsibility of equipping and empowering Madison’s youth with the tools needed to make healthy and responsible decisions. I take north side pride in reporting that we at Kennedy Heights partnered with Blackhawk Middle School, Vera Court Neighborhood Center, East High School and East Madison Community Center enrolling 202 youth ages 12 to 18 in MERIT and have had 194 successfully complete the program. As we at the Heights continue this city-wide effort alongside Goodman Community Center and Lussier Community Education Center, we remain focused on MERIT’s longer term goals to delay initiation of sexual intercourse among youth, reduce teenage pregnancy, reduce sexually transmitted infections among youth and increase protective assets while decreasing risk taking behaviors among adolescents in Madison. The outcomes are clear in that a higher percentage of youth that complete the curriculum demonstrate positive attitudes about abstinence and the of delaying sexual intercourse as well as demonstrate higher HIV/AIDS knowledge and lower intentions to engage in risky sexual behavior. Madison’s MERIT program has generated a popular buzz with youth throughout the community propelling it into what can be classified as The MERIT Movement paving the way as we prepare to step into grant year three. Rock On!

Youth Participate in Urban League Fishing Program

By: Patrick Winter
This summer has been hot, but so has the fishing as youth from Kennedy Heights Community Center have spent many countless hours on all corners of the Madison lakes in search of the big bluegill, bass or crappie. Our fishing club hits the water at least once a week with almost guaranteed success. Kennedy Heights Americorps member Srdjan Gajic has been impressed by the youth’s fishing abilities throughout the summer, and if you have been spending any time at Tenney Park recently you may likely have heard him yelling “with the luck you guys have fishing, you’ll pull in a musky in no time!”

While a musky on a bobber, worm and hook may be a long shot, our fishing club participants have caught nearly everything else. Over the last two weeks, Urban League of Greater Madison in partnership with the University of Wisconsin-Madison and the Wisconsin DNR, has been coming to Kennedy Heights Community Center to teach fishing skills to our youth. They learned to tie new fishing knots, worked on casting accuracy, (and how to avoid trees) and then went out to
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Kennedy Heights Asian Outreach Program

As I wrap up year two of Madison’s five year Madison Empowering Responsibility In Teens grant, I can’t help but to look forward with great anticipation of what grant year number three will bring. This has been an amazing year and I am honored to have had the opportunity to work with many of Madison’s brightest and ambitious young people as Team MERIT has taken on the role and responsibility of equipping and empowering Madison’s youth with the tools needed to make healthy and responsible decisions. I take north side pride in reporting that we at Kennedy Heights partnered with Blackhawk Middle School, Vera Court Neighborhood Center, East High School and East Madison Community Center enrolling 202 youth ages 12 to 18 in MERIT and have had 194 successfully complete the program. As we at the Heights continue this city-wide effort alongside Goodman Community Center and Lussier Community Education Center, we remain focused on MERIT’s longer term goals to delay initiation of sexual intercourse among youth, reduce teenage pregnancy, reduce sexually transmitted infections among youth and increase protective assets while decreasing risk taking behaviors among adolescents in Madison. The outcomes are clear in that a higher percentage of youth that complete the curriculum demonstrate positive attitudes about abstinence and the of delaying sexual intercourse as well as demonstrate higher HIV/AIDS knowledge and lower intentions to engage in risky sexual behavior.

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News From the Heights

Asian Outreach Program—Crafts, Sewing, Cooking

By: Yimmuaj Yang

Our Asian Adult Program is held regularly, every Monday; from 6:30 to 8:30 p.m. The are of the two most recent projects in the program. The egg carton flower lights were completed two weeks ago. We are currently working on the sundress and will be done soon. We will be working on more arts and craft projects in the future, so please come and join us!

Tsis tas li los, txhua lub hli, peb tseem muaj kawm ua zaub mov thiab. Hauv qab no yog cov ntawv qhia ua ib hom kua qaj qaub.
Sweet and Sour soup (Txaus ob leeg noj)

Cov khoom yuav siv:
- Hauv siab qab- ¼ lb, hlais nyias nyias
- Nceb shitake- 2 oz
- Taum paj- ½ cup, hlais me me
- Kua nab xim iab- 1 tablespoon
- Kua qaj nyuj kos poom- 8 oz
- Rice Wine Vinegar- 1 tablespoon (tsis siv los tau)
- Piam thaj- 1 teaspoon
- Kua qaub- 1 tablespoon
- Hmoov pob kws- 1 ½ teaspoon
- Dej dawb- 3 teaspoon
- Dos ntsuab- 1 tablespoon, hlais me me (tsis siv los tau)

Ua li cas:
- Muab cov hmoov pob kws tov nrog cov dej thiab muab do kom yaj tag.
- Ces muab cov kua nqaij nyuj thiab nab taws iab los ntxiv rau.
- Muab hliv rau hauv lub lauj kaub ces taws qhov cub thiab tos kom npau.
- Ntxiv cov hauv siab qab, nceb, piam thaj, kua qaub, thiab vinegar.
- Tos li 5 nas this los sis kom qaj jiv tag.
- Daus noj tau lawm. Muab dos ntsuab tso rau los tau.

Sweet and Sour soup (Serves 2 people)

Ingredients:
- Chicken breast- ¼ lb, thinly sliced
- Fresh shiitake mushrooms- 2 oz
- Tofu- ½ cup, cut into cubes
- Soy sauce- 1 tablespoon
- Beef broth- 8 oz
- Rice wine vinegar- 1 tablespoon (optional)
- Sugar- 1 teaspoon
- Lemon juice/lime juice- 1 tablespoon
- Corn starch- 1 ½ teaspoon
- Room temperature Water- 3 teaspoon
- Green onion- 1 tablespoon, chopped (optional)

Direction:
- Mix the corn starch with the water. Stir until the corn starch is fully dissolved.
- Add the beef broth and soy sauce in with the corn starch and water.
- Put it in a saucepan and heat it over medium heat until boil.
- Add chicken breast (very thinly sliced), mushrooms, sugar, lemon juice, and vinegar.
- Wait for 5 minutes or until meat is fully cooked.
- Ready to serve. Top it off with green onion.
No Ordinary Program…MERIT is a Movement!

By: Stephanie Nash

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Madison’s MERIT program

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Black / African American PTO Forming At Black Hawk Middle School

Do you have a Black / African American Child Attending Black Hawk Middle School?

Are you having trouble connecting with school staff? Does the school staff seem difficult to work with? Does it feel like your child is being picked on? Do you feel like your voice is not being heard? Are you seriously considering transferring your child because of problems at school?

If you answered YES to any of these questions, then we need to talk to YOU! We are forming a Black/ African American PTO to help close the educational gap between Black/African American students and their peers. Please, please contact us. We need your help to do this. Remember—”It takes a village to raise a child.” Also keep in mind if you don’t participate, then you can’t complain. Contact people Felicia Butler at (414) 737-5665, parent or Sherie Hohs at (608) 204-4379.