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Nell Ray turned 103 on 2 February. She is the aunt of Bette Waugh and Jim (Brandywine) Montgomery



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Guests at the noon soup kitchen at First United Methodist Church are greeted each Wednesday by a group of volunteers. One noted volunteer is **Marie Kangas**. She is handing out bowls of chili, kind words and smiles.

Marie seems to have boundless energy. You only wish you had that much oomph. She celebrated her 97th birthday on April 9. "I reverse the numbers and say I'm 79," she joked.

The lifelong area resident lives in Buchanan and is always ready to go somewhere. She volunteers at First United Methodist and Red Bud Area Ministries soup kitchens. She also volunteers at a sewing circle making quilts. "I put the key in the car and I go. My doctor says I'm in excellent health and I have no reason to slow down."

Paul Szymanski, another volunteer at First Methodist, said she is an incredible volunteer. "She shows up in the worst weather. She is our little angel."

Another friend, **Dick Rockstroh**, is amazed at her and her spirit. He has known her for years, back to the time when she taught Sunday school to all his children at First Christian Church. "People need to know about her."

Marie was an administrative assistant to the superintendent in Buchanan schools, a substitute teacher and volunteered in a reading program. Her husband, Ed, who died in 1994, was a physics teacher. The couple have a daughter, Carol, who lives in Michigan.

The secret? "Keep busy, keep moving. Do something you like. I don't have time to be sick. Keep driving."

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