

WEEKEND EDITION

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HEALTH & WELLNESS

NEWS & VIEWS ON: HEALTHIER LIVING, NUTRITION, MEDICAL ADVANCEMENTS AND FITNESS

Study Finds Black College Students Face Mental Health Crisis

Proving their intellectual worth in the face of racism takes a mental and physical toll

blackhealthmatters.com Edit Staff | February 2, 2016

Black students who succeed at elite universities may do so at the risk of their mental well-being, according to a recent study.

The study, from researchers at Vanderbilt University's Peabody College of Education and Human Development, claims researchers are ignoring a mental health crisis for black college students who have had to draw on mental toughness and perseverance to achieve in predominantly white academic institutions.

Being resilient is required for any college student, said Ebony McGee and David Stovall, the study's authors, but black students bear the extra burden of proving their intellectual worth in the face of overt or covert racism. And that takes a mental and physical toll.

"Weathering the cumulative effects of living in a society characterized by white dominance and privilege produces a kind of physical and mental wear and tear that contributes to a host of psychological and physical ailments," said McGee, assistant professor of diversity and urban schooling at Vanderbilt.

"We have documented alarming occurrences of anxiety, stress, depression and thoughts of suicide, as well as a host of physical ailments like hair loss, diabetes and heart disease."

Grit, a buzzword that describes the type of determination students must embrace if they want to succeed, has become associated with the success of students from disadvantaged communities and communities of color, where schools are often understaffed and under-resourced, and where students may not have strong support systems at home.

There's currently much debate about whether students should be taught grit versus forcing colleges to recognize the additional challenges African-American students face in earning a degree.

"Those who are struggling with the multiple burdens associated with being a black student must be protected against daily discrimination," said Stovall, an associate professor of African-American studies and education policy at University of Illinois at Chicago. "In contrast to research that concludes with messages of the need for grit



Black students at elite universities may face extra mental and physical burdens at predominantly white universities. (Depositphotos)

"Weathering the cumulative effects of living in a society characterized by white dominance and privilege produces a kind of physical and mental wear and tear that contributes to a host of psychological and physical ailments..."

--Ebony McGee, assistant professor of diversity and urban schooling at Vanderbilt.

and a tougher mental attitude, a more holistic perspective focuses on gaining a thorough understanding of the psychological, emotional and mental harm these students endure."

The researchers named this phenomenon "John Henryism," after historical figure John Henry, a slave who worked himself to death in order to prove his worth.

"John Henryism is a coping strategy often adopted by high-achieving African Americans, who may unconsciously sacrifice their personal relationships and health to pursue their goals with a tenacity that can be medically and mentally deleterious," the study's authors said.

"The process of healing from racial battle fatigue and institutional racism requires significant internal commitment and external support. Black college students are brilliant, talented and creative, and they dream as big as other students. Pursuing higher education should not make them sick."

The Waiting Room

News and Notes on Health and Wellness



Breast Milk Might Make Flu Shots Safe for Babies

Infants most at risk of dying from influenza

By Jeff Hoelscher, courtesy of blackhealthmatters.com January 21, 2016

Influenza causes serious illness among millions of people each year, resulting in 250,000 to 500,000 deaths.

Those most at risk include infants younger than six months, because they cannot be vaccinated against the disease.

Now, in a new study with mice, researchers have identified a naturally occurring protein that, when added to the flu vaccine, may offer protection to babies during their first months of life.

#“Influenza vaccine works by stimulating a person’s immune system to make antibodies that attack the flu virus,” said Michael Sherman, professor emeritus of child health at the University of Missouri. “However, infants younger than six months do not make antibodies when given flu vaccine. This is because the immune systems of these very young babies do not respond to the adjuvant, or additive, within

the vaccine that boosts the body’s immune response when confronted with a virus.”

The adjuvant used in most vaccines is aluminum hydroxide, or ALUM. ALUM is an additive that essentially acts as an irritant to attract white blood cells called neutrophils to the vaccination site. Neutrophils secrete the protein lactoferrin, which works with the immune system to impede the virus’s ability to survive in the body.

However, in premature and term infants, ALUM doesn’t make immature immune cells work better. In this very young group, only the smaller amount of naturally occurring lactoferrin found near the vaccination site improves the immune response.

“It is well documented that infants obtain protection against certain infections from nutrients found in breast milk,” Sherman said. “Lactoferrin is the major protein in a mother’s milk and boosts her infant’s immune system to fight infection. In theory, we felt that we could create a vaccine by replacing ALUM with lactoferrin as an additive.”

To test their hypothesis, researchers studied mice vaccinated with either the adjuvant

ALUM or lactoferrin. The mice, whose ages approximated those of human infants younger and older than six months, received the H1N1 influenza virus.

As reported in the journal Biochemical and Biophysical Research Communications, lactoferrin worked slightly better than ALUM as an adjuvant and also provided four to five times the protection against influenza, compared to the control group that received an influenza vaccine without an adjuvant.

“Currently, the best protection for neonatal babies is to vaccinate the mother and all those who will have close contact with the infant,” Sherman said. “Our recent study was meant to test the possibility of creating a safe and effective flu vaccine for very high-risk premature infants. Now that we have, we feel that the use of a natural protein would make immunization not only possible but more accepted.”

The researchers will next study lactoferrin’s ability to prevent secondary infections such as pneumonia, as well as the possibility the protein could be used as an adjuvant in other vaccines.

From Futurity

“It is well documented that infants obtain protection against certain infections from nutrients found in breast milk...Lactoferrin is the major protein in a mother’s milk and boosts her infant’s immune system to fight infection. In theory, we felt that we could create a vaccine by replacing ALUM with lactoferrin as an additive.”--Michael

Sherman, professor emeritus of child health at the University of Missouri

SHED LIGHT ON THE BEACONS IN OUR COMMUNITY



Call for Nominations

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Why you are nominating them? _____

(add separate page if needed)

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Circle Y for yes...N for no...if your nominee agrees to be honored. Your address is: _____

_____ Best time to call is: _____

Mail response to : MCJ BEACONS Pat O Pattillo, Publisher

Milwaukee Community Journal-South

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MILWAUKEE COMMUNITY JOURNAL

**WEEKEND
EDITION**

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5 Things You Should Know About the Flu

An activist fights his fear of needles and gets the flu vaccine

BHM Edit Staff | Friday, December 19, 2014



What are the five most important things people should know about the flu?

We spoke to William Kellibrew, an international advocate for civil, human, children and victims' rights, about this virus and why you should get your flu shot. This is what he told us:

1. We are all susceptible to contracting the flu virus. Everyone knows someone who has had the flu. So it is important to prevent ourselves from catching the flu.

And also to prevent spreading the flu. It is a potentially serious, debilitating disease that can completely impact every aspect of our lives. Prevention is the first piece.

Our lack of awareness about the impact it can have not just on our own lives, but on our family members and our community. We have to think about the broader picture here. It's not just about me, it's about us. It's about we.

2. The flu vaccine, according to the CDC (Centers for Disease Control and Prevention), is really the best modern way to focus on protection. There's so many myths about the vaccine.

'If you get the vaccine, you get the flu.' In the minority community, there's such a distrust for government. Imagine going somewhere and they're shooting you up with a needle and you don't know what they're giving you.

It's become a real issue. But doctors have said this time and again: If you do not get the shot, you are more at risk and vulnerable to the flu than if you get the shot. Millions of doses of flu vaccine have been administered to people safely for decades.

3. There are people who are more at risk for developing flu-related complications—young children (the CDC recommends every child above the age of 6 months receive the flu shot) up to 8 or 9 years old are vulnerable.

Young children need to develop a higher immunity to the flu and complications. Their bodies need to de-

velop more of the resistance. I've been speaking with parents whose child, at 7 years old, got the flu and nearly died.

He went into a coma. Pregnant women, people with certain chronic health conditions like asthma, diabetes, heart and lung disease. People over the age of 55.

Having the flu really does impact your productivity. It can completely incapacitate you. It could lead to pneumonia, hospitalization or death. Or the worsening of existing health conditions.

I'm a type 2 diabetic, and it could really harm me badly. My body's already addressing health conditions, so when the flu happens, it's, like, I've gotta focus on something else now, and it all kind of falls down.

4. We can combat this with education about the importance of the flu shot. Tell real-life stories—like the story of this 7-year-old who was almost wiped out. Not that we wanna use scare tactics, but there are real-life consequences to not addressing it. There has to be some cultural sensitivity to addressing the myths.

One of the challenges we have is that the CDC, hospitals and health-care systems don't really track flu, so it's hard to track deaths and sickness due to the flu. So the number of individuals who have lost their lives due to the flu have usually had that flu and then other complications arose.

It totally and completely weakens the immune system. Annually, 3,000 to 49,000 people die. It kills way more people than Ebola and impacts so many more. We have to bring awareness. And the awareness needs cultural humility.

We have to respect enough to address the issues in certain communities without making assumptions or judgments about that community. We have to do it utilizing the voices in those communities that are champions for health.

5. It's not too late. You can still get your flu shot. It takes two weeks to build up immunity; that's why it's important to get it now. I am terrified of needles. So for me to get the flu shot, I've actually passed out. I'm so afraid. But i got it anyway. I realized the importance of it.

Photo: William Kellibrew



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STARTS FRIDAY, FEBRUARY 5 CHECK LOCAL LISTINGS FOR THEATERS AND SHOWTIMES



More Men Getting Screening Colonoscopies Thanks, Obamacare!

By Michelle Andrews/Kaiser Health News, Posted December 29, 2015 via blackhealthmatters.com

Men are getting more screening colonoscopies since the health law reduced how much Medicare beneficiaries pay out of pocket for the preventive tests, a recent study found.

The change, however, didn't affect women's rates.

The study, published in the December issue of Health Affairs, compared rates of screening for colorectal cancer among people age 66 to 75 before and after the health law passed in 2010. Starting in 2011, that law waived the Medicare Part B deductible (which totals \$147 annually in 2015) and eliminated the requirement that beneficiaries pay 20 percent of the cost for screening colonoscopies.

The data came from the Centers for Disease Control and Prevention's (CDC) annual Behavioral Risk Factor Surveillance System.

The study found that in men, colonoscopy screening rates increased from 18 to 22 percent following implementation of the health law, a 20 percent increase. In women, however, the rate didn't budge, remaining at 18 percent even after the law passed.

The study's finding that women didn't respond to policy changes related to colorectal cancer screening coverage is consistent with other research, said Kandice Kapinos, the study co-author who is an economist at Rand, a non-profit research and policy organization.

"Maybe they assess their risk differently because they generally have a lower incidence of colorectal cancer than men," she said.

There is also some research that shows that women are more likely to say an endoscopic screening test such as a

colonoscopy is embarrassing and to opt instead for a blood stool screening test, Kapinos said.

Under the health law, services that are recommended by the U.S. Preventive Services Task Force are covered without patients having to pay anything out of pocket.

The task force recommends screening for colorectal cancer using stool testing, sigmoidoscopy or colonoscopy between age 50 and 75.

Colorectal cancer is the second leading cause of death in cancers that affect both men and women, according to the CDC.

The colonoscopy is considered highly effective as a screening tool because it can locate polyps, most of which are benign, and remove them before they have a chance to become malignant.

Screening rates are lower than they should be, however, and only 40 percent of adults are up to date, according to the study.

Under the health law, private plans can't charge consumers a portion of the cost if, during their screening colonoscopy, a polyp is discovered and removed. That step is considered an integral part of a colonoscopy.

Under Medicare, however, beneficiaries may be charged 20

percent coinsurance in such instances because if a polyp is found, the procedure is then considered diagnostic rather than screening.

The researchers note that disparity and suggest the elimination of "the remaining difference in cost-sharing between screening and therapeutic colonoscopies could improve screening rates."

The American Cancer Society Cancer Action Network continues to urge Congress to close the loophole, says spokeswoman Alissa Crispino.

From Kaiser Health News

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Milwaukee Fatherhood Initiative



5 Things You Should Know About Basil

This herb has major mind-body benefits

BHM Edit Staff, posted Monday, February 1, 2016



In addition to its delicious flavor, basil offers many mind-body benefits—from anti-inflammatory and antibacterial properties to stress busting abilities and easing PMS. Here are five healthy things basil does for you:

#1. Stop stress. Feeling stressed and overwhelmed? You're in frazzled company; about 75 percent of doctor's visits are connected to stress-related ailments.

Basil has anti-anxiety effects and can mellow you out. It contains phytochemicals, which studies suggest may reduce your levels of cortisol, a hormone you secrete when you're tense.

#2. Put the brakes on PMS. You may want to add more basil to your diet during that time of the month; it's a great source of iron (a little more than 2 cups of chopped fresh basil leaves or 1 tablespoon of the dried herb provides 10 percent of your daily value, putting it on par with spinach), which you lose when you menstruate.

#3. Detox the liver. Had a few too many at last night's happy hour?
(continued on page 8)

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SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000500

In the matter of the name change of:
SUZANNE CONYERS HARTUNG
By (Petitioner) SUZANNE CONYERS HARTUNG

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: SUZANNE CONYERS HARTUNG To: SUZANNE CONYERS COFFMAN
Birth Certificate: SUZANNE CONYERS HARTUNG

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. DENNIS P MORONEY ROOM 413 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 22, 2016 TIME 10:00 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-29-2016
BY THE COURT:
HON. DENNIS P MORONEY
Circuit Court Judge
016-021/2-5-12-19-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000549

In the matter of the name change of:
LINDSAY JO MELSEN
By (Petitioner) LINDSAY JO MELSEN

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: LINDSAY JO MELSEN To: LINDSAY JO MELSEN COFFMAN
Birth Certificate: LINDSAY JO MELSEN

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. MEL FLANAGAN ROOM 404 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: March 7, 2016 TIME 10:30 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 3-7-2016
BY THE COURT:
HON. MEL FLANAGAN
Circuit Court Judge
016-022/2-5-12-19-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 15CV010322

In the matter of the name change of:
SOPHIA EMMA LEONARDI
By Petitioner: BLAIRE LYNN BUSACK

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: SOPHIA EMMA LEONARDI To: SOPHIA EMMA BUSACK

Birth Certificate: SOPHIA EMMA LEONARDI

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. WILLIAM SOSNAY ROOM 414 BRANCH 8 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 29, 2016, TIME 11:00 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.

Dated: 1-14-2016
BY THE COURT:
HON. WILLIAM SOSNAY
Circuit Court Judge
016-023/2-5-12-19-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000382

In the matter of the name change of:
JANELLE JLYIA LANIER
By (Petitioner) RONALD HENRY

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: JANELLE JLYIA DORTHA LANIER To: JANELLE HENRY
Birth Certificate: JANELLE JLYIA DORTHA LANIER

IT IS ORDERED:
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. RICHARD J SANKOVITZ ROOM 500, PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: March 15, 2016 TIME: 9:00 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: February 1, 2016
BY THE COURT:
HON. RICHARD J SANKOVITZ
Circuit Court Judge
016-024/2-5-12-19-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000384

In the matter of the name change of:
CHRISTOPHER MICHAEL HERRERA
By (Petitioner) CHRISTOPHER MICHAEL HERRERA

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: CHRISTOPHER MICHAEL HERRERA To: CHRISTOPHER MICHAEL RIOS
Birth Certificate: CHRISTOPHER MICHAEL HERRERA

IT IS ORDERED:
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. WILLIAM SOSNAY ROOM 414, PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: March 7, 2016 TIME: 11:00 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper

published in Milwaukee County, State of Wisconsin.
Dated: 1-19, 2016
BY THE COURT:
HON. RICHARD J SANKOVITZ
Circuit Court Judge
016-025/2-5-12-19-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000004

In the matter of the name change of:
CHEYENNE CONLON

NOTICE IS GIVEN
A petition was filed asking to change the name of the person listed above:
From: CHEYENNE SKYE CONLON To: SKYLER LASALLE LEONE
Birth Certificate: CHEYENNE SKYE CONLON

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. MEL FLANAGAN ROOM 404 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 26, 2016 TIME 1:30 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-4-2016
BY THE COURT:
HON. MEL FLANAGAN
Circuit Court Judge
016-009/1-22-29/2-5-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 15CV9293

In the matter of the name change of:
MUTI'A SAABIRAH KHALIAH ANDREWS
By (Petitioner) SHANVERINA ALEXANDER

NOTICE IS GIVEN
A petition was filed asking to change the name of the person listed above:
From: MUTI'A SAABIRAH KHALIAH ANDREWS To: MUTI'A YASMEEN KHALIAH CURRY
Birth Certificate: MUTI'A SAABIRAH KHALIAH ANDREWS

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. DENNIS P MORONEY ROOM 413 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 8, 2016 TIME 3:00 P.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-5-2016
BY THE COURT:
HON. DENNIS P MORONEY
Circuit Court Judge
016-012/1-22-29/2-5-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000410

In the matter of the name change of:
JENNIFER ANNE WILSON
By (Petitioner) JENNIFER ANNE

WILSON

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: JENNIFER ANNE WILSON To: MIRIAMMALACHIM MARIAANGELES GOLDBERG
Birth Certificate: JENNIFER ANNE WILSON

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. DAVID BOROWSKI BRANCH 12 ROOM 206 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 24, 2016 TIME 10:30 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-19-2016
BY THE COURT:
HON. DAVID BOROWSKI
Circuit Court Judge
016-011/1-22-29/2-5-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000097

In the matter of the name change of:
TIFFANY NICOLE WILDERNESS

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: TIFFANY NICOLE WILDERNESS To: VICTOR CRUZ VALANCCHINO
Birth Certificate: TIFFANY NICOLE WILDERNESS

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. WILLIAM SOSNAY ROOM 414 BRANCH 8 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 25, 2016, TIME 2:30 P.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.

Dated: 1-8-2016
BY THE COURT:
HON. WILLIAM SOSNAY
Circuit Court Judge
016-010/1-22-29/2-5-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 15CV010208

In the matter of the name change of:
JEFFREY CHARLES WATSON
By (Petitioner) JEFFREY CHARLES WATSON

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: JEFFREY CHARLES WATSON To: JEFFREY CHARLES SMITH
Birth Certificate: JEFFREY CHARLES WATSON

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. TIMOTHY G DUGAN ROOM 415 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 24, 2016 TIME 9:00 A.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-11-2016
BY THE COURT:
HON. TIMOTHY G DUGAN
Circuit Court Judge
016-015/1-29/2-5-12-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000285

In the matter of the name change of:
CHUKWUEMEKA KAMSIRIOCHUKWU NWANEBO

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: CHUKWUEMEKA KAMSIRIOCHUKWU NWANEBO To: JOSEPH KAMSIRIOCHUKWU NWANEBO
Birth Certificate: CHUKWUEMEKA KAMSIRIOCHUKWU NWANEBO

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. JOHN DIMOTTO ROOM 401 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 24, 2016 TIME 3:00 P.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-12-2016
BY THE COURT:
HON. JOHN J DIMOTTO
Circuit Court Judge
016-018/1-29/2-5-12-2016

SUMMONS
(PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
Case No. 16CV000401

In the matter of the name change of:
AHUNNA CHINAZAEKPERE NWANEBO

NOTICE IS GIVEN:
A petition was filed asking to change the name of the person listed above:
From: AHUNNA CHINAZAEKPERE NWANEBO To: CHINAZA SUSAN NWANEBO
Birth Certificate: AHUNNA CHINAZAEKPERE NWANEBO

IT IS ORDERED
This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge's Name: HON. JOHN DIMOTTO ROOM 401 PLACE: 901 N. 9th Street, Milwaukee, Wisconsin, 53233 DATE: February 24, 2016 TIME 3:00 P.M.

IT IS FURTHER ORDERED:
Notice of this hearing shall be given by publication as a Class 3 notice for three (3) weeks in a row prior to the date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.
Dated: 1-12-2016
BY THE COURT:
HON. JOHN J DIMOTTO
Circuit Court Judge
016-019/1-29/2-5-12-2016

CLASSIFIEDS/PUBLIC NOTICES

**To place a Classified
ad Call 265-5300**

**Drivers: CO & OOp's: Teams.
Earn great money Running
Dedicated! Great Hometime
and Benefits. Monthly
Bonuses. Drive Newer Equip-
ment! 855-493-9921**

**Visit MCJ
Healthy Start magazine
website @
www.mcjhealthystart.com**

**Visit our
website @
www.community
journal.net**

Administrative Assistant

Seaway Bank and Trust Company is seeking an experienced Administrative Assistant to report to the Senior Vice President/North Division Manager. Responsibilities include: monitoring incoming telephone calls, reviewing memos & correspondence, preparing itineraries, filing & record keeping and providing overall administrative support.

Candidate will have strong written and verbal communication skills; be able to multi-task and handle confidential matters. Knowledge of Microsoft Word and Excel required. Submit resumes to: hr@seawaybank.us.

Teller

Seaway Bank and Trust Company is seeking experienced PT/FT tellers to accept and process deposits, withdrawals, loan & utility payments. Will also issue checks, money orders & other teller related duties. High School diploma or GED equivalent and 1-2 years' experience as a Bank Teller or Cashier required. Submit resumes to: hr@seawaybank.us.

**Driver: \$5000 Sign-On! Earn \$68-
\$70k/Yr! OPEN HOUSE: Feb 5th
form 12p-5p and Feb 6th from 8a-
4p located at Maglio Produce: 4287
N Port Washington Rd, 53212.
Dedicated Account! Great
Benefits/Hometime/Miles!
Extra Incentive Pay! CDL-A, 2yrs
T/T exp. Michael/Gil: 855-205-6361**

700,000 Job Openings

Become a CNA

1st step to being a nurse

St. Martin's College & Seminary

414-371-1600

**Web-site updates:
Experienced, web-
savvy, updater
needed. Daily updates
mandatory. Bi-weekly
payment. Send
resume to: MCJ; 3612
N. Dr. King Dr.;
Milwaukee, WI 53212**

Sales Representatives:

Sales representatives positions available for persons interested in building community newspaper. Must be organized, a self starter and capable of setting weekly goals and meeting them. Base pay during training period, with generous commission pay on all new accounts, and those serviced. **Send Resume to: MCJ; 3612 N. Dr. King Dr.; Milwaukee, WI 53212**



**WNEP County Administrator (100%)
Calumet, Outagamie and Winnebago Counties**

The purpose of this position is to provide leadership for the Calumet, Outagamie and Winnebago Counties Nutrition Education Program including: collaborating with local agencies to ensure the delivery of nutrition education to low-income residents (especially people who are eligible to receive food stamps or FoodShare), staff training and supervision, and managing the program budget. The Calumet, Outagamie and Winnebago Counties Nutrition Education Program is a major effort within Cooperative Extension Family Living Programs. The aim of Family Living Programs is to enhance the quality of family and community decisions that affect the family and to increase the abilities of families to adapt to and effect change.

Application deadline is March 8th, 2016
For a complete position description, required qualifications and how to apply, please visit <http://jobs.ces.uwex.edu>
AA/EEO Employer

NOTICE

Milwaukee Public Schools is requesting quotations for Riding Tractors and Accessories. Equipment specifications, proposal requirements and guidelines may be obtained 7:30 A.M. to 5:00 P.M. Monday through Friday from A/E Graphics, Inc.; 4075 North 124th Street, Brookfield, WI 53005; phone (262) 781-7744; fax (262) 781-4250. Call A/E Graphics, Inc. for availability of proposal documents. Documents may also be viewed online at A/E Graphics, Inc. @ www.aegraphics.com.

All questions should be submitted in writing to Mark Bethel of Milwaukee Public Schools' Facilities and Maintenance Services, fax number (414) 283-4682. No questions will be answered verbally. No verbal information from any source is to be relied upon by any respondent in the development of their response to the request for quotation. Only questions submitted in writing prior to 4:00PM on Tuesday, February 16, 2016 will be answered. No questions will be answered after that date and time. These responses will be documented by way of addenda, which will be forwarded to all bidders.

Submit all quotations to Mr. Mark Bethel, Project Specialist of Design and Construction of Facilities and Maintenance Services, 1124 North 11th Street, Milwaukee, Wisconsin 53233 no later than 1:30PM on Tuesday, February 23, 2016.

The right is reserved to reject any or all bids or to waive informalities.
Darienette B. Driver, Ed.D.
Superintendent of Schools
10975373/02-2-9-16

OFFICIAL ADVERTISEMENT

Office of the Milwaukee Public Schools, DIVISION OF FACILITIES AND MAINTENANCE SERVICES, 1124 North 11th Street, Milwaukee, Wisconsin, February 2, 2016.
Sealed proposals will be received at 1124 North 11th Street, directed to the attention of Mr. Travis R. Luzney, P.E., Director of the Division of Facilities and Maintenance Services, pursuant to Section 119.52(3) Wisconsin Statutes, until Tuesday, February 23, 2016 at 1:30PM, in accordance with plans and specifications for the following work:

All contractor(s) and subcontractor(s) are subject to the prevailing wage rates and hours of labor as prescribed by the Milwaukee Board of School Directors of the City of Milwaukee consistent with provisions of Section 66.0903 of the Wisconsin Statutes.

BID GUARANTY TO ACCOMPANY BID: MPS Bid Bond, Certified or Cashier's Check: 10% of Contractor's Base Bid.

LIGHTING MODIFICATIONS

Trowbridge School
1943 E. Trowbridge Street
Milwaukee, WI 53207
MPS Property No. 368
MPS Project No. 3699

The HUB requirements for this project are 10%
The COIN requirements for this project are 0%
The minimum Student Participation requirements for this project are:
Paid Employment: 0 Hours
Educational Activities: 0 Hours

Deposit for Drawings and Specifications: \$25.00
MAILING CHARGE: \$35.00

The bidding documents may be obtained 7:30 A.M. to 5:00 P.M.; Monday through Friday from A/E Graphics, Inc.; 4075 North 124th Street, Brookfield, WI 53005; phone (262) 781-7744; fax (262) 781-4250, Call A/E Graphics, Inc. for availability of bid documents for pick up. Plans and specifications will be loaned to a prospective bidder upon receipt of the deposit listed, which deposit will be returned upon surrender of the plans and specifications in good condition. Bid documents must be returned only to A/E Graphics, Inc. Plans and specifications may not be examined at the Facilities and Maintenance Services' office or at A/E Graphics, Inc. Plans and specifications may also be viewed online at A/E Graphics, Inc. @ www.aegraphics.com.

Each proposal shall be for a fixed lump sum.

The right is reserved to reject any or all bids or to waive informalities.

Upon reasonable notice, efforts will be made to accommodate the needs of disabled individuals at the bid opening through sign language interpreters or other auxiliary aids. The following TDD number is available for the hearing impaired for questions prior to bid opening, (414) 283-4611.

Darienette B. Driver, Ed.D.
Superintendent of Schools

10975370/02-2-9-16

OFFICIAL ADVERTISEMENT

Office of the Milwaukee Public Schools, DIVISION OF FACILITIES AND MAINTENANCE SERVICES, 1124 North 11th Street, Milwaukee, Wisconsin, January 28, 2016.

Sealed proposals will be received at 1124 North 11th Street, directed to the attention of Mr. Travis R. Luzney, P.E., Director of the Division of Facilities and Maintenance Services, pursuant to Section 119.52(3) Wisconsin Statutes, until Thursday, February 25, 2016 at 1:30PM, in accordance with plans and specifications for the following work:

All contractor(s) and subcontractor(s) are Subject to the prevailing wage rates and hours of labor as prescribed by the Milwaukee Board of School Directors of the City of Milwaukee consistent with provisions of Section 66.0903 of the Wisconsin Statutes.

BID GUARANTY TO ACCOMPANY BID: MPS Bid Bond, Certified or Cashier's Check: 10% of Contractor's Base Bid.

HYDRAULIC ELEVATOR UPGRADE - -REBID

Webster Middle School
6850 N. 53rd Street
Milwaukee, WI 53223
MPS Property No. 066
MPS Project No. 2594

The HUB requirements for this project are 0%
The COIN requirements for this project are 0%
The minimum Student Participation requirements for this project are:
Paid Employment: 0 Hours
Educational Activities: 0 Hours
Deposit for Drawings and Specifications: \$25.00
MAILING CHARGE: \$35.00

The bidding documents may be obtained 7:30 A.M. to 5:00 P.M.; Monday through Friday from A/E Graphics, Inc.; 4075 North 124th Street, Brookfield, WI 53005; phone (262) 781-7744; fax (262) 781-4250, Call A/E Graphics, Inc. for availability of bid documents for pick up. Plans and specifications will be loaned to a prospective bidder upon receipt of the deposit listed, which deposit will be returned upon surrender of the plans and specifications in good condition. Bid documents must be returned only to A/E Graphics, Inc. Plans and specifications may not be examined at the Facilities and Maintenance Services' office or at A/E Graphics, Inc. Plans and specifications may also be viewed online at A/E Graphics, Inc. @ www.aegraphics.com.

Each proposal shall be for a fixed lump sum.

The right is reserved to reject any or all bids or to waive informalities.

Upon reasonable notice, efforts will be made to accommodate the needs of disabled individuals at the bid opening through sign language interpreters or other auxiliary aids. The following TDD number is available for the hearing impaired for questions prior to bid opening, (414) 283-4611.

Darienette B. Driver, Ed.D.
Superintendent of Schools

10972959/01-28-02-4-11-18

NOTICE

Milwaukee Public Schools is requesting proposals for the Re-Bid of Unit Prices for Asbestos Abatement & Disposal Services for Milwaukee Public Schools. Project scope, proposal requirements and guidelines may be obtained 7:30 A.M. to 5:00 P.M.; Monday through Friday from A/E Graphics, Inc.; 4075 North 124th Street, Brookfield, WI 53005; phone (262) 781-7744; fax (262) 781-4250. Call A/E Graphics, Inc. for availability of proposal documents.

The HUB requirements for this contract is 0%
The COIN requirements for this contract is 0%
The minimum Student Participation requirements for this contract are:
Paid Employment: 0 Hours
Educational Activities: 10 Hours

There will not be a pre-proposal conference held for this RFP. All questions should be submitted in writing to Mark Bethel of Milwaukee Public Schools Facilities and Maintenance Services, fax number (414) 283-4682. No questions will be answered verbally. No verbal information from any source is to be relied upon by any respondent in the development of their response to the RFP. Only questions submitted in writing prior to 4:00 PM on Thursday, February 18, 2016 will be answered. No questions will be answered after that date and time. These responses will be documented by way of addenda, which will be forwarded to all bidders.

Submit all proposals to Mr. Mark Bethel, Project Specialist of Design and Construction, Facilities and Maintenance Services, 1124 North 11th Street, Milwaukee, Wisconsin 53233 no later than 3:00 PM on Thursday, February 25, 2016.

Darienette B. Driver, Ed.D.
Superintendent of Schools
10973556/01-28-02-4-11-18

NOTICE

Milwaukee Public Schools is requesting qualifications from Energy Services Companies to develop a Performance Contract for Energy Savings & Infra structure Improvements for the Milwaukee Public School District. Project scope, requirements and guidelines may be obtained 7:30A.M. to 5:00P.M.; Monday through Friday from A/E Graphics, Inc.; 4075 North 124th Street, Brookfield, WI 53005; phone (262) 781-7744; fax (262) 781-4250. Call A/E Graphics, Inc. for availability of proposal documents.

The HUB requirements for this contract is 0%

The Student Employment / Participation requirements for this contract is 0%

There will not be a pre-proposal conference held for this RFQ.

No questions will be answered verbally. No verbal information from any source is to be relied upon by any respondent in the development of their response to the RFP. Only questions submitted in writing prior to 4:00 PM on Wednesday, February 10, 2016 will be answered. No questions will be answered after that date and time. These responses will be documented by way of addenda, which will be forwarded to all bidders.

Submit all proposals to Mr. Mark Bethel, Project Specialist of Design and Construction, Facilities and Maintenance Services, 1124 North 11th Street, Milwaukee, Wisconsin 53233 no later than 3:00 PM on Wednesday, February 17, 2016.

Darienette B. Driver, Ed.D.
Superintendent of Schools
10972476101-27102-3-10-17

**THE MILWAUKEE COMMUNITY JOURNAL TO PUBLISH
LEGALS NOTICES IN MILWAUKEE COUNTY**

Milwaukee, Wisconsin

The Milwaukee Community Journal (MCJ) has expanded its services to the greater Milwaukee community with the publishing of legal notices in its Weekend Edition. As a qualified provider of the publication of legal notices, MCJ will serve city, county and state offices for publishing community notifications. Such notifications include:

- Public hearings
- Public meeting
- Election notices
- Divorce proceedings
- Name change notices
- Publication of summons when personal services cannot be made to defendants
- Notice of auction of unclaimed storage unit property
- Probate notices
- Foreclosure/sheriff's sale notice of creditor listing of property for sale
- Other general legal and public notices

About Milwaukee Community Journal Weekend Edition

The Milwaukee Community Journal (MCJ) Weekend Edition is a public newspaper of general circulation that complies with the laws of Wisconsin relating to the publication of legal notices. MCJ's Weekend Edition has been published regularly and continuously in the city of Milwaukee for over 10 years. We have a paid circulation of approximately 65% of our circulation. Furthermore, our actual subscribers are over 1,000 copies each week.

MCJ's Weekend Edition is published regularly weekly. Each week, MCJ Weekend focuses on different subjects Health, Personal, Finance, Family, Men and Women. Our Weekend Edition now includes the publishing of records designated by the Milwaukee County Circuit Court for publication of legal notices; with added value in the Wednesday edition too.

About the Milwaukee Community Journal (MCJ)

The Milwaukee Community Journal (MCJ) is a quality news organization published throughout Milwaukee and the surrounding suburbs. Established in 1976, the Milwaukee Community Journal has advanced and reported the plight, struggles and victories of minorities in Wisconsin, with a passion for building community the MCJ accentuates the positive, analyzes the negatives and advocates to seed success!

Election Watch 2016: Vivian Redd-Fehr, candidate for Aldermanic District 7

Vivian Redd-Fehr is proud to be one of five certified candidates to represent the people of Milwaukee's Aldermanic Dist. 7. The aldermanic seat has been vacated by Willie Wade.

Redd-Fehr's family has lived in the 7th district for approximately 40 years. She holds a B.A. degree in journalism from Marquette University with post-graduate studies in business administration.

Redd-Fehr is currently working in the insurance industry, providing life insurance and financial products to the Milwaukee and surrounding counties' residents.

She has had a long career in the real estate industry where she holds licenses in Wisconsin and Florida.

Redd-Fehr wants to represent the 7th aldermanic district because she wants to bring back the quality of life for the district as well as the city of Milwaukee. Top on her list when elected is to reduce crime and bring jobs back to Milwaukee. Please visit her website: www.ReddFehr4District7.com for more detailed information.

5 Things You Should Know About Basil

(continued from page 5)

Basil has been found to help detoxify the liver. So crawl through your morning-after hangover and whip up a batch of pesto to top your baked chicken.

#4. Banish blemishes. If you're in breakout hell, clear it up with basil. The herb's oil combats the bacteria that causes pimples, according to a study in the International Journal of Cosmetic Science.

Boil a handful of fresh basil leaves in 1 cup of water for 10 minutes; let the liquid cool. Dip a cotton ball into the liquid, pat it on your breakout zones, wait 10 minutes, and then splash your face with water. Repeat once or twice a day.

#5. Promote heart health. Basil is rich in vitamin A (through beta-carotene), magnesium and other nutrients that help protect cell walls from free radical damage, improve blood flow and stop cholesterol from oxidizing in the blood stream.



FEBRUARY 1 — FEBRUARY 29, 2016

MEGABUCKS LIGHTNING BALL

1 IN 3 CHANCE THE LIGHTNING BALL STRIKES A SET OF TWO PLAYS.

LIMITED
TIME
OFFER



THERE'S A COOL, NEW SPIN ON MEGABUCKS. Throughout February, there's a one in three chance that the Lightning Ball strikes a set of two plays. When it does, each play gets an extra number for better odds of winning a prize. An electrifying twist on a Wisconsin favorite. Visit wilottery.com for details.

Odds of winning for plays WITHOUT Lightning Ball: JACKPOT, 1:6,991,908; \$500, 1:27,101; \$30, 1:517; \$2, 1:29. Odds based on 2 plays for \$1. Odds of winning for plays WITH Lightning Ball: JACKPOT, 1:6,991,908; \$10,000, 1:1,165,318; \$500, 1:7,928; \$30, 1:233; \$2, 1:18. Plays matching 5 of 6 + Lightning Ball will win \$10,000. Lightning Ball does NOT apply to the JACKPOT. Odds of a set of two plays each getting a Lightning Ball, 1:3. The prize money allocated to the Jackpot shall be equally divided by the number of plays correctly matching all 6 numbers (and not the Lightning Ball). Jackpots not won will be carried forward to the next drawing. If you or someone you know has a gambling problem, call the Problem Gambling Helpline: 1-800-GAMBLE-5 (1-800-426-2535). wilottery.com © 2016 Wisconsin Lottery

