Child Care Summit highlights
changes to child care laws

Unity Caucus and Senator Taylor present
summit with DCF and local officials

Compiled by Courier Staff

Senator Lena C. Taylor (D-Milwaukee) this week announced a child care
summit to take place Saturday, February 27th in Milwaukee.

The summit will offer advice ranging from how to open a
day care center to questions about receiving microloans.

In addition, information about Wisconsin Act 118, the recent changes
to the Wisconsin Shares Program, will be shared and discussed.

The summit’s objective is to offer advice on not only various concerns that might occur
in operating a child care center, but also what parents should look for in a
child care center. The event seeks to teach individuals the
inner workings of an audit and what one must do during the process.

Questions will also be answered about any possible
issues or concerns one might have about child care centers
and how to use the proposed

YoungStar system.

The Unity Caucus’
Child Care Summit will take place
between 9:00 a.m. to 1:00 p.m.
on Saturday February 27th at
the Greater New Birth Church
on 2707 West Center Street.
The Unity Caucus is the col-
lective group of local and
state leaders in Milwaukee.

Sen. Taylor and the Unity
Caucus are looking for feed-
back on various questions:

Are you a concerned par-
ent with questions?

• Do you have Questions
about starting your own
Daycare Center?

• Do you have questions
about Daycare Regula-
tions?

• Do you need a microloan
or do you need help a
Daycare audit?

As the states moves forward with its overall of
the child care shares program, this
summit will give the public
an opportunity to voice their
concerns, and at the same
time received valuable infor-
mation from state officials on
the correct way to be in the
daycare business.

Continued on Page 4

North Division High School Boys & Girls Club opens

“Over the past year, the
Lindsay Heights neighbor-
hood, which includes the
North Division High School
Campus, has been brim-
ming with enthusiasm, thanks
in part to residents and the
Zilber Neighborhood Initia-

tives,” says Jim Clark, presi-
dent & CEO of Boys & Girls
Clubs of Greater Milwaukee.
“We’re honored to operate a
Boys & Girls Club within North
Division High School – an
institution known for nurturing
Milwaukee leaders such as

InsTDe FEB 27
Banaba defines history with the production "The
Volunteer" - PAGE 3
Congresswoman Moore visits Haiti - PAGE 3
Black History month celebrations should involve awareness of
Black women - PAGE 7
Volunteer work enriches youth and city - PAGE 7
COMING EVENTS

Women inspired to lead event brings Milwaukee area leaders together

PEARLS for Teen Girls, Inc. continues mission of inspiring young women

On March 16, 2010 PEARLS for Teen Girls, Inc., a Milwaukee-based non-profit leadership development organization serving at-risk teen girls, will host a panel of top women leaders from the Milwaukee area as they engage in a motivational conversation about what it means to be moved to leadership. Women inspired to lead: An Intimate Evening of Conversation and Inspiration will be moderated by Channel 12 WISN news anchor, Ponty Young and will feature a panel of five high-profile local women leaders including: Jennifer Bartstetta, Director of Strategic Partnerships; Barbara Resendez Group President and Publisher of the Trail-2-Spain; Genoveva Bolton Johnson, retired President and CEO of Family Services of America and Families International; Gail Lonne, Executive Vice President, General Counsel and Secretary, Harley-Davidson, Inc.; Maria Montaguado, Employee Relations Director for the City of Milwaukee; and Sawanna Jackson, PEARLS Alumna and Mount Mary College Senator. Through powerful personal stories the women will explore the questions: What inspires individual leadership? And, what are the best strategies for inspiring leadership in others, especially in the face of today’s challenges? Enforcements, a national-recognized, Wisconsin-based workforce management solutions provider, and WE Energies have joined forces as Presenting Sponsors for this important event, ensuring that every dollar raised goes directly toward supporting PEARLS’ transformational work with some of Milwaukee’s most at-risk teen girls. The event will be held at the Hyatt Regency in downtown Milwaukee on March 16 starting at 5:30 p.m. with a wine and hors d’oeuvre reception. The panel discussion will take place from 6 to 7 p.m. Tickets are $40 each or $300 for a table of eight.

PEARLS for Teen Girls, Inc., is a dynamic and innovative non-profit leadership development organization serving at-risk, primarily African American and Latina, girls ages 10-19 in Milwaukee. PEARLS inspires girls in some of our city’s most socially and economically challenged neighborhoods to avoid teen pregnancy, succeed in school, aim for college and enter the workforce and our community as self-motivated leaders. For more information please visit www.PEARLSforTeenGirls.com.

Youth to show off Black History Knowledge

The competition is open to the middle school age categories. The youth will be quizzed about Black History during the Black Knowledge Bowl, which will be held Friday, February 26 from 10 a.m. to 2 p.m. at the Milwaukee Public Museum. The youth will be quizzed on a variety of topics including Milwaukee Black History, Discovery & Industry, Entertainment, Africa, and Writing & Art. Prizes will be awarded for first and second place teams in both high and middle school age categories. The competition is open to the public.

For more information on the Black Knowledge Bowl, go to the Social Development Commission website at www.scdsc.org, click on the “News” tab and then on the “Special Events” page. The 2nd Annual Black Knowledge Bowl is made possible in part through the support of presenting sponsor Cricket Wireless, breakfast sponsor We Energies and luncheon sponsor Associated Bank.

Hansberry defines history with the production ‘The Meeting’

Hansberry-Sands will present the one-act play, THE MEETING, in March in recognition of the supreme legacy of two of the the most important figures in modern times, Malcolm X and Dr. Martin Luther King Jr. This provocative one-act play in Harlem in 1960’s, depicts a supposed meeting between Malcolm and Martin that transforms into a reflective conversation. The colorful debate that ensues is portrayed thru mutual respect yet steadfast beliefs and varying philosophies about the grave issues that face the Black community. Hansberry has the unique opportunity to celebrate African American heritage, history and his experiences thru the dramatic arts. 365 days a year over nearly three decades the Company has created art that reflects the cultural heritage of a people while they illuminate the commonality of the human experience.

THE MEETING, written by Jean Stan and directed by Willis Abney veteran actor and Hansberry-Sands’ Artistic Director. The meeting will run Thursday thru Sunday, March 4 – 7, at the Wisconsin African American Women’s Center (WAAC) located at 3020 W. Vliet St. in the Terrace Room. For showtimes and tickets contact the Hansberry’s hotline, 414.616.PLAY (7529) or visit ticket outlets, Reader’s Choice Bookstore, 1950 N. W. Martin Luther King Jr. Ave.; 414.265.2003 or WAAC, 3200 W. Vliet St., 414.933.1652. All tickets are $20 and the Friday, March 5 performance is sold out.

A Message from Governor Jim Doyle:

As we honor Black History Month, I am reminded of the words of Dr. Martin Luther King Jr. in 1963. He said:

“I have a dream that my four little children will one day live in a nation where they will not be judged by the color of their skin, but by the content of their character.”

As Governor, I have worked hard to make Wisconsin be a place where all children, regardless of their ethnicity or background, can succeed. Although we’ve made enormous progress since 1963 in creating opportunity for all, there is more we can do to ensure everyone can succeed. A major priority this year is to reform education in Wisconsin, especially in Milwaukee, to make sure every child has the opportunity for a great education and a successful future.

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PAGE 2 • MILWAUKEE COURIER • SATURDAY, FEBRUARY 27, 2010
Washington, DC - U.S. Congresswoman Gwen Moore (D-Milwaukee) travelled to Haiti last week as part of a five member bipartisan Congressional Delegation to review and assess ongoing humanitarian assistance following last month’s devastating earthquake centered near the nation’s capital Port-au-Prince. Congresswoman Moore said, “This is an opportunity to see relief efforts firsthand and assess what else can be done. It will also help us determine how to provide the most effective aid to the Haitian people in their recovery. Even during the toughest of times many Americans have responded to Haiti’s disaster with great generosity.”

The Obama administration is expected to submit a request to Congress soon to help Haiti recover and rebuild. The Bipartisan delegation is led by Congressman Bobby Scott (D-VA-03), Congressmen Michael Burgess (R-TX-26), Dennis Kucinich (D-OH-10) and Michael Capuano (D-MA-8) are also travelling today with Scott and Moore.

The delegation will be briefed by U.S. Ambassa- dor to Haiti Ken Markey and USAID Haiti Director Caikene Dié regarding U.S. relief ef-forts. They will also see the camp on Champs de Mars where Haitians who have lost their homes are living.

For more information on the U.S. response to the Haitian earthquake and what else can be done to help, Congresswoman Moore’s website has resources including links to the State Department and USAID.

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**NEWS**

**Congresswoman Moore visits Haiti**

One-day trip to assess ongoing humanitarian efforts

MillerCoors employees donate $1.6M to United Way

Employees show great Responsibility with Successful, Enterprise-Wide Giving Campaign

MillerCoors recently announced the results of its first United Way employee giving campaign, during a check presentation ceremony with representatives from local United Way chapters at the company’s Chicago headquarters. MillerCoors employees contributed nearly $800,000 over the course of the “Live United” campaign, which ended at the close of 2009. Combined with the corporate match, MillerCoors will donate $1.6 million to the United Way.

“Our employees recognize that our commitment to growing our business in a sound way goes beyond the board we brew,” said MillerCoors Chief Executive Officer Lou Galante. “It also represents a desire to help communities in need, especially in these tough times. Collectively as a team, through the generosity shown from our “Live United” cam-paign, we will make an even bigger impact in the com-munities where we live and work.”

MillerCoors “Live United” campaign kicked off in October 2009, across all MillerCoors’ brewery and corporate locations. The company helped maximize contributions by offering a match for every dol-lar pledged. Recognizing that volunteer time also represent-ed an equally meaningful contribution, MillerCoors offered an additional dollar match for every hour logged by employ-ees who volunteered at a local organization of their choice. MillerCoors employees rose to the occasion and were actively engaged in volunteerism, posting nearly 20,000 volunteer hours in 2009.

“MillerCoors employees have truly shown what it means to ‘Live United,’” said United Way of Greater Mil-waukee President and Chief Executive Officer Mary Lou Young. “MillerCoors generous donation of $1.6 million will go a long way to help thousands of people at a critical time. United Way is grateful for their partnership and commitment to helping people build and sustain better lives in Greater Milwaukee.”

**Pictured above with Congresswoman Gwen Moore are Congressmen Bobby Scott (D-VA) and Dennis Kucinich (D-Ohio)**

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**Our 365Black award honorees are committed to changing lives 365 days a year.**

Frank Mason

Alonzo Mourning

James Clyburn

Earl Graves

Soldad O’Brien

McDonald’s® annual 365Black Awards recognizes individuals who are committed to and deeply rooted in the community. That’s why we’re recognizing Solaedad O’Brien, Alonzo Mourning, Earl Graves, Frank Mason and James Clyburn for their ceaseless efforts to serve the African-American community 365 days a year. To find out more about our esteemed honorees, visit 365Black.com

McDonald’s Restaurants of Southeastern Wisconsin
**Black History Month**

Last week the Wisconsin State Senate passed a bill to substitute Amendment 1 to Assembly Bill 447. This is payday lending reform that places a cap on the overall interest rates for payday loans, prohibits rollovers, and bans consumers from paying more than one short term loan at a time.

Proponents of the bill tell you that this is a consumer protection bill that is drafted to protect Wisconsin consumers from the predatory payday loan practices. Other opponents claim that the bill limits choices and in reality hurts consumers by decreasing their access to credit via short term loans.

One reason access to funds is already limited. Wisconsin does not need additional regulations restricting individual’s access to personal finances. In a consumer’s time of need, the bill limits the amount of funds that can be borrowed (including principle and interest) to 30 percent of gross income. This cap establishes Government as the sector (in determining who is loan worthy at what amounts) and effectively makes “your brother” approach to consumers private financial decisions is unnecessary and unwarranted in Wisconsin’s financial marketplace.

Second, the bill threatens the privacy by creating a database of all short term loan borrowers. The substitute amendment provided a database was established and maintained through a third party vendor of the Department of Financial Institutions. This database must capture and track all consumer personal information and activity of a specific financial service. This information can expand to personal identifiers such as phone number and other personal financial data. The database is constructed with both jurisdictional and federal laws (in the state and a for profit loan company) that have not shown a good track record of keeping individual’s personal and private information confidential. It directly will WI consumers privacy and opens the door for identity theft.

If you have concerns with the database, write your legislators. This will be the payer for the creation and maintenance of the database through a fee (paid per transaction). Every time a consumer accesses or borrows at a loan company for a dollar to the access the state sponsored database. Whether the consumer accesses it or not, they will be charged an additional dollar for the start-up and maintenance of a database that threatens their privacy.

Perhaps the most oftentimes target of the regulation is the “cooling off period”. The legislation requires a consumer to go through a 15 minute “cooling off period” prior to receiving a loan. This sets a dangerous precedent in which Government requires consumers to wait before receiving a private financial transaction. What’s next? Requiring consumers to wait 15 minutes before taking money in an ATM machine so they both understand the fee they are being charged for withdrawing their own money? The regulation also includes a “cooling off period” after each loan repayment. Consumers who repay their balance and wish to make another loan have to wait an additional 24 hours to be eligible to commence another loan. The borrower will have to make additional time the following day to come back and transact business.

This “Responsible Lending Act” is bad for responsible consumers. Consumer privacy is threatened, the information is another state sponsored database and individuals will lose their right to make personal financial decisions. And perhaps the most limiting part of the regulation is that consumers will be forced to endure an insulting, “cooling off period” before engaging in a personal, financial transaction.

Consumers have an opportunity for their voice to be heard through oppositions who believe they are a responsible consumer to advocate with the March 9 & 10, 2010, public hearing on the short term lending. The public will be held at the Washington Park Senior Center 4420 W. Vliet Street from 4:30 – 8:00 PM.

Marvin Walker, Chairman

**Connect the Dots**

**Payday Reform Legislation limits consumer choices/threatens privacy**

By Donald Sykes, president/CEO

Milwaukee Area Workforce Board, Inc.

**Payday Reform Legislation limits consumer choices/threatens privacy**

This campaign called Journey of a Lifetime. I volunteered on the front line of crisis for pregnant women at risk of losing their baby. As a result of that, my baby was born. Four years later, I was told that I was pregnant again, that my first pregnancy was, in fact, a child who is considered too low birth weight. I also found out that I was pregnant with twins! The American women suffer from a variety of blood clots and obesity, the stress we put on our bodies at this higher risk of not making it to their first birthday.

While working on Journey of a Lifetime, I learned that the increase of stress due to the pregnancy, was told stress was related to the absolute threat of losing my unborn baby. As a result, my daughter was born 4 months and 10 days after I was told that I was pregnant. As a result of that, I was pregnant with twins! I was at risk of struggling with blood clots and obesity, and the stress we put on our bodies at this higher risk of not making it to their first birthday. So we celebrate the achievements of African Americans, here’s something important that we can do.

Every pregnant woman should go see a health provider. Our financial development is normal and is something we don’t have to worry about. We can accomplish this by carrying a baby for the full nine months even before it is born. This is a new program I learned about called Journey of a Lifetime, which provides me with advice weekly on how to care for my body and my newborn baby.

The tools provided by Journey of a Lifetime can improve your child’s chances of learning to read her first birthday.

Andrani Horton

Community Advisory Board Mombas Journey of a Lifetime 6123 West Locust Avenue Milwaukee, WI 53210
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Go to MilwaukeeRecycles.com to learn more!

DO NOT place in recycling carts or bins any of the following:

- Window glass, light bulbs, ceramics or china, styrofoam, plastic bags, #3-7 or unmarked plastics, plastic bottles that contained motor oil or antifreeze, needles or “sharps,” tissue paper or wax/foil/plastic lined paper or trash.

Have questions about recycling? Call (414) 286-3500

The Salvation Army of Greater Milwaukee Salutes the Achievements of African Americans during BLACK HISTORY MONTH

Please empty and rinse all recyclable containers.

The Rebellious Spirit of Michael McGee, Sr. was presented in personal testimonies and a film presentation last week at the Wisconsin Black Historical Society/Museum at 2620 W. Center St. Joining McGee following the presentation and their own roast type testimonies on McGee are (l to r): Ben Johnson, Fred Gordon, J. Allen Stokes, Carl Gee, Michael McGee, Sr, Howard Fuller, Clayborn Benson, Marvin Pratt and Brian Ashby. (Photo by Harry Kemp)

On Thursday, Feb. 18, Fred Hampton’s lawyer Jeffrey Haas, and Bill Hampton, the brother of the charismatic leader of the Black Panther Party who was killed by the Chicago police in 1969 spoke on Fred Hampton’s life and death in the context of police violence, racism and the law. Their talk was held at UWM’s Union, 2200 E. Kenwood.

Haas is the author of the recently released and widely acclaimed book, “The Assassination of Fred Hampton: How the FBI & the Chicago Police Murdered the Black Panther.” Bill Hampton, Fred’s older brother, is a graduate of Roosevelt University, a director of the Midwest Voters Alliance, and president of the Fred Hampton Scholarship Fund.

Haas’s book includes the results of 13 years of litigation, yielding what has been called the best documented case of a domestic assassination by the U.S. government. For more information, see www.Hamptonbook.com and www.peopleslawoffice.com, or contact the Milwaukee Chapter of the National Lawyers Guild, 414-273-1040 ext. 12.

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Volunteer work enriches students and the city

University of Wisconsin-Milwaukee (UWM) junior TraVon Haase doesn’t have any siblings of his own, yet he is a Big Brother. Haase, a junior majoring in business, is one of approximately 70 students participating in Big Brothers Big Sisters of Milwaukee.

Alicia Colon, a first-year student at UWM majoring in social work, volunteers at Fratney School (La Escuela Fratney). “I chose this because I want to work with kids and am also minorities in Spanish, so Fratney seemed to be the perfect fit for me. (The school offers a Spanish-English dual language program.)” Both Haase and Colon found out about volunteer opportunities through UWM’s Center for Volunteerism and Student Leadership (CVSL), which coordinates volunteer programs for students, staff and faculty at the university.

“I became interested in the program even before I got to UWM,” says Haase, who received information about CVSL after he registered. He became a Big Brother to a student at Milwaukee’s South Side’s freshman year, and is currently volunteering with a seventh-grader at Hartford University School near the UWM campus.

“As an only child raised by a single mother, Haase recognized the importance of mentors as models to young boys. “I grew up with just my mom, and I know sometimes you can’t say things to your mom that you might say to another male. I was fortunate to have two uncles who were always there for me.”

UWM students are matched with local schoolchildren (a.k.a. “Littles”) through a Big Brothers Big Sisters program linked with Milwaukee Public Schools. The university students spend time with their Littles at school, talking, doing crafts, playing games and occasionally helping out with homework or projects.

Colon, who’s originally from St. Paul, MN, also heard about the opportunity at Fratney through the CVSL, and now volunteers as a classroom assistant at the school. “A number of other UWM students also work as tutors at Fratney, the United Community Center and other MPS schools through a work-study program.”

“I don’t always work one-on-one with the kids, which makes it harder to notice their individual accomplishments, says Colon. “However, I have noticed and am impressed by how much better the kids are at writing their names and recognizing letters than they were at the beginning of the year. Also, I have noticed that many of the native English-speaking students have become much more comfortable using Spanish.” Colon herself didn’t speak Spanish at home, but is of Puerto Rican heritage and that part of her background inspired her interest in the language.

Colon. “I think I understand the fact that Haase was raised by a single mother probably helped him bond with his Little Brother, Julian, he says. He will continue to volunteer with Julian throughout his college years.”

Continued on Page 12

MOST LAW FIRMS WOULDN’T TAKE CASES THIS DIFFICULT HUPY & ABRAHAM, S.C. HAS STOOD UP FOR THE COMMUNITY FOR DECADES

Largest police brutality settlement in state history

Curtis Harris received a $3 million settlement from the city of Milwaukee. It was approved by the city common council on October 13, 2009. This was the result of a six year legal battle by the lawyers at Hupy & Abraham, S.C.

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Honor Thy History.

The Potawatomi believe that history and culture are a stepping-stone to the future. Past beliefs shape who we are today.

We honor Black History Month as a celebration of cultural contributions.
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- Bevan K. Baker
Commissioner of Health

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Act Now!

Call 211 or visit milwaukee.gov/flu
Over the past decade medical scientists have discovered that foods, spices, and herbs contain a vast quantity of exceptionally powerful plant nutrients that can help to prevent and treat many of our most challenging degenerative diseases. Here are ten compelling reasons why those of us who do not include spices in our meals are missing out on these protective compounds.

1. Antioxidant activity: Spices are among the healthiest and most delicious antioxidant compounds. Many of the phytochemicals found in spices act as potent preventive agents against cancer by defending DNA against free radicals and other toxins. They prevent the over-production of toxic chemicals within the body, assist the body’s detoxification processes and modulate a range of mechanisms involved in the development of cancer. Spices can also act as powerful treatments for certain types of cancer. Some spices enhance the effects of the traditional cancer treatments of radiotherapy and chemotherapy, as well as reducing the toxic effects of these therapies. The most important antioxidant spices are anise, basil, black pepper, caraway, cumin, fennel, garlic, ginger, green tea, mustard, rosemary and turmeric.

2. Inflammation: There is a pervasive type of systemic inflammation underlying a wide range of chronic diseases and causes damage to most tissues and organs. This type of inflammation may be caused by a number of factors including obesity, infection, gum disease, toxins and autoimmune diseases. The phytochemicals found in spices can reduce the pathological effects of inflammation by acting against each of these contributory factors as well as by direct anti-inflammatory action. The most potent anti-inflammatory spices are bay leaf, garlic, ginger, oregano, rosemary, thyme and turmeric.

3. Immune System: A healthy immune system is vital for the prevention of cancer, infections and other diseases. Although our immune systems weaken as we age, we can counter this by eating a diet rich in spice-based immune boosting compounds. These will help aid our aging immune systems; help fight off cancer, infections and prevent the development of autoimmune disorders such as rheumatoid arthritis, lupus etc. Spices particularly rich in immunomodulating phytochemicals are black pepper and garlic.

4. Toxins: We are continuously exposed to a number of toxins - from environmental pollutants to the cancer-causing chemicals found in certain foods, such as red meat. While the body has mechanisms to deal with a limited variety and quantity of toxins, it needs additional help to counter sustained levels of these substances. Spice-derived compounds are extremely effective in augmenting the body’s mechanisms for combatting toxins. Spices such as mustard, fennel, caraway, coriander, garlic, ginger and turmeric neutralize a wide variety of environmental carcinogens and toxins.

5. Cancer: The fundamental cause of cancer is DNA damage that can occur as a result of aging, genetic susceptibility, and exposure to toxins. Many of the phytochemicals found in spices act as potent preventive agents against cancer by defending DNA against free radicals and other toxins. They prevent the over-production of toxic chemicals within the body, assist the body’s detoxification processes and modulate a range of mechanisms involved in the development of cancer. Spices can also act as powerful treatments for certain types of cancer. Some spices enhance the effects of the traditional cancer treatments of radiotherapy and chemotherapy, as well as reducing the toxic effects of these therapies. The most important anticancer spices are anise, basil, black pepper, caraway, cumin, fennel, garlic, ginger, green tea, mustard, rosemary and turmeric.

6. Diabetes: The phytochemicals found in spices help control many of the pathological mechanisms that underlie diabetes and metabolic syndrome. Cinnamon, fenugreek, anise, garlic, ginger and capsaicin are the spices most effective in lowering blood glucose and abnormal lipid blood profiles. The myriad of antioxidant compounds in spices also help to protect against oxidative stress, which causes severe oxidative damage to which all diabetes suffers are subjected.

7. Alzheimer’s Disease: The precise cause of Alzheimer’s disease is unknown. However, several factors such as oxidative stress, inflammation and the accumulation of toxins in the brain are known to be associated with its development. Communities that include high levels of spices in their diets have lower incidences of Alzheimer’s disease than those who do not do so. Cumin, rosemary, garlic and ginger show impressive protective and curative effects against this disease. Their beneficial effects include anti-inflammatory and anti-toxic effects as well as contribute to their position as the most important food group in the prevention of Alzheimer’s disease.

8. Heart Disease: Cardiovascular disease is associated with a range of factors including high cholesterol and triglyceride levels, high blood pressure, sticky platelets, obesity, smoking, diabetes, and chronic inflammatory conditions. Spices are powerful preventive agents against cardiovascular disease as well as mostly risk factors as well as other diseases and pathological processes as associated with this condition. Caper, cinnamon, coriander, garlic, ginger, thyme, turmeric, fennel, and oregano.

9. Macular Degeneration: The disease of the eyes that is found predominantly in elderly people and is the leading cause of central vision loss in the USA for those over the age of 50 years. Several very large studies have shown conclusively that those individuals who eat a diet rich in antioxidants reduce their risk of developing macular degeneration by up to 35 percent.

10. Aging: Aging is a complex, multifaceted process that is influenced by both genetic and environmental factors. The processes underlying aging such as oxidative stress and inflammation are common to many age related diseases such as those mentioned above. Therefore the aging process can be retarded by foods, such as spices, that contain high levels of antioxidants, anti-inflammatory and other protective compounds.

Spices: 10 reasons why they are vital for your health

Research to study the effectiveness of the hormone progesterone in reducing brain damage in patients with moderate to severe traumatic brain injury in Milwaukee County, called the PROTECT III Trial, will begin March 2010. Traumatic Brain Injury contributes significantly to the death and disability of millions of United States citizens. The medication will be administered by Froedtert Hospital staff. The standard of care will be equal to current standards. This study meets the FDA guidelines for exception to informed consent under emergency circumstances because prior informed consent cannot be obtained from a person experiencing traumatic brain injury. For details, on the risks and benefits, exception from informed consent under emergency circumstances, up-to-bracketed and other aspects of the study please call Dr. Tom Auldsherde at (414) 809-6459, email at auldsherde@mcw.edu, or visit the WEB site at www.mcw.edu/protect.

Public Disclosure

You should be aware that African Americans have a higher rate of high blood pressure and a higher risk of heart disease than Caucasians! Heart disease risk is also higher among Mexican Americans, American Indians, Native Hawaiians and some Asian Americans.

Spices and Herbs

Heart disease includes high blood pressure, coronary artery disease and clogging of the arteries. You can reduce or control many of these conditions by:

• Quitting smoking
• Controlling stress, diabetes, diet and exercise
• Limiting alcohol use

For more information, contact your primary care physician. If you do not have a primary care physician, please contact one of the two community clinics listed below or call the Medical Line.

Milwaukee County's Community Healthline, 414-931-2121

Willenda Edwards, MD, MBA
110th President of the National Medical Association

As president of the largest and oldest organization representing African American physicians in the United States, Dr. Willenda Edwards has pledged her commitment to eliminating health disparities, increasing the pipeline for physicians of color and promoting cultural competence.

• Dr. Edwards has held national offices in both the NMA and the American Medical Association; in 1993 she was the first woman to serve concurrently as president of both local societies.
• A former chair of the NMA Health Policy Committee, Dr. Edwards recognizes that 2010 is the year “the doors are aligned” to bring national attention to healthcare and its disparities in underserved communities.
• As the national director of NACCP’s Advocacy Division, Dr. Edwards was instrumental in bringing end-of-life care to the national organization’s agenda.
• Dr. Edwards is forging strong relationships with leading health care organizations, including the National Hispanic Medical Association, the Congressional Black Caucus, Congressional Tri-Caucus and the AMA.
Blessed is he whose help is the God of Jacob, whose hope is in the LORD his God, the Maker of heaven and earth, the sea, and everything in them—the LORD, who remains faithful forever. Psalm 146:5-6 NIV

OBITUARIES & ANOINTED MINISTRIES

YMCA Metropolitan Milwaukee Black Achievers’ celebrate Black History Month with annual Heritage Bowl

More than 15,000 citizens and community-based organizations support the Wisconsin Coalition for Consumer Choice (WCCC), an advocacy organization committed to promoting personal responsibility and protecting individual freedoms, consumer choices and privacy.

Ms. Jessie Mae Kimbrough passed into Eternal Life on 02/08/2010 at the age of 56 years old. Pending arrangements entrusted to The New Pitts Mortuary, 2031 West Capitol Drive, 414-447-6000. Interment Private.

Mr. Alex V. Gregory, Jr. passed into Eternal Life on 02/22/2010 at the age of 68 years old. Pending arrangements entrusted to The New Pitts Mortuary, 2031 West Capitol Drive, 414-447-6000.

Mr. Raymond Fleming passed into Eternal Life on 02/23/2010 at the age of 79 years old. Combined services held on Wednesday, February 24th, 2010 at 1:00 PM in the sanctuary of Victory Temple Baptist Church, 2909 North 20th Street, 414-447-6000.

Mr. Elizabeth Gray passed into Eternal Life on 02/17/2010 at the age of 21 years old. Pending arrangements entrusted to The New Pitts Mortuary, 2031 West Capitol Drive, 414-447-6000.

Mr. Robert S. Jones passed into Eternal Life on 02/16/2010 at the age of 83 years old. A Memorial service will be held Wednesday, February 24, 2010 at 1 PM in the sanctuary of Victory Temple Baptist Church, 810 West Appleton Avenue. Arrangements entrusted to East Chapel, 2031 West Capitol Drive.

Since leaders to its alumni list. "We ask our teens what we need to do to keep young people interested," says Key. "All of our programs are built around what members told us they wanted to do. Their interests are varied. We work with them to become better citizens, to see great ideas and very talented individuals emerging." According to Key, Club programs fall into three main areas of focus: academic success, civic engagement and health and life skills. Key describes the format as fun learning and cites the program, "My Lyrics," as an example. In it, members take popular songs with negative words and change them to positive lyrics that promote community building. Overall, Key says the biggest attraction to the Club is how it makes teenagers feel. "Our members keep coming back and bringing their friends because they have fun and they feel safe. Not just physically safe but emotionally safe too," says Key. "They can be themselves and not be judged."

Boys & Girls Clubs of Milwaukee has been a leader in helping young people succeed and reach their potential since 1874. Serving Greater Milwaukee is the oldest and largest youth-serving organization in the United States. Our mission is to enable all young people , especially members of underserved communities, to realize their full potential as productive, caring, responsible citizens. Boys & Girls Clubs of Milwaukee is the district and largest youth-serving agency in Milwaukee. Serving more than 33,000 members, it offers after-school and summer programming for children ages 5-18. Visit Club’s Web site at www.boysandgirls.org.
**Admission Advisor and Terminal Managers**

The University of Wisconsin-Platteville Office of Prospective Student Services invites applications for academic and terminal admission advisors. 

**Position:** Admission Advisor and Terminal Managers (Start dates: July 7, 2010). 

**Scope:** This position requires a bachelor's degree in the time of the start date for this position. The successful candidate must demonstrate undergraduate experience in the reviewing of admission applications and as a demonstrated ability in successful planning and organizing events and activities. Experience with or a commitment to diverse populations. Employment requires a commitment to the University of Wisconsin-Platteville’s mission of involving students as partners in the process as well as application instructions can be found at the UW-Platteville Web site: www.uwp.edu/services/emp/emp/APPB10.htm.

**The University of Wisconsin-Platteville, an equal opportunity, affirmative action employer, actively encourages and encourages applications from women and persons of color.**

**Essential Duties:** 
Interpersonal skills including sound interviewing and conflict resolution skills.

**Required Qualifications:** 

1. A bachelor’s degree in a related field.
2. Excellent bi-lingual communication skills in one or more of the following languages: Spanish, Hmong, Vietnamese, Burmese, Somali, Croatian, Serbian, Serbian, Croatian, Russian, Somali, etc.
3. Ability to provide excellent translation services, present information, respond to questions from clients and sound interviewing techniques.

**Desired Qualifications:**

1. An additional bachelor’s degree in a related field.

**Salary:** 
Salary will be commensurate with qualifications and experience.

**Application Deadline:**

Applications will be accepted through February 23, 2010. Applications are to be submitted electronically to the Human Resources Office, Division of Facilities and Maintenance, via the UW-Platteville Job Application System (JAS) at www.uwp.edu/services/emp/emp/APPB10.htm. Questions about the position may be directed to the Human Resources Office, 505 Cope Lane, Room 200, Platteville, WI 53818-1038, (608) 348-2202.

**Anticipated Start Date:**

July 7, 2010

**Deadline:**

February 23, 2010

**OFFICIAL ADVERTISEMENT**

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OFFICIAL ADVERTISEMENT

Office of the Milwaukee Public Schools, DIVISION OF FACILITIES AND MAINTENANCE SERVICES, 1124 N. 11th St., Milwaukee, Wisconsin, February 23, 2010

Sealed proposals will be received at 1124 N. 11th St., directed to the attention of Ms. Gina M. Spang, Director of the Division of Facilities and Maintenance Services, pursuant to Section 119.52(3) Wisconsin Statutes, until Thursday, March 18, 2010 at 1:30 P.M., in accordance with plans and specifications for the following work:

- Masonry Chimney Restoration
- Educational Activities: 10 Hours
- Paid Employment: 300 Hours

Call AE Graphics 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 AE Graphics, Inc. Plans and specifications may be examined at the Facilities and Maintenance Services’ office. Bid documents may not be examined at AE Graphics, Inc. Plans and specifications may also be viewed online at AE 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 informality.

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, 283-4611.

MAILING CHARGE: $35.00

10757975/2-23-3-2-3-4-16

Superintendent.

WILLIAM G. ANDREKOPOULOS, Superintendent.

OFFICIAL ADVERTISEMENT

Office of the Milwaukee Public Schools, DIVISION OF FACILITIES AND MAINTENANCE SERVICES, 1124 N. 11th St., Milwaukee, Wisconsin, February 23, 2010

Sealed proposals will be received at 1124 N. 11th St., directed to the attention of Ms. Gina M. Spang, Director of the Division of Facilities and Maintenance Services, pursuant to Section 119.52(3) Wisconsin Statutes, until Thursday, March 25, 2010 at 1:30 P.M., in accordance with plans and specifications for the following work:

- Building Maintenance Services

Call AE Graphics 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 AE Graphics, Inc. Plans and specifications may be examined at the Facilities and Maintenance Services’ office. Bid documents may not be examined at AE Graphics, Inc. Plans and specifications may also be viewed online at AE Graphics, Inc. @ www.aegraphics.com.

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Superintendent.

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INVESTED in the COMMUNITY

EDUCATION. Guided by our vision to be the best beer company in America, MillerCoors is committed to inspire and develop the next generation of great American leaders. Our community investment strategies focus on connecting and investing with organizations that provide merit scholarships and leadership resources to deserving college students and community leaders. The goal is to empower them to graduate and lead. For more information on our community involvement please visit www.millercoors.com