The Science
Of Smiles,
Real and Fake

Article from a July 1, 2019 NPR "Morning Edition" broadcast

The notion that you can
smile your way to happiness
is an enduring one.

Back in the 1800s, Charles Darwin
was among the first to come up with
what modern scientists further developed
into the "facial feedback hypothesis."

That's the idea that smiling can make you
happier and frowning can make you
dadder or angrier — that changing your facial
expression can intensify or even transform
your mood.

Dick Van Dyke sang about the phenomenon
— and so did Nat King Cole. And it is
still taught in psychology classes today.

But researchers are now finding that this
phenomenon may be more complicated
than they once thought.

A recent study that reviewed around 50
years of data, including the results of nearly
300 experiments testing the facial feedback
theory, has found that if smiling boosts happiness, it's only by a tiny bit.

After crunching all the numbers, the researchers say their results suggest that if
100 people smiled — all else equal among them — only about seven might expect to
feel happier than if they hadn't smiled.

The study also looked at the effects of a number of other facial expressions, including
screwing and frowning, and tried to more
generally understand the extent to which
positive facial expressions create positive emotions and negative facial expressions
create negative emotions.

In each case, "the effects were extremely
tiny," says Nick Coles, a social psychology
Ph.D. candidate at the University of Ten-
nessessee, Knoxville, who led the study.

The results, published in the June issue of Psychological Bulletin, add to a debate that has
been ongoing "for at least 100 years —
since the dawn of psychology," Coles says.

That debate over whether the simple act of moving one's facial muscles into
the shape of a smile can make one feel happier
has grown especially heated in the past few
years. In another study, published in 2016, 17 labs
around the globe failed to replicate a seminal piece
of research that had originally demonstrated a link
between smiling and emotion.

That original study, published in 1988, found that people who were told to hold a pen
between their teeth — forcing their faces into the shape of a smile — rated car-
toons as funnier than did those who held a pen between their lips to make a pouty face. The participants didn't realize they were
smiling or pouting — they believed they were
testing out methods that disabled peo-
ple could use to write.

"It was the first study that demonstrated
that smiling could influence emotions even
if the participants were not aware that they
were actually smiling," Coles explains.

So it was a big blow when so many labs
failed to reproduce the results. Still, in 2018,
when researchers in Israel reran the exper-
iment once more, they were able to replicate the results — as long as the participants
(continued on page 4)
City of Milwaukee Health Department Reveals New Brand Identity

In an effort to reflect the forward-moving direction of the City of Milwaukee Health Department (MHD), residents, community leaders, and city staff have selected a new identity.

It has been over a decade since the department has gone through a re-brand. The purpose of this re-brand was for the community to clearly and positively understand programs and services provided by the MHD, and to represent the MHD’s commitment to advancing the health and equity of Milwaukeeans through science, innovation, and leadership.

Dr. Jeanette Kowalik explains, “Rebranding the MHD is essential to moving forward. Symbolism matters. We are grateful for everyone that took the time to vote, providing detailed feedback and ideas on the three brand options. We’re entering a new phase as a department, growing, moving forward. This rebrand attempts to capture who we are and where we are going, so the public can begin to associate trust, reliability, quality customer service, expertise, and value with MHD. The timing of this rebrand was related to reinstating our annual Back-to-School Health Fairs in August as well as the 1 year mark for the change in leadership.”

The new MHD logo represents the diversity and inter-connection of the department’s programs, partners and city residents. The logo mark includes the MHD initials, and those shapes also come together to represent the flowing rivers through the downtown, the green spaces of the urban environment, a heart that represents the mission to advance the health and equity of everyone in our community, and a yin yang which in Chinese philosophy represents balance and wholeness. These all flow together into a circle, a shape of unity. Additionally, the colors also have meaning; blue and green represent life, growth, wellbeing.

City of Milwaukee Health Department

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Dr. Jeanette Kowalik,
City of Milwaukee Health Department

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The Weekend Edition•HEALTH&WELLNESS•July 12, 2019 Page 3

Health Consequences of the Affordable Housing Crisis

(continued from cover page)

These longstanding housing problems have been intensified by the spectacular rise in housing prices over the past several decades, which has left many families struggling to afford a place to live. Rents have risen faster than inflation since the 1980s, accelerating in the 2000s and really taking off since 2010. Home prices rose to unprecedented levels during the boom of the 2000s, tumbled with the foreclosure crisis of 2008, and have now reached new heights. Housing affordability issues now extend beyond expensive coastal cities: a recent Pew study found increases in severely cost-burdened households throughout rural America.

After paying their rent or mortgage, cost-burdened families have little left over for other necessities such as food and medicine. Some face the choice of losing their homes, facing the trauma of eviction or foreclosure, and the prospect of moving into motels, garages, trailers, cars, or onto the street. Children growing up in unstable housing situations are at increased risk for developmental delays and hospitalizations, and adults’ physical and mental health often deteriorates as well. Rising housing prices also worsen disparities in access to healthy housing and neighborhoods, which predictably fall along lines of race and class.

While the Fair Housing Act of 1968 prohibits overt discrimination by government agencies and mortgage lenders, racial practices continue. Real estate agents commonly steer Black and Latino homebuyers away from homes for sale in mostly White neighborhoods. Black and Latino mortgage applicants are much more likely to be denied a loan than White applicants.

These disadvantages compound across generations. Families excluded from homeownership have missed out on decades of wealth accumulation. This leaves parents with less capital to help their children purchase a home—and parental assistance is often necessary for young people to buy a home in today’s overheated housing markets.

As a result, America’s legacy of segregation is alive and well. While racial segregation declined somewhat after the Fair Housing Act, it has been climbing again since the 1980s. And economic segregation has widened in cities across the country, wealthy and higher-income people increasingly clustering together, leaving poorer people to live in poorer neighborhoods.

People living in economically distressed neighborhoods are often exposed to multiple environmental hazards on a daily basis, from pollutants in the air, water, or soil to the stressors of constant noise or the threat of violence. The toll adds up. There is evidence that children who grow up in disadvantaged neighborhoods are more likely to experience a range of health problems throughout adolescence and adulthood, including obesity, depression and other mental health disorders, cardiovascular disease and premature death. And researchers have found that when exposed to similar levels of air pollution, older adults who live in more stressful neighborhoods have reduced cognitive function compared with those who live in less stressful places.

Of course, housing and neighborhoods can also support good health. Some vibrant communities offer resources such as green open spaces for walking and recreation, top-notch schools, health care facilities and grocery stores. The problem is that these neighborhoods are few and far between in U.S. cities, and those fortunate enough to live there tend to discourage newcomers by opposing nearby housing development. As income inequality and economic segregation grow, the gap widens between health outcomes for the rich and poor. The housing affordability crisis affects health and well-being at every stage of life—from children growing up in unstable and stressful environments, to young adults moving back in with their parents because they cannot afford housing on their own, to aging renters and homeowners on fixed incomes trying to find a place to live.

To ensure that future generations have a chance at a healthy future, we need to address housing needs, starting with policies that protect vulnerable tenants and homeowners. Any long-term solution will require sustained investments in aging housing and struggling neighborhoods, not motivated by profit but by the well-being of the people who live there.

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The Science Of Smiles, Real And Fake
(continued from cover page)

Part of the reason for the disparate findings may be that there are lots of different kinds of smiles, Niedenthal says. Not all smiles are genuine smiles of joy. Some smiles are sarcastic — more like smirks. Some smiles beam.

Others simper. There are subtle differences in the dynamics of each expression, and they’re hard to re-create in a lab — with or without the aid of a pen.

Moreover, though most lab studies have found that there’s no harm in smiling, recent research has found that, over time, habitually forcing your expression into the shape of a smile can have a negative effect.

For example, still another study published this year found that service workers who felt compelled to slap on a smile for customers all day had a higher risk of heavy drinking after work. That may be because disgruntled employees forced to provide service with a smile are unlikely to be wearing genuine, joyful grins, the researchers say.

“We should continue to look into this area, at the very least,” Niedenthal says. All told, the cumulative research does seem to show that facial expressions have some effect on emotions. What’s left to do now, she says, is to tease out the mechanisms and subtleties.

In the meantime, maybe hold back on telling people to turn their frowns upside down, Coles advises.

“Because, I know when I’m sad and people tell me to smile, it just makes me more angry,” he says. And as far as the research indicates, “smiling is not going to make any important difference in your life.”

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DATE: August 21, 2019
TIME: 2:00 PM
PLACE: ROOM 512 – Milwaukee County Courthouse
400 S. First St.
Milwaukee, Wisconsin 53233
BEFORE: William Sonisky, Circuit Court Commissioner

You are hereby notified that JOHNNY GLASS, pro se, will ask the court to reopen this matter.

A hearing will be held on this request as follows:

DATE: August 21, 2019
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You are hereby notified that JOHNNY GLASS, pro se, will ask the court to reopen this matter.
SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV004424

In the matter of the name change of: WILIE DARRYL TUNSTALL
Birth Certificate: PHOENYX ANNE CASTANEDA

By (Petitioner) CODY CANDRA CASTANEDA
A petition was filed asking to change the name of the person listed above:
From: PHOENYX ANNE CASTANEDA
To: WILIE DARRYL TUNSTALL

By (Respondent) JATORYONA SUBRINA R RICE
A petition was filed asking to change the name of the person listed above:
From: JATORYONA SUBRINA R RICE To: WILIE DARRYL TUNSTALL

This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge’s Name: HON. KEVIN E. MARTENS
Date: 6-28-19
Place: 901 N. 9th Street, ROOM 413, Milwaukee, Wisconsin, 53233
Date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.

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: 6-17-19
By the COURT:
HON. WILLIAM SOSNAY
Circuit Court Judge
01-1657-5-12-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV004430

In the matter of the name change of: JATORYONA SUBRINA R RICE
Birth Certificate: PHOENYX ANNE CASTANEDA

By (Petitioner) JATORYONA SUBRINA R RICE
A petition was filed asking to change the name of the person listed above:
From: JATORYONA SUBRINA R RICE To: JATORYONA SUBRINA R BOATMAN

This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge’s Name: HON. KEVIN E. MARTENS
Date: 6-28-19
Place: 901 N. 9th Street, ROOM 413, Milwaukee, Wisconsin, 53233
Date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.

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: 6-17-19
By the COURT:
HON. PAUL R. VAN GRUNSVEN
Circuit Court Judge
01-1637-5-12-19

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV004440

In the matter of the name change of: KAZIMIR MLSNA ZEBROWSKI
Birth Certificate: MICHAEL SCOTT NOE

By (Petitioner) AYANNA CHAYANNE BRACHET
A petition was filed asking to change the name of the person listed above:
From: AYANNA CHAYANNE BRACHET To: AYANNA AZIRLE BANT ISRAEL

This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge’s Name: HON. WILLIAM SOSNAY
Place: 901 N. 9th Street, ROOM 401, Milwaukee, Wisconsin, 53233
Date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.

IT IS 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: 6-21-19
By the COURT:
HON. PAUL R. VAN GRUNSVEN
Circuit Court Judge
01-1606-28/7-5-12-19

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV004479

In the matter of the name change of: CASEY MILLER KRUSE
Birth Certificate: CASEY MILLER KRUSE

By (Petitioner) KAZIMIR MLSNA ZEBROWSKI
A petition was filed asking to change the name of the person listed above:
From: CASEY MILLER KRUSE To: KAZIMIR MLSNA ZEBROWSKI

This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
Judge’s Name: HON. WILLIAM SOSNAY
Place: 901 N. 9th Street, ROOM 412, Milwaukee, Wisconsin, 53233
Date of the hearing in the Milwaukee Community Journal, a newspaper published in Milwaukee County, State of Wisconsin.

IT IS 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: 6-21-19
By the COURT:
HON. WILLIAM SOSNAY
Circuit Court Judge
01-1576-28/7-5-12-19
...the Black press is a form of communication that is vital to our community because Black newspapers...Black media in general...highlight the positives within Black America that, sadly, don’t get shown by the majority run media outlets that dwell on the negatives of our lives.

—MCJ Editor Thomas Mitchell, Jr. (Excerpted from the newspaper’s December 26, 2018 edition)