

WEEKEND EDITION

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HEALTH & WELLNESS

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

MHSI gives thanks by giving!



Milwaukee Health Services, Inc. (MHSI) showed how thankful they are for another successful year working hard to meet the healthcare needs of the community by recently giving away turkeys with all the fixings for the eighth time. MHSI also provided health screenings. The giveaway was held at MHSI's MLK Heritage Health Center, 2555 N. Dr. Martin Luther King Drive. Approximately 50,000 bags of groceries that will feed 1,600 families on the big day. A number of local businesses and community organizations helped with the effort.
—Photos by Yvonne Kemp



Practicing healthy eating strategies for that holiday meal!

“Being enriched in every thing to all bountifulness, which causeth through us thanksgiving to God.”
— 2 Corinthians 9:11



MILWAUKEE COMMUNITY JOURNAL WEEKEND EDITION

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Opinion and comments expressed on the Perspectives page do not necessarily reflect the views of the publisher or management of the MCJ. Letters and “other perspectives” are accepted but may be edited for content and length.

Get Insured

Affordable health insurance is available for you

Sign up for health insurance by visiting HealthCare.gov between Friday, Nov. 1 and Sunday, Dec. 15.

- Compare healthcare plans and prices so you can make a healthy choice today.
- Find out if you qualify for savings on health coverage by providing your household size and zip code. You could be eligible for lower-cost or free coverage.
- Learn about a tax credit that can immediately help pay your premiums for health coverage.

Visit HealthCare.gov

Need additional support?
Find a Community Event with free help:
Visit www.coveringwi.org/enroll
for a full calendar of in-person events.

Ways to sign up

-  Visit healthcare.gov to begin the enrollment process
-  Contact the Marketplace Call Center:
1-800-318-2596
(TTY: 1-855-889-4325)
-  We can help! Call:
414-585-3195 or
866-972-4687 or 211
-  Llame a nuestro centro de ayuda gratis al
1-800-318-2596
-  For all other languages, call 1-800-318-2596;
- Ascension Wisconsin hospitals and physicians participate in:
Molina Healthcare Network Health Plan Together with CCHP
- Common Ground Envision includes only Ascension St. Joseph





5X SUNDAYS DEC. 1-22 POINTS

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Light up the holiday season earning 5X slot points on four Sundays in December. Just play your favorite games with your Club card each date to max your fun.

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No one ever said Thanksgiving and other holiday dinners were healthy. But there are certain tricks to make it a little healthier—and to avoid riding out an uncomfortable turkey-and-stuffing-induced food coma on the couch for the rest of the night.

Whether you're doling out your own portions, or you're at the mercy of Aunt Ida passing out plates piled high with "a little bit of everything," these delicious ideas from nutrition and fitness experts will help you make the best possible choices (and feel great) this Thanksgiving Day.

Make it a three-meal day.

Wake up on Thanksgiving or Christmas with the mindset that you're having breakfast, lunch, and dinner that day, and you'll be less likely to stuff yourself at the big meal, says Willow Jarosh, of C&J Nutrition.

"I always eat breakfast and a snack early in the day," she says. "We usually eat around 1 p.m., so our Thanksgiving or Christmas meal is like lunch.

"I also always plan to eat dinner, which mentally sets me up to leave the main Thanksgiving meal satisfied but not stuffed, so that I'll be hungry again by dinnertime."

Go ahead—splurge (on your favorites).

If appetizers are your thing, grab a plate and fill up. No sense saving yourself for the main meal if turkey and trimmings leave you cold. "I tend to go overboard on the cheese and crackers beforehand," says Emily Dingmann, of A Nutritionist Eats.

"We always have an amazing cheese board and it's one of my favorite foods."

To balance her pre-meal indulgence, Dingmann fills her dinner plate with a healthy one-quarter protein, one-quarter starches (including squash), and one-half vegetables. "I'm always in charge of a kale dish, because no one trusts a nutritionist to bring the dessert!" jokes Dingmann, who brings her Lemon Kale Salad every year. "It's bright and acidic, and the perfect accompaniment to a heavy meal."

Earn the bird.

"I love planning a family hike or walk before all the fun food makes its way to the table," says Elisha Villanueva, founder of fitness and wellness site Flex It Pink. "I call it our 'earn the bird' activity."

"Moving during the day makes Villanueva feel better about indulging in her favorite three desserts later on: "Pumpkin pie, pecan pie, and apple pie!

"I don't want to miss out on anything, so a



Avoid a Holiday Food Coma This Year With These Healthy Eating Strategies

Thanksgiving and Christmas is no holiday for deprivation, but there are a few easy ways to make it through the meal without overdoing it.

By Betty Gold,
article courtesy of [realsimple.com](https://www.realsimple.com),
posted Nov. 18, 2019

"I always eat breakfast and a snack early in the day," she says. "We usually eat around 1 p.m., so our Thanksgiving (or holiday) meal is like lunch. I also always plan to eat dinner, which mentally sets me up to leave the main Thanksgiving meal satisfied but not stuffed, so that I'll be hungry again by dinnertime."

—Willow Jarosh of C&J Nutrition

little trio sampler will do." While you won't

burn off all the calories from the meal no matter how many rounds of front-lawn football or neighborhood laps you log, there are other benefits to being active.

Exercising before the meal puts you in the positive mindset to eat with an eye toward health, and exercising afterward can help banish that uncomfortably full feeling.

Start with soup.

Pour yourself a bowl of seasonal veggie soup, suggests Katherine Tallmadge, RD, author of *Diet Simple: 195 Mental Tricks, Substitutions, Habits & Inspirations*.

She recommends a butternut squash soup, or a broccoli and carrot soup with potatoes and thyme.

Kicking off your meal with soup will help you slow down while eating, and research has shown it may help you avoid overdoing it at the main event.

Rethink how you get your flavor fix.

Fitness expert and ACE-certified health

coach Jessica Matthews loves cranberries. What she does not love is all the sugar that goes into traditional cranberry sauce.

So the assistant professor of health and science at Miramar College in San Diego found a way to get that sweet-tart punch onto her plate: "I can get the cranberry taste I love by adding cranberries into braised greens like kale or Swiss chard instead of eating them from a can," she says. That way I fill up on greens without excessive sugar, and still enjoy a favorite Thanksgiving flavor."

Make smart swaps.

Let's be honest: mashed potatoes' appeal is more about the lush, smooth texture than any standout flavor. That—and the fact that they're a perfect vehicle for gravy. So do what nutritionist Susan Dopart does, and serve pureed cauliflower instead.

The cruciferous vegetable boasts six times the vitamin C, more than twice the fiber, and nearly twice the potassium of a standard spud.

"And I actually think mashed cauliflower is tastier," Dopart says. She also makes a veggie- and whole grain-rich mushroom, squash, and wild rice dressing instead of a traditional bread stuffing.

Pile your plate with veggies.

Fill up 50 percent of your plate with non-starchy veggies. This may include Brussels sprouts, green beans, carrots, bell peppers, or a green salad, says Lori Zanini, RD.

In charge of the prep? Put colorful vegetables together in dishes and use herbs and spices to flavor them, like cooked carrots with cumin or Brussels sprouts with garlic.

You can also add a healthy twist to classic comfort foods, like replacing green bean casserole with some grilled green beans flavored with garlic and red pepper flakes, Zanini says.

Go back for seconds.

It's the best part. You can fill your plate twice and still feel great, according to Kristy Del Coro, Senior Culinary Nutritionist for SPE Certified. "I look forward to a second helping at Thanksgiving (or any other holiday time)," Del Coro says proudly. She typically grabs a smaller plate (think salad plate, not dinner plate), then piles it with a little of each dish.

"Vegetables first, then protein, then carbs—sweet potato or stuffing or a mixed casserole of some kind," she explains.

"By filling your plate with veggies first, you end up having less room for the more decadent items, but you still get to try them."

Once she's sampled everything, Del Coro has time to think about what she'd like more of. "The reality of Thanksgiving (and other holiday meals) is that it's a nice, long drawn-out meal, so you can end up getting up again for more food."

The TOP FIVE Interesting Facts to Get You Motivated for a HEALTHY NEW YEAR

The holidays are here and it's a time of celebration with friends, family, and lots of food. Its easy to forget about eating healthy and the extra pounds that come along. Here are 5 interesting facts to get you motivated and back on track in the New Year and to keep onto top of any fitness resolutions.

7,000 CALORIES

The average number of calories a person eats on Christmas Day. (more than 3x the recommended amount)



300 MILLION

The number of cookies Santa Claus eats on Christmas Eve.



350 CALORIES

The number of calories in just one (non-alcoholic) cup of egg nog.



MORE THAN 20%

The number of people who have a New Year's Resolution to lose weight and get fit.



2% OF YOUR DAY

The amount of time you need to devote for a one hour workout.



15% INCREASED PERFORMANCE

The amount the average performance increases while listening to music.



80% REDUCTION

The amount you will reduce your chance of heart disease if you were more physically active.



1.5 CUPS

The amount of vegetables you need to eat each day to achieve proper nutrition and health.



1.5 CUPS

The amount of vegetables you need to eat each day to achieve proper nutrition and health.



MORE THAN 80%

The number of people who have a resolution to lose weight and get fit fail by February.




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MILWAUKEE COMMUNITY JOURNAL
WEEKEND FIRST SUNDAY EDITION
VOL. XXXVI NO.31 OCT. 5, 2018 50 CENTS

FIRST SUNDAY
NEWS & VIEWS ON THE FAITH-BASED COMMUNITY

SOULS TO THE POLLS!
Army of Ministers Lead House-to-House Canvass on Milwaukee's North Side

Central City religious leaders from diverse denominations mobilized voters for Nov.6

More than 40 Ministers from City of Milwaukee churches convened at Canaan Missionary Baptist Church - 2975 North 11th Street -- to hold a press conference before they launched a massive canvass door-to-door effort.

Ministers and members of their congregations knocked on every door in an 80 square block area urging people to vote on November 6 and leaving information on where and when they can vote.

According to Rev. Greg Lewis of St. Gabriel's Church of God in Christ, "Our people must use their votes as a megaphone to call for jobs, health care, police accountability, safe streets, and quality schools. Our religious community has a moral imperative to work together to make a difference in who makes decisions that can help or hurt us." --Rev. Greg Lewis (pictured above), Assistant Pastor at St. Gabriel's Church of God in Christ

"In 2016, we are going to show political leaders that our voting block matters and we better be a priority in the future."

The canvass went south from Chambers Street to North Avenue.

Souls to the Polls is a network of Churches building a groundswell of voters in 2018.

For more information, please call Rev. Greg Lewis at (414) 324-1929 or email at lewis@stgabrielschurch.com

See Page 2 to learn about our restructured Weekend Edition focus line-up

FIRST SUNDAY

The NEW MCJ Weekend focus on the news and views in Milwaukee's Faith-Based Community

If you have news about your church and its activities and outreach efforts, we'd like for you to place it in "First Sunday," the new edition to the Weekend Edition that will appear in area churches on or before the first Sunday of each month. The information will also appear on the religious page of the MILWAUKEE COMMUNITY JOURNAL. This new focus joins the Weekend Edition focus family, and is part of our restructured roster of focuses, which includes: "Family Time," "Health & Wellness," "In The Black" (business and personal finance).

Below is the list of things we would like you to include when sending us your news! Email your event news to: editorial@milwaukeecommunityjournal.com

We look forward to hearing from you and putting your "good news" in the Milwaukee Community Journal.

Sunday has its own newspaper

- WHO:** (The name of your church)
- WHAT:** (What religious or non-religious event are you holding or sponsoring at your church)
- WHERE:** (The location of your church [the address])
- WHEN:** (Day, Date, and Time)
- WHY:** (Why is this event being held and the person or group, in or outside the church, who will benefit)

Read FIRST SUNDAY online at milwaukeecommunityjournal.com

The Legals & Classifieds

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV008938

In the matter of the name change of: MARGARET MARY ENGELBERT By (Petitioner) MARGARET MARY ENGELBERT A petition was filed asking to change the name of the person listed above: From: MARGARET CELIA BENZING To: MARGARET MARY ENGELBERT Birth Certificate: MARGARET CELIA BENZING IT IS ORDERED: This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin. Judge's Name: HON. CHRISTOPHER R. FOLEY PLACE: 901 N. 9th Street, ROOM 414 Milwaukee, Wisconsin, 53233 DATE: JANUARY 17, 2020 TIME: 10:30 AM

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: 11-21-19 BY THE COURT: HON. CHRISTOPHER R. FOLEY Circuit Court Judge 019-295/11-29/12-6-13-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV008279

In the matter of the name change of: AGNES ROSE CONNER By (Petitioner) ERICA KRISTINE BOESE A petition was filed asking to change the name of the person listed above: From: AGNES ROSE CONNER To: AGNES ROSE BOESE Birth Certificate: AGNES ROSE CONNER IT IS ORDERED: This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin. Judge's Name: HON. CHRISTOPHER R. FOLEY PLACE: 901 N. 9th Street, ROOM 414 Milwaukee, Wisconsin, 53233 DATE: DECEMBER 2, 2019 TIME: 11:00 AM

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: 10-28-19 BY THE COURT: HON. CHRISTOPHER R. FOLEY Circuit Court Judge 019-294/11-22-29/12-6-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY DIVORCE-40101 Case No. 19FA6237

IN RE: THE MARRIAGE OF Petitioner: ANITA FAY DYSOM-BAKER

and Respondent: MARKELL ANTONIO BAKER

THE STATE OF WISCONSIN, TO THE PERSON NAMED ABOVE AS RESPONDENT: You are notified that the petitioner named above has filed a Petition for divorce or other legal separation against you.

You must respond with a written demand for a copy of the Petition within 40 days from the day after the first date of publication.

The demand must be sent or delivered to the court at:

CLERK OF COURT, MILWAUKEE COUNTY COURTHOUSE, 901 N. 9TH ST. ROOM 104 MILWAUKEE, WI 53233 and to ANITA FAY DYSOM-BAKER 5707 N 38TH ST MILWAUKEE, WI 53209.

It is recommended, but not required, that you have an attorney help or represent you.

If you do not demand a copy of the Petition within 40 days, the court may grant judgment against you for the award of money or other legal action requested in the Petition, and you may lose your right to object to anything that is or may be incorrect in the Petition.

A judgment may be enforced as provided by law. A judgment awarding money may become a lien against any real estate you own now or in the future, and may also be enforced by garnishment or seizure of property.

You are further notified that if the parties to this action have minor children, violation of §948.31, Wis. Stats., (Interference with custody by parent or others) is punishable by fines and/or imprisonment:

If you and the petitioner have minor children, documents setting forth the percentage standard for child support established by the department under §49.22(9), Wis. Stats., and the factors that a court may consider for modification of that standard under §767.511(1m), Wis. Stats., are available upon your request from the Clerk of Court.

You are notified of the availability of information from the Circuit Court Commissioner as set forth in §767.105, Wis. Stats.

§767.105, Information from Circuit Court Commissioner.

(2) Upon the request of a party to an action affecting the family, including a revision of judgment or order under sec. 767.59 or 767.451:

(a) The Circuit Court Commissioner shall, with or without charge, provide the party with written information on the following, as appropriate to the action commenced:

1. The procedure for obtaining a judgment or order in the action.
2. The major issues usually addressed in such an action.
3. Community resources and family court counseling services available to assist the parties.
4. The procedure for setting, modifying, and enforcing child support awards, or modifying and enforcing legal custody or physical placement judgments or orders.

(b) The Circuit Court Commissioner shall provide a party, for inspection or

purchase, with a copy of the statutory provisions in this chapter generally pertinent to the action.

If you require reasonable accommodations due to a disability to participate in the court process, please call 414-278-5112 prior to the scheduled court date. Please note that the court does not provide transportation.

DATE: 11-20-2019 By: ANITA FAY DYSOM-BAKER 019-293/11-22-29/12-6-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN, CIRCUIT COURT MILWAUKEE COUNTY FAMILY DIVISION ORDER FOR PRETRIAL ORDER TO APPEAR Case NO. 19FA001676

In re the marriage of: DERMITRE BO WATTS petitioner, and LATISHA RENEE WATTS respondent.

IT IS HEREBY ORDERED that the above action is scheduled for a pre-trial hearing before the HONORABLE CAROLINA MARIA STARK, Branch 17 Date: December 16, 2019 Time: 2:30 P.M. Location: Room 513, Milwaukee County Courthouse, 901 North 9th Street, Milwaukee, Wisconsin.

IT IS FURTHER ORDERED that the attorneys (if any) who will actually try the case and both parties must be present unless appearance is waived BY THE COURT. In the event a stipulation is reached, the matter will be heard and a divorce granted at the time of this pretrial if all required information is on file.

If the respondent fails to appear, the Court may proceed with the case. Action that may be taken includes granting the divorce, dividing property, awarding or permanently denying maintenance, assigning responsibility for debts, making orders for the custody and placement of minor children, making or modifying child support orders.

IT IS FURTHER ORDERED that each party shall provide to the Court and to the other party, at least 14 days prior to the pre-trial, current financial information, including proof of earnings, on a signed financial disclosure statement under oath.

- The parties shall be prepared to:
- a. discuss property valuation and whether written appraisals are needed, or if the parties can agree on the value of the real and personal property, and pensions;
 - b. agree on appraiser(s), if needed, before or at this pretrial, subject to the Court's approval (if parties cannot so agree, the Court will appoint needed appraiser(s) at the pretrial);
 - c. advise the Court of any custody or visitation disputes, whether mediation has been attempted, and whether a guardian ad litem may have to be appointed and the parties' ability to pay the fees of the guardian ad litem;
 - d. indicate what issues the parties have agreed on and those issues that have not been resolved.

IT IS FURTHER ORDERED that the petitioner, not less than 5 days prior to this hearing, serve a copy of this order upon the Department of Child Support Enforcement, Courthouse Room 101 If either party receives any W-2 benefits (including employment positions,

work programs, job access loans, education and training, health and/or child care, or transportation assistance), or medical assistance, or if a child of the parties is in foster care.

IT IS FURTHER ORDERED that no adjournments will be granted without Court approval.

Failure to comply with the order of the Court, including failure to provide required information, may cause appropriate sanctions to be imposed pursuant to sec. 802.10(5), Wis. Stats.

Dated: 9-17-2019 BY THE COURT CAROLINA MARIA STARK 019-292/11-22-29/12-6-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV008784

In the matter of the name change of: MAYSA NASSER AHMAD By (Petitioner) MAYSA NASSER AHMAD A petition was filed asking to change the name of the person listed above: From: MAYSA NASSER AHMAD To: MAYSA ABEDULHALEEM GHAZAWNEH Birth Certificate: MAYSA ABDULHALEEM GHAZAWNEH IT IS ORDERED: This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin. Judge's Name: HON. KEVIN E. MARTENS PLACE: 901 N. 9th Street, ROOM 403 Milwaukee, Wisconsin, 53233 DATE: JANUARY 6, 2020 TIME: 11:00 AM

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: 11-15-19 BY THE COURT: HON. KEVIN E. MARTENS Circuit Court Judge 019-291/11-22-29/12-6-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV008279

In the matter of the name change of: ARDEN EDWARD CONNER By (Petitioner) ERICA KRISTINE BOESE A petition was filed asking to change the name of the person listed above: From: ARDEN EDWARD CONNER To: ARDEN ALEXANDER BOESE Birth Certificate: ARDEN EDWARD CONNER IT IS ORDERED: This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin. Judge's Name: HON. CHRISTOPHER R. FOLEY PLACE: 901 N. 9th Street, ROOM 414 Milwaukee, Wisconsin, 53233 DATE: DECEMBER 2, 2019 TIME: 11:00 AM

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: 10-28-19 BY THE COURT: HON. CHRISTOPHER R. FOLEY Circuit Court Judge 019-290/11-22-29/12-6-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV008760

In the matter of the name change of: JEREMIAH ELIJAH HARMON By (Petitioner) LASHAUNDA JAQUIS SCOTT A petition was filed asking to change the name of the person listed above: From: JEREMIAH ELIJAH HARMON To: JEREMIAH ELIJAH SCOTT Birth Certificate: JEREMIAH ELIJAH HARMON IT IS ORDERED: This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin. Judge's Name: HON. CARL ASHLEY PLACE: 901 N. 9th Street, ROOM 500 Milwaukee, Wisconsin, 53233 DATE: JANUARY 8, 2020 TIME: 9:00 AM

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: 11-15-19 BY THE COURT: HON. CARL ASHLEY Circuit Court Judge 019-289/11-22-29/12-6-2019

SUMMONS (PUBLICATION) STATE OF WISCONSIN CIRCUIT COURT MILWAUKEE COUNTY NOTICE AND ORDER FOR NAME CHANGE HEARING Case No. 19CV008730

In the matter of the name change of: DEANNA MIRI WHITAKER By (Petitioner) DEANNA MIRI WHITAKER A petition was filed asking to change the name of the person listed above: From: DEANNA MIRI WHITAKER To: THEODORE EVERETT HOLMES Birth Certificate: DEANNA MIRI NELSON IT IS ORDERED: This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin. Judge's Name: HON. JEFFREY A. CONEN PLACE: 901 N. 9th Street, ROOM 402 Milwaukee, Wisconsin, 53233 DATE: DECEMBER 17, 2019 TIME: 2:00 PM

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: 11-14-19 BY THE COURT: HON. JEFFREY A. CONEN Circuit Court Judge 019-288/11-22-29/12-6-2019

SUMMONS (PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
 Case No. 19CV008768

SUMMONS (PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
 Case No. 19CV008471

SUMMONS (PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
 Case No. 19CV008678

SUMMONS (PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
 Case No. 19CV008662

SUMMONS (PUBLICATION)
STATE OF WISCONSIN
CIRCUIT COURT
MILWAUKEE COUNTY
NOTICE AND ORDER FOR
NAME CHANGE HEARING
 Case No. 19CV008172

In the matter of the name change of:
JENNIFER LOPEZ-SERRANO
 By (Petitioner) **JENNIFER LOPEZ-SERRANO**
 A petition was filed asking to change the name of the person listed above:
 From: **JENNIFER LOPEZ-SERRANO**
 To: **JENNIFER LOPEZ SERRANO**
 Birth Certificate: **JENNIFER LOPEZ-SERRANO**
IT IS ORDERED:
 This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
 Judge's Name: **HON. TIMOTHY WITKOWIAK**
 PLACE: 901 N. 9th Street, ROOM 415 Milwaukee, Wisconsin, 53233 DATE: **DECEMBER 20, 2019 TIME: 11:00 AM**

In the matter of the name change of:
KATHY MARIA TATE
 By (Petitioner) **KATHY MARIA TATE**
 A petition was filed asking to change the name of the person listed above:
 From: **KATHY MARIA TATE** To: **KATHY MARIA HALL**
 Birth Certificate: **KATHY MARIA TATE**
IT IS ORDERED:
 This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
 Judge's Name: **HON. JEFFREY A. CONEN**
 PLACE: 901 N. 9th Street, ROOM 402 Milwaukee, Wisconsin, 53233 DATE: **DECEMBER 20, 2019 TIME: 10:00 AM**

In the matter of the name change of:
ROBERTA CARLENA WARE-BOOSE
 By (Petitioner) **ROBERTA CARLENA WARE-BOOSE**
 A petition was filed asking to change the name of the person listed above:
 From: **ROBERTA CARLENA WARE-BOOSE** To: **NAVIL KEHLANI WILLIAMS**
 Birth Certificate: **ROBERTA CARLENA WARE-BOOSE**
IT IS ORDERED:
 This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
 Judge's Name: **HON. KEVIN E. MARTENS**
 PLACE: 901 N. 9th Street, ROOM 403 Milwaukee, Wisconsin, 53233 DATE: **JANUARY 7, 2019 TIME: 11:00 AM**

In the matter of the name change of:
JARED PAUL SARFF
 By (Petitioner) **JARED PAUL SARFF**
 A petition was filed asking to change the name of the person listed above:
 From: **JARED PAUL SARFF** To: **RINCA SHAY SARFF**
 Birth Certificate: **JARED PAUL SARFF**
IT IS ORDERED:
 This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
 Judge's Name: **HON. JEFFREY A. CONEN**
 PLACE: 901 N. 9th Street, ROOM 402 Milwaukee, Wisconsin, 53233 DATE: **DECEMBER 20, 2019 TIME: 9:00 AM**

In the matter of the name change of:
ALISIA MARIE NEWPORT
 By (Petitioner) **ALISIA MARIE NEWPORT**
 A petition was filed asking to change the name of the person listed above:
 From: **ALISIA MARIE NEWPORT** To: **ALISIA MARIE ZAREMBA**
 Birth Certificate: **ALISIA MARIE ZAREMBA**
IT IS ORDERED:
 This petition will be heard in the Circuit Court of Milwaukee County, State of Wisconsin.
 Judge's Name: **HON. JEFFREY A. CONEN**
 PLACE: 901 N. 9th Street, ROOM 402, Milwaukee, Wisconsin, 53233 DATE: **DECEMBER 18, 2019 TIME: 2:30 PM**

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: 11-15-19
BY THE COURT:
HON. TIMOTHY WITKOWIAK
 Circuit Court Judge
 019-287/11-22-29/12-6-2019

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: 11-5-19
BY THE COURT:
HON. JEFFREY A. CONEN
 Circuit Court Judge
 019-286/11-15-22-29-2019

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: 11-13-19
BY THE COURT:
HON. KEVIN E. MARTENS
 Circuit Court Judge
 019-285/11-15-22-29-2019

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: 11-12-19
BY THE COURT:
HON. JEFFREY A. CONEN
 Circuit Court Judge
 019-284/11-15-22-29-2019

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: 10-23-19
BY THE COURT:
HON. JEFFREY A. CONEN
 Circuit Court Judge
 019-275/11-1-8-15-2019

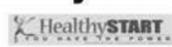
Classifieds **The Legals/Classifieds/Public Notices** **Public Notice**

SALES REPRESENTATIVES
 MCJ is seeking strong self starters to sell a viable niche market medium with over 42 years experience in the City of Milwaukee. Applicants must have their own auto, be knowledgeable of the city, and be capable of meeting sales goals, weekly. Experience preferred but will train. Ability to be bonded are criteria for consideration. Send resume to:
Milwaukee Community Journal, Inc.
 3612 N. King Dr., Milwaukee, WI 53212

 ...include references. Small base plus commission start. Visit <http://www.milwaukeecommunityjournal.com> to learn more about us.

Visit Milwaukee Community Journal's website at www.milwaukeecommunityjournal.com

Official Sealed Bids
 will be received by Partners for Community Development Inc., at 8939 N 55th St. Milwaukee, WI 53223 by Monday, December 19, 2019 @ 2pm for the following:
BID #320 – Top Freezer Refrigerators and Chest Freezers. Bid packets and specifications are available by contacting Alexandria Feavel at (414) 559-1196. Small business or minority owned businesses are encouraged to submit.

Visit MCJ's Healthy Start website at mcjhealthystart.com


PUBLISHER'S STATEMENT
THE MILWAUKEE COMMUNITY JOURNAL
TO PUBLISH LEGAL NOTICES
 The Milwaukee Community Journal, Inc. expanded its services to the greater Milwaukee community with the publishing of legal notices in the "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 Meetings
 Election Notices
 Divorce Proceedings
 Name Changes
 Publication of Summons when personal services cannot be made to defendants
 Notice of Auction of unclaimed storage or property
 Probate Notices
 Foreclosure Sheriff's sales notice of creditor listing of property for sale.
 Other general legal and public notices.
ABOUT MILWAUKEE COMMUNITY JOURNAL (MCJ) WEEKEND EDITION
 The Milwaukee Community Journal Weekend Edition is published weekly. Each week, MCJ Weekend focuses on different subjects: HEALTH, PERSONAL, FINANCE, FAMILY, MEN, AND WOMEN. THE 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. The Weekend Edition is a public newspaper of general circulation that complies with the laws of Wisconsin relating to publication of legal notices. MCJ Weekend Edition has published weekly over ten years, in the State of Wisconsin and Milwaukee County. We have a paid circulation of approximately 89% of our circulation, weekly. And our actual paid subscribers are over the 1000 required by State Statute.
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 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. The Milwaukee Community Journal stockholders are Patricia O'Flynn Pattillo (90%); Mikal Holt (5%); and Todd Thomas (5%) respectively, and is current in filing by the State of Wisconsin, effective October 10, 2018.
 Signed: Patricia O'Flynn Pattillo, President/Publisher

Land Surveying Assistant
 The Southeastern Wisconsin Regional Planning Commission (SEWRPC), the regional planning agency for the seven county greater Milwaukee Area has an immediate opening for a Land Survey Assistant. The successful candidate will assist land surveyors in the recovery, perpetuation, monumenting, and referencing of U.S. Public Land Survey corners, high accuracy GPS services, and other related surveying activities.
 Responsibilities of this position include:
 • Use of survey equipment and instrumentation
 • Physically capable of carrying tools and instrumentation over difficult terrain and working outdoors in varying weather conditions
 • Perform survey tasks as directed by land surveyors
 • Preparation of maps and drawings from survey field data

SENIOR TRANSPORTATION PLANNER/ENGINEER
 The Southeastern Wisconsin Regional Planning Commission has an immediate opening for a senior planner or engineer with an interest in transit and transportation planning. Initially, the Senior Transportation Planner/Engineer will be the primary staff working on up to two transit corridor feasibility studies and a bus-on-shoulder freeway operations study. Future significant work efforts will include transit system development plans and public transit/human services coordination plans.
 The Commission conducts area-wide system-level highway, transit, and bicycle/pedestrian planning for a seven-county Region, and facility and corridor-level traffic engineering and transportation planning for local governments. In 2016, the Commission completed VISION 2050, Southeastern Wisconsin's long-range land use and transportation plan. The transportation component of that plan includes recommendations for a significant expansion of transit service in Southeastern Wisconsin. This position will be focused on furthering the implementation of transit expansion.
 Responsibilities of this position also include:
 • Assisting local units of government and transit operators in the Region with the allocation of federal funds and meeting federal regulations and guidance
 • Studying transit-related challenges and opportunities upon request
 • Conducting data collection and analysis
 • Utilizing specialized transportation planning and engineering software
 • Writing planning reports, including graphic preparation

NOTICE
 Milwaukee Public Schools (MPS) is requesting sealed quotations for **HVAC Filter Purchases** for System Wide - Various Locations, 1124 N. 11th Street, Milwaukee, WI 53233. Material specifications, quotation requirements and guidelines may be obtained online at: <https://mps.aegraphics.com/>,
THEN:
 1. Click on "All Public Jobs".
 2. Search for the project listed above.
 3. OR paper copies may be obtained from 7:30 A.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.
MPS HUB and Student Employment / Participation requirements are as stated within the request for quotation.
There will not be a pre-quotation conference held for this RFP
All questions should be submitted in writing prior to 12:00 PM on Thursday, December 12, 2019 to DFMSProcurement@milwaukee.k12.wi.us or fax number (414) 283- 4682, attn. DFMS Procurement. No questions will be answered after that date and time. 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. Written questions and responses will be documented by way of addenda, which will be forwarded to all bidders.
Submit all quotations, as stated within the Request for Quotation (RFQ) Quotation Submission Instructions, no later than 1:30 PM on Thursday, December 19, 2019 to DFMS Procurement - Design and Construction, Facilities and Maintenance Services, 1124 North 11th Street, Milwaukee, Wisconsin 53233.
 Keith P. Posley, Ed. D.
 Superintendent of Schools
 11816698/11-21/12-2

The ideal candidate should have most of all of the following:
 • An understanding of GPS technologies and CADD based software
 • The ability to work in a team environment with good communication skills
 • Possess an interest in GIS and remote sensing technologies
 • An understanding of geospatial concepts and geodetic surveying is desired.
 A High School Diploma and one year of land surveying or related experience or an Associate Degree from an accredited college is required. Candidates should possess knowledge of land surveying, including equipment, practices, and procedures. A valid driver's license is required.
 Please submit resume and cover letter by January 6, 2020 to:
 Ms. Elizabeth A. Larsen, Director of Administration
 Southeastern Wisconsin Regional Planning Commission
 PO Box 1607
 Waukesha, WI 53187-1607
 Phone: (262)547-6721
 Fax: (262)547-1103
 E-mail: elarsen@sewrpc.org

The ideal candidate would have most—or all—of the following:
 • Transit planning experience at an MPO, COG, RPC, or consulting firm; or in the planning department of a transit agency
 • Experience with producing transit development plans or other transit studies. In particular, direct experience with the conduct of the studies necessary to support an application for Federal Transit Administration New or Small Starts Funding
 • Working knowledge of Federal Transit Administration funding programs and requirements
 • Strong written and verbal communication skills
 • Familiarity with ArcGIS or other GIS software
 • Familiarity with MS Excel or other spreadsheet software
 A Master's degree in civil engineering or urban planning and experience leading transit corridor feasibility and alternatives analysis studies is preferred. Three years of transportation engineering or planning experience, including experience with transit corridor feasibility studies, is required. Depending on the experience of the candidates, this position may be filled at the Principal level.
 Please submit resume and cover letter by January 6, 2020. Submissions should be directed to:
 Ms. Elizabeth A. Larsen, Director of Administration
 Southeastern Wisconsin Regional Planning Commission
 PO Box 1607
 Waukesha, WI 53187-1607
 Phone: (262) 547-6721
 Fax: (262) 547-1103
 E-mail: elarsen@sewrpc.org
www.sewrpc.org

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Nabisco Snack Crackers
Select Varieties, 3.5-9.1 oz
99¢ /EA
With Card & Digital Coupon

Quilted Northern Bathroom Tissue
6 Mega Rolls or Angel Soft Bathroom Tissue, 12 Double Rolls; Select Varieties
\$3.99 /EA
With Card & Digital Coupon

DiGiorno Pizza
22.1-31.5 oz or DiGiorno Pizzeria Pizza, 17.2-18.8 oz; Select Varieties
\$2.99 /EA
With Card & Digital Coupon

Kroger Breakfast Sausage
Select Varieties, 12 oz
\$1.49 /EA
With Card & Digital Coupon

Simple Truth Walnuts
12 oz, Halves or Pieces
\$3.99 /EA
With Card & Digital Coupon

Gerber Baby Food
Select Varieties, 2-Pack, 4 oz Tubs
69¢ /EA
With Card & Digital Coupon

Weekly sale price without digital coupon is \$2.49 each with Card. While supplies last.

Weekly sale price without digital coupon is \$1.49-\$1.89 each with Card. While supplies last.

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Weekly sale price without digital coupon is \$5.99 each with Card. While supplies last.

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Fresh Ground Chuck
80% Lean, Sold in 3 lb Package or More

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Wheat Thins Triscuit
Select Varieties, 3.5-9.1 oz
99¢ /EA
With Card & Digital Coupon

Weekly sale price without digital coupon is \$1.99 each with Card. While supplies last.

DiGiorno Pizza
22.1-31.5 oz or DiGiorno Pizzeria Pizza, 17.2-18.8 oz; Select Varieties
\$2.99 /EA
With Card & Digital Coupon

Weekly sale price without digital coupon is \$4.99 each with Card. While supplies last.

Campbell's Cream Soup
Select Varieties, 10.5 oz

79¢
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Kemps Swiss Chocolate Milk
Lowfat, 1 Quart

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Excludes refrigerated coffee or creamers & in-store coffee shops.

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Cheetos
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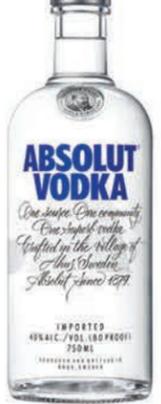
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SALE DATES: Friday, November 29 through Tuesday, December 3, 2019

We reserve the right to limit quantities and correct all printed errors. Not all items and prices available at all locations unless otherwise noted. Prices subject to state and local taxes, if applicable. No sales to dealers. Purchase requirements exclude discounts, coupons, gift cards, lottery tickets, bus passes and use of Fresh Perks Card®. All prices "with card" are discounted by using your Fresh Perks Card®. *Free promotion will be applied to item of least value.

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