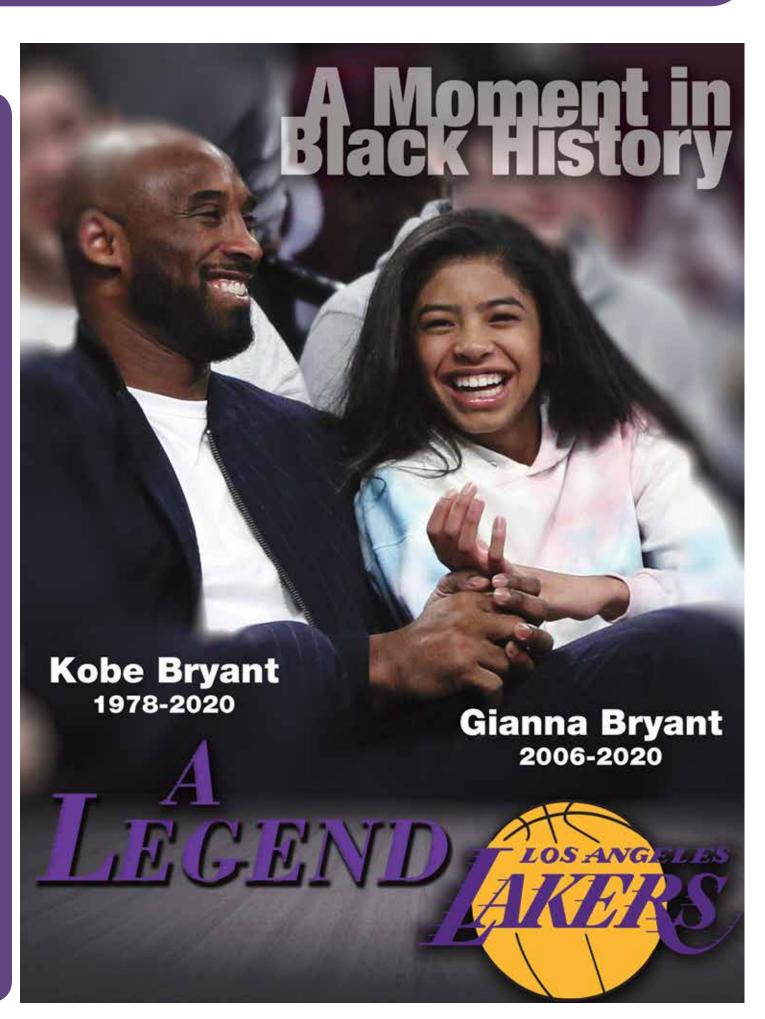
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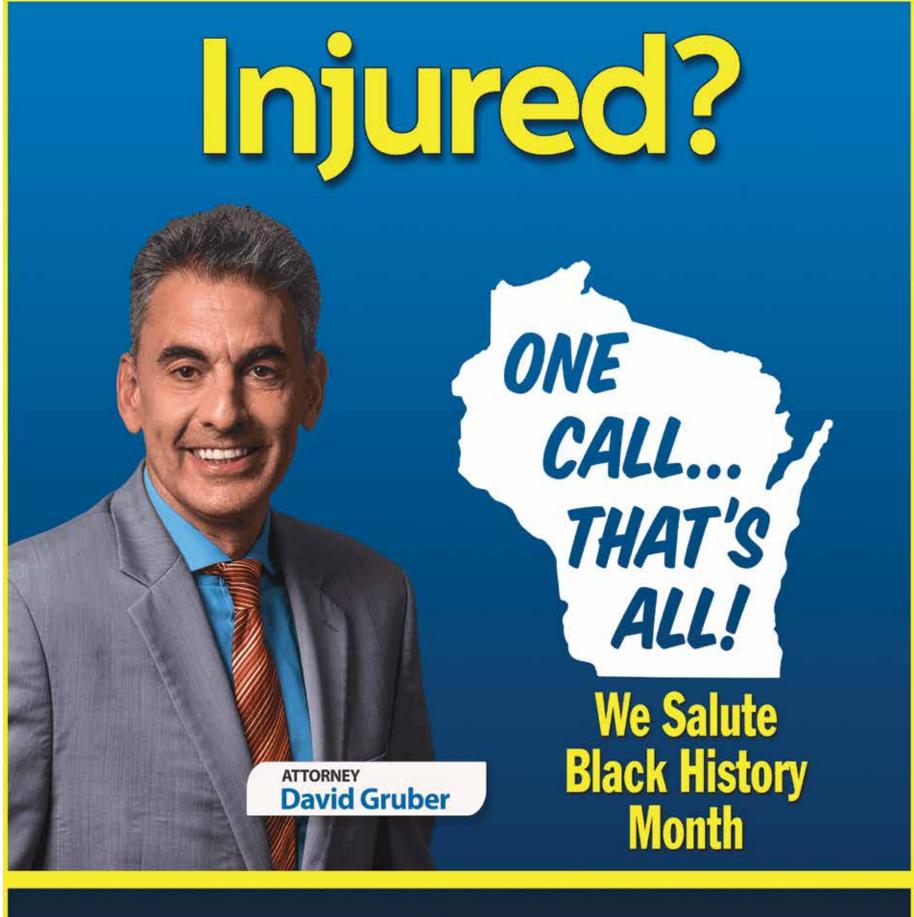
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The Woman in the Mirror

Wow, Gone Too Soon

by Lisa Parham

Where do I start? This month February is our special premier edition which is alute to Black History Month. It is so much that I could and should write about. There are so many Black role models and leaders I could talk about. However tragedy has hit our nation.

The razor blade is sharp but can't cut a tree, the axe is strong but can't cut the hair. Everyone is important according to his or her own purpose. Never look down on anyone unless you are helping them to get up.

Time as led us to this very point where we have lost a great legend, a hero, son, husband, father, brother, friend, a basketball legend Kobe Bryant. I was out having dinner when I heard the news of Kobe's death and of course like many of you I immediately thought it was fake news. I really wanted it to be so not true. But reality set in and to my surprise it was truly true.

If you can remember, just a couple of months ago I lost my father so right away this tragic accident brought back and surfaced thoughts and feelings that I have yet to put into perspective. This somewhat angered me, made me mad and upset and hurt almost with disgust all over again.

The question arose in my mind, why do great people leave this world without giving us a clue that this will be our last time seeing them. So wow, Kobe's wife just didn't lose one family member but two and yes the others that have lost their loved



ones to this tragic incident as well.

Where do we go from here comes to mind as a nation as a community. This rocked our nation to the core, the fact of color never resided because this man brought people together where they laughed and loved and lived life at its greatest moments. So today we celebrate a Black man who is an icon to many. You may not have rooted for him but he will forever be remembered and placed in the Hall of Fame. This is a Black history moment. Basketball is just a game. Hug your loved ones every day, tell them that you love them. Tomorrow is never promised and today is a mystery.

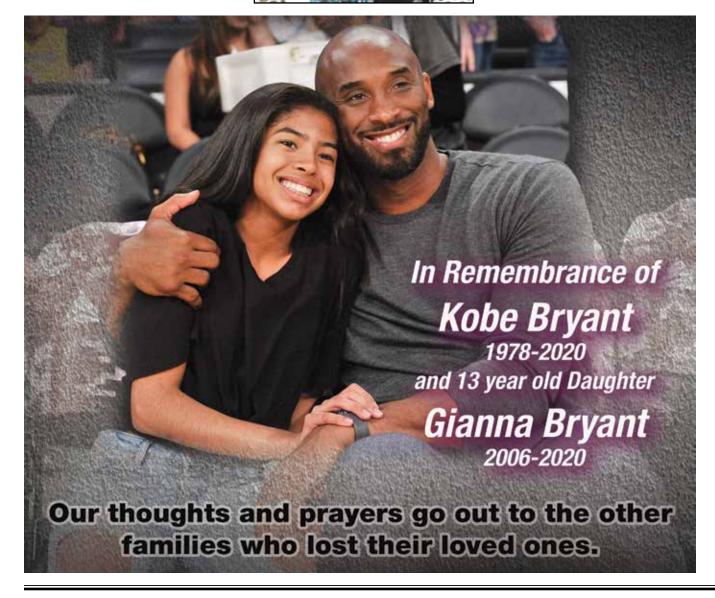
Never forget what really matters in life. So I say thank you to everyone who has helped shape a movement in Black History.

Sincerely,

Jisa Parham Lisa Parham

President & Chief Executive Officer

"I feel that we should all work to continue to make Racine a positive atmosphere for our Younger People, Thank you for helping to be a positive influence in our Community."



THE RACINE MIRROR

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OUR MISSION

- To uplift our community by being a reflection of what is positive and good.
- To be a vessel of information through our professional interviews stories, and editorial perspectives.
- To encourage interaction among diverse walks of life.

OUR VISION

- To retain a love and understanding for our community and it's members.
- To be a positive influence and a profile for faith and hope.
- To endorse individual uniqueness and promote an appreciation for diversity.

OUR VALUES

- Respect
- Integrity
- Positive Development
- Excellence
- Good Stewardship

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Contribute story ideas by calling The Racine Mirror office at 262-633-8677 or you can email us at racinemirror@yahoo.com All content © 2020 The Racine Mirror



Deontrae Mayfield, West Racine Kiwanis named as Gateway Dr. King Humanitarians

Gateway Technical College has named Deontrae Mayfield and the Kiwanis Club of West Racine as this year's Dr. Martin Luther King Jr. Humanitarians to recognize them for their contributions to society, their school, business or profession, as well as their dedication to volunteerism and philanthropic work.

The Humanitarians were honored at Gateway's 26th annual Dr. Martin Luther King Jr. Celebration, noon, Jan. 20, in the Madrigrano Auditorium of the Conference Center on its Kenosha Campus, 3520-30th Ave.

This year's theme is "Hindsight is 20/20: Envision the Future." This year's keynote speaker is Katina Fuller-Scott, senior director of strategy, measurement and analysis for the Boys & Girls Club of Greater Milwaukee.

Deontrae Mayfield

Deontrae Mayfield is the leader of Project Restoration, an organization committed to helping Racine's youth in a number of ways – as well as providing guidance and assistance to their families.

Mayfield has helped city youth by providing job-seeking skills, mentoring and hiring youth to provide further career development through community service. He is also a leader of the Main Project, which provides



wrap-around services and financial support to best meet the needs of at-risk children and their families. Mayfield's compassion and creative solutions

to impact the city's youth as well as other non-profit organizations has resonated with others in Racine.

His nominator says "Deontrae has that fighting spirit like Dr. Martin Luther King in a humble and direct way that embodies peace and love. He gives from his heart in hopes to make a change in the community he lives in."

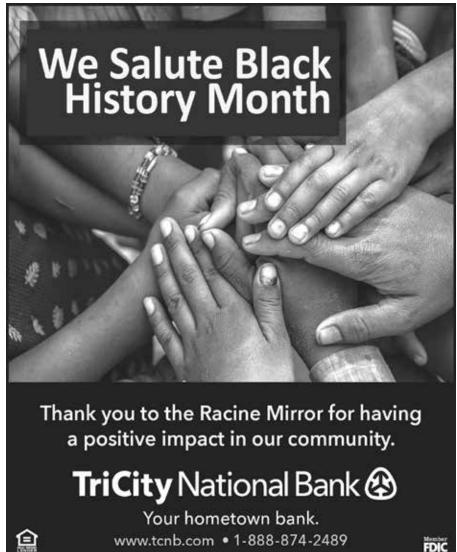
Kiwanis Club of West Racine



The inclusion of an organization that goes above and beyond to serve others was added to the Humanitarian Award entry list this year, and the Kiwanis Club of West Racine is the inaugural winner.

The group focuses on projects meeting the needs of families and children in the Racine area and have also sponsored or served on such efforts as the Senior Olympics, Special Olympics, Ascension All Saints Hospital volunteer patient drivers, Christmas lights at the Racine Zoo, food pantry drives for the needy, HALO and the Red Cross.

The group's nominator says the Kiwanis Club of West Racine does its work "because it has a strong interest in helping the community in a selfless way, not expecting any reward – Dr. Martin Luther King always championed such involvement and giving back."



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Photo by Ralph Tunstel



Dr. Martin Luther King Jr. Day Celebration

This event was hosted by the Insider News Racine and The Racine Mirror Newspaper on Wednesday, January 15th the birthday of Dr. Martin Luther King Jr. This was an epic event. This event was sponsored by Hupy & Abraham Law Office out of Milwaukee, WI. About 700 people were in attendance. Governor Evers was the guest speaker, This event was held inside the Julian Thomas Elementary School. This was the 34th annual laying of the wreath on the statute that sits on the corner of Dr. Martin Luther King Jr. Drive and State Street.

inside the Julian Thomas Elementary School. This was the 34th annual laying of the wreath on the statute that sits on the corner of Dr. Martin Luther King Jr. Drive and State Street.

The elementary students place this wreath every year. The wreath was made and donated by Petals by Felicia here in Racine, Wisconsin. This event was to celebrate Dr. King on his birthday for his commitment and service to our nation. He fought for justice and equality that all men should be created equal. Lisa Parham, CEO of both The Racine Mirror and Insider-Racine hosted this event along with her staff. They would like to thank every one who played a special part in making this a great success. Photos by Ralph Tunstell.



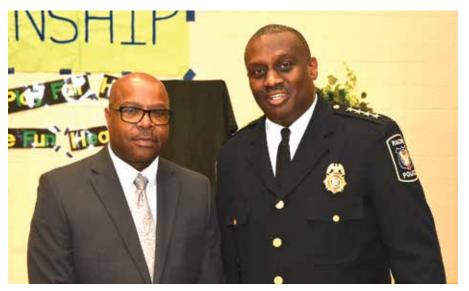






























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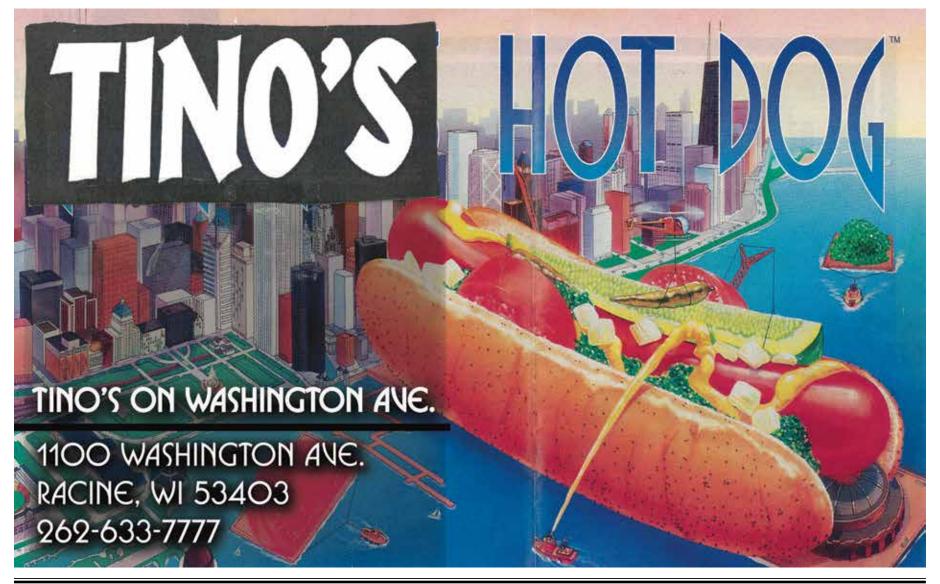




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Big Brothers Big Sisters Seeks Community Support

Big Brothers Big Sisters of Racine and Kenosha Counties (BBBS) is seeking volunteers, donors and event sponsors to help the organization fulfill its mission of helping children facing adversity, with strong, enduring, professionally supported relationships that change their lives for the better, forever. In spring 2019, the organization lost funding from its largest donor. The shortfall has prohibited the organization from filling a vacant position and forced it to tighten its budget and eliminate many necessary expenditures, but not services, said Sonya Thomas, BBBS's new executive director. Thomas joined the organization in July. For 60 years, the nonprofit has depended on the generosity of volunteers, grants and donations from businesses and individuals to run its programs, and the nonprofit is seeking your support.

More than anything, we need money and volunteers to keep our organization afloat," Thomas said. She added, "In spite of our financial shortfall, our programs and services are currently growing by leaps and

The year 2020 is bringing forth many changes. For example, BBBS is launching a program where teens will be working side-by-side to mentor elementary school children. The program allows teens to be a role model for younger children while

playing sports, games, reading, doing arts and crafts, working on homework and more. For teens, the program is a resume



builder. It also exposes them to leadership and increased scholarship opportunities, and it's a lot of fun. Elementary students gain better study skills, grades, increased confidence, and reduced their risky behav-

A similar program is set to launch a local college. Here, middle and high school students will be mentored by college students. Students will meet on campus to get a taste of college-life and learn what it takes for them to get there. Activities will range from, hanging out at the Student Union, attending special lectures, programs and events, experiencing dorm life, playing sports and games, and studying in the library – just to name a few.

The number of African-American mentors (Bigs) has increased 400 percent since Thomas began her duties last summer. As a result, the organization has a waiting list of volunteers, not youth.

To manage waitlisted youth, BBBS is collaborating with organizations like the Sentinel Mentors, the Urban League, and the Village of Hope to provide mentorship and program support each month.

Sentinel Mentors will provide black history and skills development, the Urban League, will provide financial literacy instruction, and the Village of Hope, will focus on health and wellness programs for

Game Daze, monthly board game activities are open to youth and families who are affiliated with BBBS -- matched or waitlisted alike. These partnerships allow underserved youth in Racine and Kenosha to experience the benefits of one-to-one mentoring and academic support programs no matter where they are in the match process, a spokesperson said.

More good deeds

In December, BBBS held a Christmas Party where nearly100 underserved children received gift bags filled with toys, presents and clothes. Bigs, Littles and their guest also experienced Christmas carols, holiday crafts and games, food and a visit from Santa.

Other traditional activities expected to continue in 2020 include the Fall Festival, Easter Fun Day, Back to School Supply Drive, and the popular Fishing Day on Brown Lake.

Below are activities that individuals can do to help BBBS raise funds:

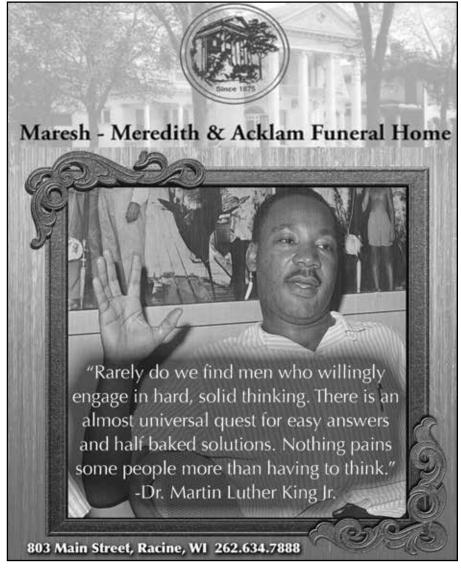
- Feb. 16. Winter Cigar Dinner and Firepit Fun sponsored by Timers Beverage Center will be held at the German Club. Tickets are \$45.
- June 20. Bike For Kid's Sake with the Kenosha Racine Bike Club. Enjoy our beautiful waterfront and parks with 5 bike routes (5, 15, 30, 62 and 100-mile routes).
- 60th Anniversary Gala Celebration,
- Bowl for Kids Sake. Businesses form bowling teams and compete in friendly competition to raise funds for BBBS. Call (262) 637-7625 to set up your competitive day of fun and fundraising.

To make a donation or learn how you can to make a difference in a child's life, call (262) 637-7625, or go to www.bea... bignow.org. The organization can also be reached on Facebook.



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Did YOU know?????

10 Little Known Black History Facts

History is often reduced to a handful of memorable moments and events. In Black history, those events often include courageous stories like those of The Underground Railroad and historic moments like the famous "I Have a Dream" speech by Dr. Martin Luther King, Jr. But these are only a few of the significant and important events to know and remember.

In an effort to honor this expansive and growing history, Black History Month was established by way of a weekly celebration in February known as "Negro History Week" by historian Carter G. Woodson. But just as Black history is more than a month, so too are the numerous events and figures that are often overlooked during it. What follows is a list of some of those "lesser known" moments and facts in Black history.

© 2012 PBS.ORG



Most people think of Rosa Parks as the first person to refuse to give up their seat on a bus in Montgomery, Alabama. There were actually several women who came before her; one of whom was Claudette Colvin.

It was March 2, 1955, when the fifteen-year-old schoolgirl refused to move to the back of the bus, nine months before Rosa Parks' stand that launched the Montgomery bus boycott. Claudette had been studying Black leaders like Harriet Tubman in her segregated school, those conversations had led to discussions around the current day Jim Crow laws they were all experiencing. When the bus driver ordered Claudette to get up, she refused, "It felt like Sojourner Truth was on one side pushing me down,

segregated school, those conversations had led to discussions around the current day Jim Crow laws they were all experiencing. When the bus driver ordered Claudette to get up, she refused, "It felt like Sojourner Truth was on one side pushing me down, and Harriet Tubman was on the other side of me pushing me down. I couldn't get up."

Claudette Colvin's stand didn't stop there. Arrested and thrown in jail, she was one

Claudette Colvin's stand didn't stop there. Arrested and thrown in jail, she was one of four women who challenged the segregation law in court. If Browder v. Gayle became the court case that successfully overturned bus segregation laws in both Montgomery and Alabama, why has Claudette's story been largely forgotten? At the time, the NAACP and other Black organizations felt Rosa Parks made a better icon for the movement than a teenager. As an adult with the right look, Rosa Parks was also the secretary of the NAACP, and was both well-known and respected – people would associate her with the middle class and that would attract support for the cause. But the struggle to end segregation was often fought by young people, more than half of which were women.

Image: Claudette Colvin by Phillip Hoose



Inoculation was introduced to America by a slave

Few details are known about the birth of Onesimus, but it is assumed he was born in Africa in the late seventeenth century before eventually landing in Boston. One of a thousand people of African descent living in the Massachusetts colony, Onesimus was a gift to the Puritan church minister Cotton Mather from his congregation in 1706.

Onesimus told Mather about the centuries old tradition of inoculation practiced in Africa. By extracting the material from an infected person and scratching it into the skin of an uninfected person, you could deliberately introduce smallpox to the healthy individual making them immune. Considered extremely dangerous at the time, Cotton Mather convinced Dr. Zabdiel Boylston to experiment with the procedure when a smallpox epidemic hit Boston in 1721 and over 240 people were inoculated. Opposed politically, religiously and medically in the United States and abroad, public reaction to the experiment put Mather and Boylston's lives in danger despite records indicating that only 2% of patients requesting inoculation died compared to the 15% of people not inoculated who contracted smallpox.

Onesimus' traditional African practice was used to inoculate American soldiers during the Revolutionary War and introduced the concept of inoculation to the United States.



Martin Luther King Jr. improvised the most iconic part of his 'I Have a Dream' Speech

On Wednesday, August 28, 1963, 250,000 Americans united at the Lincoln Memorial for the final speech of the March on Washington. As Martin Luther King Jr. stood at the podium, he eventually pushed his notes aside.

The night before the march, Dr. King began working on his speech with a small group of advisers in the lobby of the Willard Hotel. The original speech was more political and less historic, according to Clarence B. Jones, and it did not include any reference to dreams. After delivering the now famous line, "we are not satisfied, and we will not be satisfied until justice rolls down like waters and righteousness like a mighty stream," Dr. King transformed his speech into a sermon.

Onstage near Dr. King, singer Mahalia Jackson reportedly kept saying, "Tell 'em about the dream, Martin," and while no one will know if he heard her, it could likely have been the inspiration he needed. Dr. King then continued, "Even though we face the difficulties of today and tomorrow, I still have a dream. It is a dream deeply rooted in the American dream..." And then the famous Baptist preacher preached on, adding repetition and outlining the specifics of his dream. And while this improvised speech given on that hot August day in 1963 was not considered a universal success immediately, it is now recognized as one of the greatest speeches in American history. For more information on the 1963 March on Washington, visit pbs.org/marchonwashington.

Image: National Archives and Records Administration

The earliest recorded protest against slavery was by the Quakers in 1688

Quakers, also known as "The Society of Friends," have a long history of abolition. But it was four Pennsylvania Friends from Germantown who wrote the initial protest in the 17th century. They saw the slave trade as a grave injustice against their fellow man and used the Golden Rule to argue against such inhumane treatment; regardless of skin color, "we should do unto others as we would have done onto ourselves." In their protest they stated, "Pray, what thing in the world can be done worse towards us, then if men should robb or steal us away, & sell us for slaves to strange Countries, separating housband from their wife and children...."

Their protest against slavery and human trafficking was presented at a "Monthly Meet-

ing at Dublin" in Philadelphia. The Dublin Monthly Meeting reviewed the protest but sent it to the Quarterly Meeting, feeling it to be too serious an issue for their own meeting to decide. The four Friends continued their efforts and presented at the Philadelphia Yearly Meeting, but it wasn't until 88 years later that the Society of Friends officially denounced slavery.

Over the centuries, this rare document has been considered lost twice. Most recently it was rediscovered in 2005 and is now at Haverford College Special Collections.

Photo: 1688 Germantown Quaker Petition Against Slavery





Of the 12.5 million Africans shipped to the New World during the Transatlantic Slave Trade, fewer than 388,000 arrived in the United States



In the late 15th century, the advancement of seafaring technologies created a new Atlantic that would change the world forever. As ships began connecting West Africa with Europe and the Americas, new fortunes were sought and native populations were decimated. With the native labor force dwindling and demand for plantation and mining labor growing, the transatlantic slave trade began.

The Transatlantic Slave Trade was underway from 1500-1866, shipping more than 12 million African slaves across the world. Of those slaves, only 10.7 million survived the dreaded Middle Passage. Over 400 years, the majority of slaves (4.9 million) found their way to Brazil where they suffered incredibly high mortality rates due to terrible working conditions. Brazil was also the last country to ban slavery in 1888.

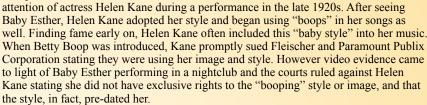
By the time the United States became involved in the slave trade, it had been underway for two hundred years. The majority of its 388,000 slaves arrived between 1700 and 1866, representing a much smaller percentage than most Americans realize.

Image: African Renaissance Monument, Senegal

Esther Jones was the real Betty Boop

The iconic cartoon character Betty Boop was inspired by a Black jazz singer in Harlem. Introduced by cartoonist Max Fleischer in 1930, the caricature of the jazz age flapper was the first and most famous sex symbol in animation. Betty Boop is best known for her revealing dress, curvaceous figure, and signature vocals "Boop Oop A Doop!" While there has been controversy over the years, the inspiration has been traced back to Esther Jones who was known as "Baby Esther" and performed regularly in the Cotton Club during the 1920s.

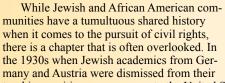
Baby Esther's trademark vocal style of using "boops" and other childlike scat sounds attracted the



Baby Esther's "baby style" did little to bring her mainstream fame and she died in relative obscurity but a piece of her lives on in the iconic character Betty Boop.

Image: Esther Jones ("Baby Esther"), late 1920s by James VanDerZee

The diverse history of Historically Black Colleges & Universities



teaching positions, many came to the United States looking for jobs. Due to the Depression, xenophobia and rising anti-Semitism, many found it difficult to find work, but more than 50 found positions at HBCUs in the segregated South.

Originally established to educate freed slaves to read and write, the first of the Historically Black Colleges and Universities was Cheyney University in Pennsylvania, established in 1837. By the time Jewish professors arrived, the number of HBCUs had grown to 78. At a time when both Jews and African Americans were persecuted, Jewish professors in the Black colleges found the environment comfortable and accepting, often creating special programs to provide opportunities to engage Blacks and whites in meaningful conversation, often for the first time.

In the years that followed, the interests of Jewish and African American communities increasingly diverged, but this once-shared experience of discrimination and interracial cooperation remains a key part of the Civil Rights Movement.

Image: Melrose Cottage, built in 1805, Cheyney University of Pennsylvania.

The first licensed African American Female pilot was named Bessie Coleman Born in Atlanta, Texas in 1892, Bessie Coleman grew up in a world of harsh poverty, discrimination and segregation. She moved to Chicago at 23 to seek her fortune, but found

discrimination and segregation. She moved to Chicago at 23 to seek her fortune, but found little opportunity there as well. Wild tales of flying exploits from returning WWI soldiers first inspired her to explore aviation, but she faced a double stigma in that dream being both African American and a woman.



She set her sights on France in order to reach her dreams and began studying French. In 1920, Coleman crossed the ocean with all of her savings and the financial support of Robert Abbott, one of the first African American millionaires. Over the next seven months, she learned to fly and in June of 1921, the Fédération Aéronautique Internationale awarded her an international pilot's license. Wildly celebrated upon her return to the United States, reporters turned out in droves to greet her.

Coleman performed at numerous airshows over the next five years, performing heart thrilling stunts, encouraging other African Americans to pursue flying, and refusing to perform where Blacks were not admitted. When she tragically died in a plane accident in 1926, famous writer and equal rights advocate Ida B. Wells presided over her funeral. An editorial in the "Dallas Express" stated, "There is reason to believe that the general public did not completely sense the size of her contribution to the achievements of the race as such."

Image: Bessie Coleman and her plane in 1922, Monash Universit

One in four cowboys was Black, despite the stories told in popular books and movies



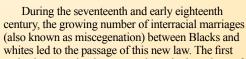
In fact, it's believed that the real "Lone Ranger" was inspired by an African American man named Bass Reeves. Reeves had been born a slave but escaped West during the Civil War where he lived in what was then known as Indian Territory. He eventually became a Deputy U.S. Marshal, was a master of disguise, an expert marksman, had a Native American companion, and rode a silver horse. His story was not unique however.

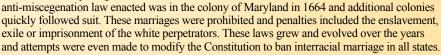
In the 19th century, the Wild West drew enslaved Blacks with the hope of freedom and wages. When the Civil War ended, freedmen came West with the hope of a better life where the demand for skilled labor was high. These African Americans made up at least a quarter of the legendary cowboys who lived dangerous lives facing weather, rattlesnakes, and outlaws while they slept under the stars driving cattle herds to market.

While there was little formal segregation in frontier towns and a great deal of personal freedom, Black cowboys were often expected to do more of the work and the roughest jobs compared to their white counterparts. Loyalty did develop between the cow-

boys on a drive, but the Black cowboys were typically responsible for breaking the horses and being the first ones to cross flooded streams during cattle drives. In fact, it is believed that the term "cowboy" originated as a derogatory term used to describe Black "cowhands."

U.S. interracial marriage was banned in 1664 and not overturned until 1967





It would take three hundred years for this law to be overturned. In 1967, Richard Loving, a white man, and Mildred Jeter, a Black woman, were married in the District of Columbia. When they returned home to Virginia, they were arrested and convicted of violating the state's anti-miscegenation law. They each faced a year in jail and their case went to the Supreme Court. The Supreme Court found in favor of the Lovings in the famous trial Loving v. Virginia. They ruled that prohibiting interracial marriage on state and local levels was unconstitutional; this meant that marriages between the races were legal in the country for the first time since 1664.

In 2000, Alabama became the last state to officially legalize interracial marriage by removing the unenforceable ban that was still contained in their state constitution. Read more famous cases about interracial relationships that changed history.

Image © Bettmann/CORBIS





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THE PRAYER CLOSET FEBRUARY 2020

The hardest time to praise God is during periods of trial. They seem to tear us apart, and pull us from side to side. Trials, if we are not careful, can steal our praise. Habakkuk 3:19 says, "The LORD God is my strength, and he will make my feet like hinds' feet, and he will make me to walk upon mine high places."

The word of hope in Habakkuk is that God will "make my feet like hinds feet" or he will lift me up and "make me to walk upon high places." We praise God because we know that we may be on the low ground at the moment but in due time God will help me to walk on higher ground. Whatever valley you are experiencing, in due time God is promising "higher ground!"

No wonder the song writer records, "Lord lift me up and let me stand, by faith on heaven's table land, A higher plane than I have found, Lord plant my feet on higher ground."

Father I thank you that I can praise you despite my trials and tests I refuse to let anything steal my joy.

In Jesus Name I pray. Amen

Apostle Charles C Jones D.D.
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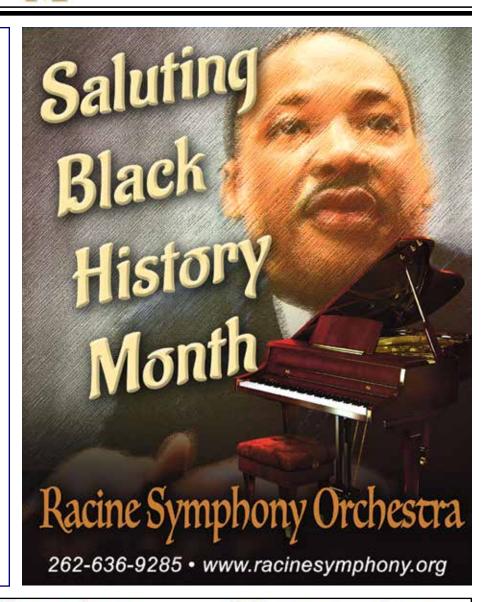


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Amani Personal Care Agency

by Dominique Lambright

What is a personal care agency? Amani personal care agency is an agency, a company that works with different people and institutions to provide nonmedical personal care to individuals. When a person has a disability, an injury, or just having challenges with different activities of daily living, often a trusted family or friend takes responsibility for the care of that person. This can be a grandchild, mother, son, daughter, uncle, or anyone trusted by the individuals that need help. The personal care being provided is often not overseen by actual professionals and the personal care workers rarely are paid. Due to this, personal care agencies like Amani personal care works with professional personal care workers with their clients and loved ones to help them receive proper training to become a registered nurse (RN) and receive a form of income from Medicaid and other insurances.

In other cases, a personal care agency gets several employees who send to clients needing care. At Amani personal care agency, they work with the clients to find the best personal care workers to match their needs. The client is empowered to decide who is taking care of them. Why the name "Amani"? One aspect that fosters selfesteem and confidence in life is self-dignity. Be happy with yourself and your looks. This dignity is highly influenced by "inner peace" it's believed that inner peace will influence our daily activities, that is where "Amani" was born. The name means peace in Swahili (spoken in Eastern Africa). Amani PCA was started by three people who have roots in Eastern Africa. The combined experience of 3 people here in the USA (ĈEO, administrator as registered founders, and the RN supervisor) and their families. Their daughter is a nurse, their son in law is in school for nursing, and their youngest is in his final year in business school at the University of Illinois in Champagne Urbana; the administrator's daughter is a personal care



Catherine Mwinyi, Administrator



worker/human research resource personnel. In taking care of people, it is identified as self-dignity, as promoted by inner peace, so the name Amani.

The values that Amani represents are:

- Dignity (self-respect, self-worth, and self-appearance)
- Professionalism (Amani refuses to cut corners and wants to make sure all stakeholders are being treated fairly)
- Partnership (they work with clients to find the best personal care workers to match their needs)
- Affordability (they believe personal care should be affordable for all and those administrating it should be compensated)

The goals of Amani are:

- Empower residents of Wisconsin to live their best most filled life at the comfort of homes
- Become a leader in personal care in Wisconsin
- Foster a sense of professionalism and community among personal care providers

Jurisdictions

In Wisconsin, personal care agencies are regulated or under the Department of Health Services (DHSA). Amani PCA is legally approved to operate in these counties in Wisconsin; Racine, Kenosha, Milwaukee, Waukesha, Walworth, Jefferson, and Manitowoc.

The services Amani provides

- Bathing
- Grooming Dressing
- Transfer
- · Light meal preparation
- Ambulation
- · Light housekeeping
- customized services

Amani PCA business process is:

- 1. Amani PCA gets a referral for a client.
- 2. Under orders from a medical doctor, a registered nurse assesses the client to determine eligibility and the amount or type of care needed.
 - 3. RN develops a plan of care.
- Amani PCA processes the authorization and claim to Medicaid and/or most insurance.
- 5. In partnership with the client, Amani PCA identifies a personal care worker (PCW) for the client.
- 6. Amani PCA train's personal care workers.
- 7. Once the claim is approved by Medicaid insurance Amani PCA reimburses personal care workers at an agreed rate.
- 8. The registered nurse supervises the care given to the client.

Why should you work with Amani personal care agency?

To the client, if you have a personal care worker taking care of you, Amani's personal care agency will work with you to provide PCW and industry-leading pay of up to \$12

an hour. Additionally, PCW who has their client will receive a guaranteed referral bonus of \$100, no questions asked. Plus, this care and service are provided at no cost at all to your client.

Why Wisconsin?

When Emily and Godfrey first came to the USA, one professor at the University of Illinois Chicago invited them to a trip to Kettle Moraine, WI. They fell in love with WI. From there on since they knew where they wanted to be. Their daughter got married at the discovery world in Milwaukee last June. They are also Packer fans, even though they did not make it to the Super Bowl. Basketball is another love of theirs. they have attended several Milwaukee Bucks games. It has always been the plan that once the kids are done with school. we settle in Wisconsin. So, once we all started the talk of starting this

care service agency, it was easy to choose where to go, Wisconsin. After several trips to several counties, we felt the warmth of the Racine/Kenosha/Milwaukee area people. They believe this is a community that can benefit from the services they are offering, especially low-income communities. Amani PCA's engagement in the community consists of getting involved with churches, organizations, community centers; the goal is to be an integral part of this community.

So far, the response from the community



Emily Maina, Registered Nurse

has been great, and they expect to continue to have good feedback. They started last year in 2019 and plan to continue growing here in Racine. Working with them is great not only because of the knowledge and experience they can give but because of the self-fulfillment they receive from doing their jobs. It is their calling and they find great pleasure in helping others and making sure people are taken care of. They want no one to feel like they are alone when it comes to providing healthcare.



Godfrey Maina, CEO

Amani Personal Care Agency 3801 Monarch Dr. Suite 2E Racine, WI 53406 Phone: 262-456-7979

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Fax:

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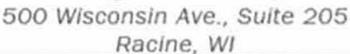
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Jennifer Eastman is the Vice President of the Merchants division of Budd Van Lines. Budd Van Lines is a premium moving service dedicated to delivering a higher level of care. Jennifer's passion and skills are in strategic planning, ethical leadership, "big picture" visioning, and strong communication skills, with an emphasis on teambuilding.

Jennifer is currently a board member on the Racine County Economic Development Corporation and on the All Saints Hospital Foundation Ascension. Jennifer has served on the boards of United Way of Racine, YWCA of Racine, Racine Tempo, and Gid Scouts. She is also very involved with her church.

She graduated from Carroll University with a degree in Business Administration and received a Women in Leadership Certification from Cornell University.

Jennifer enjoys spending time with her family and has made a goal for 2020 to do at least one challenging task each day.





February is Black History Month

A Little History About Black History Month

by Sherika Parham

In 1915, Dr. Carter G. Woodson and Rev. Jesse E. Moorland co-founded the Association for the Study of Negro Life and History (ASNLH). Their goal was to research and bring awareness to the largely ignored, yet crucial role black people played in American and world history. The following year, Woodson published and distributed his findings in The Journal of Negro History. He founded the publication with the hope that it would dispel popular mistruths. He also hoped to educate black people about their cultural background and instill them with a sense of pride in their race.

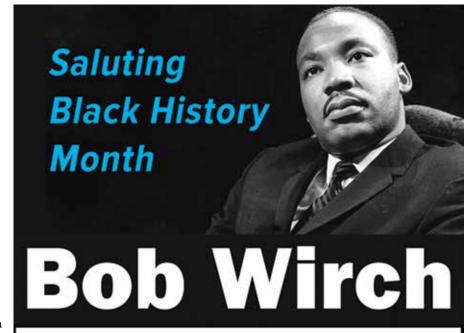
The son of former slaves and the second black person to receive a degree from Harvard University, Carter Woodson understood the value of education. He also felt the importance of preserving one's heritage and, upon his urgings, the fraternity Omega Psi Phi created Negro History and Literature Week in 1920. In 1926, Woodson changed the name to Negro History Week. He selected the month of February for the celebration as a way to honor of the birth of two men whose actions drastically altered the future of black Americans. Abraham Lincoln, the U.S. President who issued the Emancipation Proclamation was born on February 12th and Frederick Douglass, one of the nation's leading abolitionists was born on February 14th.

Woodson and the ANSLH provided learning materials to teachers, black history clubs and the community at large. They also published photographs that depicted important figures in black culture, plays that dramatized black history, and reading materials.

Dr. Carter G. Woodson died in 1950, but his legacy continued on as the celebration of Negro History Week was adopted by cities and organizations across the country. This observance proved especially important during the Civil Rights Movement of the 1950s and 1960s, a time when the inhumane and unequal treatment of black people in America was being challenged and overturned. Black Panther Badge: Power to the People

The Black Power Movement of the 1970s emphasized racial pride and the significance of collective cultural values. This prompted the ASNLH, now called the Association for the Study of African American Life and History, to change Negro History Week to Black History Week. In 1976, they extended the week to a month-long observance.

Black History Month is now recognized and widely celebrated by the entire nation on both a scholarly and commercial level. The Association for the Study of African American Life and History continues to promote, preserve and research black history and culture year-round.



Please contact me to share your views or if you need help with a state agency.

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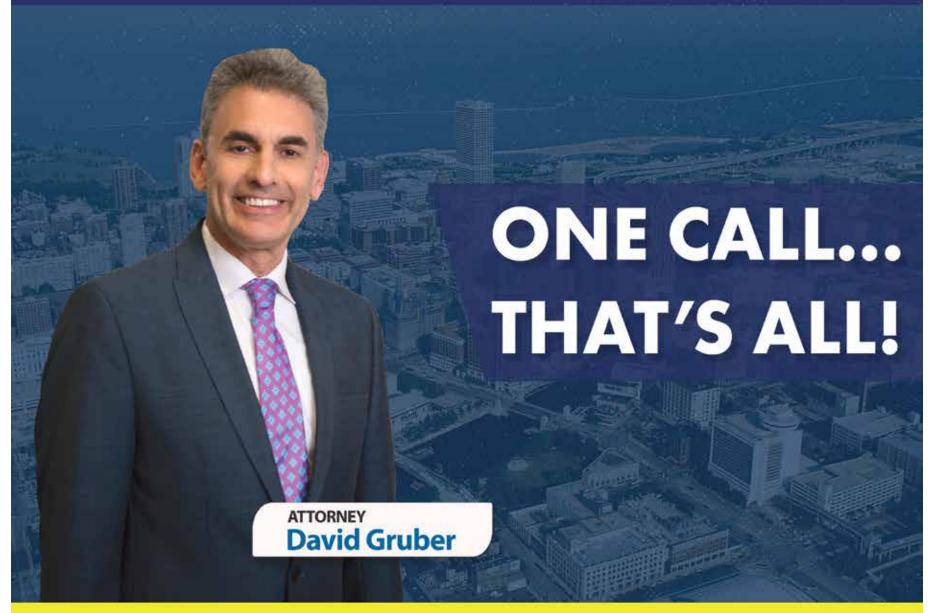
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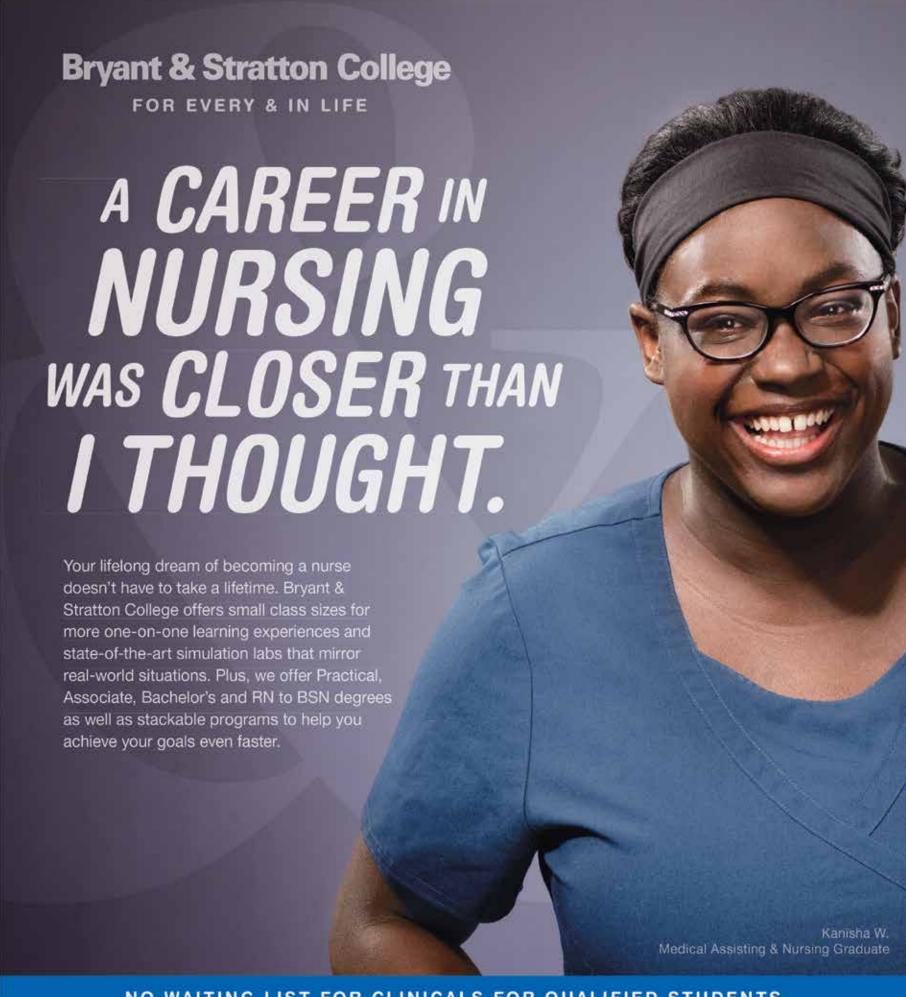




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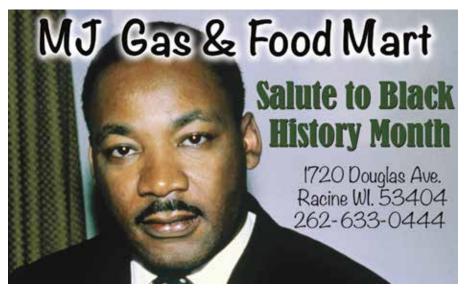
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Bryant Center Offers Youth After School Activities

Racine – The Dr. John Bryant Community Center, in partnership with City of Racine Parks, Recreation and Cultural Services (PRCS), will offer a wide range of after-school activities during the winter. Unless otherwise noted, the programs are free of charge and appropriate for youth ages 14-18.

The Bryant Center is located at 601 Caron Butler Dr., and is open to youth Monday through Friday from 4:00 - 6:00 p.m. The following programs are being offered:

• Martial Arts – A program committed to helping students develop confidence, discipline, and respect. A uniform fee applies.

- Hurricane Force Martial Arts is offered for youth ages 12-18.
- Lil Storms Martial Arts is offered to youth ages 5 11.
- FAB-LAB is available for youth ages 14-18 interested in technology and the computer arts. This program features an IMet room with 3D Graphic and Laser printers.
- Creative arts classes for youth ages 14-18 are offered in ceramics, music lessons, or the on-site music studio.

For more information about program registration and age requirements call the Bryant Center at (262) 636-9235.

Strike-Out Big for Youth Bowling Fundraiser

Racine - City of Racine Parks, Recreation and Cultural Services (PRCS) will host its annual bowling event to raise funds in support of youth activities. The fundraiser will be held at Castle Lanes, 5615 Castle Ct., on Sunday, March 15, 2020. Check-in begins at 12:00 p.m. with bowling underway at 1:00 p.m. This is a family-friendly event for all ages.

Space is available for 24 teams with five bowlers to a lane. A fee of \$20 per person covers three games, shoe rental and an event t-shirt. Raffles and prizes will be awarded at the event. Advance registration is required and teams are taken on a firstcome, first-served basis.

To register, teams should complete a team form with the names and signatures of each bowler added. Registration forms may be found on the PRCS website at cityofracine.org/ParksRec; at the PRCS office, 800 Center St., #127; or at any of Racine's five community centers (Bryant, Chavez, Humble, King and Tyler-Domer).

Registration will be accepted on a first-come, first-served basis through Friday, February 28, 2020 at the PRCS office Monday through Friday from 8:00 a.m. to 4:30 p.m.

Questions may be directed to the PRCS office at (262) 636-9131, Jeanne Brenner at (262) 636-9416 or Jason Mars at (262) 636-9454.

Get social! Visit, like & follow us at www.facebook.com/RPRCS/ and at racineparksandrec on Instagram. Information about all PRCS events may be found at cityofracine.org/ParksRec; by visiting the PRCS main office at 800 Center St, Rm.127; or by calling (262) 636-9131.



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What's New for Social Security in 2020?

by Yvette Stewart

With the new year upon us, those who collect Social Security or pay into the public retirement program through payroll deduction will see some changes. The Social Security Administration makes cost-of-living adjustments on an annual basis. Here's how the changes may impact you:

For those receiving retirement benefits

If you collect Social Security benefits on a monthly basis, the amount you receive will increase by 1.6% beginning in January. According to the Social Security Administration, for the average recipient of retirement benefits, this will amount to an additional \$288 in 2020.

The result might be different if you are enrolled in Medicare. For most Social Security recipients, standard Medicare Part B premiums are deducted from monthly benefit checks. In 2020, Medicare Part B premiums will rise from \$135.50 to \$144.60 per month. That additional \$9 will be deducted from your Social Security benefit each month.

If you have Medicare Part C (Medicare Advantage) or Part D (prescription drug coverage) premiums deducted from your Social Security check, those costs may also be higher next year, reducing the net increase you will receive.

For early Social Security recipients

If you collect Social Security benefits prior to your full retirement age ("FRA") (at least age 66 for those born in 1943 and later), you may incur a penalty based on your earned



income. If you work in 2020 and you will not reach FRA in that year, an important income threshold is \$18,240, which is \$600 more than it was in 2019. For every \$2 of income earned beyond that

amount, one dollar in Social Security benefits will be withheld.

If you will reach FRA in 2020, you can earn up to \$48,600 for the months prior to reaching FRA before any reduction in Social Security benefits occurs. In that case, you sacrifice \$1 of benefits for every \$3 in earnings above the threshold. Once you reach FRA, the earnings limit no longer applies to Social Security recipients.

Impact on income earners

Those not yet collecting Social Security who earn six-figure incomes may see a modest tax increase in 2020. If your income typically exceeds the maximum taxable earnings amount for Social Security, you should be prepared for this change.

In 2019, any income earned by an individual beyond the \$132,900 maximum was not subject to the 6.2% Social Security payroll tax. In 2020, that threshold increases to \$137,700, which means an additional \$4,800 is subject to Social Security tax in 2020. That result is an added tax of up to \$297.60 in the coming year.

There are a lot of complexities with Social Security, so if this feels overwhelming, know you are not alone. If you have any questions, be sure to contact your financial advisor, tax

advisor or the Social Security Administration.

¹ Source: medicare.gov, "Medicare costs at a glance." (https://www.medicare.gov/your-

medicare-costs/medicare-costs-at-a-glance) Source for all Social Security information: Social Security Administration, "Fact Sheet: 2020 Social Security Changes," November 2020. (https://www.ssa.gov/news/press/fact-sheets/colafacts2020.pdf)

Yvette M. Stewart, is a Financial Advisor with Ameriprise Financial Services, Inc. in Brookfield, WI. She specializes in fee-based financial planning and asset management strategies and has been in practice for 13 years. To contact her, visit www.ameripriseadvisors.com/

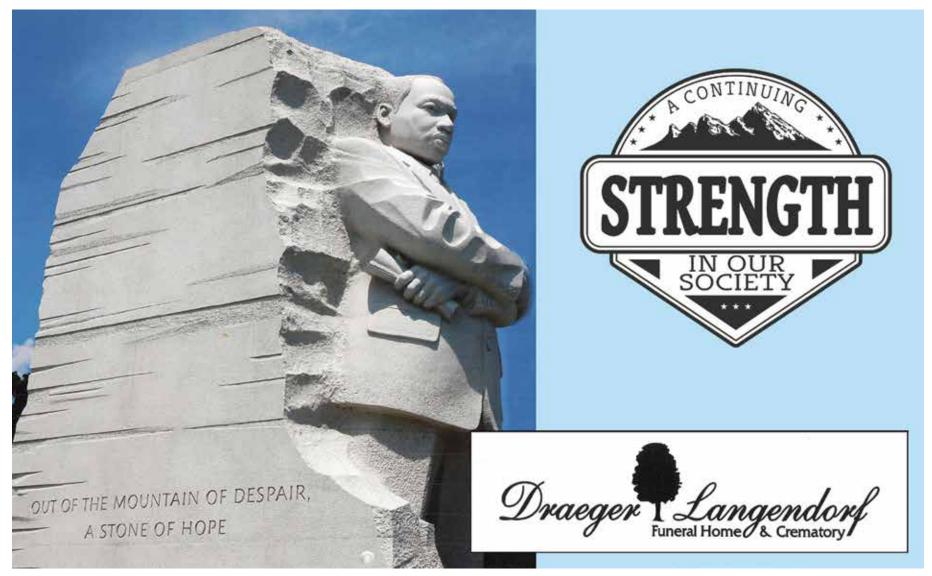
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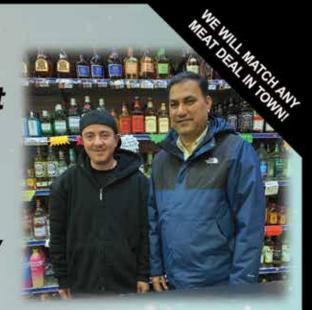
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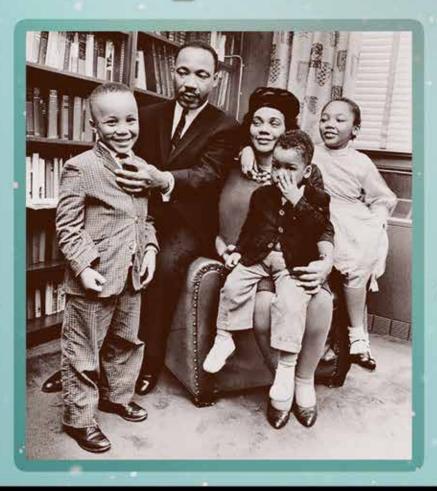
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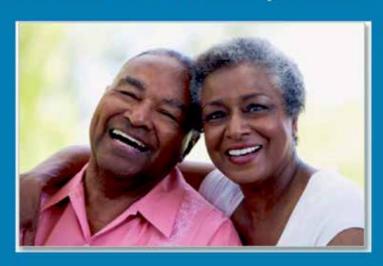
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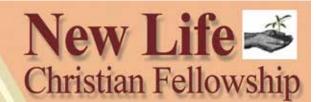
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Prayer and Bible Study – 6:00 p.m.













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Dr. Martin Luther King, Jr.









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Gateway announces Promise 2 Finish program to help adult students return to college, obtain degree

Gateway Technical College leaders announced today they will expand the number of students it promises to help make college a reality through Promise 2 Finish, a new program aimed at those 24 and older who've had some college experience and are looking to return to complete their education.

Promise 2 Finish helps qualifying students who live in the Gateway Technical College District by filling the gap between financial aid and tuition costs. At its core, it will help those who left college to return – and gain the life-changing opportunities of a degree.

The application period opened today, and the first 110 who qualify and have all required admissions and financial aid paperwork submitted and approved will enter in the program. The first group will begin classes January 2021.

"We're proud to offer this new program for returning students," said Gateway Technical College Executive Vice President/Provost Zina Haywood. "This is a re-igniting dreams program.

"It's for students who had dreamed of coming to college and obtaining a degree and, for whatever reason, had to drop out. We are reigniting those dreams by this Promise 2 Finish program."

While students can start applying today, the college will also hold a series of workshops in February to guide those interested in how to apply for the program and apply for financial aid.



The program is for potential students age 24 and older who've earned at least 12 college credits and who've been out of college for at least two years but have not already earned an associate degree or bachelor's degree. They can build on the credits they've already earned to complete a degree.

"The Foundation is very excited to partner with the college to help make possible this program that will help students return to college. We also realize it's important that members of our community have access to the skills and training they need for lifesustaining careers," said Jennifer Charpentier, executive director, Gateway Technical College Foundation.

Charpentier said they hope to raise \$1.5 million for Promise 2 Finish over the next 18 months to two years, with about half of that already in place. It was announced at the board meeting that HARIBO of America is a lead corporate giver for this effort, contributing \$250,000 to the program.

"At HARIBO, we believe everyone should have access to affordable, quality education and have the resources to make that happen – and that's exactly what this program will do," said Toni Hansen, HARIBO of America director of human resources. Program participants

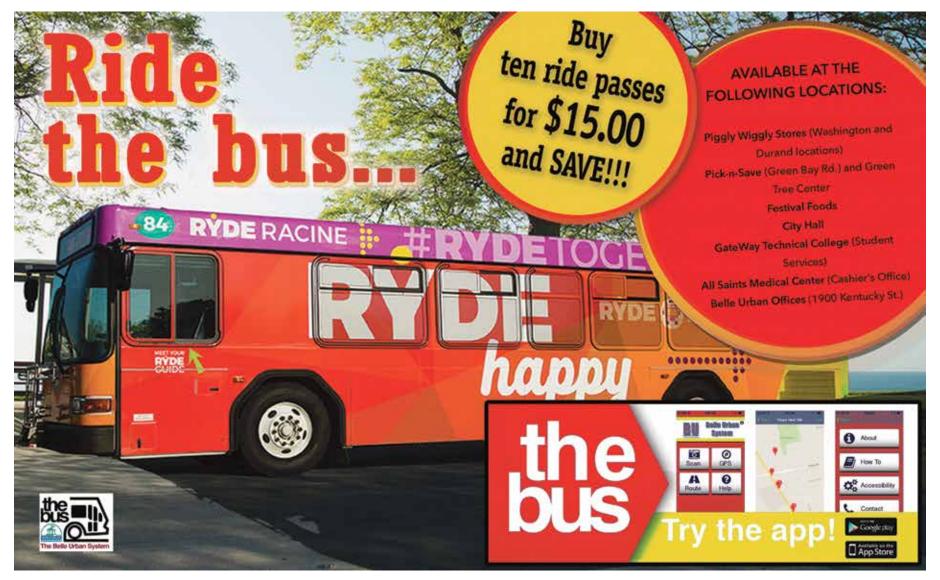
will have access to learning communities to provide added academic support as well as tailored case management and advice from Gateway staff to meet the unique needs of students returning to college. Depending on their financial situation, students can be provided up to a maximum of \$10.500 in tuition.

Other details of the program include that students must earn a minimum of 15 credits per academic year, maintain a 2.0 grade point average, reapply for financial aid every year and the maximum amount of time to be in the program is eight semesters. Deadline to apply is Oct. 1, 2020.

Gateway Technical College's mission is to deliver industry-focused education that is flexible, accessible and affordable for our diverse community. The college collaborates with communities in Kenosha, Racine and Walworth counties to ensure economic growth and viability by providing education, training, leadership and technological resources to meet the changing needs of students, employers and communities.

- Those interested in the Promise 2 Finish program can find more information here: www.gtc. edu/promise
- Gateway will also hold a number of workshops to help answer questions and guide those interested in person. They will be held the same night as information sessions for Gateway's high school Promise program.

Dates and times can be found here: www.gtc.edu/ promise-workshops



Mayor Announces Round Two of Microenterprise Loan Program

For City of Racine-based Owner-Operated businesses with 5 or fewer employees. [Other conditions apply*]

MORE INFORMATION AND FULL APPLICATION: https://www.cityofracine.org/CDV/RFP/ orcall 262.636.9151

APPLICATIONS DUE MARCH 2, 2020

The City of Racine is excited to announce that it is expanding financing options for early-stage microenterprise businesses through the Microenterprise Financial Assistance Program, or "Micro Fund", in 2020. The Micro Fund provides up to \$15,000 in low-interest loans to Racine-based owner-operated businesses with five or fewer employees.

"In 2019, the response to the Micro Fund program showed there was a real need for alternate financing for Racine's smallest businesses," said Mayor Cory Mason. "This program begins addressing lending disparities experienced by African-American, Hispanic, and other under-represented business owners, and promises to help Racine entrepreneurs capitalize on regional business opportunities and will help them move to the next level. These businesses are critical to creating vibrant neighborhoods and ensuring economic resilience in our community."

Five businesses were selected to be the finalist for the City's first ever micro-fund loan program in 2019. The program received interest from many local businesses, but also from elected leaders from around the state. The five winners were Valid Kixx, Yogi's

Pud'n, I Love Tamales, 2SwiftSuits, and Audreyanna's.

The goal of the program is to foster business growth and economic prosperity for Racine business owners supporting low or

moderate income households. The Department of City Development expects up to \$100,000 will be made available in 2020 for the Micro Fund through federal funding from the federal Department of Housing and Urban Development's (HUD) Community Development Block Grant program (CDBG). Eligible businesses must have 5 or fewer employees, including the owners, and be in operation between 6 months and 3 years. The Micro Fund has fewer federal regulations than other City of Racine Small Business loan programs, and supports the City's 5 year Comprehensive Plan for economic development.

The City of Racine's Neighborhood Services Division is accepting applications through March 2, 2020. Applications will be reviewed on a competitive basis, based inpart upon the scoring matrix included in the application materials. For application materials and program details visit https://cityofracine.org/CDV/RFP/, call (262)636.9151, or email ben.lehner@cityofracine.org. Paper copies can also be picked up directly at City Hall's Department of City Development front desk (730 Washington Avenue, Room 102).

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Momentum Counseling, LLC-Racine, WI operates as a private practice that provides services to individuals over the age of 18 with a variety of mental health diagnoses, addition issues, and difficulties with life transitions.

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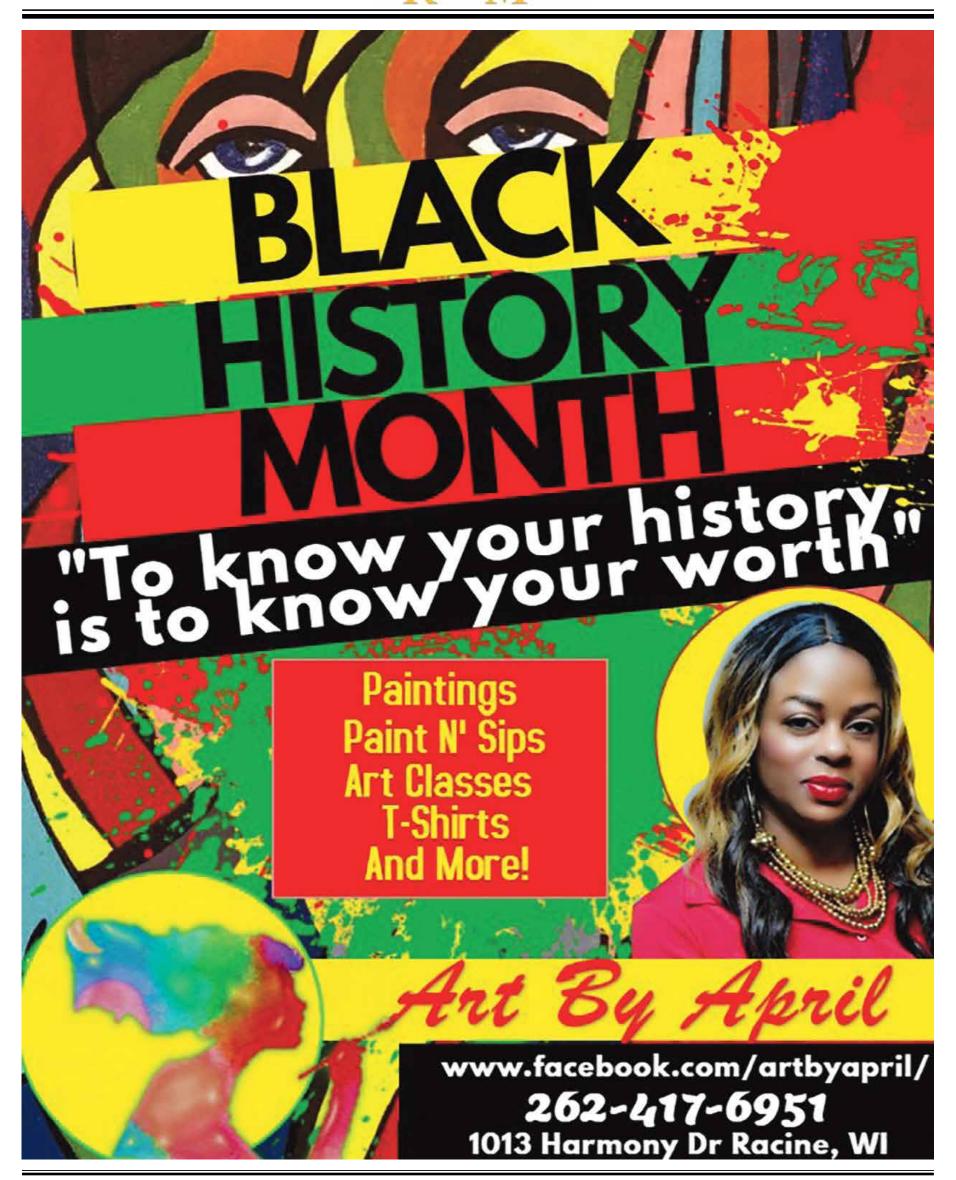
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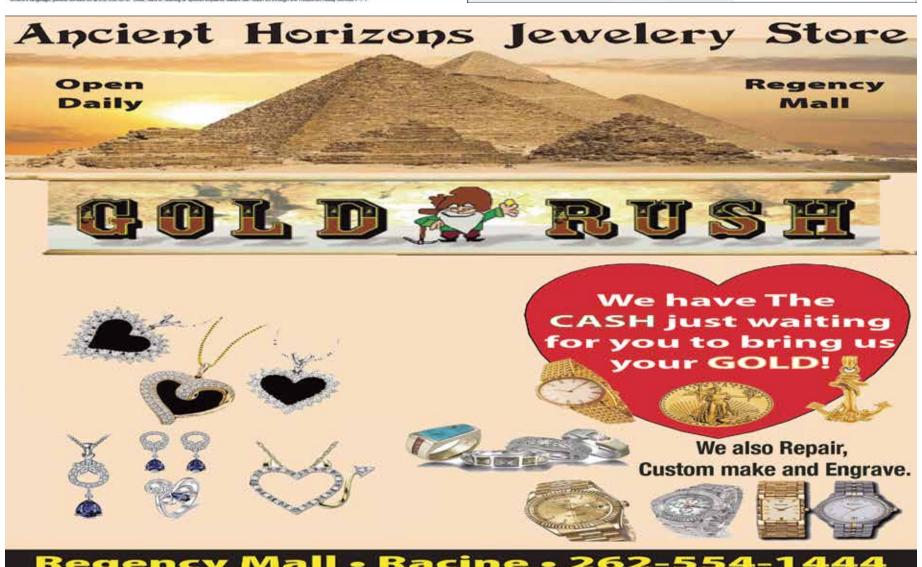






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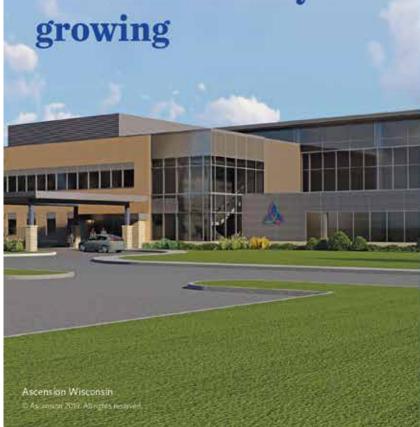
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Ascension Health Center Mount Pleasant opens early 2020

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The new medical center will be located at the northeast corner of Highway 20 and Highway H in Racine County.

And, once our doors open, we'll also have extended hours to better care for you and your family.

Services:

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- · On-site lab and imaging
- · Urgent care
- Rehabilitation
- · Occupational health
- · Outpatient surgery center





Real Talk Therapy: Unconditional Love

Love. What is it? How do you define it? Webster's Dictionary has eleven entries for the word love. I find entries four, five. and six most relevant to our discussion:

- 4. Affection; kind feeling; friendship; strong liking or desire; fondness; good will; - opposed to hate; often with of and an object.
- 5. Due gratitude and reverence to God. - Jude 21: Keep yourselves in the love of God, looking for the mercy of our Lord Jesus Christ unto eternal life.
- 6. The object of affection; often employed in endearing address.

Dictionary.com has twenty-eight entries for the word love; the first of which defines love as a profoundly tender, passionate affection for another person. The Bible, which has more passages on love then the allotted space can cover, says, "Love thy neighbor as thyself (Matthew. 22-37-39 and Mark.12:30-31; both KJV translations). To love one's neighbor as thyself implies that one has to love self before one can love someone else. However in the proper order of things, according to the aforementioned passages in their entirety, one must first love

"And thou shalt love the Lord thy God with all thy heart, and with all thy soul, and with all thy mind, and with all thy strength: this is the first commandment. And the second is like, namely this, Thou shalt love they neighbor as thyself. There is none other commandment greater than these."



Mark 12:30, 31 (KJV). Whether you are seeking love or already in a healthy loving relationships, this Valentine's Day, let's keep love in its proper perspective and in the proper order: 1. Love God because he first loved us 2. Love yourself just

for being who you are; Love Unconditional. 3. Love your neighbor who is not limited to the person next door or the people upstairs, but is all inclusive of fellow human beings with which you come into contact daily.

5 Ways to Love Yourself:

- 01. Read healthy information daily including the Bible.
- 02. Maintain a consistent and healthy diet especially fruits and vegetables.
 - 03. Exercise at least 15-30 daily.
- 04. Broaden your horizons by travelling to a place you haven't been before.
- 05. Do something kind for someone else just because it makes you feel good inside.

LOVE

Learning always Opportunity seeking Value self & others Ever evolving

Darrell Anthony White Woodard is a school counselor in Kenosha and a Gospel preacher at the Southside Church of Christ and Hampton Avenue Church of Christ in Milwaukee. To schedule a consultation or speaking engagement, please make your request via email: darrellwoodard@rocketmail.com or phone: (847) 287-5842. Linked In: www. linkedin.com/in/dr-darrell-anthony-whitewoodard-32387837/ Facebook: Acrostic Therapy.

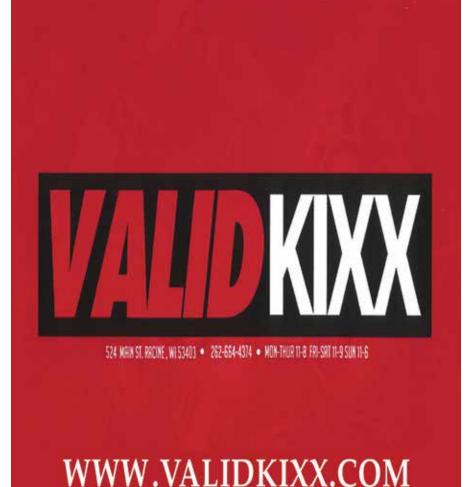




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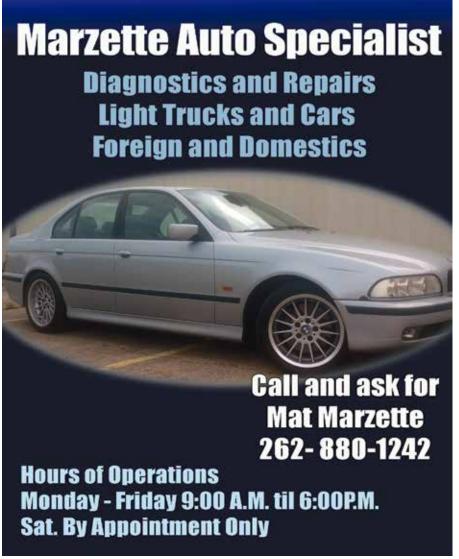
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Neubauer: Youth Access to Mental Health Care Can't Wait

 $MADISON-Multiple\ bills\ and\ resolutions\ relating\ to\ health\ care\ were\ addressed\ on\ the\ Assembly\ floor\ in\ Session\ today,\ including\ 2019\ AB\ 644,\ creating\ a\ pilot\ program\ for\ youth\ mental$ health care access in schools. Rep. Greta Neubauer (D-Racine) released the following statement:

'Over my last two years in office, I have heard over and over from my constituents that we need to prioritize affordable, accessible, and comprehensive health care in all of its forms. Today, I was proud to continue to advocate for expanded access to mental health care in all of Wisconsin's schools.

"Too often, a mental health crisis turns into a permanent tragedy because of a lack of access to care. In Racine, we have been lucky to have people pushing back against the stigma and advocating for access to care, including NAMI Racine and youth anti-bullying advocate Alex Hart-Upendo. It's past time that we follow their examples and get rid of the stigma surrounding mental health treatment, starting in our schools.

"As a state, we need to take more concrete steps to address comprehensive health care access. Today, the Assembly passed legislation supporting a single-county pilot program, but all of our young people should have access to the care they need," Neubauer concluded. "We must act to expand mental health care access in schools across Wisconsin.'

Statewide Availability of Marriage Certificates to Expand

Racine - Connie Cobb Madsen, Racine County Register of Deeds, announces that it is now easier to obtain a copy of your marriage certificate.

Effective Jan. 2, 2020 - individuals married in Wisconsin will be able to go to any Wisconsin Register of Deeds office to obtain their marriage certificate. Register of Deeds offices are currently able to issue birth certificates from all Wisconsin counties. Certificates of death are available statewide for deaths occurring on or after September 1, 2013. Certificates of divorce are available statewide for divorces occurring on or after January 1, 2016 to present.

While not all vital records are eligible for statewide issuance; the State Vital Records Office continues to work with Register of Deeds offices to add or update specific vital records on demand – with the goal of having all eligible records available.

Register Madsen notes that statewide issuance provides an easier and more efficient method of serving County residents by providing better access to Wisconsin vital records. Individuals can contact the Register of Deeds office to receive more information about the statewide availability of records.

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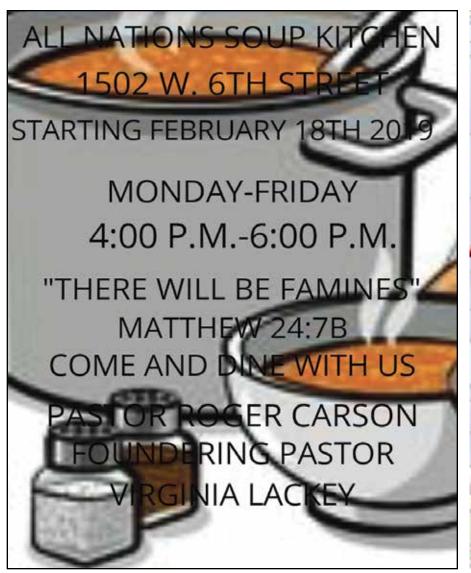
Contact Sheila to take advantage of the down payment grant.



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Sunday Worship Service 11:00 A.M.

Wednesday Prayer & Bible Class 6:00 P.M.

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PUBLIC NOTICE





Notice is hereby given that the City of Racine on behalf of the Racine area public transit system, doing business as RYDE or The BUS, is applying to the Wisconsin Department of Transportation for a capital grant under Section 5307 of the Fixing America's Surface Transportation (FAST) Act, as amended. The FAST Act is the 2015 law that authorizes federal transportation funding.

The grant application requests up to 80% of \$250,000 for a vehicle locator and dispatch system and up to 80% of \$940,100 to fund the purchase of two full-sized city clean-diesel buses to replace worn out vehicles.

Opportunities to comment on this grant application will be provided at a public hearing at the Racine Transit Commission meeting on Tuesday, February 25, 2020 at 5:30 p.m., Racine City Hall, 730 Washington Ave., Room 303. Please call (262) 636-9480 if you require any special accommodations to attend the meeting.

You may also send your comments via U.S. Postal Service to the address above or by email at michael.maierle@cityofracine.org .

This public hearing will be held in compliance with 49 U.S.C 5323(b). Title 49, Chapter 53 of the U.S. Code (law) concerns public transportation. Section 5323(b) states, "The Uniform Relocation Assistance and Real Property Acquisition Policies Act of 1970 (42 U.S.C. 4601 et seq.) shall apply to financial assistance for capital projects." No persons, families, or businesses will be displaced and the environment will not be impacted by projects potentially funded by this grant.





You Auto Know How Far We've Come This Year

by Tom Kral

As the end of 2011 fast approaches, it's time to look back on the year to see what information was passed along in this column. Hopefully, it has proven to be worthwhile to you.

The year began with a discussion of electric cars. The Chevy Volt is gaining national reputation, if its TV and online advertising campaign is an indication. The Nissan Leaf is doing well. Toyota just released the Prius V—not quite a hybrid van, but certainly more a capacious alternative. Virtually all manufacturers are now or will soon be offering hybrid-assisted vehicles. Though the electric evolution is far from replacing gaspowered cars and trucks, it is well underway.

February considered how car salespeople earn a living. Commission-based sales cut both ways—as an incentive to provide outstanding customer service or as a temptation to rip a hole in a buyer's wallet. The bottom line is, if you find a trustworthy salesperson, treat him or her with consideration. Refer business to them. If not, keep on shopping. They're out there.

March talked about automotive safety features. Vehicles are getting smarter and safer. It's worth looking for state-of-the-art protection so if that bad day ever comes, you know you've done what you can to guard yourself and your passengers.

April and May addressed the latest spike in gas prices. The suggestion was to think twice before spending \$25-\$50,000 on a new super mileage vehicle. Do what you can with



what you have first, including dumping the junk from the trunk (is it full again?), and only then examine the wisdom of replacing your current vehicle. And no, gas never hit \$6.00/gallon. Thankfully, it's been dropping of late.

June concerned choosing an automotive gift for Dad's Day—appropriate for this season, too.

Suggestions ranged from cleaning the family car yourself, buying carwash gift cards, giving a sports related car accessory, to sending your car nut family member on a real life, racecar ride along.

July's subject regarded how the shortage of late model, fuel-efficient used cars was driving up prices. Since then the price of gas has stabilized and Japan is recovering from March's tsunami. Add to that, November new car sales are up significantly. Taken together, although the market for desirable used cars is still strong, prices may be softening. Nevertheless, used car prices are still high and new car sales have a long way to go just to reach historic averages.

August was a discussion of the difficulty in finding a decent back-to-school car for your child. Good quality transportation for

under \$10,000 remains problematic. The idea of leasing an inexpensive new car was offered as a potentially cash-conserving alternative.

September reminisced about how that used to be the kickoff month for the new model year. Now manufacturers release models throughout the year.

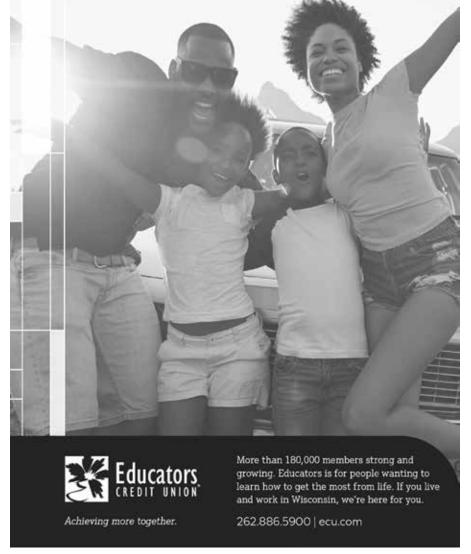
October gave examples of your options at the end of a lease. The significant points were that you do have a variety from which to chose, so select the one that makes the most financial sense for you. Also, if you buy the car during or at the end of a lease, you are not responsible for excesses in miles or damage.

That brings us fully around to last month. Running four, dedicated winter tires will provide the best traction on snow and ice but is, unsurprisingly, the most expensive choice. Most of us will do okay with a set of good quality, all-season rated tires.

Hope you have enjoyed this recap. We look forward to 2012 and the challenges and innovations in the new year to come.

Tom is an automotive consultant with over 20 years of experience in the industry. He can be reached by phone at (262)664-5906 or email at tkral88@ vahoo.com









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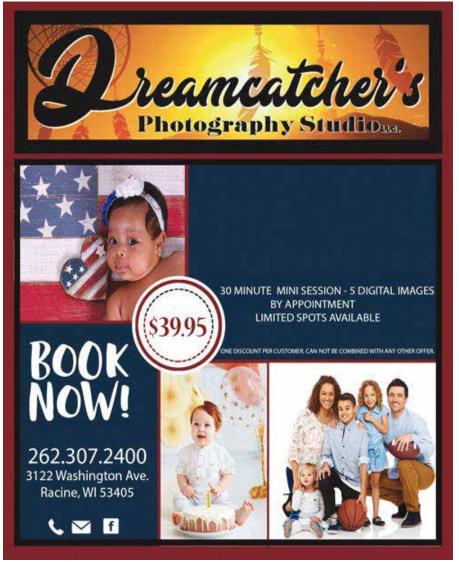
Pregnancy Tests • Limited Obstetrical Ultrasounds • Helping you make the best decisions for you and your baby.

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STOP and just think about how all this **applies**, **is true or impacts/affects you**, others; your friends, family, community:

- The over weight you look around and see on our bodies;
- Our lousy; health, life-threatening junk, processed "food" diet saturated with unhealthy, addicting sugar, salt and oils;
- Widespread disease, sickness, "aches and pains"; cancer, heart attacks, diabetes, dementia/alzheimers you see and hear about so much, too much;
- Prescriptions, medications needed to keep us going, alive, and that compromise beyond repair proper functioning of our body's organs!

What's your reaction, feeling---disbelief, disgust, outrage; care, concern and wanting to do something about it?

If so, then take part in the beginning, "be in on the ground floor" of the

HEALTH, NUTRITION, DIET SUPPORT AND ACCOUNTABILITY TEAM

See facebook.com/
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sundayhealth/
for further details and
needed input.

For questions, requests, input, comments, contact Randy: 847-809-4821 or randy@ maxfulfillment.com



Post- Valentine Ball

Racine Local Businesses, Inc.

Sixth Annual Scholarship **Awards Banquet & Post-**Valentine Ball

An investment in knowledge pays the best interest



Roma Lodge 7130 Spring Street Racine, WI 53406

February 15th, 2020

5:00 PM Social Hour 6:00 PM Dinner Program & Dance to follow

Tickets:

\$40 per person in advance/\$45 at the door/\$400 per table of Ten

Silent Auction, Raffle, Prizes and much more Attire: Semi-Formal

For tickets and more information contact George (262) 880-4718, Jerry (262) 930-6270, or Larry (262) 939-1597 or any committee member

Racine Local Businesses, Inc.

RLB, Inc., PO Box 085167, Racine, WI 53408, (262) 880-4718

OUR PURPOSE STATEMENT

We are organized exclusively for charitable and educational purposes as defined by section 501 (c) 3 of the Internal Revenue Code, or corresponding section of any future tax code. We award scholarships to graduating high school seniors who will be entering college. The annual Valentine's Day Scholarship Banquet has grown each year as we seek to meet the needs we see in the community.

We saw a need in the community and decided that helping students with their education expense was the best way to make Racine a more attractive place to work, live and raise a family once students finish college. We are investing in children, so they can have better lives and be proud of themselves and their accomplishments.

Our committee is made up of a varied group of committed business owners and retirees, including individuals with long careers in nursing, social work, education, law enforcement, finance and real estate.

We gave the name Racine Local Businesses, Inc a great deal of consideration hoping other businesses who have been blessed by the community would join us by giving back to our community. Our mission is that one day Racine Local Businesses, Inc. will give full tuition scholarships

If you would like to Donate toward this worthy cause or sponsor a scholarship, you can do so by sending donations to: Tri-City National Bank, 4708 Northwestern Avenue, Racine, WI 53406.

Please Reference Racine Local Businesses, Inc. and your name or company name in the memo. Specify if it's toward a scholarship, or an AD, etc.

You can also just Stop in any of the Racine Branches and donate to the above account at Tri-City.

If you have any questions please contact George Nicks, Sr. (262) 880-4718, President.

COMMITTEE MEMBERS:

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Special Helpers: Brandi Jackson, Mr. & Mrs. Blackwell

Honorary Member: Sylvia Cunegin

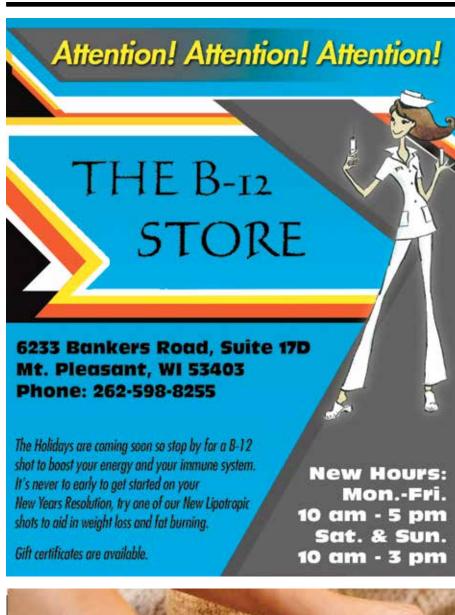
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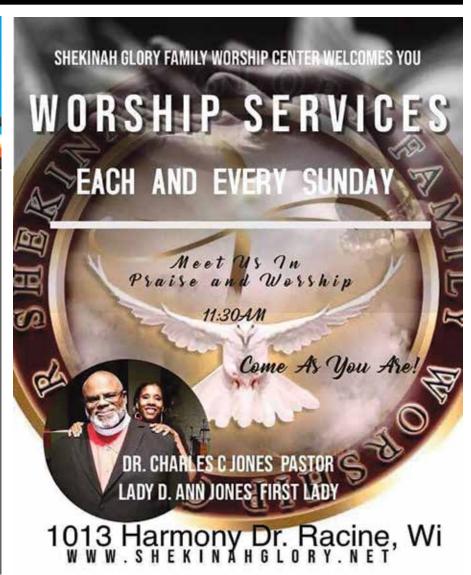


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Thank you! for sharing it—post, text, email to any one or place—neighbors, friends, family, work, place of worship, community groups/organizations.

You just don't know who might be interested, and in turn, knows someone who has interest or need (just like how networking for a job works). It's also thinking of others and not just ourselves. And giving the Gift of Health

For sharing, contributing, post in Facebook https://www.facebook.com/healthnutritiondiet/ and/or Meetup https://www.meetup.com/Sunday-Health-Nutrition-Diet-Support-Accountability-Team/messages/boards/

For questions, support, assistance, contact Randy 847 809-4821, randy@maxfulfillment.com

Also see co-facilitator Sunday Muniz and get your questions answered.

Nutritional Designs 5220 Washington Ave Racine, WI. (262) 632-6500 https://www.nutritionaldesigns.com/free-classes (Ultimate Nutrition webinar & workbook, 15 Workshops, 11 Recipes, Cooking Classes)

In the January HCT Meeting, it was so neat and exciting to see each one have their questions answered, needs met or gain what they came for. Just what the meeting and HCT is all about. One of you followed up and saw Sunday, co-facilitator the next day and left quite pleased. See her contact info below.

Here are topics, points or tools, resources that came up in the meeting for addressing needs or issues like healing or preventing cancer or other disease; losing weight; low on B12; trouble sleeping, getting a good nights rest; having a hard time with negative thoughts about my health or disease.

1 Eat Right for Your Blood Type

https://www.nutritionaldesigns.com/freeclasses (register first)

The right food for your blood type is one of the basics, essentials for our health that we may not know or think of. Sunday has a blood type food chart for the foods that are right or aggravating for your blood type. You may not know your blood type and it may be hard to get, but you can find out by donating blood.

2 Alkaline Acidic Balance

https://www.phmiracleliving.com/pdf/pHFoodChart1.pdf

Alkaline acid balance is another basic, essential that is not as well known. Use this



Alkaline Acidic Food Chart as a guide to the food you buy and eat. Acidic foods are primarily what we eat. That means a body that is too acidic and like a polluted fish tank. If you go to the emergency room, what is likely to happen---an IV, alkaline solution. See Sunday about the alkaline acid balance testing she talked about in the meeting.

3 Understanding the Thyroid

https://www.nutritionaldesigns.com/freeclasses (register first)

The questions, needs or issues that came up in the meeting brought up the thyroid as a contributing factor. Your thyroid makes hormones that regulate the way your body uses energy. It also serves an important role in regulating your weight, body temperature, muscle strength, and even your mood. The lab tests done by your doctor may not really determine the condition of the thyroid!

4 For negative thoughts or attitudes, Louise Hay's affirmations, visualizations, and her book You Can Heal Your life were recommended. See https://www.healyourlife.com/

5 Here's how one in the meeting beat cancer—CHRIS BEAT CANCER https://www.chrisbeatcancer.com/ Why not do a program like that NOW as prevention rather than waiting until you have cancer or some other disease!!. Pass it on.

6 Don't forget to open your New Year gift from HCT: 12 ways to start the New Year off right for our health, nutrition, diet www.maxfulfillment.com/healthnewyear/

Also see New Year New You https://www.nutritionaldesigns.com/free-classes

7 What are the next best steps for your health, nutrition, diet. Take action, keep strengthening, improving or making breakthroughs with your health.

Try out an Action Plan www.maxfulfillment.com/sundayhealthactionplan/. You don't have to do all the steps and can change the order around as you see fit. Make the Action Plan serve you. Note Step 2 and SMART Objectives.

8 Get the support, assistance you need. Take advantage of the Ongoing Open Forum, topics, discussion; support, assistance and accountability—in AND between meetings. See 3 – 5 in www.maxfulfillment.com/sundayhealth/

The topic for the month and the February HCT Meeting www.maxfulfillment.com/sundayhealthmeeting/ is:

Passing a Physical DOESN'T MEAN YOUR HEALTHY!

So Get a Health, Nutrition, Diet Check-Up. A Physical Exam/Check-Up and routine blood tests are for finding out if there is severe deficiency or excess, and if disease, sickness is starting to happen. But that DOESN'T REALLY TELL IF YOU ARE HEALTHY or not because a Physical doesn't show the:

- ▼ Vitamins, minerals and nutrients that are deficient, excessive; missing or lacking (major reason or cause of disease, sickness, illness, "aches and pains").
- ▼ What can be prevented, minimized ("nip in the bud"), AND the
- ♥ Health, nutrition, diet; changes, improvements or breakthroughs you, your body exactly, actually need the most!

That's what a HEALTH, NUTRITION, DIET CHECK-UP can do and more.

So come to the February meeting or contact Randy anytime for one. Bring your:

- ▼ Lab tests from Physical like Basic or Comprehensive Metabolic Panel; Complete Blood Count (CBC); Lipid Panel; Thyroid Stimulating Hormone. Request copies from your doctor's office.
- .♥ 2 pH urine tests, one in the morning, when waking up and another in the evening, after dinner or can take one at the meeting. Get pH test strips at your local pharmacy.
- ♥ Blood type (Find your type by donating blood).
- ▼ Filled-in Food journal or chart. A template is available upon request.
- ▼ Any medications, pills or drugs you are taking. Make a list.

Then you will have a . HEALTH, NUTRITION, DIET CHECK-UP

- ▼ Identifying deficient, excessive; missing or lacking vitamins, minerals and nutrients using Lab tests above. ▼ Finding out alkaline acidic balance,
- how acidic your body is using pH urine tests and an alkaline acidic food chart.

 ▼ Determining highly beneficial foods vs ones aggravating health concerns or issues
- based on Blood Type.

 ▼ Analysis of Diet using filled-in Food journal or chart, and alkaline acidic food
- ▼ Assessing medications, pills or drugs taken. Why are they being taken; adverse, detrimental effects on your body and health, and what can be changed, strengthened or improved.

The result is the health, nutrition, diet, and changes, improvements or breakthroughs YOU, YOUR BODY, EXACTLY, ACTU-ALLY NEED or require. How exciting, and LIFE SAVING AND ENRICHING!

Then you will make at least 1 change utilizing one or more change agents like these:

- 1 Food, diet chart or diary/journal Available upon request.
- 2 Action plan www.maxfulfillment.com/ sundayhealthactionplan/;
- 3 Affirmations, visualizations https://www.healyourlife.com/;
 - 4 Deep breathing, breath techniques;
 - 5 5 whys, root cause analysis;
 - 6 Gap, needs analysis and closure;
 - 7 Spiritual incubation;

8 Inner power manifestation/actualization;

9 Other?

Upcoming Library Programs

Programs are at 75 Seventh Street, Racine, WI 53403 unless stated otherwise. A sign language interpreter is available with one week's notice. For information, call the library's Business office at 262-636-9170.

Early voting is taking place at Racine Public Library in the Pomeroy Room from February 3rd-February 14th during open hours.

The UWP-Library's Community Read is here! The 2020 selection is "Joyland," by Stephen King. Pick up your FREE copy today at the Racine Public Library. Join us for fun events throughout Racine and Kenosha. Follow the event link for a complete event list. www.uwp.edu/engage/communityread

Tuesday Tales: 10:00 | February 4th | Youth Services. Join Miss Ali for an exciting storytime filled with songs, stories, and fun! DROP IN

Musical Family Storytime: 6:30 | February 4th | Youth Services. Kids grab a rhythm instrument and play along to fun songs and stories.

Family Storytime: 10:00 | February 5th | Youth Services. Join us for a storytime that is fun for the whole family! Please call the library or visit the library website for movie title.

Gaming Open Lab: 4:00-6:00 | Grades 6-12 | February 5th | Computer Lab. Patrons in grades 6-12 come to the library and play games on the libraries laptops. Minecraft, Fortnite, League of Legends etc.

Preschool Dance Party: 10:00 | February 6th | Youth Services. Preschoolers are invited to wiggle and dance at the library!

Saturday Storytime: 11:30 | February

Programs are at 75 Seventh Street, Racine, 8th | Youth Services. Join us for an all age's 53403 unless stated otherwise. A sign lanstorytime!

Dungeons and Dragons Club: 12:30-3:30 | February 8th | Lee Room. Grades 6-12, create your character and jump into the world of D&D with dungeon master Bridgett. REGISTER at www.racinelibrary.info or call 262.636.9217

Pokémon Club: 12:00-2:00 | February 8th | Computer Lab. Calling all Pokémon trainers! Come to the library to become a Pokémon Club member! Play Pokémon with Racine enthusiasts, card decks will be provided. REG-ISTER by emailing twindragongameswi@gmail.com

Books and Brews: 7:00-9:00 | February 13th | R'Noggin Brewery, 6521 120th Ave, Kenosha. Grab your friends, pour a cold one, and get ready to read! We've picked three books, your team (max of 6) reads them, and then join us for a fun night of book trivia Book selections, "Joyland" by Stephen King, "The Night Circus" by Erin Morgenstern, & "Something Wicked this Way Comes" by Ray Bradbury. TEAM REGISTRATION http://bit.ly/RNOGGIN1

Books and Brews: 7:00-9:00 | February 20th | Racine Brewing Co. Grab your friends, pour a cold one, and get ready to read! We've picked three books, your team (max of 6) reads them, and then join us for a fun night of book trivia! Book selections, "Joyland" by Stephen King, "The Night Circus" by Erin Morgenstern, & "Something Wicked this Way Comes" by Ray Bradbury. TEAM REGISTRATION http://bit.ly/RacineBrew1



Real Life-Real Faith: Love. Simple.

by Lauren Lamoreaux

In this Christmas and holiday season, my husband and I find ourselves at a crucial intersection in the raising of our children. We have hit that stage in our family where the clutter of a life of 5 people in the home is finally threatening to take over! So in hopes of simplifying our lives and bringing the proper mind-set and construct into our home and the lives of our kids, we requested that no toys be given to our kids this year. We have also begun the great purge of 2014.

Some people actually have an issue with this attitude: "Why can't I buy this child—whom I love so much—a toy?" and, "Why are they being so strict?" are questions that float around the outer workings of our circles. And that's ok. It's bound to happen. But what this really means is that we are instilling in our children values that transcend the physical. The things of this "material world" are best left sung by Madonna, and not lived out in our home.

The truth of the matter is this: Christ is love. We are to love as he loved us. We are not to buy the idea of love for our loved ones. We are not to rent it. We are to GIVE love. We are to manifest love in ways that makes the unbeliever's head spin. When we can simply love one another without the pretext of giving gifts and whatnot, and be the shining example we are called to be (Philippians 2:15), we will see magnificent change in the world. We will see the eyes of the collective world open for the first time, to the light of Love, that is Christ.

Does that mean we aren't buying gifts for our children? Heavens, no. We give as a reminder that Jesus was brought gifts. We give as a reminder of the gifts the Holy Spirit gives to us, without exception! We give gifts as a reminder of the love we have for others. Absolutely. But this year, we are going simple; as simple as the love God has for all of his creation. We are teaching our girls that material things are not what makes us happy or complete, but love does. Love wins, every time. And I am so thankful for this lesson we are instilling in our kids' lives. It's one that will carry on for generations, and ripple throughout their circles in ways they won't even be able to imagine.

How will you choose to love, simply? Think of ways this season to pour your love out on mankind in ways that are new to you. It doesn't have to be a huge event or process; it can be something small and simple. You could donate a winter coat to someone in need. You could invite someone over for a meal that could use the warmth and some friendship.

As Jesus said in Matthew 25:34b-40. "Come, you who are blessed by my Father, inherit the kingdom prepared for you from the foundation of the world. For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me. I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me.' Then the righteous will answer him, saying, 'Lord, when did we see you hungry and feed you, or thirsty and give you drink? And when did we see you a stranger and welcome you, or naked and clothe you? And when did we see you sick or in prison and visit you?' And the King will answer them, 'Truly, I say to you, as you did it to one of the least of these my brothers, you did it to me.

Have a truly Merry Christmas and a Happy New Year, Racine! Live it out: Real Life – Real Faith!



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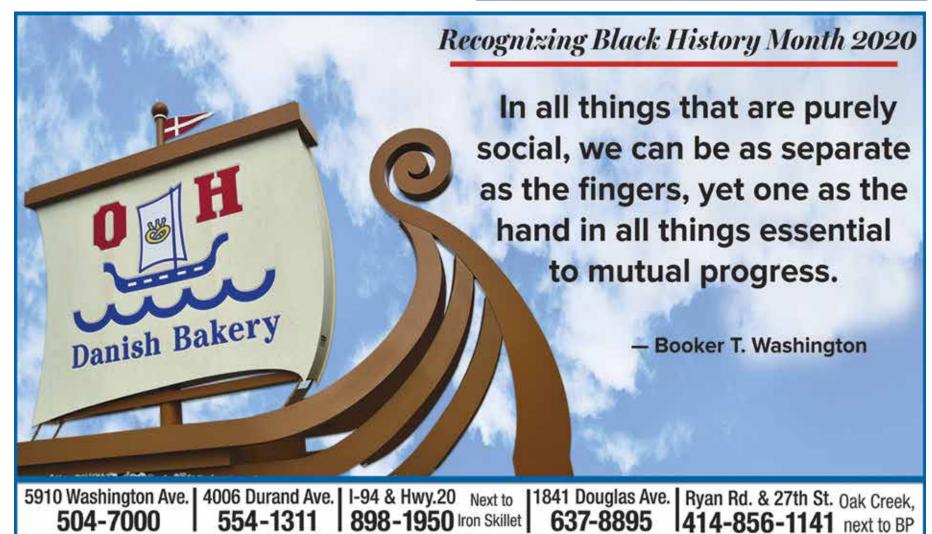


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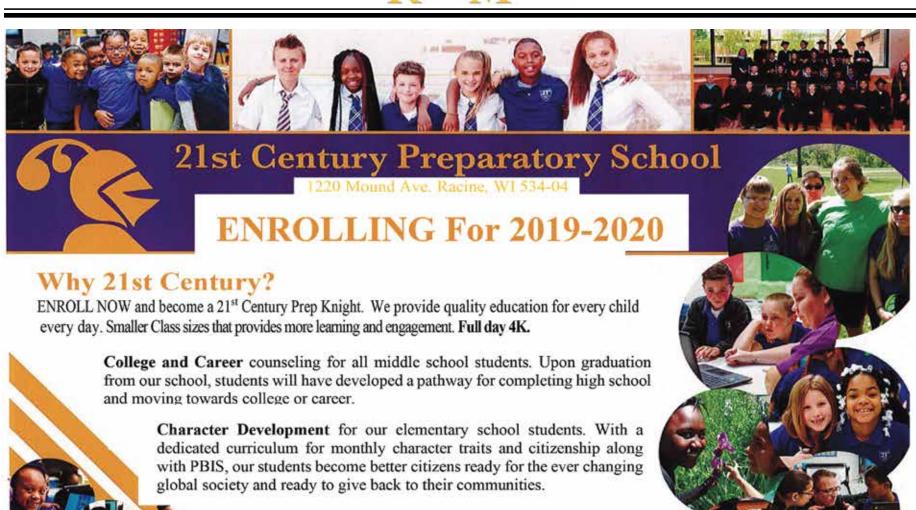
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We are an independent public charter school, chartered through the University of Wisconsin Parkside and independent of Racine Unified School District. We have grades **4K** (**full day**) through 8th grade. 3 classrooms at each grade level with a maximum of 20 students in each class.

- · STEM classes for all students
- · After school tutoring and homework help
- College and University partnerships to extend classroom learning
- Extended learning including longer school days and intervention time for all students

MIDDLE SCHOOL OFFERS!

- Rigorous curriculum and 8th grade graduation requirements (portfolio and community service)
- National Honor Society and Student Council
- Dedicated intervention teachers for literacy and math
- Various boys and girls athletic teams that compete against RUSD

- Music, Orchestra and Suzuki Lessons
- 1 to 1 Chromebooks in all classes
- · Gifted and Talented Program
- Middle School sports: Basketball, Volleyball, Track and Field
- · After School Clubs: Cooking, Dance Club, etc.

ELEMENTARY SCHOOL OFFERS!

- Educational assistants throughout to assist with classroom learning and small groups
- Quarterly student achievement awards and Encore Days (STEM, Service Learning, Global Learning
- Interventions time and staff for struggling and advanced students
- Each 4K class has an assistant

For more information: (262) 598-0026 or 21stprepschool.org

