

The Milwaukee Times

Weekly Newspaper

"Journalistic Excellence, Service, Integrity and Objectivity Always"

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Milwaukee County supervisors sworn in



Photos by Yvonne Kemp

On Monday, April 15, 2024, new and returning Milwaukee County Board Supervisors were sworn in at the Milwaukee County Courthouse. Pictured are (from top left photo) Chairwoman Marcelia Nicholson, 10th District; Priscilla E. Coggs-Jones, 13th District (2nd Vice-Chair); Sequanna Taylor, 5th District; Willie Johnson, Jr., 2nd District; and Felesia A. Martin, 7th District. As of this most recent

election, ten out of eighteen members of the Milwaukee County Board of Supervisors are now women, marking the first female majority in the Board's history. All supervisors, along with their families, friends, staff, and the public, were invited to witness Milwaukee County Supervisors take their oaths of office.

Greater Milwaukee Urban League hosts annual meeting

The Greater Milwaukee Urban League (GMUL) held its 2024 Annual Meeting on Wednesday, April 17, 2024, at FIS Global in Brown Deer, Wisconsin. The event was hosted by FIS and attended by more than 100 friends of GMUL, business leaders, city officials, and the league's board members. The meeting was focused on the theme "A Review of 2023 and Focus on the Future."



It was led by Dr. Eve M. Hall, President and CEO of the Greater Milwaukee Urban League, and the league's Board of Directors. The incoming executive committee members are Margaret Bailey-Stewart, Director of Government & Community Strategy, Midwest Region, at Charter Communications, as Board Chair, and Danielle Bly, Vice President of Supplier Diversity at WEC Group, as Secretary. The guest speaker was Traci Scott, Workforce Development Vice President at the National Urban League.



Photos by Yvonne Kemp

Bucks fans optimistic after playoff opener win

Milwaukee Bucks fans packed Deer District Sunday for the team's win in their first playoff game against the Indiana Pacers

Milwaukee Bucks fans packed the Deer District Sunday, April 21, 2024, for the team's first playoff game against the Indiana Pacers.

With the team winning 109-94, the fans were ecstatic leaving Fiserv Forum.

"Especially since we won the first game to set the tone, this is huge considering how the whole season started," Brandon Raasch said alongside his dad.

Many people told TMJ4 they were worried the team wouldn't be able to pull off the win without Giannis Antetokounmpo, who has been on the bench since April 9



Web Photo

due to injury..

When Damian Lillard scored 35 points before half-time though, they were optimistic.

"Giannis probably just needed a little break and to

give these guys a chance," Charlie Brown said.

The first playoff game brought fans in from all over the city, flooding Deer District with green jerseys.

"You see everyone with

a lot of enthusiasm. Everybody's excited. The dancers, the drums, and the people," Brown smiled.

One man, Sebastian Dracu, came from southwest Germany to see the bucks play.

"I've never seen all of this. The shooting hoops, dancers, and all of that stuff for a basketball game? And for a basketball junkie like me? We don't have this in Germany. It's hype," Dracu exclaimed.

With Sunday's win, these fans are confident their team can go all the way.

"If you wait a little bit, the entire city is going to be out

here to celebrate the Bucks. We're going to bring that magic back from the championship year," Brown exclaimed.

Game 2 is Tuesday, April 22, 2024, at 7:30 p.m. and game 3 will be on Friday, April 26, 2024 at 4:30 p.m. in Milwaukee.

Update: The Indiana Pacers beat the Milwaukee Bucks 125-108 on Tuesday night and tie their Eastern Conference first-round playoff series at a game apiece.

Source: TMJ4.com

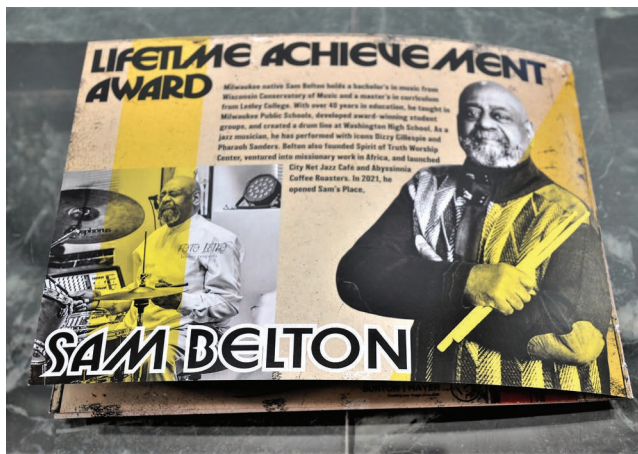
'Legendary' Milwaukee jazz drummer Sam Belton honored with award



Photos by Yvonne Kemp

On Thursday, April 18, 2024, Radio Milwaukee's premier fundraising event, "Vinyl Comes Alive," returned after a hiatus and it included presenting their first- ever lifetime achievement award to Pastor Sam Belton, legendary jazz drummer and owner of Sam's Place Jazz Cafe presented to him at Turner Hall Ballroom.

"Receiving a Lifetime Achievement Award is not just an acknowledgment of my past accomplishments; it's a testament to the enduring spirit of perseverance, dedication, and passion that drives me forward each day," said Belton. "I have devoted my career to jazz music, educating and entertaining for decades and I'm thankful to Radio Milwaukee for recognizing my impact on music and Milwaukee."



The Milwaukee Times Weekly Newspaper

Milwaukee, Wisconsin

THE MILWAUKEE TIMES WEEKLY NEWSPAPER

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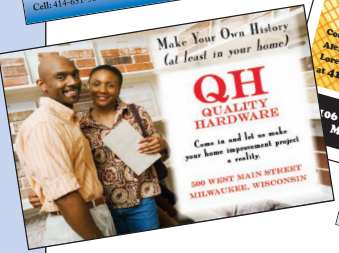
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Being Frank

By: Frank James
Special to the Milwaukee Times

The parenting solution

Parenting skills in the US seem to be on the decline in 2024. The problem of declining parenting skills can be solved with one easy solution. There needs to be a new law passed or amendment added to The Constitution. The new law should state that in order to reproduce in the USA you have to pass an intelligence test.

There have always been parents who did foolish things in front of, or to, their children. Some parents often indulge in drinking bouts with their children present. Other parents have indulged in various narcotics in front of their children. I recently saw a few posts on social media that had me shaking my head. One of these posts featured women twerking in front of male children as if they were doing dances at a club. Now, before people jump to conclusions, we have to keep in mind most social media posts can be manipulated to seem like anything the poster wants. These women may not have been the parent. If these women were not the parent, you have to wonder



where are the parents. The implantation of a nationwide intelligence test would be a step toward better parenting skills, which would lead to better parenting decisions.

The intelligence test suggestion is not a way to pick on women. There is an extremely high number of men who do foolish things to their children. Here are some examples: giving their preadolescent child a cup of beer so they can sit with the fellas. Not accepting the fact that their son is not athletically inclined and making the boy try to be something

they are not. Forcing their female child to play sports because they wanted a male child. These are a few examples of why men also need to pass the intelligence test.

I know the concept of making people pass an intelligence test before they reproduce sounds like something out of a George Orwell novel. Yet, is this concept so outlandish? If you look at some of the actions many parents take with their children, you have to wonder if they are intelligent enough to have kids. The people in that social media post twerk-

ing in front of those children did not look like bad people. In fact they looked like people who thought what they were doing was okay. If these people were the parents they may have not been mentally competent to understand their actions. This is where the intelligence test would come in. The intelligence test would ensure that parents have shown the ability to be mentally capable to bear the burden of parenthood.

This is not to say that people who do not pass the intelligence test can never reproduce. What this test does is let people know that they have to step up their mental game in order to have the privilege to reproduce. What would be wrong with having intelligent people who understand what parenting is about having children? Wouldn't this be a better alternative to the way things seem to be going in the US? Wouldn't more intelligent parents increase the odds of more intelligent children? Higher intelligence would lead to a more productive citizen and this definitely would benefit the US on all levels.

The intelligence test could be taken during the senior year of high school. Seniors would take it on their way into the workforce as high school graduates. Knowing that you have to pass a test to reproduce may make some students take school more seriously. The concept of having to take an intelligence test to reproduce may sound far fetched to many. It may sound cruel. The concept isn't farfetched or cruel. It is real. Isn't this concept worth a look if the intelligence test can lead to better childhoods for children in the future? The question is, how do you enforce the results and keep the unintelligent from reproducing? The answer to that question is an article for another day.

Frank James IV © 2024
beingfrankwithfrank@gmail.com

The opinions expressed in this editorial are those of the writer and not of the Milwaukee Times Weekly Newspaper or HT Group, LLC, its staff or management. "Being Frank" is a bi-weekly column exclusive to the Milwaukee Times Weekly Newspaper.

Lincoln Heritage Funeral Advantage®

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Funeral Advantage™ is a whole life insurance policy that pays CASH for funeral and other expenses, and is accepted by funeral directors everywhere. The plan provides the following benefits:

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Field Underwriter

10721 W Capitol Dr #105
Milwaukee WI 53222
Office: 414-527-4287
Cell: 414-333-8265
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turner-harold@att.net
www.funeraladvantage.com

www.lhfc.com




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MINISTRIES

CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
 ABIDING FAITH FELLOWSHIP B.C. to
 COMMUNITY BAPTIST CHURCH OF GREATER MILWAUKEE



Abiding Faith Fellowship Baptist Church
 Pastor Anthony Oliphant Sr.
 4600 West Burleigh Street
 Milwaukee, WI 53210

ORDER OF SERVICE
 Sunday School 9:00 am
 Sunday Morning Worship 10:30 am


Tel: (414) 444-2822
 Fax: (414) 444-2877



Abundant Faith Church of Integrity
 7830 West Good Hope Rd.
 Milwaukee, WI 53223
 www.yourabundantfaith.org
 (414) 464-5001

Weekly Schedule:
 Sunday Worship...10:00 a.m.
 Tuesday.....6:15 p.m.

Pastor Robert Pyles
"Discover Your Abundant Faith"



ADULT LEARNING LAB
New Life New Beginnings Outreach
 3500 N. Sherman Blvd., Suite 205
 Milwaukee, WI 53216
 (414) 445-1072
 Free Computer Classes
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 Registration Fee \$25
 Wed. 11:00 a.m.-12:30 p.m.
 Mon. & Wed. evening
 6:00 p.m.-7:30 p.m.
 Weekly Open Enrollment

ANTIOCH BAPTIST CHURCH
 2033 W. Congress Street
 Milwaukee, WI 53209
 414-445-3303
 www.antiochmbcmke.org
 Rev. Victor T. Manns, Pastor



Order of Services
 Sunday School.....9:00 am
 Sunday Morning Worship.....11:00 am
 Wed. Prayer & Bible Study.....6:30 pm
 Thurs. Mass Choir Rehearsal...7:00 pm

Come Home to Antioch

Albright /New Hope United Methodist Church



Pastor Thomas Tao
 5555 W. Capitol Drive
 Milwaukee, WI 53216
 414-442-8540

Weekly Schedule
 Sun. School.....8:00-9:00 a.m.
 Sun. Service.....9:30 a.m.

Another Chance M.B.C.




Pastor Charles G. Green
 4441 West Fond Du Lac Ave.
 Milwaukee, WI 53216
 (414) 527-9986 Phone

Sunday School.....9:30 am
 Sun. Worship Service.....10.45 am
 Wed. Bible Study..... 6:00 pm

"Not Perfect, But Forgiven"

Bethany Church of God in Christ
 1930 North 13th Street
 Milwaukee, WI 53205
 Office #: (414) 885-6010



Pastor Donell Allen, Sr.

Weekly Schedule
 Sun. School.....9:00 a.m.
 Sun. Service.....10:15 a.m.
 Wed. Bible Study.....7:00 p.m.
 Fri. Drug Prevention.....6:00 p.m.
 Fri. Praise Team Rehearsal...7:30 p.m.
 Sat. Commt. Outreach.....3:00 p.m.

"Bethany, the little church with a big heart; where everybody is somebody." - Pastor Allen



BETHEL
 Christian Methodist Episcopal Church
 3281 N. 26th Street
 Milwaukee, WI 53206
 Rev. Willie F. Dockery, Jr.
 "The Church on the Grow"

Weekly Schedule
 Sun. School 8:30 a.m.
 Sun Worship 10:00 a.m.
 Thursday Prayer Meeting and Bible Study 7:00 p.m.
 442-8970.

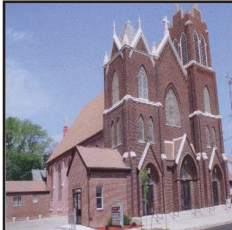


YOUR CHURCH HERE
 Call us at 414-263-5088 or visit us at 2238 N. MLK Drive. Milwaukee, WI 53212



BLESSED DELIVERANCE Missionary Baptist Church
 Rev. J. Anthony Phillips
 2215 North 23rd Street
 Milwaukee, WI 53205
 (414) 344-9645 (Office)
 (414) (Fax)
 BlessDeliverance@aol.com

Weekly schedule:
 Sun. School 8:45-9:45 a.m.
 Sun. Worship 10:00 a.m.
 Wen. Bible Study 10 a.m. & 6 p.m.



CANAAN Missionary Baptist Church
 2975 N. 11th St.
 Milwaukee, WI 53206
 Rev. Dr. Fredrick E. Jones, Pastor
 Phone: 414-264-2070
 www.canaanchurchmke.org

Virtual and In Person Service:
 Sundays - 10:30am
 Virtual Bible Study:
 Wednesdays at 12 noon



Calvary Baptist Church
 Rev. John R. Walton, Jr., Pastor
 2959 N. Teutonia Avenue
 Milwaukee, Wisconsin 53206
 Phone: 414-372-1450
 Fax: 414-372-0850
 Website: www.CalvaryBaptistMke.org


SCHEDULE OF SERVICES

Sunday:
 Sunday School 8:15 a.m.
 Morning Worship 9:30 a.m.

Wednesday:
 Bible Study 10:00 a.m. & 6:00 p.m.

Saturday:
 Early Morning Prayer 7:00 a.m.

Calvary Hill Temple Apostolic Faith Church
 2567 N. 8th Street • Milwaukee, WI 53206
 Phone: (414)442-0099 • Email: JeanettParker8@gmail.com



Order of Service
 Sun. Christian School/Manna...12:00 p.m.
 Tues. Prayer/Bible Class.....10:00 a.m.
 Wed. Broadcast 1560 A.M.10:45-11:15 a.m.
 Thur. Prayer/Bible Class..... 6:30 p.m.

Pastor/Founder - Jeanetta Perry, DD (P.A.W)

Ministers:
 Elder Jessie Reed, Elder Jimmie Sanders, Elder James Hartlep, Evangelist Dorothy Evans, and Mother Annie Mae Hartlep



CHRISTIAN FELLOWSHIP COMMUNITY CHURCH
 Rev. Carl M. Heard
 2176 N. 39th Street
 Milwaukee, WI 53208

Weekly schedule:
 Sun. Worship 10:45 a.m.
 Sunday School 9:00 a.m.
 Sat. Teacher's Mtg., 9:00 a.m.
 Wen. Prayer Service & Bible Class 6 - 8:00 p.m.
 Wed. A.M. Bible Class 9- 10 a.m.



CHRIST TEMPLE C.O.G.I.C.
 DeVern Suggs, Pastor
 2778 N. 10th Street
 Milwaukee, WI 53206
 414-263-0500 church office
 www.ctemplecogic.org

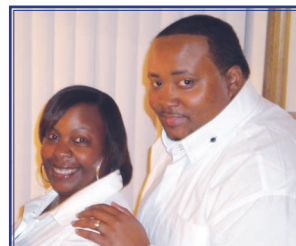
Opportunities to Worship
 Sun. School 9:30 AM
 Sun. Morning Worship.....11:00 AM
 Tuse. Pastoral Teaching.....7:00 P.M.
 Thurs. One Hour of Power.....7:00 P.M.
 Sat. Morning Prayer.....9:00 A.M.



CHURCH OF THE LIVING GOD
 C.W.F.F. Temple 132
 3649 N. Teutonia Ave.
 Milwaukee, WI 53206
 Elder Stephen Hawkins, pastor.

Weekly Schedule:
 Sun. School 9:00 a.m.
 Sun. Worship 11:00 a.m.

Phone 445-1980.
 Do watch us grow.
 Come and grow with us.



Citadel Of Praise Church of God in Christ
 2328 W. Capitol Dr. • Milw., WI 53206
 (414) 299-0608
Deon Young, Pastor

WEEKLY SCHEDULE
 Sun. - Celebration of Worship.....12:00 p.m.
 Wed. - WoW Pastoral Teaching 7:00 p.m.




City of Faith Baptist Church
 6420 W. Mitchell Street
 West Allis, Wisconsin 53214
 Dr. Michael A. Cokes Sr. & Lady Tangle Cokes

Order of Service:
 Sundays.....12:00 pm
 Wed. Bible Study7:00 pm
 via Facebook Live

Stay in touch with us by texting the word Cityoffaith to 54244

"A Place of Faith, A Place of Love and A Place of Praise"



Rev. Dr. Demetrius Williams, Pastor
COMMUNITY BAPTIST CHURCH OF GREATER MILWAUKEE
 2249 N. Sherman Blvd. • Milw., WI 53208

Weekly Schedule
 Church Sun. School 8:00 a.m.
 Sun. Worship 9:00 a.m.
 Prayer Service Wed. 6:00 p.m.
 Church phone: 414.445-1610
 Fax: 414.449-0252



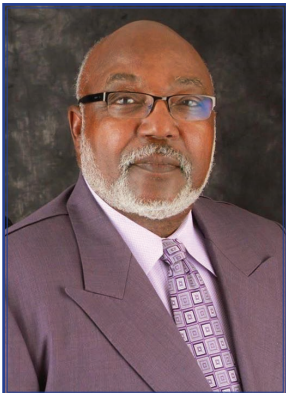
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MINISTRIES

**CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
COMMUNITY OF GRACE BAPTIST CHURCH to
GREAT FAITH PROGRESSIVE MISSIONARY BAPTIST CHURCH**

Community of Grace Baptist Church
1809 W. Atkinson Ave.
Milwaukee, Wisconsin 53206
Office: 414 800-5077
Fax: 414 871-8143
E-mail: cogbc1809@gmail.com
Facebook: Community Of Grace Baptist Church



Bobby L. Sinclair, Pastor

Order of Services:
Sun. School..... 9:00 A.M.
Morn. Worship10:00 A.M.
Wed. Prayer & Bible Study...6:30 P.M.


Corinth Missionary Baptist Church
1874 N 24th Place
Milwaukee, WI 53205
Phone: 414-933-1987
Fax: 414-933-3545
www.corinthmbc.com
Rev. John Laura, Pastor



Weekly Schedule
Sunday School.....9:00 A.M.
Sun. Morn. Worship.....10:45 A.M.
Wed. Prayer Service.....6:00 P.M.
Wed. Bible Study.....7:00 P.M.


Transportation Available
Wednesday - Mission - 6 :00 pm
Thursday Choir Rehearsal - 7:00 pm
"A Church Empowering Lives with Gods Word"

CORNERSTONE MISSIONARY BAPTIST CHURCH
2329 North 12th Street
Milwaukee, WI 53205
Pastor Rev. William Jackson
Pastor & Founder
Missionary Arleathia Myers
414-400-2446



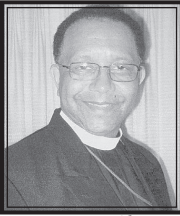
Weekly Schedule
Sun. School 10:00 a.m.
Sun. A.M. Worship 11:00 a.m.
Tues.- Bible Study/Prayer.....10:00 a.m.

DAMASCUS Missionary Baptist Church
2447 N. 27th Street,
Milwaukee, WI 53206
Dr. Ellis Wilkins, Pastor



Weekly Schedule
Sun. School 9:00 a.m.
Sun. Worship 10:30 a.m.
Baptist Training Union (BTU) 6:00 p.m.
Evening Worship 7:30 p.m.
Prayer Meeting & Bible Class 6:00 p.m.
Phone: 374-6650 or 263-9229.

Eternal Life Church of God in Christ
Rev. B. L. Cleveland, Pastor & Founder
Mother E. L. Cleveland, First Lady
7901 N. 66th St.
Milwaukee, WI 53223
Ph: (262)242-2878 • Fax: (262)242-0978
e-mail: cogiceternal@yahoo.com



Worship Services
Sunday School.....9:30 a.m. & 5:30 p.m.
Sunday Morning Worship.....11:00 a.m.
Tuesday Bible Study.....7:00 p.m.
Thursday Bible Study & Evangelical Service7:00 p.m.
For more info, visit: www.cogiceternal.net

EPIKOS CHURCH
EPIKOS CHURCH - SHERMAN PARK
3737 N. Sherman Blvd.
Milwaukee, WI 53216
414-963-9010 • info@epikos.org
Pastor Anthony Caples
Sunday Services: 10:00 a.m.



EVERGREEN MISSIONARY BAPTIST CHURCH
1138 West Center Street
Milwaukee, WI 53206
(414) 265-0400 • (414) 265-0424
Bishop Prentise Vann, Pastor



WORSHIP SCHEDULE:
Sun. Church School10:00 am
Sun. Morning Worship 11:00 am
Wed. Night Prayer 12 noon & 6:30 pm
Wed. Night Bible Study 7:00 pm
Fri. Night Praise Service 7:00 pm

READY • SET • GROW

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or visit us at
1936 N. MLK Drive.
Milwaukee, WI 53212

Faith House of Prayer Church of God in Christ
Rev. Eddie Guyton, Pastor
2535 N. Teutonia Ave.
Milwaukee, WI 53206
Services Held at Reid's New Golden Gate Funeral Chapel



Order Of Service
Sunday School.....9:30 a.m.
Sunday Worship.....11:00 a.m.
Tuesday Night Prayer.....7:30 p.m.
Wed. Night Bible Study.....7:30 p.m.
Fri. Night Spiritual Warfare.....7:30 p.m.
Contact Pastor Eddie Guyton
(414) 698-3038

Fellowship of Love Missionary Baptist Church



Worship Services Temporarily
Held at
New Covenant Baptist Church
2315 North 38th Street
Milwaukee, Wisconsin 53210
Sunday Morning Worship-12:15 p.m.

FREE SPIRIT M.B. CHURCH
3879 N. Port Washington Rd.
Milwaukee, WI 53212
(414) 573-2146
E-mail: bkebenb@yahoo.com
Pastor Kenneth Bonner
Preaching the Book God Wrote
Worship Hour: Sunday.....9 a.m.




Friendship Missionary Baptist Church
905 West North Avenue
Milwaukee, WI 53206
Church Phone: (414) 263-6113
Joseph H. Jackson, Jr. - Pastor



Weekly Schedule
Sunday School.....9:00 a.m.
Morning Worship 10:45 a.m.
Wen. Bible Study 6:00 p.m.

Genesis Missionary Baptist Church
231 W. Burleigh St.
Milwaukee, WI 53224
Rev. A.L. Douglas Jr., Pastor



ORDER OF SERVICE
Sun. School 9:15 a.m.
Sun. Morning Worship 10:45 a.m.
Praising, Great Preaching, Teaching
Other ministries to be announced.
Church Telephone: 372-7675
Pastor Telephone: 372-7743

Pastor H.S. McClinton GOD'S CREATION MINISTRIES




Weekly Services:
Sun. School 10:00 AM
Sun. Service11:15 AM
(414)933-3280
(414)-933-3469
3100 West Lisbon Ave.
Milwaukee, WI 53208

God's Will & Way Church of God in Christ
2900 N. 9th Street
Milwaukee, WI 53206
(414) 264-4866
www.godswww.com
Godww65@yahoo.com



Service Times
Prayer M-F 9:00-9:30 a.m.
Sunday
Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.
Wednesday
Prayer 6:30-7:00 p.m.
Bible Study 7:00-8:00 p.m.
Choir Rehearsal 8:00 p.m.

God's Glory Church Min.
7017 W. Medford Ave.
Milwaukee, WI 53218
Office: (414) 630-0752
Email: godsglorychurch@sbcglobal.net
Pastors Founders:
Elder O.R. and Evang. A. McCoy



Weekly Schedule
Sun. Worship.....Noon
Wed. Bible Study.....6p.m.
Prayer every Tuse. & Thur. @ Noon

God's Glory Church Ministry
4679 No. 36th Street
Milwaukee, WI 53223
(414)875-0660
godsglorychurch@sbcglobal.net




Order of Services:
Sun. School.....9:30 a.m.
Sun. Worship.....11:00 a.m.
Wed. Bible Study.....6:00 p.m.
Fri. Evening Evang.....6:30 p.m.

Staff:
James Hartley • Angela Hartley
Jeanitta Perry • Dorothy Evans
Jessie Reed
Mother Annie Hartly
Jammie Sonders

Pastor/Founder
Jeanetta Perry BA, DP (PAW)

Grace Fellowship Church of Milwaukee
"Helping God's People To Find Their Place In A Complex World."



Worship Schedule
Sun. Bible Study10:00 a.m.
Sun. Worship 11:15 a.m.

3879 North Port Washington
Milwaukee, WI 53212
414-265-5546
Rev. Andrew & Brenda Calhoun

Great Faith Progressive Missionary Baptist Church
4767 North Hopkins Street
Milwaukee Wisconsin, 53209
Senior Pastor:
Rev. Dr. Maddie W. Turner, Jr.
Church Office (414) 873-2484
Fax (414) 873-2895



Weekly Schedule:
Sunday @ 9 a.m.
Sunday @ 10:30 a.m.
Wednesday @ 6 p.m.
Friday Night Live @ 7 p.m.
Scripture: Matthew 5:42



MINISTRIES

**CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
GREATER GALILEE MISSIONARY BAPTIST CHURCH to
THE KING'S TEMPLE THE HOUSE OF THE LIVING GOD**




**GREATER GALILEE
Missionary Baptist Church**
"Where Jesus is Lord"
Pastor Johnny C. White, Jr.
2432 N. Teutonia Avenue
Milwaukee, WI 53206
Weekly Schedule:
Sun. School.....9:00 a.m.
Sun. Morning Worship.....10:30 a.m.
Wed. Prayer & Bible Study.....
.....11:30 a.m. & 7:00 p.m.
(414) 562-1110 - Church
www.greatergalileebaptistchurch.org



Greater Mt. Sinai Church of God In Christ
5384 North 60th St.
Milwaukee, WI 53218
(414) 463-5035
e-mail: office@greatermtnsinai.com
web: www.greatermtnsinai.org
Worship Services
Sun. School.....9:30 a.m.
Sun. Morning Worship.....8:00 a.m.
.....10:00 a.m.
Tues. PM Prayer.....6:00 p.m.
Wed. Bible Study.....6:30 p.m.
Fri Intercessory Prayer.....7:00 p.m.
Fri. Deliverance Service.....7:30 p.m.
**Superintendent
Victor C. Davis, Sr.
Pastor**
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Greater Spring Hill Baptist Church
Rev. Danny Washington, Pastor
3500 N. 26th Street
Milwaukee, WI 53206
Phone: (414) 875-1926
Website: www.redemptionfc.org
Weekly Schedule
Sunday School.....9:00 am
Sunday Morning Worship.....10:00 am
Sunday Broadcast JOY 1340 - 4:30 pm
Wednesday Bible Class.....7-8:00 pm



**GREATER
MOUNT ZION MBC**
2479 N. Sherman Blvd.
Milwaukee, WI 53210-2947
Office Phone: (414) 871-LORD (5673)
Kenneth E. Cutler, Sr., Pastor
Worship Schedule
Sun. School.....9:00 a.m.
Sun. Morning Worship.....10:45 a.m.
Wed. Prayer Meeting.....6:00 p.m.
Wed. Bible Study.....6:30 p.m.




**GREATER SPIRIT EVER
INCREASING CHURCH**
(Service at New Prospect Church)
2407 W. Nash St.
Milwaukee, WI 53206
ORDER OF SERVICE
Sunday Worship.....1:00 p.m.
1st & 5th Sun. P.M. Worship.....6:00 p.m.
Wed. Night Prayer.....6:30 p.m.
(414) 355-4545
**MAILING ADDRESS:
7631 W. Glenbrook Rd.
Milwaukee, WI 53223**




**Growing In Grace
Fellowship Church**
5202 W. Lisbon Ave.
Milwaukee, WI 53210
**Rev. Kenneth Hughes
Pastor/Teacher**
**Sunday School.....9:30 a.m.
Sunday Worship.....11:00 a.m.
Wed. Open Bible Discussion.....
.....6:30 p.m.
(414) 444-2620**




Healing Grace Baptist Church
**Rev. Lloyd Wright, Sr.
Pastor, Author & Teacher**
5444 Found Du Lac Ave.
Milwaukee, WI 53216
(414) 628-2367
Weekly Services
Sun. School.....9:00 a.m.
Sun. Worship.....10:00 a.m.
Prayer and Bible Study.....6:30 p.m.



**Heritage International
Ministries C.O.G.I.C.**
Dr. Nathaniel J. Stampley, D. Min.
Mother Carolyn R. Stampley, M.Ed.
Eld. Darrell Grayson, Assistant Pastor
1036 W. Atkinson Ave. • Milw., WI 53206
Phone: 414-264-2727
E-mail: heritageintmin@yahoo.com
Web: heritageintmin.org
Weekly Schedule
Sunday School.....9:00 a.m.
Sunday Morning Worship.....10:30 a.m.
Monday - Friday Prayer.....6:00 a.m.
Thursday Worship & Bible Studies.....
.....6:00 p.m.
"A Local Church With A Global Mission"



Hallowed Missionary Baptist Church
Rev. Aaron Morgan, Pastor
3800 N. Washington Road
Milwaukee, WI 53212
(414) 265-5161
Weekly Schedule
Sun. School.....9:30 a.m.
Sun. Morn. Worship.....11:00 a.m.
Wend. Bible Study
& Prayer.....6:00 p.m.



Holy Cathedral Church Of God In Christ
2677 North 40th Street • Milwaukee, WI 53210
Church Office (414) 447-1967
www.holycathedral.org
Order of Service
Sunday Morning Worship - 8:30 AM and 11:00 AM
Sunday School.....10:00 AM
Sunday Evening Worship.....6:45 PM
Tuesday Prayer.....12:00 Noon
Tuesday Prayer & Bible Band.....7:00 PM
Tuesday Pastoral Teaching.....7:30 PM
Friday Prayer.....12:00 Noon
Friday Evangelistic Service.....7:00 PM
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Holy Temple Firstborn MB Church, Inc.
4960 N. 18th Street
Milwaukee, WI 53209
414-264-4002 (Office)
website:htfirstborn.org
Dr. Lezar & Lady Burnside Pastors
Sunday School.....8:00 a.m.
Sun. Worship.....9:15 a.m.
Tues. Bible Class.....7:00 p.m.
"Changing Lives with a Changeless Word"



**HOLY TEMPLE
Missionary Baptist Church**
4245 N. 60th Street
Milwaukee, WI 53216
Rev. Dextra Hadnot, Pastor
Sunday School.....9:00 - 10:00 a.m.
Sunday Service.....10:00 a.m. - 12:30 p.m.
Sat. Bible Class.....1:00 p.m. - 2:30 p.m.



**JEREMIAH
Missionary Baptist Church**
**Pastor Eugene Cowan, II
Senior Servant Leader**
4519 W. Villard Avenue
Milwaukee, WI 53218
Phone: 461-8484 • Fax: 461-9797
www.JeremiahMBC.com
Weekly Schedule
Sunday School.....9:00 a.m.
Sunday Worship.....10:00 a.m.
Tues. Bible Class.....6:30 p.m.
"Transforming lives through the Word of God"



**JERUSALEM
MISSIONARY BAPTIST
CHURCH**
Dr. Donnie Sims
2505 West Cornell St.
Milwaukee, WI 53209
442-4720
Sunday Service.....10:45 a.m.
Wed. Prayer Night.....7:00 p.m.




**Pastor Jeffrey Coleman
First Lady Brenda Coleman**
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Jesus Is The Way Ministries (C.O.G.I.C)
2034 W. Center St.
Milwaukee, WI 53206
Ph: (414) 265-5057
Fax: (414) 265-5029
Sunday School.....10:30 a.m.
Sunday Worship.....11:30 a.m.
Mon.-Fri. Daily Prayer.....10:00 a.m.
Tuesday Night Prayer.....6:00-7:00 p.m.
Thursday Intercessory Prayer - 7:00-7:30 p.m.
Thursday Pastoral Teaching - 7:30-8:30 p.m.
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Life Skills Training
Parenting Class/ Parent Assistance
Spiritual Support
Education/Academic Skills Development
Domestic Violence Services
Mentoring Prison Ministry



Kingdom Apostolic Ministries, Inc.
Pastor: Joan Johnson
5017 W. Center St.
Milwaukee, WI 53210
(414) 933-6491
Order of Service
Sunday Morning Service... 10:30 a.m.
Come Join Us in Worship!!



Rev. Charles D. Watkins, Pastor
King Solomon Missionary Baptist Church
2375 N. Vel Phillips Avenue
Milwaukee, WI 53212
(414) 539-3833
Wed. Bible Study.....6:00 p.m. - 7:00 p.m.
Sun. School.....9:00 a.m. - 10:00 a.m.
Sun. Service.....10:15 a.m.
The mission of KSMBC is to reach the unsaved, the unchurched, and the unloved through the spreading of the Gospel and compel men to come to Christ. (Luke 14:21-23)



**The King's Temple
The House of the Living God**
**Pastor, Louis Fuller, Sr.
Co-Pastor, Bea Fuller**
3500 N. Sherman Blvd.
Weekly Schedule
Sunday School.....10:30 a.m.
Sun. Morning Worship.....11:30 a.m.
Wednesday Prayer Meeting
& Bible Class.....6:30 p.m.
Church 578-7425



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Milwaukee, WI
53212



MINISTRIES

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NEW GREATER LOVE BAPTIST CHURCH**



Lamb of God Missionary Baptist Church
8415 W. Bradley Road
Milwaukee, WI 53224
414.355.0931, 414.355.7045(fax)
(email) inquire@TheLambMKE.org
(website) www.TheLambMKE.org

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Worship Schedule
Sunday School 9:00 a.m.
Sunday Worship10:15 a.m.
WOW-Word on Wednesday.... 6:30 p.m.


Visit us online and join us this Sunday...Let's experience life and growth together!




Micaiah James Young Sr., Pastor
THE LIFE CENTER
3630 W. Libson Ave.
Milwaukee, WI 53208



Sun. School.....9 a.m.
Morn. Worship.....10 a.m.
Eve. Worship.....6:30p.m.
(on 2nd and 4th Sunday's)
Bible Study Wed.....6:30 p.m.



Life & Liberty Church
209 W. Hampton Ave.
Milwaukee, WI 53209
Pastor Evangelist Erma Mosley
(Located inside Solid Rock Church)

Sunday School.....2:30 p.m.
Sunday Worship.....4:00 p.m.
Tue.-Fri. Prayer.....12 p.m.-1 p.m.
Wed. Praise & Choir Rehearsal.....
.....5:00 p.m.
Wed. Bible Class.....6:00 p.m.

All Are Welcome



YOUR CHURCH HERE
Call us at 263-5088
or visit us at
1936 N. MLK Drive.
Milwaukee, WI
53212

Macedonia Missionary Baptist Church



Pastor Rodney Cunningham
7265 North Teutonia
Milwaukee, WI 53209
(414) 228-6779 Phone

Weekly Schedule:
Sunday School.....9:00a.m.
Sun. Worship Service.....10:30a.m.
Wed. Bible Service.....6p.m.
"We're Stepping Into The Kingdom by Stepping Out on Faith"
- 2 Corinthians 5:7

Many Mansions Pentecostal Ministries, Inc.



Founder: Pastor Nalls
3131 W. Lisbon Ave.
Milwaukee, WI 53208
Phone: 414-871-1103
E-mail: SonnyKn@sbcglobal.net

Weekly Schedule:
Sun. School.....9:30 a.m.
Sun. Service.....11:30 a.m.
Tues. Night Prayer & Study.....6:00 p.m.

St. John 14:2 Vers.

Metropolitan Missionary Baptist Church
1345 West Burleigh St. • Milw., WI 53206
Phone: (414) 562-7200 • Fax: (414) 562-7850
E-mail: mbc100@sbcglobal.net
Rev. Rahdae Redd, Interim Pastor




In Person Worship Services
Sunday School.....9:00 a.m.
Sun. Morn. Worship.....10:00 a.m.
Virtual Worship Opportunities
You can watch services live on our YouTube Channel: *Metropolitan Missionary Baptist Church - Milwaukee*
Or
Check Out our Website:
mmbcmke.org.



YOUR CHURCH HERE
Call us at 263-5088 or
visit us at
1936 N. MLK Drive.
Milwaukee, WI
53212

Miracle Temple of Deliverance



Elder Betty Steward, Pastor
1000 W. Burleigh Street
Milwaukee, Wisconsin 53206

Order of Service:
Sunday Ministry10:00 a.m.
Worship Service 11:30 a.m.
Thursday Bible Study 7:00 p.m.

"Where We Preach the Word,
Teach the Word, and Live the Word"

Monumental Missionary Baptist Church



2407 W. North Ave.
Milwaukee, WI 53205
(414) 933-2443
Rev. Roy C. Watson, Pastor
First Lady, Sharon Watson

Weekly Schedule:
Sun. Early Worship 8:00 a.m.
Sunday School 9:00 a.m.
Sun. Morning Worship 10:30 a.m.
Wed. Bible Study 6:30 p.m.

MOUNT CARMEL Missionary Baptist Church
1717 W. Meinecke Ave.
Milwaukee, WI 53206
Rev. Dr. Hugh Davis, Jr. ThM. ThD, Pastor

Sunday School.....9:00 a.m.
Sun. Worship.....10:45 a.m.
Sunday BTU.....6:00 p.m.
Monday Night Mission.....6:00 p.m.
Wed. Night Prayer and Bible Study6:00-8:00 p.m.


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Pastor's Study: 264-8001

Mt. Moriah Baptist Church



Rev. Patrick F. Greer, Sr.- Pastor
First Lady Patricia Greer
416 W. Christine Ln.
Milwaukee, WI 53212
(414) 264-5230

Services:
Sun. School.....9:30 a.m.
Sun. Worship Service.....11:00 a.m.



MT. OLIVE BAPTIST CHURCH
5277 North 36th Street
Milwaukee, WI 53209


Sunday School.....8:00-9:15 a.m.
Sunday Service.....9:30 a.m.
Wed. Bible Class.....Noon & 6 p.m.

Church phone 414.461-7755
Home phone 414.226-6075

MOUNT ZION Missionary Baptist Church
2207 No. 2nd St., Milwaukee, WI 53212
Phone 372-7811
Rev. Louis Sibley, III, Pastor

Worship Schedule:
Sun. School.....8:45-10:30 a.m. via Zoom
Sun. Morning Worship.....11:00 a.m.
Wed. Bible Study.....6:00 p.m. via Zoom
Sat. Sun. School.....6-7 p.m. via Zoom

New Beginning Seed Faith M.B. Church
138 West North Ave.
Milwaukee, WI 53212



Rev. Ann Smith, Founder & Pastor

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2315 North 38th Street
Milwaukee, WI 53210
Phone: (414) 873-1221
Fax: (414)873-8614
Email:
newcovenantbc2315@wi.rr.com



Rev. Dr. F. L. Crouther, Pastor

Weekly Schedule
Sunday School (Virtual).....9:00 a.m.
Sunday Worship.....9:30 a.m.
Wed. Family Night (Virtual)...6:30 p.m.

Dial In (425) 436-6300
Access Code 976008


New Creation Missionary Praise Church
1404 W. Center Street
Milwaukee, WI 53206
(414) 372-7544 (Church)
(414) 510-5367 (Cell)



Bishop Clayton, Sr. and Lady Renee Duckworth
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Order of Service
Sunday School.....9:30 a.m.
Sunday Worship.....11 a.m.
Thurs Prayer Service.....6:30 p.m.
Thurs Bible Study.....7:00 p.m.

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*Please Call For Appointments
Hot Meals 2 p.m. - 5 p.m.
T.V. Ministry every 2nd Tue. of the month on Channel 96, 8-9 p.m.




Rev. Dr. Terrell H. Cistrunk Pastor

New Dawn Worship Center
3276 N. Palmer Street
Milwaukee, Wisconsin 53212
PH: (414) 393-1290
FX: (414) 393-1234

SUNDAY
Sunday School 9:30 AM
Sunday Worship 11:30 AM

Thursday
Prayer 5:30 PM
Bible Study 6:30 PM



New Holy Ghost Tabernacle Missionary Baptist Church
"God so loved the world" - John 3:16

104 West Garfield Street
Milwaukee, WI 53212
"Come as you are"

Office: (414) 264-4852
Church: (414) 264-3352

Order of Service
Sunday School 9:00 a.m.
Sun. Morn. Worship .. 10:45 a.m.
Wednesday Service 7:30 p.m.



Rev. L.C. Martin, Pastor

New Greater Love Baptist Church

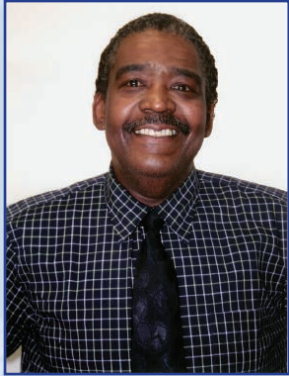


6063 N. Teutonia Ave.
Milwaukee, WI 53209
(414) 444-3106
Pastor Johnny L. Bonner, Jr.
"Building On The Vision"

Sunday School.....9:00 a.m.
Sunday Worship.....10:30 a.m.
Weds. Bible Class.....6:30 p.m.

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*Religious Leader,
Victory Missionary
Baptist Church*



George Neal
*Marketing/Advertising
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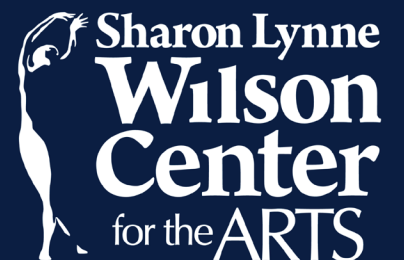
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IN THE COMMUNITY





MILWAUKEE PUBLIC SCHOOLS

Bulletin Board

Apply today for summer arts internship positions

Are you looking for a summer job? Do you enjoy the arts or want to know more about working in the arts? The Arts Internship application is now open! There are 63 positions available with 13 different arts organizations for high school students who meet the eligibility requirements. Positions pay a minimum of \$12.50 per hour.

The Arts Internship Program is a paid internship program that provides high school students with practical job experience in arts-related positions ranging from 40-400 hours over the summer. Interns explore the arts in an in-depth and applicable way while also gaining job skills.

Eligibility requirements

To be eligible for the program, you must:

- Be at least 16 years of age at the start of work unless the hiring organization indicates that the position or positions are

open to students who are 15 years of age or older.

- Be a high school equivalent student (or an out-going senior).
- Be a resident of the city of Milwaukee OR currently enrolled in a MPS high school.
- Be available to work the internship schedule as determined by the organization and able to attend the mandatory trainings/events:

Orientation: Friday, June 14, 10 a.m. - 3 p.m.

Training: Thursday, July 18, 2-5 p.m.

Final celebration: Thursday, Aug. 15, 3-7 p.m.

You must also attend a mandatory one-hour networking opportunity (specific opportunity, date, and time to be selected by supervisors).

How to apply

Read the internship descriptions and identify which opportunities are of interest to you. Next, complete and



submit the following materials via our online application. You will be asked to upload your letter of interest and list of references later in the application and have a parent/guardian sign your application.

Required materials:

- Arts Internship Student Application (the online application).
- A letter of interest stating why you are interested in the specific internship (If you are applying for a second year, please specify

what skills or projects you would like to expand on from last year).

- A list of 1-3 professional references, including name, relation to you, phone number, and email address (references can include teachers, mentors, coaches, etc.; not family members or friends).
- Any other information requested by the organization.

If you prefer to submit a paper application packet, or have questions about the

program, eligibility requirements, or application process, please contact Christina Dresang at Christina [at] mkerec.net. (When emailing our staff, please replace the "[at]" with a traditional "@" symbol. Ex: Staff@mkerec.net).



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Six foods to skip after age 50

They may look tempting, but they are packed with unhealthy levels of sugars, fats and salt.

Try these alternatives instead

By Alison Gwinn, AARP

We're not going to lie. Eating healthily after 50 requires effort on two fronts: boosting your intake of good-for-you foods, such as berries, leafy greens, whole grains and lean proteins, while cutting out the foods that clog your arteries and oh-so-easily expand your waistline.

When it comes to the latter, focus less on making certain foods verboten (who doesn't suddenly want chocolate when told never to eat it?) and more on how your health is more important than the sugar spike or instant gratification they offer. When possible, just say no — or at least "Whoa!" — to the following.

1. Fried foods that triple the calories

If it helps, pause to imagine the vat of oil that basket of fries or onion rings has been submerged in, and consider how its saturated fat "may have a negative impact on blood cholesterol," said Amy Gorin, CEO of Plant Based With Amy in Stamford, CT.

The American Heart Association recommends a diet in which only 5 to 6 percent of calories come from saturated fat, meaning that if your daily calorie intake is 2,000 calories, no more than 120 of those calories should come from saturated fat.

Bottom line: Get the side salad instead of restaurant fries. When you look at labels, consider that "a 200-calorie serving of food should have no more than 2 grams of saturated fat," said Nancy Farrell Allen, a spokesperson for the Academy of Nutrition and Dietetics.

Do this instead: "Break out the air fryer!" advised Christine Rosenbloom, a registered dietitian and nutritionist, coauthor of *Food & Fitness After 50* and author of the blog *A to Z... Simple, Practical, Science-Based Tips for a Long Healthy Life*. She



Photo by: Danielle Del Plato

swears by her fryer: "Air-fried fish (cod, tilapia, even salmon) is great in the air fryer, as are 'fried' veggies, like new potatoes, green beans, broccoli and brussels sprouts. Spritz with olive oil and add some herbs." Kate Zeratsky, registered dietitian and nutritionist at the Mayo Clinic, recommended playing around with other cooking methods. Look at roasting vegetables in the oven with a tablespoon of oil, "playing with the temperature to get the texture — soft or crispy — that's appealing to you."

2. Sugary drinks, including most bottled teas

Soft drinks aren't your only enemy. Bottled teas, fancy coffee drinks and "fresh" lemonades can all be loaded with the sweet stuff. "For example, the 16-ounce chai latte at Starbucks, one of its most popular drinks, has 42 grams of sugar," Rosenbloom said.

Beware of misleading labels on bottled drinks. "Just because a drink says 'pure' or 'green tea' or 'honey' doesn't mean it has less sugar," Rosenbloom says. What about products touting their organic cane sugar, coconut sugar or raw sugar? "Sugar is sugar," she said.

A 2022 study led by the University of South Carolina of more than 90,000 women

found that those who drank at least one sugary beverage a day had a 78 percent higher risk of developing liver cancer than those who consumed less than three servings per month.

Bottom line: "Aim to keep added sugar intake to 10 percent or less of total daily calories," Gorin said. "For a 2,000-calorie daily diet, that would be no more than 200 calories, or 50 grams, of added sugar per day."

Do this instead: Sip a cup of prune juice — yes, prune juice. "I love to recommend Amaz'n Prune Juice 7.5-ounce cans, which are perfectly portioned," Gorin said. Each serving offers 4 grams of fiber — a good amount — which aids your digestive health and helps you feel good. And it contains no added sugar." Or infuse water with fresh fruit in flavors such as orange, blueberry lemon, and kiwi watermelon, suggested Jordan Hill, lead dietitian with Top Nutrition Coaching (topnutritioncoaching.com). "It will add both flavor and some micronutrients from the fruit." Allen's recommendation: Try herbal teas or reduced-sodium bouillon or bone broths if you crave a savory beverage. Zeratsky suggested either flavored carbonated water or one of the

new prebiotic or probiotic, low-sugar sodas.

3. Packaged foods with sneaky sugars

"Hidden sugars can be found in pasta sauces, yogurt, granola bars, instant oatmeal packets and breakfast cereals," Allen said. Why's that so harmful for older adults? "Excess sugar can put stress on organs such as the pancreas and liver," Allen said, "which can increase blood sugar and blood triglyceride levels and raise the risk of fatty liver disease." "Sugars increase one's risk of cardiovascular disease and diabetes, the incidence and prevalence of which increase as we age," said Thomas Loepfe, a geriatrician at the Mayo Clinic. At a time in life when every calorie should be nutrient-dense, "added sugar really contributes to calories we don't need."

Added sugars are inflammatory to the body and can lead to unfavorable health problems, Hill said. "The American Heart Association recommends women limit added sugar to 25 grams a day and men to 36 grams a day."

Studies back up the harmful effects of sugar. A 2023 study out of the University of Missouri found a link between Western diets high in fat and sugar and the development of nonalcoholic fatty liver disease, which can lead to chronic liver disease. Another 2023 study, this one out of the University of Pittsburgh, found that excess sugar can exacerbate the symptoms of inflammatory disease.

Bottom line: Check labels for added sugars — but don't fret over natural sugars in fruits or milk.

Do this instead: "If you're looking for something sweet, I recommend upping your fruit intake. Fruit is naturally sweet, offers a great source of fiber and will keep you more satiated than the sugary packaged items," Hill said. Allen suggested making your own quick bread mini-muffins — blueberry, zucchini, ba-

nana, pumpkin or cranberry orange — using whole-wheat flour. Gorin advised using frozen fruit to make a healthy smoothie. "One of my favorite things in the freezer section: frozen wild blueberries. Not only do they offer two times the health-helping antioxidants of conventional berries, they're proven to benefit your memory and brain health. Blend them with unsweetened almond milk, peanut butter, Greek yogurt and banana for a delicious, fueling smoothie."

4. Foods loaded with stealth salt

"Seventy-five percent of people over age 60 have high blood pressure. And even if you're on medication, you want to lower your sodium intake," Rosenbloom said. If you think you're eating a low-salt diet because you don't salt your grilled corn or soup, think about that frozen pizza or canned soup you just heated up.

Those items are loaded with stealth salt, too. And the largest randomized clinical trial ever to look at the effects of reducing salt intake, published this year in *The Lancet*, found that lowering sodium led to improved symptoms like swelling, fatigue and coughing—and an overall better quality of life.

"Seventy-five percent of the salt in our diet comes from processed foods, not the salt shaker," Rosenbloom said. So what can you do? An easy way to spot low-sodium foods, she notes, is to look for those in which sodium is 5 percent or less of the daily value; anything in the 20 percent range is high-sodium.

Bottom line: Aim for 1,500 to 2,300 milligrams of sodium per day.

Do this instead: Get back into the kitchen and cook, Allen advised, keeping the recipes simple, using whole ingredients and using seasonings that have no added sodium. "For example, have the fixin's for a make-your-own-pizza using whole-wheat naan bread, pizza sauce, reduced-fat cheese, an assortment of veggies and lean meats," she said. Rosenbloom recommended checking out the frozen "healthy" product lines that keep sodium down. "I've tried some of the newer product lines from Lean Cuisine," she said, "and they are flavorful without as much sodium."

5. Ultra-processed snacks

Unless you're picking an apple from a tree or getting your milk straight out of a cow, most of the food you eat is processed. It's the ultra-processed foods that make the list to strike from

(Continued on pg. 12)

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Six foods to skip

(Continued from pg. 11)

your diet. "Minimally processed foods like bagged greens, diced vegetables and nuts offer convenience," Allen said. "And canned tomatoes and frozen fruit and vegetables are an excellent way to enjoy produce processed at peak quality and freshness." But many ready-to-eat, processed foods, including cake mixes, snack chips, ketchup, sweetened yogurt and "meat lovers" frozen pizzas, add food coloring, sodium, preservatives and other hard-to-pronounce additives to make consumers happy. And that's not good for you. Many processed foods are void of fiber and nutrients such as potassium or magnesium, and they tend to be calorically dense, with a lot of fat and salt, says

Joseph Gonzales, a registered dietitian at the Mayo Clinic. "And some of the preservatives, like nitrates, may be harmful in high amounts, perhaps leading to premature aging of cells in the body," Loepfe said.

Bottom line: Make label-reading a habit.

Do this instead: "You can't go wrong with whole nuts, like pistachios in the shell or shelled almonds or peanuts," Rosenbloom said. "And healthy cereal is a good snack for older adults because 93 percent of those over age 60 eat cereal with milk and fruit, so it's a good way to boost nutrients." Just watch for added sugars in cereals, even the "healthy" ones. Or reach for a hard-boiled egg. "When it comes to wholesome snacks, they are a naturally nutrient-rich choice," Gorin said. "And the American Heart Association says healthy older adults can have up to two eggs per



day as part of a heart-healthy diet." Zeratsky suggested "the most wonderfully packaged to-go food: an apple, banana or orange." Finally, Allen recommended making a charcuterie board with sliced lean turkey or chicken, whole wheat crackers, reduced-fat cheese, pumpkin seeds, almonds, dried apricots and cherries.

6. Alcohol

The days of triple-margarita Mexican dinners should be behind you. Why? "Alcohol metabolism changes when we age, and we become more susceptible to its negative aspects," Loepfe said. "Alcohol can impact fall risk, interact with the medications we take as we age and lead to an in-

creased risk of dehydration. Alcohol contributes to many health problems, including liver disease, heart disease, kidney disease, our immune system function and neurological diseases like dementia." A recent University of Pennsylvania study of 36,000 adults found that even moderate levels of alcohol consumption — a few beers or a glass of wine per week — are linked to harm to the brain, no matter what your age. And if you think alcohol helps you get more or better sleep, think again. "While it may make it easier for us to fall asleep, it doesn't usually help us stay asleep," Allen said. "Frequently, it wakes us up in the middle of the night to visit the bathroom."

Bottom line: Government guidelines recommend no more than two drinks a day for males and no more than one drink a day for females.

Do this instead: "There are so many low- or no-calorie alcohol options, and bartenders are creative with mocktails!" Rosenbloom said. "If you do consume alcohol, think about diluting it with sparkling water, club soda or low-calorie cranberry juice." Hill's suggestion: Try low- to no-sugar kombucha. "Kombucha has live bacteria to help support gut health, and it's a healthier carbonated beverage than your typical soda." For Zeratsky, one of the best alternatives is a flavored carbonated water or spritzer with a splash of fruit juice or muddled fruits such as raspberries, limes or oranges.

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 Milwaukee, WI 53215
 Officiant:
 Pastor Steven R. McVicker

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 Friday, April 19, 2024
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Fredrick Lee Norris
 Sunrise SEPT 14 1939
 Sunset MAR 29 2024
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 BRENTWOOD CHURCH OF CHRIST
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Phone (414) 871-0350 • Fax (414) 871-4219
E-mail: newhopebc@ameritech.net

Weekly Schedule
Sun. Worship 9:30 a.m.
Sun. School 8:00 a.m.
Wed. Morning Prayer & Bible Study 10:30 a.m. & 6:00 p.m.
Mid-week Service (last Wen. of the month) 6:00 p.m.
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Milwaukee, WI 53206

Evangelist Margaret Stone, Pastor
Sunday School 10:00 a.m.
Worship Service 11:00 a.m.
3rd Tues. The Ecumenical Prayer 6:30 p.m.
Wed. Prayer Service 10:45 a.m.
Last (2) Wed. Freedom from Addiction Ministry 11:15 a.m.
Wed. Food Pantry 12:00 noon
Fri. Prayer, Miracle, Prophetic Word 7:00 p.m.
Every 1st Weekend
Revival Service: Fri. - 7:00 p.m. • Sat. - 7:00 p.m.
Sun. Evening - 6:00 p.m.
www.highergroundchristianwomensmovement.org

New Outlook Ministries

138 W. North Ave.
Milwaukee, WI 53212
(414) 406-0258

Weekly Schedule:

Sun. School 9:00 a.m.

Sunday Morning
Worship 11:00 a.m.



Pastor Brenda S. Nelson

"Thou Art Worthy O Lord" - Revelations 4:11



**Pastor Benjamin L. Yancy & First Lady Norma J. Yancy
NEW PARADISE
Missionary Baptist Church**
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Milwaukee, WI. 53206
Tel: 414-316-9014
www.npubc.org

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Tues. Bible Sharing 6:30 p.m.


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newportmissionarybaptistchurch@gmail.com

Order of Service
*Sunday School 9:30 a.m.
Morning Worship 11:00 a.m.

Rev. Anthony D. Smith, Pastor


**The Open Door Christian
Worship Center Church, Inc.**



Senior Pastor: Apostle Kenneth Lock Sr.
and Pastor: Apostle Michele Lock

2456 West Auer Avenue
Milwaukee WI 53206
Phone: (414) 444-5727

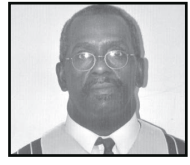
Sun. A.M. Worship 8:30 a.m.
Sun. P.M. Worship 12 noon
Sun. Corporate Prayer 10:00 a.m.
Tues. Prayer 6:30 p.m.
Tues. Bible Study 7:00 p.m.



**Philadelphia Missionary
Baptist Church**
2028 W. Cherry St.,
Milwaukee, WI 53205
Phone: (414) 344-2400 • Fax: (414) 344-0389
E-Mail: philadel.church@att.net
Rev. Maddie Turner, Sr., pastor
Pastor Hours: 10 a.m.- 12 noon

Weekly Meetings and Activities:
Sunday School 10:00 a.m.
Sunday Worship 11:00 a.m.
Prayer Meet./Bible Class (Zoom) 6-7 p.m.
Zoom ID: 861 7625 3012 • Pass: 747499 (Cell & Tablet)
For Phone calls: 1-312-626-6799, ID: 86176253012#US to hear
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Milwaukee, WI. 53224
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Sunday
Worship 10:45 a.m.
Wed. Prayer Meeting & Bible Study 7:00 p.m.
Church Office #: (414) 265-7171

PILGRIM REST MISSIONARY BAPTIST CHURCH

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Pastor**

3456 North 38th Street,
Milwaukee, Wisconsin 53216
Church Phone: 414-873-1045

Website:
www.pilgrimrestmilwaukee.org/

E-mail:
pilgchurch@sbcglobal.net

Sunday Church School 8:00 a.m.
Sunday Worship 9:15 a.m.
Mon. Women's Bible Class 6:00 p.m.
Tues. Bible Class 12:00 noon
Tues. Bible Class 6:30 p.m.
Thurs. Bible Class 1:00 p.m.
Fri. Youth Fellowship (1st) 6:00 p.m.
Fri. Blanket of Lover (3rd) 6:00 a.m.

Most classes are virtual, call the church office for details



Prince of Peace Baptist Church
3701 North 35th Street
Milwaukee, WI 53216
(414) 444-6700 • (414) 444-6701 fax
Steven R. McVicker, Pastor

WEEKLY SCHEDULE
Sunday School 9:00 am
Sunday Worship 10:00 am
Tuesday Bible Class 6:00 pm
Tuesday Prayer 6:00 pm
Thurs. Choir Rehearsal 5:00 pm
Welcome to Peace



**Senior Pastor Evangelist
Barbara Williams
Co-Pastor Elder Dexter Williams
Power House Deliverance Church**
4344 N. 27th St.
Milwaukee, WI 53216
414-442-2234

Sunday School 9:30 a.m.
Sunday Morning Service 11:30 a.m.
Tuesday Night Prayer Service 7:00 p.m.
Wednesday Bible Study 7:00 p.m.
Friday Community Food Pantry 2-4 p.m.
**Transportation Available
(414) 449-0122**

Progressive Baptist Church



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Advancing God's
Kingdom"*

Pastor Walter J. Lanier
8324 W. Keefe Avenue
Milwaukee, WI 53222
Phone: 414-462-9050

Worship Schedule:
Sun. School 9:00 a.m.
Sunday Morning Worship 10:00 a.m.
Wednesday Bible Study Noon
Wednesday Bible Study 6:45 p.m.

Website: www.progressivebaptistmilwaukee.org



**Prayer House of Faith
Pentecostal Church, Inc.**
4778 N. Hopkins St.
Milwaukee, WI 53209
(414) 466 - 3807
Alice O. Green, Founder
Dr. Shane E. Rowe, Sr. &
Pastor Lekeesha C. Rowe, Senior Pastors

Children's Min. Sun 11:30 a.m.
Sunday Worship 12 Noon
Tuesday Prayer/Bible Class 6:30 p.m.
www.prayerhouseoffaith.org

Reveal CHURCH



Reveal Community Church
Rev. James Bufford, Jr., Pastor
5856 North 75th Street
Milwaukee, WI 53218
Telephone: 262-744-4857

Weekly Service:
Sunday 2:00 p.m.



**Rev. Dwain E. Berry -Pastor
Risen Savior Community
Baptist Church**
3105A N. 12th Street
Milwaukee, WI 53206

Services:

Sunday School 9:00 am
Sunday Worship 11:00 pm
Wed. Prayer Meeting 6:00 pm
Phone (414) 748-5705




**Rose Hill
Missionary Baptist Church**
2024 N. Martin Luther King Dr.
Milwaukee, WI 53212

Sunday School 9 a.m.
Sun. New Member Class 9 a.m.
Sunday Worship 10:45 a.m.
Tue. Prayer Meeting - 6:30-7:30 p.m.
Wednesday Bible Class 6 p.m.


Church phone (414) 264-0360
Office (414) 264-3978
Transportation Available

**Rose of Sharon Deliverance
G.O.G.I.C.**



623 W. Center Street
Milwaukee, WI 53209
(414) 873-0933
**Pastor James Grant, Sr.
Co-Pastor, Kimani Grant**

Weekly Schedule
Sun. School 9:30 a.m.
Sun. Service 11:00 a.m.
Wed. Night Bible Class 7:00 p.m.
Fri. Night Service 7:00 p.m.



**SCOTT CHRISTIAN YOUTH
CENTER & OUTREACH C.O.G.I.C.**
2741 N. Teutonia Ave.
Milwaukee, WI 53206
Pastor Annie Naomi Scott

Sunday School 12:30 p.m.
Sunday Services 2:30 p.m.
Wednesday Bible Study 7:00 p.m.
Friday Fellowship 7:00 p.m.
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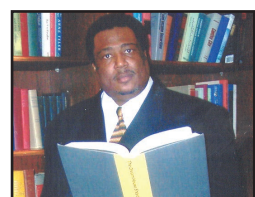


SHILOH BAPTIST CHURCH
4801 West Capitol Drive
Milwaukee, WI 53216
(414) 444-1200 • (414) 444-1212 fax
Rev. Dr. Brandon Robinson, M.Div., Th.D.

WEEKLY SCHEDULE
Sunday School 9:00 am
Sunday Worship 10:30 am
Tuesday Bible Class 6:00 pm
Thurs. Choir Rehearsal 6:00 pm

Come Home to Shiloh

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showersofblessings1@gmail.com

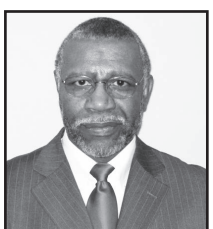
24 Hour Prayer Line:
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**Dr. Darryl Tucker - Pastor
Dr. Paula Tucker - First Lady**



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5375 North 37th St. • Milw., WI 53209
(414) 795-6397

ORDER OF SERVICE
Sun. School 9:00-10:00 a.m.
Sun. Worship ... 10:30 a.m.-12:30 p.m.
Tue. Bible Study 7:00-8:00 p.m.
Wed. Nicotine Treatment 6:00p.m.



St. John's United Baptist Church
Dr. Robert T. Wilson, Sr., Pastor
2439 West Hopkins St.
Milwaukee, WI 53206
Tel: 414-871-4673 • Fax: 414-871-2373
email: stjohnsunitedmbc@yahoo.com

Order of Service
Bible Class - Wed.- 7 p.m.
via Tele-conference
Sun. School/Seed Ministry - Sat. 6 p.m. via Zoom
Sun. Morning Worship - Sun. 10 a.m.
Streaming live via Facebook




ST. MARK
African Methodist Episcopal Church

1616 W. Atkinson Avenue
Milwaukee, WI 53206
Rev. Joy L. Gallmon, Pastor

Weekly Schedule:
Sunday School.....8:30 a.m.
Sun. Worship.....10:00 a.m.
Wed. Bible Study.....10 a.m. & 7 p.m.
Wed. Bible/Prayer Service - 5:30 p.m.

Phone: 562-8030



Rev. Oscar Elim
St. Peter Missionary Baptist Church
EACH ONE REACH ONE
7283 W. Appleton Avenue
Milwaukee, Wisconsin 53216
Phone: (414) 442-6389
Email: spmbc@att.net


Sun. School.....9:00 a.m.
Sun. Morning Worship.....10:00 a.m.
Wed. Bible Study/Prayer.....6:00 p.m.
Online 1-213-992-4634
Radio Ministry: WGLB 1560AM
Thursdays from 2:00-2:30 p.m.



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3701 N. Teutonia
Milwaukee, WI 53208
Rev. Mose A. Fuller, Pastor
Home: (414) 871-2933
Church: (414) 445-2958

Sunday Church School.....9:30 A.M.
Sunday Worship.....10:45 A.M.
Wed. Prayer Meeting & Bible Study
.....6:00 P.M.



**TRANSFORMATION
TEMPLE**
5418 W. Burleigh St.
Milwaukee, WI 53210
(414) 393-WORD (9673)

Sunday Morning Worship.....10 am
Tuesday Night Study.....7pm
Ripton A. Stewart, Pastor



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Senior Pastor: Donna Childs

Our Weekly Worship Schedule
Church Sun. School 8:30 a.m.
Celebration of Worship10:00 a.m.
Tuse. TIPS for Growth (Prayer & Study)
& AWANA (youth).....6:30 p.m.

Temple of Judah Church



Pastor David W. Stokes
8620 W. Fond du Lac Ave.
Milwaukee, WI 53225
Inside Redeem Pentecostal Church
Office Phone: (414) 326-4811

Weekly Services:
Judah Cafe 10:00 am
Sunday School.....11:00 am
Sunday Service.....12:15 am

Voice of Faith Broadcast on JOY1340
AM.....Sundays @ 5:30 pm

Tue. Mana & Bible Study.....7:00 pm
Prayer Manna Mon.-Fri.....6:00 am
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people into the presence of God"**



**TRINITY
Missionary Baptist Church**
Pastor: Rev. Harold Turner

Sunday School.....9:30-10:30 a.m.
Sunday A.M. Worship.....10:45-11:45 a.m.
Bible Class/Saturday.....10:00-11:00 a.m.
(Masks Are Required)

Phone: (414) 263-1919 • (414) 333-8265
2829 N. Teutonia Ave. • Milwaukee, WI 53206




**TRUE LOVE
Missionary Baptist Church**
210 W. Keefe Ave. • Milw., WI 53212
Phone: 414-264-6869
Rev. John K. Paterson

Order of Services
Sunday School.....9:30 a.m.
Sunday Service.....10:45 a.m.
Communion Services
Tue. Bible Study.....6:00 p.m.
Wed. Rehearsal.....6:00 .pm.
Fri. Youth Night.....6:00 p.m.



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Milwaukee, WI
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4300 West Villard Avenue
Milwaukee, WI 53218
(414) 464-0390
Rev. Robert McFarland, Sr., Pastor

Weekly Schedule:
Sun. School 9:00 a.m.
Sun. Morn. Worship...10:30 a.m.
Tues. Prayer Mtg & Bible
Study.....6:30 p.m.



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Milwaukee, WI
53212

**Unlimited Life in Jesus Christ
Christian Church**
623 W. Cherry St.
Milwaukee, WI 53212
Inside the Boys and Girls Club
Pastor Sudie B. Jones

Services:
Sunday School.....10:00 am
Sunday Service.....11:00 am
Tue. Choir Rehearsal.....6:00 pm
Tue. Prayer & Bible Study 6-7:30 pm
Tue. Youth Meeting.....6-8:00 pm
Wed. Recovery Services.....6-7:30 pm
John 14:27

Union Hill Missionary Baptist Church



2190 N. 49th Street
Milwaukee, WI 53208
Church: (414) 444-4244
Office: (414) 444-8947
Fax: (414) 444-7924

Weekly Schedule
Sun. Worship.....10:30 a.m.
Tus. Bible Study...6:00 p.m.
Wed. Mission.....3-7 p.m.
Wed. Fellowship...6:00

Rev. W.J. Walker, Pastor




**The Upper Room
Baptist Church**



Pastor: Willie F. Brooks Jr.
2200 W. Center Street
Milwaukee WI 53209
414/265-5455


Worship Schedule:
Sunday School9:30 a.m.
Morn. Worship.....11:30 a.m.
Mon. Women Circle Min.
Wed. Bible Study.....7:30 p.m.
Soar Men Min.....11:30 a.m.



Way of the Cross Missionary Baptist Church

1401 West Hadley Street
Milwaukee, WI 53206
Office: (414) 265-2725
Rev. Richard Watkins, Sr.,
Interim Pastor

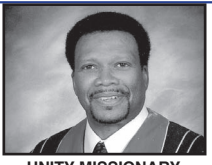
Weekly Schedule
Sunday School 9:30 a.m.
Sunday Morning Worship.....10:30 a.m.
Tuesday
Noon Day Mission.....11:00 a.m.
Evening Mission.....6:00 p.m.
Tuesday Prayer Meeting.....6:30 p.m.
Bible Study.....7:00 p.m.



Rev. Edward E. Thomas
Victory Missionary Baptist Church
2661-63 N. Teutonia Avenue
Milwaukee, Wisconsin 53206
Office: (414) 265-4850 / Fax: (414) 265-3817

**Order of Service (Temporary Change)
Sunday's Order of Service**
Sun. Morning Worship.....10:15 A.M.
Wednesday Evening.....8:00 P.M.

Prayer Line With Victory
#564-888-5460/PC 661174



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PASTOR
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MILWAUKEE, WI 53216
Tel: (414) 445-9249 • Fax: (262)-670-6505
www.unitymbc.com
email: unitymbchurch@gmail.com

Worship Services:
Sunday School.....9:30 a.m.
Sun. Worship.....11:00 a.m.
4th Sun.....Communion
1st Sun.....Baptizing
Wed. Prayer Meeting/Bible Study.....6p.m.
"A Little Church With A Big Heart"



**ZION HILL MISSIONARY BAPTIST
CHURCH**
1825 W. Hampton Ave. • Milw., WI 53209
Rev. Russell Williamson, Pastor

Sunday School.....8:30 a.m.
Sunday Worship.....10:00 a.m.
Wednesday Prayer Service
and Bible Stud..... 6:00 p.m. - 7:00 p.m.

(Tele-conference #: 1-571-317-3122; Access
code:516652437#)
(Online Bible Study will continue thru March 2022)
Phone: (414) 263-1777



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1825 W. Hampton Ave. • Milw., WI 53209
Rev. Russell Williamson, Pastor

Sunday School.....8:30 a.m.
Sunday Worship.....10:00 a.m.
Wednesday Prayer Service
and Bible Stud..... 6:00 p.m. - 7:00 p.m.

(Tele-conference #: 1-571-317-3122; Access
code:516652437#)
(Online Bible Study will continue thru March 2022)
Phone: (414) 263-1777



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BIRTHDAY SALUTES

**"WISHING
YOU ALL
THE BEST!"**



April 1st
Joseph Bonner

April 4th
Janillan Wells
Mary Burnett

April 6th
Danny Burnett

April 7th
Kourtlyn Guy
Alexis Smith
Lavernia Green

April 9th
Eddie Jones
Mattie Carter
Vivian Townsend

April 10th
Destiny Reed
Thomas Webb

April 11th
Cora Jones
Azaria Davis

April 12th
John Smith, Jr.

April 13th
Wesley Chamberlain
Al Green
Peabo Bryson

April 14th
Rodneca Hampton
Anwon Tanner
Sharon Carter

April 15th
Dominick Henderson
Damon Wayans
Flex Alexander
Michael Cooper

April 16th
Martin Lawrence
Kareem Abdul-Jabbar
Luol Deng

April 17th
Maya Jones

April 18th
Nickleous Willis
Cola Carroll
Bertha Bratchet

April 19th
Kimberly Willis

April 20th
Gregory Fumbanks
Halley Beason

April 21st
William Beason

April 22nd
Jessica Carter

April 23rd
Arial Smith
LaVern Moore
Dwight E. Ingram
Rodney Hampton
Michael Newsome
Joyce Williams

April 24th
John Webb

April 25th
Delores Ramey
Towanda Ford

April 26th
Cynthia Jones

April 27th
Ageel Scott
Michael W. Celestine

April 30th
Berda Kendricks



NOTICE
Milwaukee Public Schools (MPS) is requesting proposals for **CONSTRUCTION MANAGER AT RISK (CMaR) for the MILWAUKEE RECREATION COMMUNITY CENTER (MRCC) and Browning Playfield at (former Browning School), 5575 N. 76th Street, Milwaukee, WI.** Project scope, proposal 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 5:00 P.M.; Monday through Friday from A/E Graphics, Inc.; 4075 North 124th Street, Brookfield, WI 53005; phone (262) 781-7744; fax (262) 781-4250. Call A/E Graphics, Inc. for availability of proposal documents.

The **HUB** requirement for this contract is **10%**
The **COIN** requirement for this contract is **5%**
The minimum **Student Participation** requirements for this contract are:
Paid Employment: 1,000 Hours
Educational Activities: 30 Hours

A pre-proposal walkthrough for the site will be held at **9:00 AM on Wednesday, May 1, 2024.** Meet at the existing school's main entrance.

All questions should be submitted in writing prior to **12:00 PM on Wednesday, May 8, 2024** 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 proposals, as stated within the proposal document instructions, no later than **3:00 PM on Wednesday, May 22, 2024.**

04-24-24 Keith P. Posley, Ed.D.
Superintendent of Schools

**We have
MOVED**

The Milwaukee Times
Weekly Newspaper & Publishing Co.

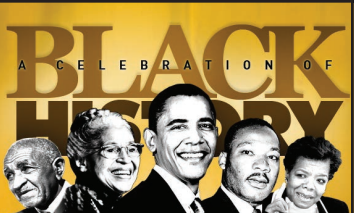
**Our Address Is:
2238 North Dr. ML K, Jr. Dr.
Milwaukee, WI 53212
(414) 263-5088**

The Milwaukee Times
Weekly Newspaper

June 21st, 2023

HOME SERVICES NEWS EDITORIALS CLASSIFIEDS CONTACT US DIGITAL EDITIONS

**VISIT OUR WEBSITE AT:
<http://milwaukeetimesnews.com/>**



April 25, 1918 – Ella Fitzgerald, "First Lady of Song", was born.

April 26, 1888 – Sarah Boone patented the ironing board.

April 27, 1968 – Dr. Vincent Porter became first African American certified in plastic surgery.

April 28, 1839 – Cinque lead a slave mutiny off the coast of Long Island, NY.

April 29, 1899 – Duke Ellington, jazz musician and composer, was born.

April 30 1952 – Dr. Louis T. Wright honored by American Cancer Society for his contributions to cancer research.

May 1, 1867 – First four black students entered Howard University.

DO YOU HAVE A FRIEND, FAMILY MEMBER, CHURCH MEMBER, OR COLLEAGUE WHO HAS JUST CELEBRATED OR IS ABOUT TO CELEBRATE A BIRTHDAY? STOP BY OUR OFFICE WITH THEIR NAME ON MONDAY TO GET THEM IN THAT WEEK'S EDITION OF HAPPY BIRTHDAY SALUTES! VISIT US AT 2238 N. DR. MARTIN LUTHER KING JR. DRIVE, CALL US AT (414) 263-5088 OR E-MAIL THEM TO MILTIMES@GMAIL.COM.

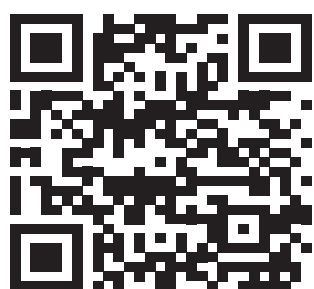
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