

The Milwaukee Times



Weekly Newspaper

"Journalistic Excellence, Service, Integrity and Objectivity Always"

Vol. 45 • No. 18 • Thurs., May 14, 2026 - Wed., May 20, 2026 • An HTGroup, LLC Publication • Serving The Milwaukee Area • 85¢

AKA Upsilon Mu Omega Chapter celebrates '8th Annual AKA Day at the Derby'



On Saturday, May 2, 2026, the women of Alpha Kappa Alpha Sorority, Incorporated® Upsilon Mu Omega Chapter, in partnership with the Diamond Jubilee Pearls Foundation, hosted the 8th Annual AKA Day at the Derby at the Hilton Garden Inn, 11600 W. Park Place, continuing a growing tradition of style, service, and community impact.

Guests gathered in signature Derby fashion, bringing bold colors, statement hats, and high energy to an afternoon centered around purpose. As the foundation's signature fundraiser, the event con-

tinues to make a meaningful difference, with more than \$200,000 raised to date in scholarship funds supporting high school seniors and current undergraduate students throughout the Milwaukee area.

With an enhanced guest experience, including elevated hospitality and a dynamic event atmosphere, this year's Derby reflected both growth and intention. Now in its eighth year, AKA Day at the Derby continues to build on its legacy, creating space for community, celebration, and continued investment in the next generation!

WGBSC, Inc.'s Spring Session held at New Hope Baptist Church



tending classes. The following classes included: "How God Sees Us" (Ms Francine Saffold, Instructor); "Where Is God When Life is Hard" (Dr. Demetrius Williams, Instructor); "IDs In Today's World: Salt and Light" (Rev. Charles Watkins, Instructor); Youth Workshop (Dr. Claude Williams, Instructor); and, Youth/Children's Workshop (Ms Sheila Jurez, Instructor).

The Spring Institute also included two guest speakers – Dr. Marcus D. Davidson, Pastor of the New Mount Olive Baptist Church, Fort Lauderdale, FL where he has served for 14 years. He is the President/CEO of PMD Ministries, Inc.; and, Dr. Brian LaMont Monford, Sr., Pastor of the Philippian Missionary Baptist Church in Lima, OH where he has served for 35 years.

The Wisconsin General Baptist State Convention, Inc./State Congress of Christian Education under the direction of the Reverend Keith T. Evans, Convention President, Reverend James Ivy, Congress President, and Mrs. Emma Brooks, Congress Dean was held at the New Hope Baptist Church where Reverend Reginald Ivy serves as pastor during the week of April 20-24, 2026. Over 200 individuals were in attendance, with an overall of 219 at-

Thursday, the WGBSC, Inc.'s Woman's Auxiliary was in charge. On that evening, Mrs. Barbara Wyatt Sibley, Woman's Auxiliary President delivered her annual address. The Institute concluded Friday evening with a musical by the Convention Youth/Children's Department and the Convention Choir under the direction of Mr. Cheyenne McCree.

Trailblazing Black Milwaukee physician Dr. William Finlayson dies at 101

Dr. William Finlayson, one of Milwaukee's trailblazing Black doctors, has died.

Dr. William Finlayson, one of Milwaukee's trailblazing Black doctors, has died.

Finlayson's family announced his death on Tuesday, May 12, 2026.

Finlayson was the first Black obstetrician at St. Joseph's and Mt. Sinai hospitals in Milwaukee. He delivered thousands of babies in his 50-plus-year medical career.

He also marched for civil rights alongside his friend and Morehouse College classmate, Dr. Martin Luther King, Jr.

Later in his life, Finlayson helped found the North Milwaukee State Bank, helping people of color and families with financial literacy.

"I join those mourning the passing of Dr. William Finlayson. He led an impressive and impactful life, profes-



Web Image

sionally and as a community leader," said Milwaukee Mayor Cavalier Johnson in a statement. "Milwaukee is healthier and stronger because of Dr. Finlayson's work. With the naming of a prominent street here, his memory is, appropriately, forever part of our city."

Finlayson was 101 years old.

In 1991, Finlayson was honored for his work in the

Medical field with a Black Excellence Award.

In 2023, the city renamed a 2.5-mile stretch of Fifth Street "Dr. William Finlayson Street."

The family said a memorial service will be announced at a later date.

Governor Evers and Republican leaders announce deal on how to spend Wisconsin budget surplus

Governor Tony Evers and Republican leaders have announced a deal on how to spend Wisconsin's \$2.3 billion budget surplus on Monday, May 11, 2026.

Under the proposed deal, \$850 million will go toward refund checks, including \$600 checks for families, and \$300 checks for single filers.

The deal will also eliminate state taxes on cash tips, and



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it will eliminate state taxes on overtime. Unlike similar legislation at the federal level, however, these plans are not set to expire after two years.

It also contains \$600 million for public schools, including the largest increase to the state's special education reimbursement rate in state history to attain 50 percent.

The deal also includes \$300 million to lower property tax rates by buying down the school portion of the tax.

Lawmakers are expected to return to Madison this week to vote on the proposed deal.

UWM to award more than 3,200 degrees at commencement May 17

The University of Wisconsin-Milwaukee will award more than 3,200 degrees at its 134th commencement on Sunday, May 17, 2026 at the UW-Milwaukee Panther Arena, 400 W. Kilbourn Ave. Degrees will be awarded at two ceremonies, at 9 a.m. and 2 p.m.

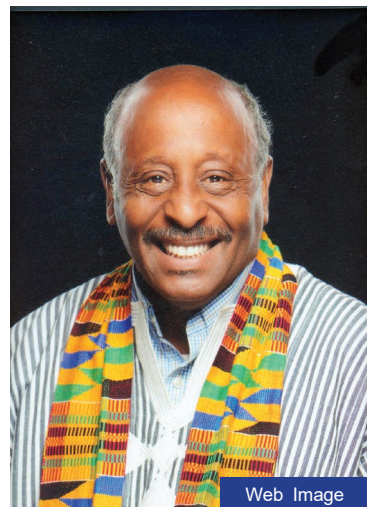
Clayborn Benson, UWM alumnus and renowned Wisconsin historian, will be the featured speaker at both ceremonies. Benson will receive an honorary degree at the morning ceremony.

The university will present 2,336 bachelor's degrees, 681 master's degrees, 134 doctoral degrees, 16 graduate specialist degrees, 130 graduate certificates and 37 associate degrees. The oldest bachelor's degree recipient is 64, while the youngest is 19. The oldest associate degree recipient is 45; the youngest is 19.

Commencement speaker and honorary degree recipient: Clayborn Benson

Clayborn Benson is a photographer, historian and military veteran who has had two remarkable careers in his lifetime.

He spent 39 years as an award-winning broadcast journalist with Milwaukee's WTMJ-TV, covering news



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A lifelong learner, Benson earned a bachelor's degree in film from UWM in 1987, then went back to earn a master's degree in public history at UWM in 2024 at the age of 75.

Inaugural cohort of Nadel-la scholars to graduate

The first cohort of full-ride Nadella Scholarship in Tech Education winners will receive their degrees. Started in 2022, the scholarship is funded through a gift from UWM alumnus and Microsoft Chairman and CEO Satya Nadella ('90 MS) and his wife, Anu Nadella. Each scholarship provides financial and academic support and room and board for up to five years for Milwaukee-area high school students intent on studying computer science, computer engineering, data science or information technology. There are nine graduates from the 2022 cohort; seven will graduate Sunday and two will graduate in December.

and sports and earning a reputation for excellence in storytelling.

Clayborn Benson
His documentary "Black Communities" examined Black housing, migration, settlements and trade skills in the United States, Wisconsin and Milwaukee. It aired on public television stations across the state and became a formative project in shaping his future work.

While producing the documentary, he recognized that the history and heritage of Black Americans in Wisconsin were inadequately preserved. In response, he founded the Wisconsin Black Historical Society/Museum in 1987 to collect and share that history while also serving as a neighborhood anchor and resource.



The Milwaukee Times Weekly Newspaper
June 21st, 2023

HOME SERVICES NEWS EDITORIALS CLASSIFIEDS CONTACT US DIGITAL EDITIONS

Northcott Neighborhood House presents 'I Am Juneteenth' 2023 Freedom Ball

make a smart move Prairieville Village

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

The Milwaukee Times Weekly Newspaper
Milwaukee, Wisconsin

THE MILWAUKEE TIMES WEEKLY NEWSPAPER
Louvenia Johnson Luther Golden Nathan Conyers
(1981-2008) (1981-2005) (1981-2018)

Harold D. Turner, Sr.,
President & Publisher
William S. Gooden, Editor-In-Chief


Founders Louvenia Johnson Nathan Conyers Luther Golden	Ministries Section Elaine Walker
Layout William Gooden	Printshop Manager Michelle Anibas
	Photography Yvonne Kemp

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Telephone: 414-263-5088 • Fax: 414-263-4445
Email: miltimes@gmail.com
<http://milwaukeetimesnews.com>



MINISTRIES

CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
 ABUNDANT FAITH CHURCH OF INTEGRITY to
 NEW HOPE BAPTIST CHURCH



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

Pastor Robert Pyles
"Discover Your Abundant Faith"

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

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



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.



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



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

Weekly Schedule
 Church Sun. School 7:45 a.m.
 Sun. Worship 9:00 a.m.

Church Phone: 414.445-1610
 Fax: 414.449-0252




Corinth 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"

Deliverance Life Center C.O.G.I.C.




4032 W. Burleigh St.
 Milwaukee, WI 53210
 (262) 385-0341
 deliverancelifechurch@gmail.com
Pastor Curtis Sloan-Glenn

Weekly Services:
 Sunday School.....10:00 A.M.
 Sunday Worship.....11:00 A.M.
 Wed. Bible Study.....6:30 P.M.



DAMASCUS
Missionary Baptist Church
 2447 N. 27th Street,
 Milwaukee, WI 53206
 Rev. Vincent L. Montgomery, Pastor

Weekly Schedule
 Sun. School 9:30 a.m.
 Sun. Worship 11:00 a.m.
 Tue.....Mission: 6 p.m.....Laymen: 6 p.m.
 Wed. Prayer Meeting6:00 p.m.
 Wed. Bible Class6:30 p.m.
 Phone: (414) 374-8282



Fountain of Hope Church
 2753 N. Teutonia Avenue
 Milwaukee, WI 53206
Pastor Alex L. Erdmann, M.Div.
 Servant Leader and Establishmentarian
 Email:FOUNTAINOFHOPECHURCHMKE@GMAIL.COM
 Website: www.FHCMKE.org
 Phone: 414/255-2024

Weekly Service:
 Sunday School.....9:00 AM
 Sunday Morning Service.....10:30 AM
 Tuesday Night Bible Study.....7:00 PM

*"Come to the Fountain"
 "With God All Things are Possible"*



GREATER MOUNT ZION MBC
 2479 N. Sherman Blvd.
 Milwaukee, WI 53210-2947
 Office Phone: (414) 871-LORD (5673)
Kenneth E. Cutler, Sr., Pastor

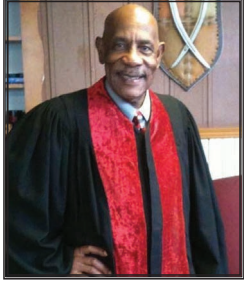
Worship Schedule
 Sun. School 9:00 a.m.
 Sun. Morning Worship 10:45 a.m.
 Wed. Prayer Meeting 6:00 p.m.
 Wed. Bible Study 6:30 p.m.



GREATER 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.gretergalileebaptistchurch.org

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



HOLY TEMPLE
Missionary Baptist Church
 4245 N. 60th St. Milwaukee, WI 53216
 Rev. Jonathan N. Weathers, Pastor

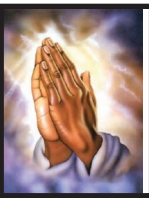
Sunday School 9:00 - 10:00 A.M.
 Sunday Service..... 10:00 A.M. - 12:30 P.M.
 Thus. Bible Class 11:00 A.M.



414-935-2406
 www.thehouseofjacob.org
 4574 N. 46th Street


BIBLE STUDY CLASS
 Saturdays at 1:00 p.m.
BIBLE Q&A
 Wednesdays at 7:30 p.m.

Kingdom Apostolic Ministries




5017 W. Center St.
 Milwaukee, WI 53210
 (262) 720-0708
 Joan Johnson, Apostle

Service
 Sun. Service.....10:00 a.m.




Bishop 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)



NEW HOPE BAPTIST CHURCH
 Rev. Dr. Archie L. Ivy, Pastor/Teacher
 2433 W. Roosevelt Drive
 Milwaukee, WI 53209
 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.
"Partnering with God, Practicing Biblical Principles, Strengthening Families"




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
 /TheLambMKE
 @TheLambMKE

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

Rev. Christopher R. Boston, Pastor


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




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

New Covenant Missionary Baptist Church



Rev. Dr. E. L. Crouther, Pastor
 2315 N. 38th Street
 Milwaukee, WI 53210
 Phone: (414)873-1221 Fax: (414)873-8614
 E-Mail: Newcovenantbc2315@wi.rr.com

Weekly Schedule
 Sunday Worship.....9:30 a.m.
 Sunday School.....9:30 a.m.
 Wed. Bible Study...10 a.m. & 6:30 p.m. (Virtual)
 Sat. Church School.....9:00 a.m. (Virtual)


NEW HOPE BAPTIST CHURCH
 Rev. Dr. Archie L. Ivy, Pastor/Teacher
 2433 W. Roosevelt Drive
 Milwaukee, WI 53209
 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.
"Partnering with God, Practicing Biblical Principles, Strengthening Families"



MINISTRIES

CHURCH LISTINGS ARE IN ALPHABETICAL ORDER:
PHILADELPHIA MISSIONARY BAPTIST CHURCH to
ZION HILL MISSIONARY BAPTIST CHURCH



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).....Tus. 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
Motto: For with God all things are possible



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

PILGRIM REST MISSIONARY BAPTIST CHURCH
"Faith in Action:
Tracing a Legacy of Love"



Rev. Demetria C. McCroskey, 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. Sister Circle.....6:00 p.m.
Tues. Bible Class12:00 noon
Tues. Bible Class6:30 p.m.
Thurs. Bible Class1:00 p.m.

Call the church office for details!



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:st.johnsunitdmbc@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. Matthew C.M.E.



Rev. Dr. Richard D. Shaw, Pastor
7500 N. 76th St. • Milw., WI 53223
(414) 562-7580

Weekly Schedule:
Sun. Service.....8:30 a.m.
Wed. Bible Study.....Noon & 6 p.m.
Young Adult Connect Services - (4th Sun. of the Month).....10:30 a.m.




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



TABERNACLE COMMUNITY BAPTIST CHURCH
"A preaching, teaching, healing community of faith." Matt. 4:23
2500 West Medford Ave. • Milwaukee, WI 53206
OFFICE: 414-562-1129 • EMAIL: mail@tcb-church.com
WEBSITE: WWW.TCB-CHURCH.COM
Senior Pastor: Rev. Dr. Donna Childs


Our Weekly Schedule
Sunday Worship.....10:00 a.m.
Tuesday Bible Study.....6:30 p.m.
Wednesday Youth Midweek6:30 p.m.
Food Pantry & Clothing Boutique-3rd Sat.....10:00 a.m.



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



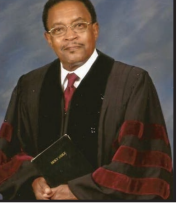
Rev. Edward E. Thomas Victory Missionary Baptist Church
2661-63 N. Teutonia Avenue Milwaukee, Wisconsin 53206
Office: (414) 265-4850 / Fax: (414) 265-3817

Order of Service
Sunday's (SAC).....9:30 A.M.-10:20 A.M.
Sun. Morning Worship.....10:30 A.M.
Tuesday Bible Study.....6:00 P.M.
Wednesday Prayer Line.....7:00 P.M.
#564-888-5460/PC 661174



Way of the Cross Missionary Baptist Church
1401 West Hadley Street Milwaukee, WI 53206
Office: (414) 265-2725
Rev. Dr. Eddie Nash, Sr., 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.



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

Attention Church Ministries in our Ministry Listing section!

We have update and cleaned out our Church Ministries Listing Section, both in the paper and on-line. If you have not recently paid and/or updated your listing please reach out to us ASAP at (414) 263-5088. We would love to have you listed back in our section, but we need to here from you. Currently, we are running a special for the listing section as follows:

Single size: \$240 for one year
Double size: \$480 for one year

The Milwaukee Times Printing & Publishing Co.
We will match or beat any competitor's price!

Free Delivery Service

ENVELOPES & LETTERHEAD

Christ the Lord Baptist Church
1234 WEST MAIN STREET MILWAUKEE, WISCONSIN 53201
414-444-4444 • Fax: 414-444-4445

Christ the Lord Baptist Church
1234 WEST MAIN STREET MILWAUKEE, WISCONSIN 53201
414-444-4444 • Fax: 414-444-4445

Christ the Lord Baptist Church
A Night of Entertainment
Saturday, July 31, 2019 • 7pm - 11pm
Christ the Lord Baptist Church
1234 West Main Street
Featuring:
A wide variety of dancers, musicians and comedians from the Milwaukee area!
\$50 Donation

BUSINESS CARDS

TICKETS

FUNERAL PROGRAMS

The Milwaukee Times Printing & Publishing Co.
2238 N. Dr. Martin Luther King, Jr. Drive • Milwaukee, WI 53212
Phone: 414-263-5088 • Fax: 414-263-4445

Kappa League MKE awards senior with scholarship



On Sunday May 3, 2026 at the Marquette University Cudahy Hall, the Kappa League senior graduate 2026 Chidera Obinna from Carmen High School of Science received his \$1000.00 dollar scholarship from the Milwaukee Alumni Chapter of Kappa Alpha Psi Fraternity Inc. The Kappa League MKE members all received 1 set of Golf clubs from the Kappa's courtesy of The First Tee PGA Milwaukee organization. The young men will learn the game of golf over the summer.



Photos by Kim Robinson



"Ours is not the struggle of one day, one week, or one year. Ours is not the struggle of one judicial appointment or presidential term. Ours is the struggle of a lifetime, or maybe even many lifetimes, and each one of us in every generation must do our part."

— The Late John Lewis



SUMMERFEST

MILWAUKEE

Presented by: **AMERICAN FAMILY INSURANCE**

JUNE 16-17
GARTH BROOKS

JUNE 18-20
DON TOLIVER
w/ SahBabii, Che, SoFaygo, Chase B, Lelo, sosocamo

CARÍN LEÓN

MEGAN MORONEY
w/ JP Saxe, Solon Holt

ED SHEERAN
w/ Myles Smith, Aaron Rowe

JUNE 25-27
CODY JOHNSON
w/ Jessie Murph

POST MALONE
w/ Carter Faith

MUSE

ALEX WARREN
w/ Noah Cyrus

JELLY ROLL
w/ Tyler Hubbard, Three 6 Mafia

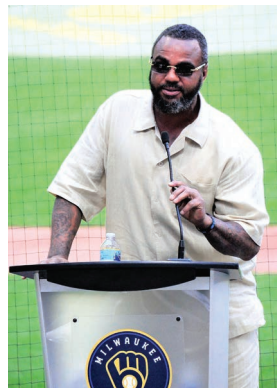
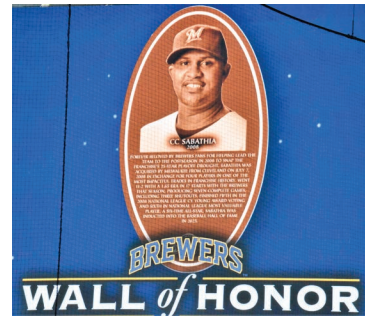
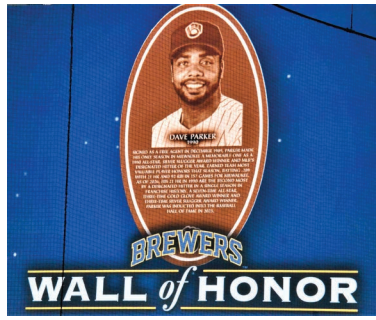
Lineup: Charlie Wilson • Passion Pit • Third Eye Blind • Hot Mulligan • Father John Misty • STYX • David Lee Roth • The Academy Is... • Tash Sultana • Connor Price • flipturn • Nate Smith • Tyrese • Amyl and The Sniffers • Christopher Cross • Cameron Whitcomb • Holly Humberstone • Echo & The Bunnymen • Dexter and The Moonrocks • The Family Stone • Alejandro Escovedo • Adrien Nunez • AJ Croce • Aldo Nova • The Bends • Braid • Chris Cain • Danny Boy • Dear Tick • Don Felder • Dora Jar • The Dream Syndicate • Enter Shikari • Evan Honer • FEES • HUNNY • The Juliana Theory • Marlon Funaki • McCoy Moore • Modern English • Nicholas Tremulis & The Prodigals • Penelope Road • Red Jumpsuit Apparatus • Red Leather • Rhys Rutherford • Scott Wolverson • State Champs • Steph Strings • Taylor Acorn • Weston Estate • Winyah • Altered By Mom • Avery Cochrane • The Band Solstice • Cigarettes @ Sunset • City of the Sun • Emmitt James • GRAHAM • Koyo • Maximiano • Morgan St. Jean • Old Mervs • Panic Shack • Post Sex Nachos • Tobacco Road • Todd Cameron • Trapper Schoepp • Troy Tyler • Venus & The Flytraps • VIAL

Lineup: The Roots • Louis Tomlinson • Subtronics • Tucker Wetmore • Russell Dickerson • KALEO • The Revivalists • Marcus King Band • Elderbrook DJ Set • Big Wild • Audrey Nuna • Grouplove • Kim Gordon • Wolfmother • Halestorm • Pepper • Little Feat • Petey USA • The Mountain Goats • BØRNS • Two Feet • Sudan Archives • Goldfinger • Mariachi Sol De Mexico • Vertical Horizon • Old 97's • 10,000 Maniacs • The Aces • The Band Louie • Big Daddy Kane • Boy Golden • Dylan Schneider • The Expendables • Freddy Jones Band • Gabriel Jacoby • Grabbitz • Hank Azaria and the EZ Street Band • Harper O'Neill • Hazlett • Henrik • Jean Dawson • Lanie Gardner • Lisa Loeb • Lucky Boys Confusion • Maris • The Movement • PawPaw Rod • Robert Randolph • Sincere Engineer • Soulidified • Sons Of The Silent Age • Walk Off The Earth • Abby Moeller • Alannah McCreeady • Alex Sampson • Blonde • Bobby Friss • Elija Scott • Greg Koch & The Koch Marshall Trio • The Handcuffs • Harrison Gordon • KSP • Lake Drive • Lamb • Left On Sunset • Modern Allibi • Orquesta Ayala • Porch Light • Showoff • Siobhan Bodrug • TAZ • Tracy Bonham • Wire & Nail

Lineup: Ella Mai • Sam Barber • Sean Paul • Buju Banton • Whiskey Myers • All Time Low • Kerry King • Spoon • Flo Rida • The Temper Trap • Stephen Marley • Rev Run of Run D.M.C. • Jonah Kagen • Candlebox • Gene Simmons Band • Gin Blossoms • Matt Hansen • BoDeans • The Beths • Neal Francis • Baha Men • Straight No Chaser • Absolutely • Anees • Ax and the Hatchmen • Blondshell • Bren Joy • Buckcherry • Chase McDaniel • DJ Jazzy Jeff • Edgehill • John Vincent III • The Jayhawks • Jobi Riccio • Joywave • Ken Pomeroy • KennyHoopa • Living Colour • Mindi Abair • Preston Cooper • Pure Hex • Sister Hazel • Soul Asylum • Spin Doctors • St. Paul and The Broken Bones • Sunflower Bean • Tag Team • The Heavy Heavy • The Ocean Blue • Adam Warner • Case Oats • Carolina Liar • DJ Kool • Fluorescents • girlfriends • Hotel Fiction • Jerry Harrison's 50 Years of Talking Heads • KT Tunstall • The Maiden Voyage • Nicole Lawrence • Palmer Anthony • Scout Speer • SIIN • Six Foot Blonde

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Milwaukee Brewers honor CC Sabathia and Dave Parker with Wall of Honor induction



On Friday, May 8, 2026, the Milwaukee Brewers honored two baseball legends inducting CC Sabathia and Dave Parker into the team's Wall of Honor at American Family Field. Their contributions to the franchise were recognized on-field with a pre-game video and ceremonial first pitches by Sabathia and Parker family members ahead of the Brewers' matchup against the New York Yankees.

Sabathia was acquired by Milwaukee from Cleveland on July 7, 2008, in one of the most impactful trades in franchise history, in exchange for four players.

He went 11-2 with a 1.65 ERA in 17 starts with the Brewers that season, producing seven complete games and three shutouts. The trade helped the Brewers end a 26-year playoff drought and is considered one of the greatest in-season trades in Major League Baseball history.

Parker signed with the Brewers as a free agent in December 1989 and made an immediate impact during his lone season with the club in 1990. That year, Parker was the team's lone All-Star, a Silver Slugger Award winner and was named MLB's Designated Hitter of the Year.

Parker passed away in 2025 after a battle with Parkinson's disease. His son, David Parker II, represented him at the ceremony.

Both Sabathia and Parker were inducted into the National Baseball Hall of Fame in 2025.

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MILWAUKEE PUBLIC SCHOOLS

Bulletin Board

MPS proposed budget for 2026-27 adds teachers, paraprofessionals

Milwaukee Public Schools' administration has submitted a balanced-budget proposal to the school board that would help bring more resources to students and classrooms in the 2026-27 school year, while addressing the district's \$46-million budget deficit.

"This gap — identified by our external auditors in January — directly impacted our budget planning and made it significantly more challenging," said Superintendent Brenda Cassellius, EdD. "Through it all, we have prioritized protecting resources for classrooms, keeping schools safe, investing in student achievement and restoring the district's finances."

The \$1.6-billion plan, which would serve as the district's roadmap for the school year ahead, was submitted to the Milwaukee Board of School Directors on Monday, May 4. The board's Committee on Strategic Planning and Budget began its review of the plan on Thursday, May 7, at MPS Central Services, 5225 W. Vliet St. The committee will begin taking pub-

lic testimony that night.

The submitted figures are estimates in the 2026-27 proposed budget. The proposed budget must be adopted before the new fiscal year begins July 1. Final budget numbers will be based on enrollment, and the final budget will be approved in the fall.

The full budget proposal, and answers to frequently asked questions, is on the district's 2026-27 budget planning page. These are some key aspects of the proposed budget for the next school year:

Investing in classrooms

- 150 more classroom teaching positions will be added to manage and reduce class size, giving students more one-on-one attention so all students learn to read.
- 138 more paraprofessional positions will be added to support classrooms and schools.
- Strong support for art, music and physical education teaching positions will be maintained, with a slight increase of

six positions next year. This includes full-time art, music, and physical education teachers in the district's investment schools, which are in historically under-resourced communities.

Investing in valued employees

- All employees will receive a cost-of-living increase totaling 2.63 percent by January 2027. The increase will be phased in with a 1.5 percent increase in July 2026 and another 1.13 percent in January 2027. The proposed budget includes increases that reward employees for their years with the district and any advanced degrees or certification they earn, known as steps and lanes. Those increases are to be brought to the school board for formal approval in the coming weeks.
- Paraprofessionals and children's health assistants (CHAs) would be scheduled for up to 40 hours of work, based on

school need and employee interest. This supports many of the MPS employees who are among the district's lowest paid. The district also is budgeting for an additional stipend for CHAs.

Making tough decisions

- The district will have 53 fewer administrators/administrative staff positions.
- The district will have 53 fewer assistant principal positions while maintaining one assistant principal for every 350 students in a school. This ratio is stronger than in other large urban districts.
- The district will decrease purchased services from outside vendors by about \$46 million. This includes contract reductions and short-term savings related to charter schools no longer authorized by the district. (It creates longer-term enrollment challenges that the district will work to address.)

The district recognizes the impact of these difficult but necessary decisions on affected employees, and it remains committed to placing those affected in vacant MPS positions wherever possible.

Input from budget meetings, stakeholder conversations and meetings with high school students helped to shape the budget proposal.

"All of our decisions are based not only on balancing the budget now but setting our district up for long-term success based on the resources we have. The state stopped inflationary increases in general aid for Wisconsin public school students more than 15 years ago, and the voter-approved referendum was a lifeline, but it only fills part of the gap," Dr. Cassellius said. "We will continue to advocate for funding at every level, but we must make decisions based on what we have access to now."

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Turn down the heat on hot flashes – the natural way!

The worst of menopause can strike when you least expect it. You're sitting there, doing nothing in particular, and then all of a sudden, your body turns into a furnace! Your face flushes, your heart races, and suddenly your clothes feel soaked.

Here's the good news: you're not alone. About 75 percent of women experience the vasomotor symptoms of hot flashes and night sweats, and for many, these episodes seem to come out of nowhere. Which is why they're so troublesome. They can disrupt your sleep, hurt your work, and even strain your relationships, making you feel like you're trapped in your own skin.

Fortunately, you don't need to rely solely on drugs, like prescription hormones, if you don't want to. There are plenty of safe, evidence-informed natural strategies that can help. Based on research from the National Center for Complementary and Integrative Health (NCCIH), many treatment approaches are helping menopausal women everywhere.

And these aren't quick fixes or wishful thinking. They're real remedies that address some of the main drivers of your menopause symptoms. They address your hormone shifts, help with your overactive nervous system, and keep you from being so sensitive to temperatures.

What's better than that?

Let's uncover all the tools you need to turn down the temps on your menopause...

Black Cohosh + Pycnogenol

These well-studied botanicals are great for directly cooling vasomotor symptoms, while also supporting overall menopausal comfort. The first is black cohosh, a root extract that helps regulate temperature and reduce hot-flash frequency. In fact, many standardized extracts, particularly those approved in Europe, are associated with meaningful reductions in vasomotor symptoms compared with placebo.

It's all about the proper dosing and the best products. For starters, consider brands like Nature's Bounty, Nature's Way, and Gaia Herbs. Typically, you want to take 40 mg per day of a standardized extract, which is often labeled as 2.5–5 percent triterpene glycosides. Just ensure you take it with food once per day, in the evening or the morning. Give it eight to 12 weeks before assessing the full benefit, although you'll likely notice milder hot flashes by weeks four to six.



Web Image

In most cases, don't take longer than 12 months unless your doctor advises otherwise. Mild side effects like an upset stomach or headache are uncommon, but can occur, as can potential issues with the liver if taken for a very long time. As always, stay in touch with your healthcare provider throughout.

Black cohosh alone is effective, but when paired with pycnogenol, which is a French maritime pine bark extract, women report even greater relief.

This potent antioxidant is very promising based on multiple randomized trials. At 100 mg daily, women often see climacteric symptom scores drop dramatically. In other words, the severity of their menopausal symptoms lessens. And this isn't just night sweats and hot flashes. We're talking about sleep quality, mood swings, joint issues, and more. Lower doses of 60 mg and higher doses of 200 mg have also been linked to marked improvements.

Start with 100 mg daily, split into 50 mg twice with meals, for the first four weeks. After that, maintain 100–200 mg per day, based on how you respond. The benefits will build and continue through eight weeks, usually with little to no side effects.

To combine pycnogenol with black cohosh, first check with your doctor, especially if you have liver issues or take particular medications. Many women pair 40 mg of black cohosh with 100 mg of for increased benefits. You should notice peak effects within eight to 12 weeks, but it's always a good idea to track symptoms in a daily journal.

Acupuncture and at-home Self-Acupressure

Acupuncture works by modulating the autonomic nervous system, calming the hypothalamus, and reducing central sensitization linked to hot flashes. What this means, in plain terms, is that acupuncture directly affects critical brain regions responsible for menopausal symptoms. According to the NCCIH, acupuncture often outper-

forms self-care alone, and benefits can last months after you stop treatment. Sometimes, significant results occur after just a few sessions!

To get started, first seek a licensed acupuncturist experienced in women's health. The typical course will include eight to 12 sessions over six to eight weeks, followed by maintenance sessions as needed. Professional acupuncturists target specific points on your body, from the inner thigh to the inner ankle, the crown of the head, your ears, and beyond.

Many women feel cooler and sleep better after just three to four sessions.

But of course, you don't need to go to a specialist to enjoy the benefits. You can do self-acupressure anytime, anywhere. To do this, press firmly but gently (with a thumb or finger) for one to two minutes per point, breathing slowly. Repeat it two or three times per day or at the first sign of a flash.

Not sure where to begin? There are four main points to target. First, the SP6, which is three to four finger-widths above the inner ankle bone. Then, the KD3, which is the depression between your inner ankle bone and Achilles tendon. Next, the HT6, on the inner wrist just above the wrist crease toward the pinky. And finally, the DU20, which is the top of your head, midway between the ears.

Apps like MeTime for Acupressure and Acupressure: Heal Yourself can help if you're still not sure.

If you do this weekly and combine it with acupuncture, you will get the fastest, most significant relief possible.

Daily 15-minute paced breathing

Breathing is also important, and is one of the simplest, most powerful non-drug interventions. How does it work? Well, to put it simply, breathing activates the parasympathetic "rest-and-digest" system. This keeps your nervous system from going into overdrive, which is a great way to reduce hot flash intensity.

Clinical trials have even shown an over-50 percent reduction when practiced consistently.

To begin, sit or lie comfortably and place one hand on your belly. Then, inhale slowly through your nose for a count of four or five, with belly rises. Slowly exhale through your mouth or nose for a 6–8 count, with your belly falling.

Overall, aim for six breaths per minute, which comes out to roughly 10-second cycles.

If you practice 15 minutes once or twice daily, in the morning and before bed, you'll definitely notice a difference. There are plenty of free apps and YouTube guides for "paced breathing menopause" that can assist.

And, if you're suddenly experiencing a hot flash, switch immediately to this pattern for two to five minutes. This can help reduce the intensity of the flash while reducing its duration. In the long run, you'll enjoy better sleep, less anxiety, and an improved mood.

Phytoestrogen-rich foods and flaxseed meals

All this talk of supplements, acupuncture, and breathing, but what about regular food? Turns out, plant compounds, such as isoflavones and lignans, are known to gently support estrogen receptors. They also come without the risks of synthetic hormones.

So, consider a daily flaxseed protocol.

All it takes is 25–40 grams of ground flaxseed, which is about two to four tablespoons per day. Just make sure they're freshly ground for the most potency. You can use a coffee grinder to do this, and once ground, stir them into your chosen food. Whether it's oatmeal, yogurt, smoothies, or baked into muffins, flaxseed is quite versatile.

Women using this protocol usually experience drops in hot flash frequency and intensity after six to 12 weeks. Some studies have even found benefits comparable to those of low-dose estrogen, which is pretty impressive!

Aside from flaxseed, you can try other phytoestrogen powerhouses. For instance, aim to include one to two servings of soy foods daily. This can be anything from tofu to tempeh, edamame, or unsweetened soy milk.

Other good sources include chickpeas, lentils, sesame seeds, apples, and carrots. Whatever you choose, don't rush it. Start gradually to aid

digestive adjustment, and always drink plenty of water.

These foods aren't just great for menopause symptoms. They also support heart health, bone density, and gut microbiome.

Cognitive Behavioral Therapy (CBT)

Sometimes, we all could use a little therapy. There's no shame in seeking professional support, and with cognitive-behavioral therapy (CBT), it's more than simply 'thinking positive.' What you're actually doing is rewiring your brain to interpret and respond to hot flashes differently, which can dramatically reduce their emotional and functional impact.

Believe it or not, the North American Menopause Society guidelines endorse CBT as a first-line non-hormonal option. As a result of this therapy, women are less bothered by menopausal symptoms and report better sleep, mood, and overall quality of life.

You have two main options. (1) You can choose to do four to six sessions with a menopause-trained therapist in-person or virtual; or (2) you can use validated self-help, whether it's books like *Managing Hot Flashes and Night Sweats: A Cognitive Behavioral Self-Help Guide* or structured online programs.

You won't regret giving it a go.

Because that's what it's all about. Being honest, being optimistic, and applying science-backed strategies that work. You may have heard the saying, cooler heads prevail. Well, by implementing the various approaches detailed in this article, you'll find out just how true that statement is.



"What excites me is just taking some time to breathe in life."

—Viola Davis,
Actress

NOTICE

Milwaukee Public Schools (MPS) is requesting proposals for **Utility Data Management Services, System Wide - Various Locations**, 1124 N. 11th 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 are no HUB, Student Employment / Participation requirements for this proposal.

A virtual pre-proposal conference will be held at 9:00 AM on Friday, May 15, 2026. Instructions for how to participate in the virtual pre-proposal conference can be found in the RFP.

All questions should be submitted in writing prior to 12:00 PM on Friday, May 22, 2026 to DFMSProcurement@milwaukee.k12.wi.us. 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 Monday, June 1, 2026.

Dr. Brenda Cassellius
Superintendent of Schools

05-08-26

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May 16, 1927 – William Harry Barnes became first African American certified by any American surgical board.

May 17, 1954 – U.S. Supreme Court declared segregation in public schools unconstitutional in *Brown v. Board of Education* decision.

May 18, 1896 – Plessy vs. Ferguson, Supreme Court upholds the doctrine of "separate but equal" education and public accommodations.

May 19, 1925 – Malcolm X is born Malcolm Little in Omaha, NE.

May 20, 1961 – U.S. Attorney General Robert Kennedy dispatches U.S. Marshals to Montgomery, AL., to restore order in the "Freedom Rider" disturbance.

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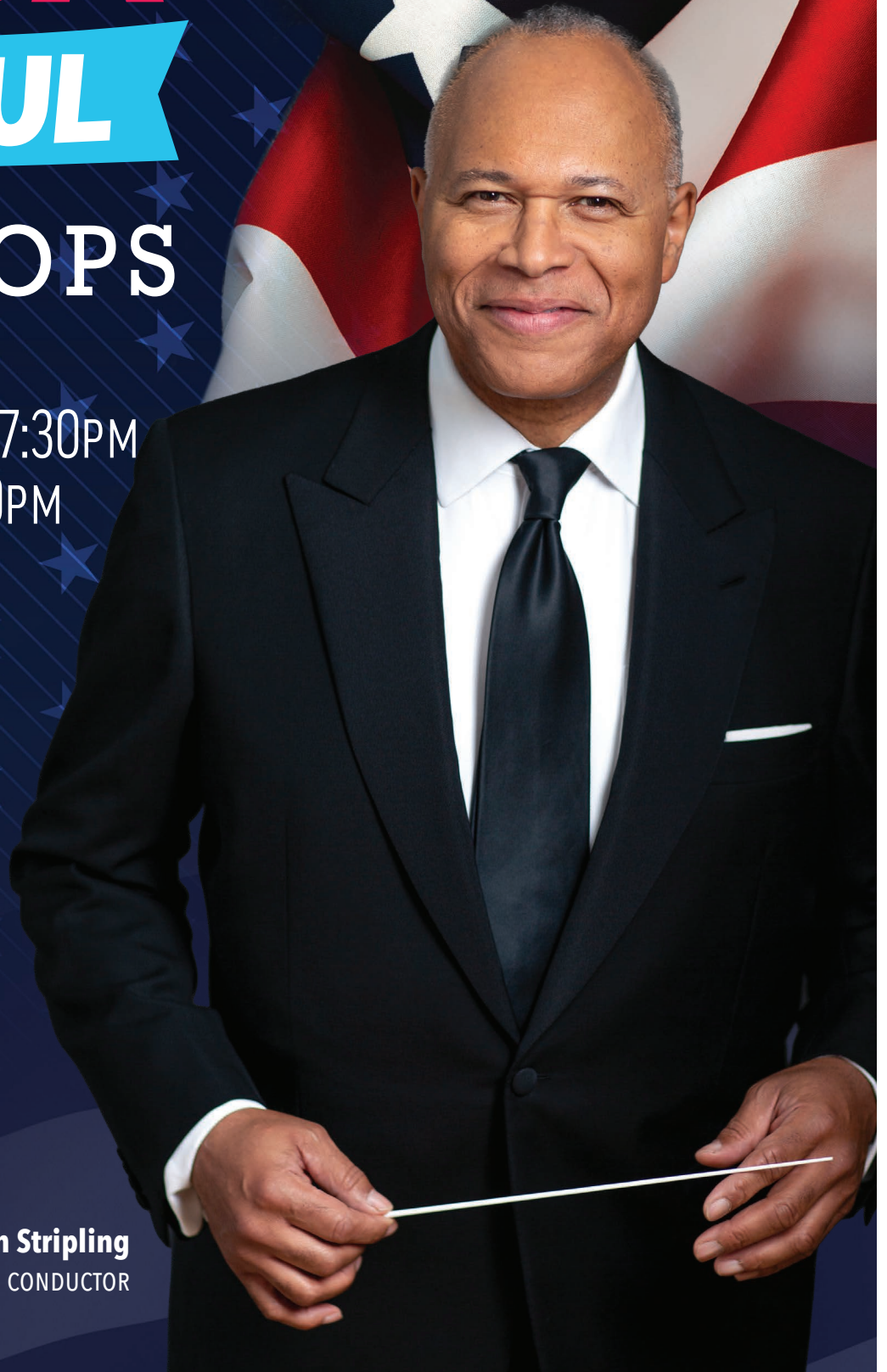
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