

# The Milwaukee Times

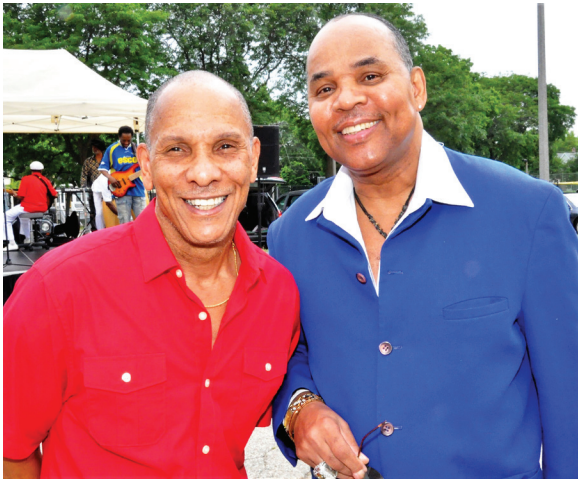


## Weekly Newspaper

"Journalistic Excellence, Service, Integrity and Objectivity Always"

Vol. 45 • No. 26 • Thurs., July 09, 2026 - Wed., July 15, 2026 • An HTGroup, LLC Publication • Serving The Milwaukee Area • 85¢

### Northcott celebrates 4th of July with concert as part of its Culture Music Series



Photos by Yvonne Kemp



On Saturday, July 4, 2026 Northcott Neighborhood House, Inc. celebrated the 4th of July with a concert that was part of their Summer Culture Music Series at Clinton Rose Park, 3045 N. Dr. Martin Luther King Jr. Dr. This week's musicians were the Esquires II, Tony Washington & The Dynamic Divas, and The Shaelyn Band from Lake City, FL. Northcott donated hamburgers and hot dogs

for this series and lemonade was donated by Eli's Lemonade. The concert was sponsored by Northcott Neighborhood House, Inc., Bader Philanthropies, and TMJ4. The concert line-up was curated by Team Loyalty Entertainment and the DJ for the day was DL Boogie.

### Project Pipeline hosts architectural summer design Camps for youths



Photos by Kim Robinson

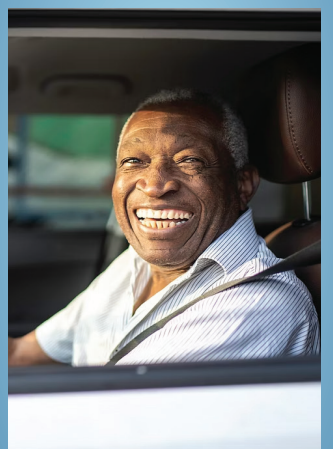
On Thursday, June 25-28, 2026, in Madison Wisconsin, NOMA (National Organization of Minority Architects) held their "Project Pipeline Summer Camp on Architecture." The first part of the camp challenged students to consider how Design Justice influences architectural planning in their communities. Students will then be given the opportunity to apply

these concepts to individual designs. Finally, students will share their designs and explain the inspiration for their ideas.

The Milwaukee camp schedule is July 9-12, 2026. For more information visit <https://www.wisconoma.com/project-pipeline>.



**IN THIS ISSUE:**  
Senior Living -  
Insurance Special



**PAGES 8-9**

# Bucks-Heat trade official; Giannis, Bobby Portis headed to Miami

The Milwaukee Bucks trade to send Giannis Antetokounmpo and Bobby Portis to the Miami Heat in exchange for a handful of players and draft picks became official with the start of the new league year on Monday, July 6, 2026.

## Giannis, Bucks share messages

"The city of Milwaukee will always be in my heart. This is my home, and this is a place that I had my kids – my mom is here, my father is here, my brothers played here – it made me the man that I am today. That will never, ever change," he said in the message. "Milwaukee will always be my city, my team, my family."

Minutes later, the Milwaukee Bucks posted a message from general manager Jon Horst.

"There are few players in the history of professional sports who have elevated a franchise, a city and a fan base the way Giannis Antetokounmpo has for Milwaukee and the Bucks," the message read. "On behalf of our entire organization, please join us in expressing our deepest gratitude to Giannis and his family."



"From delivering a championship to transforming our franchise, Giannis' impact on the Milwaukee Bucks is lasting and profound," Bucks owners Wes Edens, Jimmy and Dee Haslam and Jamie Dinan said in a statement. "We are incredibly grateful for what has been a remarkable and historic journey together."

On Portis' tenure, the team added: "Beyond his impact on the court, Bobby forged genuine connections throughout Milwaukee, invested his time and resources in the community and made the city his home. The relationship he built with our fans was special, and the chants of 'Bob-by! Bob-by!' that echoed throughout Fiserv Forum became a defining part of his legacy."

## Trade details - the backstory:

ESPN's Shams Charania first reported the trade late, which could not become official until the new league year started, on June 22. The Bucks confirmed the details on Monday.

Milwaukee acquired Tyler Herro, Kel'el Ware, Jaime Jaquez Jr., Kasparas Jakucionis and several draft picks in the deal with Miami. Antetokounmpo and Portis went to Miami.

"We're excited to welcome Tyler Herro, Kel'el Ware, Jaime Jaquez and Kasparas Jakucionis to Bucks basketball," Horst said in a statement. "Each brings talent, versatility, competitiveness and a team-first mentality that builds our culture and

identity.

On June 25, the Bucks selected Arizona guard Brayden Burries with their own pick at No. 10. They acquired Tennessee forward Nate Ament, the No. 13 pick, from the Miami Heat.

The Bucks sent Giannis Antetokounmpo and Bobby Portis to the Heat in a reported trade. Here's a look at what Milwaukee received.

## Giannis and Bobby - The backstory:

Antetokounmpo's NBA journey began when the Bucks selected him out of Greece in the 2013 draft, No. 15 overall.

In the 13 seasons since, Antetokounmpo cemented himself as one of the most dominant players in the history of both the NBA and the Milwaukee Bucks. He was named an NBA All-Star in 10 consecutive seasons. He has also tallied nine All-NBA honors, five All-Defense teams, a defense player of the year award, and two most valuable player awards.

The crowning achievement of Antetokounmpo's tenure in Milwaukee was the 2021 NBA championship, after

which he was named NBA Finals MVP.

Antetokounmpo sits at or near the top of almost every major statistical record in Bucks history. He leads the franchise in games played, points, assists, offensive and defensive rebounds, blocks, field goals made, and free throws made. He is second in steals, trailing only Quinn Buckner.

Portis heads to Miami after six seasons, more than half of his 11-year NBA career, in Milwaukee. The fan favorite forward was a key piece of the 2021 NBA championship team.

Originally a first-round pick out of Arkansas in 2015, Portis' professional career began with the Chicago Bulls before stops with the Washington Wizards and New York Knicks. He joined the Bucks as a free agent in 2020.

Portis appeared in more than 400 regular-season games for Milwaukee, but started just over 100 – a rotation regular who primarily profiled as the team's sixth man during his tenure.

# MPS to hold public meeting on Lincoln Ave. School; Principal thanks community

## Community meetings set for next week

Milwaukee Public Schools (MPS) welcomes the public to join them for their upcoming in-person community meetings at Rogers Street Academy Boys and Girls Club (2404 W. Rogers St.) on Monday, July 13 at 9:00 a.m. or Tuesday, July 14 at 5:30 p.m. This meetings will also be live-streamed at our YouTube channel.

The district is meeting with the school's families and staff in separate meetings to ensure their voices are heard and questions are answered first. Lincoln Avenue School families will receive more information in their parent email.

## How you can help

MPS is so grateful to everyone asking how to support the Lincoln Avenue School community. If you would like to help our students and staff, here are the official ways to give:

**1. Donations:** Tax deductible donations at [mpsfdn.org/donate](https://mpsfdn.org/donate) - please select "Lincoln Avenue Elementary School Fund"

**2. School Supplies:** Drop off school/teacher supplies at MPS Central Services (5225 W. Vliet St., Room 142), M-F, 8:30 a.m. – 4:30 p.m.

## Letter from Principal Ayala

"Dear Lincoln Avenue Families and Staff,

As we all continue to process the shock of yesterday's devastating fire at Lincoln Avenue School, we remain profoundly grateful that the building was empty at the time and that no one was hurt. We continue to be so thankful for the Milwaukee Fire Department and suburban fire departments that responded to the fire on an incredibly hot day. We also appreciate the work of the Milwaukee Police Department for their tireless efforts to secure the site and keep the neighborhood safe. Investigators are still working to find out what started the fire.

While this fire has been deeply painful, it is important to remember that Lincoln Avenue School has always been defined by its people—not its walls. The true heart of Lincoln Avenue is our community of dedicated educators, staff, and families who come together every day to support our students. That community remains entirely intact. The spirit, dedication, and bonds we share are not lost to this fire, and Lincoln Avenue will continue to live on through all of us as we move forward together.

We know you have many questions about what comes next, particularly regarding the upcoming school year. Please rest assured that MPS leadership and school admin-



istration are already actively working on plans for our students and staff. Our goal and plan is to keep the school community together at one location for next school year.

We will hold community meetings on July 13 and 14 with both in person and virtual options, and will share more details soon. Student Services and other MPS departments will be available at these meetings to answer questions and assist with your needs.

We are committed to keeping you updated as frequently as possible throughout the summer as these plans are finalized.

As a reminder for the immediate weeks ahead:

## Summer Community Learning Center (CLC):

Temporarily relocated to Hayes Bilingual School (971 W. Windlake Ave.) through July 31. The program remains the same. For questions, please call 414-475-8180.

## Summer Meals Program:

Students are being redi-

rected to the two closest alternate sites: Rogers Street Academy (2404 W. Rogers St.) and Modrzewski Playfield (1020 W. Cleveland Ave.).

We will be adding an FAQ page to the Lincoln Ave. School website very

soon so that we can provide additional information. Thank you for your strength and continued partnership during this challenging time.

Sincerely,

Damaris Ayala  
Principal"

# The Milwaukee Times

Weekly Newspaper

Milwaukee, Wisconsin

## THE MILWAUKEE TIMES WEEKLY NEWSPAPER

Louvenia Johnson (1981-2008) Luther Golden (1981-2005) Nathan Conyers (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

### Printshop Manager

Michelle Anibas

### Layout

William Gooden

### Photography

Yvonne Kemp

The Milwaukee Times Weekly Newspaper  
is published each Thursday at 2238 N. Dr.

MLK, Jr. Dr., Milwaukee, WI 53212

Telephone: 414-263-5088 • Fax: 414-263-4445


Email: [miltimes@gmail.com](mailto:miltimes@gmail.com)

<http://milwaukeeetimesnews.com>



# MINISTRIES

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



**Pastor Robert Pyles**  
*"Discover Your Abundant Faith"*

**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.

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



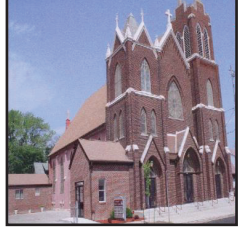
**Order of Services**  
 Sunday School.....9:00 am  
 Sunday Morning Worship.....11:00 am  
 Wed. Prayer & Bible Study.....6:30 pm  
 Thurs. Mass Choir Rehearsal...7:00 pm

*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

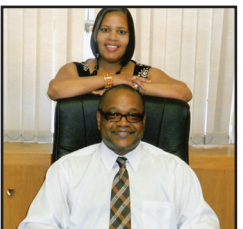
**Weekly Schedule**  
 Sun. School ..... 9:30 a.m.  
 Sun. Worship ..... 11:00 a.m.  
 Tue.....Mission: 6 p.m.....Laymen: 6 p.m.  
 Wed. Prayer Meeting ..... 6:00 p.m.  
 Wed. Bible Class ..... 6:30 p.m.  
 Phone: (414) 374-8282



**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

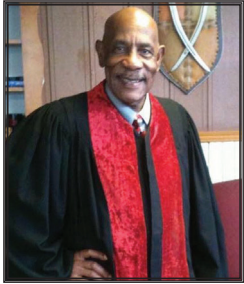
**Worship Schedule**  
 Sun. School ..... 9:00 a.m.  
 Sun. Morning Worship ..... 10:45 a.m.  
 Wed. Prayer Meeting ..... 6:00 p.m.  
 Wed. Bible Study ..... 6:30 p.m.



**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

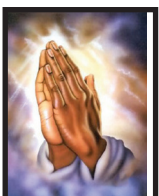
Sunday School.....9:00 - 10:00 A.M.  
 Sunday Service.....10:00 A.M. - 12:30 P.M.  
 Thus. Bible Class ..... 11:00 A.M.



**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)*





**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

**Worship Schedule**  
 Sunday School ..... 9:00 a.m.  
 Sunday Worship .....10:15 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. F. 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](http://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 Class .....12:00 noon  
Tues. Bible Class .....6:30 p.m.  
Thurs. Bible Class .....1:00 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. Gallimon, 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 Midweek .....6:30 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**

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

Date \_\_\_\_\_  
Tithes \_\_\_\_\_  
Current Expenses \$ \_\_\_\_\_  
Benevolence \_\_\_\_\_  
Name \_\_\_\_\_  
Address \_\_\_\_\_

Member  Visitor

Building Fund \_\_\_\_\_  
Special Program \_\_\_\_\_

"Bring ye all the tithes into the storehouse."  
- Malachi 3:10

**ENVELOPES & LETTERHEAD**

**Christ the Lord Baptist Church**  
1234 WEST MAIN STREET MILWAUKEE, WISCONSIN 53201

**FUNERAL PROGRAMS**

In Loving Memory Of  
Donald Madison Jackson  
September 1945 - July 20, 2022

**BUSINESS CARDS**

**NEW LIFE NEW BEGINNINGS WORLD MINISTRIES**  
Rev. Dr. Margaret Stone  
Founder/Director  
3828 West Burleigh Street Milwaukee, WI 53210

**TICKETS**

**Christ the Lord Baptist Church**  
A Night of Entertainment  
Saturday, July 31, 2010 • 7pm - 11pm  
Christ the Lord Baptist Church  
1234 West Main Street

Food Praise Dancers  
Featuring: A wide variety of dancers, musicians and comedians from the Milwaukee area!  
\$50 Donation

Music Gospel Comedians

**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

# Brewers celebrate Misorowski's historic 15-strikeout complete game

**JACOB MISOROWSKI**

**STATS THIS GAME**

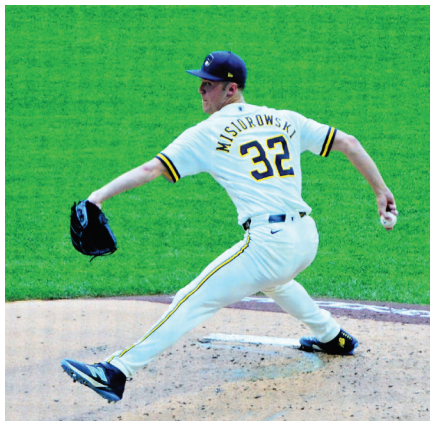
| IP  | H | R | K | BB |
|-----|---|---|---|----|
| 2.0 | 1 | 1 | 5 | 0  |

FIRST PITCH STRIKES  
6/8 75.0%

| BALLS | STRIKES | TOTAL |
|-------|---------|-------|
| 12    | 23      | 35    |

**DUE UP**

|   |          |      |
|---|----------|------|
| 8 | PRATT    | .195 |
| 9 | HAMILTON | .232 |
| 1 | YELICH   | 0-0  |



Photos by Yvonne Kemp

On Thursday, July 2, 2026, the Milwaukee Brewers lost to the Cincinnati Reds 7-2 at American Family Field. Pitcher Jacob “The Miz” Misorowski had a strong outing despite taking the loss, pitching five innings and striking out 10 batters without walking anyone, though he allowed two home runs in the process.

The Reds pounced early, getting a homer from Sal Stewart, two batters into the game and a three-run blast from Jose Trevino in the fourth inning. The Brewers’ offense was largely stifled by Reds ace Chase

Burns, managing only two runs on a Garrett Mitchell solo homer in the fifth inning and a Brice Turang RBI double in the sixth.

The match-up featured a popular in-game Brewers. tv interview with “The Miz” where he discussed his pitching and chemistry with catcher William Contreras. Additionally, to celebrate his historic 15-strikeout complete game shutout earlier in the season, the Brewers hosted a commemorative T-shirt (inset) giveaway for the first 20,000 fans at the ballpark.



2031 WEST CAPITOL DRIVE | MILWAUKEE, WISCONSIN 53206  
Telephone: (414) 447-6000 Website: www.newpittsmortuary.com Email: Pittsmortuary@aol.com

**Pitts**  
The New Pitts Mortuary

“Legacy is not just leaving something for people It’s leaving something in people.”

## OUR SERVICES

- FUNERAL SERVICE
- CREMATION
- MEMORIAL SERVICE
- GRAVESIDE SERVICE

- FUNERAL PACKAGE
- PREPLANNING
- CUSTOMIZED SERVICES

### WE ALSO PROVIDE ASSISTANCE IN OBTAINING THE FOLLOWING:

- MILITARY HONORS
- DOVES
- HORSE & CARRIAGE



**We Accept WFGAP (referred to as T-18) & County Burial Assistance Programs**

**Also**

**Ask about our Low to No Cost Funeral Service for Children**

*If your loved one was a victim of a homicide, ask about the Crime Victim Compensation Program.*

# Sharon E. Williams celebrates a special 70th 'Birthday Reunion'



Photos by Yvonne Kemp

Sharon E. Williams, German born, Fort Smith and Milwaukee raised. A daughter, mother, grandmother, great grandmother, sister, aunt, cousin and dear friend celebrated her 70th birthday at Perkins Boyz on the Grill Private Event, 6818-22 W. Brown Deer Rd, on Wednesday, June 24, 2026.

Sharon Williams is a special lady that deserves to be celebrated with good food and music, and surrounded by great dear friends and family. She was flown back to Milwaukee for a 'Birthday Reunion' with family and friends. The love that was extended and shown to her was unmatched. Happy Birthday Sharon Williams!!



## RADIO MILWAUKEE

### BECOME A RADIO MILWAUKEE MEMBER

Radio Milwaukee thrives because of passionate music lovers like you! By becoming a member, you join a vibrant community dedicated to fostering a more inclusive and connected Milwaukee. Members at the VIP level or above get invitations to Studio Milwaukee Sessions at our performance space in Milwaukee's Walker's Point neighborhood. These private, intimate sessions have included Gigi Perez, Iron & Wine, Enumclaw, and many, many more!

ON AIR

ONLINE

IN THE COMMUNITY

SCAN NOW TO JOIN US!



# UNCF invites community to participate in 'Annual Walk For Education'

*Event helps local students start and stay in college*

United Negro College Fund (UNCF) will host the "42nd Annual Walk for Education" on Saturday, August 1, 2026. The event raises money for scholarships that help local students attend and stay in college.

"Milwaukee continues to demonstrate its incredible generosity by investing in the futures of local students as they pursue higher education and prepare to make a meaningful impact within their communities," said Tawanna Streater, UNCF Vice President of Development – Midwest Division. "Every dollar raised through the Walk helps UNCF provide the resources, programs, and support that empower students to reach their full



Photo by Yvonne Kemp

potential. Whether it's a student from your church, your neighborhood, your child's school, or another part of the community, these young people are counting on all of us to invest in their success."

Dollars raised at the

Milwaukee event support Milwaukee students.



**Event Information:**

Date of event: August 1, 2026  
Location: Veteran's Park, Milwaukee Lakefront, 1010 Lincoln Memorial Dr.  
Registration: Begins at 7 am. Same day

registration is accepted  
Event kickoff: 9:00 a.m.  
Race start time: 9:30 a.m.  
Post walk event: 11:00 a.m.

Individuals and teams can register now [uncf.org/events](http://uncf.org/events). Scroll down to the Milwaukee event to register. Additional information for team captains is available on the site, along with individual registration forms. Local corporations and companies interested in sponsoring the 42nd Annual UNCF Milwaukee Walk should contact Tawanna Streater, UNCF VP Development – Midwest Division [Tawanna.Streater@uncf.org](mailto:Tawanna.Streater@uncf.org).



## SHERMAN PARK GROCERY

# Betty Jean

# Soulfood

# SOUL FOOD

# SUNDAY MENU

★ STAPLE MEAT SELECTIONS ★

|  |  |  |  |  |
|--|--|--|--|--|
| <br><b>SMOKED OXTAILS</b> | <br><b>MEATLOAF</b> | <br><b>FRIED WHOLE WINGS</b> | <br><b>CATFISH FILLET</b> | <br><b>SMOTHERED PORK CHOPS</b> |
|--|--|--|--|--|

★ ALTERNATE MEAT OPTIONS ★

|  |   |   |  |  |
|--|---|---|--|--|
| <br><b>BBQ RIBS</b> | <br><b>BAKED CHICKEN</b> | <br><b>TURKEY LEG</b> | <br><b>TURKEY WINGS</b> | <b>&amp; MORE!</b><br>ASK ABOUT DAILY SPECIALS |
|--|---|---|--|--|

★ HOMESTYLE SIDES ★

|  |  |  |   |
|--|--|--|---|
| <br><b>YAMS</b>         | <br><b>MIXED GREENS</b> | <br><b>MACARONI &amp; CHEESE</b> | <br><b>DRESSING</b>    |
| <br><b>RICE</b>         | <br><b>GRAVY</b>        | <br><b>CORN</b>                  | <br><b>GREEN BEANS</b> |
| <br><b>PINTO BEANS</b> |  |  |   |

 **4315 WEST FOND DU LAC AVENUE**  
Milwaukee, Wisconsin
  **11:30 AM TO 4:00 PM**
 **414-810-4919**

♥ *Good Food. Good People. Good Times.* ♥

# SENIOR LIVING



## Everything you need to know about insurance for seniors

There are many types of insurance designed to help seniors stay healthy and protected as they age

Source: [www.seniorliving.org](http://www.seniorliving.org)

While we cannot prevent the unexpected, we can protect ourselves and our loved ones by making wise insurance decisions. In this guide, learn about the wide range of insurance options available, from medical and dental to life and long-term disability. Get familiar with crucial details on insurance eligibility, cost savings, and types of coverage.

Millions of older adults enroll in Medigap plans to fill in the gaps that Original Medicare doesn't cover. We've reviewed popular carriers to help you find the right plan for your needs and budget.

As we age, there are several types of insurance to consider, from long-term care and life to dental and vision insurance. We'll look at each type of insurance and what it entails.

### Medigap Insurance With Original Medicare



Web Photo

(Part A and Part B), you may be left with out-of-pocket costs that can wreak havoc on your wallet. One solution is enrolling in a Medigap plan through a private insurance company such as Aetna, Cigna, or Humana.

Take advantage of these two resources for Medigap insurance guidance:

- U.S. Centers for Medicare & Medicaid Services: <https://www.medicare.gov/health-drug-plans/medigap>
- State Health Insurance Assistance Programs

(SHIP): <https://www.shiphelp.org/>

Medigap, also known as Medicare Supplement Insurance, helps fill in the gaps with Medicare's coverage. For adults who became eligible for Medicare after January 1, 2020, eight Medigap plans offer varying levels of coverage. This gap coverage helps lower your expenses for copayments, coinsurance, and deductibles. Remember, not all insurance companies sell Medigap in your state, and premiums can vary significantly by carrier. Your personalized Medigap premium may be based on your age, gender, marital status, where you live, and if you smoke.

Wondering when the right time to purchase Medigap insurance is? Open enrollment begins the month you turn 65. During this time, you can buy any Medigap policy sold in your state with "no questions asked." This means it's federally mandated that Medigap providers cannot deny you insurance, even if you have preexisting or current health conditions.<sup>1</sup>

#### From the pros:

Medigap is not the same as Medicare Advantage. A Medigap policy supplements your Medicare Part A and Part B coverage, while with a Medicare Advantage plan, you receive Medicare benefits, including medical, dental, vision, and hearing care.

Let's face it.

Medicare can be complicated and confusing. If you have questions or want to learn more about Medicare, watch our "Introduction to Medicare" video below.

#### Introduction to Medicare Medicare Advantage

You may bundle your internet and phone service, but did you know you can bundle your health coverage, too? Medicare Advantage plans provide a range of health and wellness care for comprehensive coverage.

If you sign up for a Medicare Advantage (also known as Medicare Part C) plan, it provides your Part A (Hospital Insurance) and Part B (Medical Insurance) coverage. Medicare Advantage plans may offer additional coverage, such as Medicare prescription drug coverage (Part D), vision, hearing, dental, or health and wellness programs.

Medicare Advantage plans typically require enrollees to use in-network providers. They may also require a referral to see a specialist. Before locking in a plan, verify whether your current physicians are in-network. Private insurance companies sell Medicare Advantage plans, so premiums vary greatly based on the company and how the policies are rated. Be sure to obtain at least three quotes to review and compare.

#### Dental insurance

Many different types of insurance may offer dental coverage. You can also purchase private dental insurance, a great way to protect your teeth and an excellent safeguard against paying 100 percent out of pocket. There are also free and low-cost dental care options for older adults, but coverage and access may be limited.

Medicaid Each state has the flexibility to decide what dental benefits are offered to Medicaid enrollees. Most states provide emergency dental services; however, less than half of the states currently provide comprehensive dental care.

- **Medicare:** Medicare doesn't cover most dental care or dental procedures such as cleanings, fillings, tooth extractions, or dentures. Medicare Part A will pay for certain dental services you receive in a hospital.<sup>2</sup>
- **Medicare Advantage:** Most popular Medicare

Advantage plans cover dental care, but there may be network and referral restrictions.

- **Medigap:** Medigap policies generally don't cover dental care.
- **Private dental insurance:** Dental plan coverage and cost are typically based on three tiers: preventative, basic restorative, and major.

#### Vision insurance

According to the American Optometric Association (AOA), in the years after you turn 60, several eye diseases may develop that can change your vision permanently. The earlier you detect and treat these problems, the more likely you can retain good vision.<sup>3</sup>

You can customize your vision insurance based on your personal eye care needs and budget. From affordable plans to supplement your Medicare benefits to premium vision insurance with extended coverage, you'll have a wide range of carriers, policy types, and price points to explore.

Avoid surprise costs and denied claims by asking the insurance carrier about these potential budget busters:

- Is there an enrollment fee?
- Are there waiting periods for major services?
- Are in-network providers required?
- Is the policy stand-alone, or is bundling (such as with a dental plan) necessary?
- What are the copays and deductibles?

#### Life insurance

Losing sleep worrying about what will happen to your loved ones when you're gone? You're certainly not alone. Many older adults are weighed down by the fear of their spouse, partner, or children being left with outstanding mortgages, car, credit card payments, and medical expenses. Life insurance provides peace of mind that our loved ones will not be financially overextended.

Your monthly life insurance premiums are based on the type of policy purchased. As with long-term care insurance, purchasing life insurance when you're in good health affords you lower premiums and a lower risk of denial.

(Continued on pg. 9)

## IS IT TOO LATE TO PLAN?

**Life Insurance: You can have access while you are living!**

- Term Life Insurance
- Whole Life Insurance
- Annuity



Launita Dawson, Agent



JACOBS LEGACY  
LADDER, LLC

**CALL TODAY!**

(262) 737-4130



## Insurance for seniors

(Continued from pg. 8)

Several other factors may affect your coverage and cost, including:

- Age
- Gender
- Overall health
- Preexisting conditions such as diabetes or high cholesterol
- Smoking status

Before purchasing a life insurance policy, you must understand the differences between term life and whole life insurance. No matter what type of policy you opt for, always pay your insurance policy premiums on time; if you let your policy lapse, you lose all coverage.

### Term Life Insurance

- Covers you for a set amount of time (such as 10, 20, or 30 years)
- Premiums may be more affordable than whole life insurance
- No savings option; the only value of term life is the guaranteed death benefit
- Some term life policies can be converted to whole life insurance
- Once the term has ended, there may be an option to renew (in a new age bracket)

Not all term life insurance offers guaranteed renewal; you may be denied coverage.

### Pro tip:

With older adults living longer, it's more important than ever to confirm your whole life insurance policy's "age expiration." For example, New York Life's whole life insurance is only payable to age 95, while United of Omaha is payable to age 100.<sup>4</sup>

- Whole Life Insurance
- Provides coverage for your entire life
- Fixed premiums
- Some whole life insurance policies pay dividends
- Builds cash value on a tax-deferred basis
- Ability to borrow against your policy's cash value

### Long-Term Care Insurance (LTC)

According to the Administration for Community Living (ACL), 70 percent of people turning 65 after 2020 will need long-term care (LTC) services at some point in their lives.<sup>5</sup> The harsh reality is that long-term care comes at a hefty price. According to Genworth's Cost of Care Survey, the 2025 national estimated median cost of long-term care in an assisted living facility is \$72,924 annually. A private room in a nursing home is \$131,583 annually.<sup>6</sup>



LTC is for people who need daily living assistance and/or skilled medical care for chronic illnesses such as memory loss. The main types of long-term care facilities are assisted living centers and nursing homes. LTC is also integrated with residency in select retirement communities.

You can purchase long-term care insurance through a private insurance carrier such as Mutual of Omaha or The Hartford. Many of the services covered by LTC insurance plans are not covered by private medical insurance, Medicare, or Medicaid. For example, Medicare doesn't cover LTC (also called custodial care) if that's the only care you need.

### Auto insurance

When shopping for auto insurance for seniors, it's essential to explore all of your options. Many older adults make a costly mistake by staying with the same auto insurance company for decades. Shopping around provides mature drivers the opportunity to find the best policy that meets their needs at a competitive rate.

### Pro tip:

Auto insurance laws vary. Before you lock in a policy, confirm the minimum insurance coverage required.

Potential auto insurance discounts include:

- New retiree discount
- U.S. military veteran discount
- Defensive driver course discount
- Low mileage per year discount
- Multivehicle policy discount
- Bundling homeowners and auto insurance discount

### Did you know?

Older drivers are much safer and get in fewer accidents than previous generations, according to recent research.

### Burial Insurance

As older adults plan for potential end-of-life expenses, some opt for burial insurance to lessen the financial burden on surviving family members. Burial insurance, also referred to as final expense insurance, is typically offered to adults aged 50 to 85. This

insurance helps pay for funeral costs and outstanding debts upon your death.

Depending on the type of burial, the costs can be sizable. According to the National Funeral Directors Association (NFDA), the 2021 national median cost of a funeral, viewing, and burial was \$7,848, while viewing and cremation was \$6,971.<sup>7</sup>

Social Security provides a death benefit; however, it is extremely minimal. The Lump Sum Death Payment (LSDP) through the Social Security Administration issues a surviving spouse or child with a special lump-sum death payment of \$255 if they meet certain requirements.<sup>8</sup>

It's important to note that older adults can fall victim to burial insurance scams. Take time to verify the burial in-

urance carrier is a licensed agent.

### Did you know?

The U.S. Department of Veterans Affairs (VA) provides veterans with benefits that include burial aid.

You can rest easy knowing your loved ones will not be taken advantage of during their time of grief; the Federal Trade Commission's Funeral Rule requires funeral providers to give accurate, itemized pricing and various other disclosures about funeral goods and services to consumers.<sup>9</sup>

### Travel insurance

Ready to make the most of retirement or older adulthood? Traveling with a partner, friends, or group is a fantastic way to explore different destinations, cultures, and cuisines. While it's unnecessary, travel insurance ensures you're protected on (and before) your trip.

### Did you know?

You may have coverage for foreign travel emergency health care with a Medigap plan. Check for coverage via Medicare's 24/7 chat option, or by phone at 800-MEDICARE(800-633-4227). TTY users can call 877-486-2048.

Travel insurance may cover:

- Trip cancellation
- Medical treatment for

preexisting or unexpected health problems

- Medical evacuation to return home
- Lost or stolen luggage

### RV insurance

Adventure is out there! Whether you live in a retirement community or are aging in place with a snazzy recreational vehicle parked in your driveway, RV insurance is a must-have.

### Citations

<sup>1</sup> Medicare.gov. (2021). *When can I buy Medigap?*

<sup>2</sup> Medicare.gov. (2021). *Dental services.*

<sup>3</sup> American Optometric Association. (2021). *Senior Vision: Over 60 Years of Age.*

<sup>4</sup> Mutual of Omaha. (2022). *Help take the financial burden off your loved ones.*

<sup>5</sup> LongTermCare.gov. (2022). *How Much Care Will You Need?*

<sup>6</sup> Genworth. (2025). *Cost of Care.*

<sup>7</sup> National Funeral Directors Association. (2022). *Statistics.*

<sup>8</sup> Benefits.gov. (2021). *Social Security Lump Sum Death Payment.*

<sup>9</sup> FTC. (2020). *Complying With the Funeral Rule.*

## Lincoln Heritage Funeral Advantage®

### Cash Insurance Benefit

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:

- Protection up to \$20,000 available
- Ages 0-85 eligible to apply
- No Physical exam required; coverage based on answers to health questions on the application
- Most medical conditions are accepted
- Payments to fit most budgets
- Rates can never be increased, as long as premiums are paid
- Pays claim within 24 hours upon claim approval

### Benefits are paid in cash and can be used to help pay for:

- \* Funeral Expenses
- \* Monument or Marker
- \* Clothing
- \* Transportation
- \* Obituaries
- \* Floral Expenses
- \* Medical Expenses
- \* Cemetery Property
- \* Unpaid Household Bills

### Family Support Services

Funeral Advantage achieves Peace of Mind by offering a Free Membership into the Funeral Consumer Guardian Society. This membership brings your loved ones the assistance they need at the time of planning for a funeral.

- Your loved ones get a 24-hour toll-free service number to call in the time of need.
- FCGS immediately goes into action – comparing up to 3 different funeral homes to find the best price available.
- Families save an average of \$1800 on traditional funerals and up to \$600 on a cremation.

### Call your local agent for more information without obligation!



### Lincoln Heritage Funeral Advantage®

Harold Turner  
Field Underwriter

10721 W Capitol Dr #105  
Milwaukee WI 53222  
Office: 414-527-4287  
Cell: 414-333-8265  
Fax: 414-527-3680  
Corporate Office: 800-438-7180  
turner-harold@att.net  
www.funeraladvantage.com

# Simple health changes Black women can make in their 40s, 50s, and 60s

If you are looking for a list of all the basic health screenings for women you need each decade, this is more than that. Instead, here are a few simple health changes you can make as a woman to make aging easier while checking all the boxes for the glory of medical preventive care. Check-ups do not need to be your only focus as you live through your 40s, 50s, and 60s and beyond. They are, however, a good start.



Web Image

These are the basics. In your 40s, you need to have screenings like mammograms and start cholesterol checks, have a colonoscopy starting at age 45, increase your protein intake, and get good sleep.

Realize that in your 50s, you need to focus on strength training; have heart health checks for blood pressure, cholesterol, and blood sugar; take vitamin D and calcium to support bone density; get necessary vaccinations like shingles; and have meals that include vegetables, fruit, and whole grains.

When you reach your 60s, continue with your screenings as advised by your doctor; keep socially connected; maintain physical activity of 150 minutes a week for maintaining mobility; and check in regularly with your doctor to evaluate bone density and to follow their advice for care of your heart.

If you take pride in having a firm grasp of your health metrics and recognize that annual checkups provide a necessary reality check, then you are already making significant strides in proactive self-care. If you want to know how to find more peace in the health changes you experience as a woman as you actively change and realize, with every milestone, that you can't fight aging, then you need a few simple actions you can take as compassionate companions into the decades ahead. Now may be the time to remind yourself that you are an aging woman and realize that time is moving on with or without your approval.

Whether you embrace the transition with grace or face it with resistance, how you choose to meet each new decade remains entirely your own. Acceptance of your changing body, decade by de-

cade, can be a gift that comes with a certain freedom. You have the choice to meet each decade with grace, making friends with the woman you were, the woman you are today, and the best version of yourself you want to become on this journey of aging. No matter how long you live, what is longevity without living well but a hollow victory?

If you are in the self-accepting, best-self-yet of your 40s, your fabulous fifties, or your wise woman 60s, you will see yourself throughout the necessary transformation of aging. If you release the impression that with knowledge and action comes infinite control, the result can still be a healthy lifespan.

Here are six additional simple health changes women of a certain age can make. No matter what your decade is, 40s, 50s, or 60s, it is never too late to start.

### 1. Eat well

Whole, nutrient-dense food should be your body's fuel of choice. When you eat well, the consistency of a healthy diet can help with the symptoms of perimenopause and menopause and put the pause on many chronic diseases and some kinds of cancer, according to the experts at The Centers for Disease Control and Prevention, who see age as just a number. Make sure you are getting enough "preventive nutrients essential in menopause [like] vitamin D, vitamin C, B vitamins, protein for energy, and calcium".

### 2. Let's get physically active

Embracing physical activity offers a profound gift to your heart, bones, and mood. Beyond the benefits of weight management and control that women may gain before, during, and after menopause, prioritizing movement ensures you are in the best possible shape to truly enjoy the life you have.

### 3. Write it down

Quality sleep often feels like a disappearing luxury as you transition through your 40s, 50s, and 60s, yet securing those seven to nine hours remains a vital pillar of your well-being. Whether you are navigating your 40s or 50s and find that a racing mind keeps rest at bay, or you have reached your 60s and carry the weight of worry regarding cognitive health, a simple solution exists to help you unburden yourself. To reclaim your peace of mind at any age, all you truly need is a pen and a notebook.

If worries hinder your ability to fall asleep, keep a pen and a notebook, not a device's screen, by your bedside to write down everything you've worried about, then close the notebook and put down the pen. This will enable you to unburden yourself, and you can revisit what weighed you down as bedtime worries in the morning. On the other

hand, if you are in your 60s and live with loneliness, depression, or the fear of cognitive decline, then you can use the notebook to journal about your daily activities, thoughts, and perspectives. Either way, peace of mind is at your fingertips.

### 4. Stress management – the struggle is real

"Manage your stress or stress will manage you," according to the experts at Stanford. You can learn to cope by meditating, exercising, or engaging in a favorite physical activity, such as gardening, bicycling, hiking, or swimming. Whichever activity you choose is fine, as long as you are so focused on it that you let go of the stressful thoughts and feelings. Managing your stress has positive effects beyond you, affecting those who interact with you and those you care about who also care about you.

### 5. Find your people

Social engagement and mental energy are connected. The former also involves having the latter. Social connectedness is important to maintain. The older you get, the more important it is to avoid isolation and to keep your community from literally dying out. Participation in community groups through activities like volunteering keeps you interested and connected to others while enjoying a meaningful

moment.

### 6. "Independent, mobile, and mentally sharp"




To enjoy every decade, but especially the later ones like the 60s and beyond, it is important to stay independent, mobile, and mentally sharp. When you lose one, the others may seem to follow soon after.

Whether you are navigating your 40s, 50s, or 60s, prioritizing whole, nutrient-dense foods and regular movement ensures you are in the best possible shape to enjoy the life you have. By taking pride in proactive self-care—from reaching those milestone screenings and annual checkups to understanding your health metrics—you can find peace in the transition of aging. Staying socially connected to avoid isolation and securing those vital seven to nine hours of quality sleep are the pillars that allow you to meet each new decade with grace, ensuring your journey is defined by a healthy lifespan and by truly living well. These are simple health changes you can make, no matter if you are in your 40s, 50s, or 60s and beyond. These changes ensure that your lifespan is not only as long as possible, but also that you are in the best possible health. No matter what your decade, make it matter by continuing to take good care of yourself.

HONOR THE

# Life & Memories

OF YOUR LOVED ONE

GIVE THEM THE MEMORIAL  
AN EXCEPTIONAL PERSON DESERVES  
WITH LIFE TRIBUTES

Our professional writers will assist you to  
showcase and celebrate the life of your loved ones  
with a beautifully written obituary.

---

CONTACT US:

Phone: 414-263-5088 • Fax: 414-263-4445  
miltimes@gmail.com • milwaukeeetimesnews.com

**The Milwaukee Times**  
Weekly Newspaper • Printing & Publishing

2238 N. Dr. Martin Luther King, Jr. Drive • Milwaukee, WI 53212

**Follow us on FACEBOOK!**

**@themilwaukeeetimesweekly**

**Get inside Photos, Contests, Updates and the Latest News!**



# The Milwaukee Times Distribution Sites

- BANKS**  
 BMO Harris Bank Building  
 2745 N. Dr. MLK, Jr., Dr.  
 St. Mark AME Church  
 1616 W. Atkinson Ave.  
 Trinity MBC  
 2829 N. Teutonia Ave.
- CHURCHES**  
 Antioch MBC  
 2033 W. Congress St.  
 Bethesda Baptist Church  
 2909 N Teutonia Ave.  
 Calvary Baptist Church  
 2932 N Teutonia Ave.  
 Canaan MBC  
 2975 N. 11th St.  
 Christian Fellowship  
 Community Church  
 2176 N. 39th St.  
 Community Baptist  
 Church of Greater Milwaukee  
 2249 N. Sherman Blvd.  
 Damascus MBC  
 2447 N. 27th St.  
 Evergreen MBC  
 1138 W. Center St.  
 Fountain of Hope  
 2753 N. Teutonia Ave.  
 Greater Galilee MBC  
 2432 N. Teutonia Ave.  
 Greater Mt. Zion MBC  
 2479 N. Sherman Blvd.  
 Holy Temple MBC  
 4245 N. 60th St.  
 King Solomon MBC  
 2375 N. Vel Phillips Ave.  
 Metropolitan MBC  
 1345 W. Burleigh St  
 Mt. Zion MBC  
 2207 N. 2nd St.  
 Monumental MBC  
 2407 W. North Ave.  
 New Covenant MBC  
 2315 N. 38th St.  
 New Hope MBC  
 2433 W. Roosevelt Dr.  
 Pilgrim Rest MBC  
 3456 N. 38th St.  
 St. John's United  
 Baptist Church  
 2439 W. Hopkins St.
- Way of the Cross MBC  
 1401 W. Hadley St.  
 Zion Hill MBC  
 1825 W. Hampton Ave.
- CLINICS**  
 Milwaukee Health Services,  
 Inc.  
 2555 N. Dr. MLK, Jr., Dr.  
 Dr. McIver's Foot Clinic  
 8532 W. Capitol Dr.
- DRUG STORES**  
 Hayat-Carter Drug Store  
 2400 W. Burleigh St.
- FOOD STORES**  
 Davis Food and Liquor  
 3625 N. Dr. MLK, Jr., Dr.  
 Metro Market (Downtown)  
 1123 N. Van Buren St.  
 Metro Market  
 (Shorewood)  
 4075 N. Oakland Ave.  
 Galst Foods  
 (Capitol Dr.)  
 4030 N. Teutonia Ave.  
 Galst Foods  
 1622 W. North Ave.  
 Pick 'n Save  
 (Midtown)  
 5700 W Capitol Dr.
- RESTAURANTS**  
 Coffee Makes You Black  
 2803 N. Teutonia Ave.
- OTHER LOCATIONS**  
 Milwaukee County  
 Courthouse  
 901 N. 9th St.  
 Milwaukee City Hall  
 200 E. Wells St.  
 St. Ann's  
 Intergenerational Center  
 (Bucyrus Campus)  
 2450 W. North Ave.  
 WGLB Christian Radio  
 7835 W. Burleigh St.  
 Milwaukee Times  
 Weekly Newspaper Offices  
 2238 N. Dr. MLK, Jr., Dr.

## The Milwaukee Times

Weekly Newspaper • Printing & Publishing Co.  
 Your one stop, full service printer - from concept to completion!

LETTERHEADS  
 BANNERS  
 ANNIVERSARY BOOKS  
 ENVELOPES  
 TIPPING ENVELOPES  
 CALENDARS  
 NEWSLETTERS  
 BUSINESS CARDS

Free Delivery Service

2238 North Dr. Martin Luther King, Jr. Drive • miltimes@gmail.com • 414-263-5088

### BLACK HISTORY

A CELEBRATION OF

**July 9, 1893** – Dr. Daniel Hale Williams performed the first successful open-heart operation.

**July 10, 1875** – Educator Mary McLeod Bethune, founder of Bethune-Cookman College, was born.

**July 11, 1905** – W.E.B. Dubois and William Monroe Trotter organized the Niagara Movement, which demanded abolition of all race distinctions.

**July 12, 1949** – Frederick M. Jones patented the air-conditioning unit used in food transportation vehicles.

**July 13, 1965** – Thurgood Marshall becomes first African American appointed to U.S. Solicitor General.

**July 14, 1955** – George Washington Carver Monument, first national park honoring an African American, is dedicated in Joplin, Mo.

**July 15, 1867** – Maggie Lena Walker, first woman and first African American to become president of a bank.

## BIRTHDAY SALUTES

### "WISHING YOU BIRTHDAY ALL THE BEST!"

|  |  |
|--|--|
| <b>July 2nd</b><br>Dawan Davis<br>David Lee<br>Kelley Pennington<br>Aaron Gray | <b>July 18th</b><br>Karen Rimmer<br>Cynthia Fumbanks   |
| <b>July 3rd</b><br>Brandon Kennedy<br>Anthony Smith                            | <b>July 19th</b><br>George Neal<br>Deirdre Saffold   |
| <b>July 4th</b><br>Christina Fumbanks<br>James Fumbanks, Jr.                   | <b>July 20th</b><br>Jackie Saffold<br>Candace Montgomery   |
| <b>July 6th</b><br>Juan Chamberlain  | <b>July 21st</b><br>E-Mani Ingram<br>Amaya Fumbanks<br>Layla McGee   |
| <b>July 7th</b><br>Perry Ingram  | <b>July 22nd</b><br>Corry Ingram<br>Glenn Phillips<br>Winnetka Fumbanks<br>Ashley Davis<br>Debra Fields  |
| <b>July 5th</b><br>Daniel D. Lee   | <b>July 23rd</b><br>Tayo Fumbanks<br>James Hicks, Jr.  |
| <b>July 9th</b><br>Gregory A. Ingram<br>Ariel Ivy                              | <b>July 24th</b><br>Tabitha Ivy<br>Sidney O. Fumbanks, Sr.   |
| <b>July 10th</b><br>Alexis Smith<br>Christopher Rimmer                         | <b>July 25th</b><br>Charlene Chamberlain<br>Carene Bass<br>Anastashia Hunté  |
| <b>July 11th</b><br>Charles Worthington, Jr.                                   | <b>July 26th</b><br>Rogerick Griffin   |
| <b>July 12th</b><br>Rhia Thornton<br>Timothy Jones                             | <b>July 27th</b><br>Jason Bailey<br>Leona M. Duncan<br>Laila J. Duncan<br>Morgan A. Conyers<br>Adrienne Green<br>Ann Nichols<br>Nakisha Vernardo |
| <b>July 13th</b><br>Jarett Fields  | <b>July 28th</b><br>Roslyn Taylor  |
| <b>July 14th</b><br>Geraldine Howard<br>Sharon Turner                          |  |
| <b>July 15th</b><br>Christopher Duncan<br>Jewel Rose Green                     |  |
| <b>July 16th</b><br>Sam Ingram   |  |

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.

Welcome to  
**GALST**  
 FOOD MARKET



**SERVING HOT SOUL FOOD**

DAILY (MONDAY - SUNDAY): 11:00 A.M. - 4:00 P.M.

**ONLY AT 4030 N. Teutonia Ave.**



Schweigert  
 Sausage  
 All Flavors  
**\$8.99**  
 2/\$16.00



Family Pack  
 Ground Beef  
**\$5.99** lb.



Family Pack  
 Pork Steaks  
**\$2.99** lb.



Small Pork  
 Ribs  
**\$1.59** lb.



Family Pack  
 Chicken  
 Pinwheels  
**.99¢** lb.



Family Pack  
 Chicken Thighs  
**.99¢** lb.



Bagged  
 Chicken Wings  
**\$2.99** lb.



Family Pack  
 Chicken Leg  
 Qrts.  
**.99¢**



Open Pit  
 Original 18 oz.  
**2/\$3**



IBP Pork  
 Chitterlings 10 lbs.  
**\$19.99** each  
 or **2/\$30**



IBP Pork  
 Chitterlings  
 5 lbs.  
**\$17.99** or  
 2 /\$30.00



Aunt Bessie Pork  
 Chitterlings  
 5 lbs.  
**\$23.99**



Natural Pure  
 Drinking Water  
 Refill  
**.49¢**  
 Per Gallon

**1622 W. NORTH AVE. • (414) 264-2993**

STORE HOURS

MONDAY - SATURDAY: 8:00 A.M. - 7:00 P.M.

SUNDAY: 8:00 A.M. - 5:00 P.M.

**4030 N. TEUTONIA AVE • (414) 255-7056**

STORE HOURS

MONDAY - SATURDAY: 8:00 A.M. - 8:00 P.M.

SUNDAY: 8:00 A.M. - 6:00 P.M.

WE ACCEPT:



We Sell Bus Passes

While Quantities Last. We Reserve the Right to Limit Quantities and Correct Printing Errors. Sale Good Only at these Stores.