

The Milwaukee Times



Weekly Newspaper

"Journalistic Excellence, Service, Integrity and Objectivity Always"

Vol. 45 • No. 32 • Thurs., Aug.20, 2026 - Wed., Aug. 26, 2026 • An HTGroup, LLC Publication • Serving The Milwaukee Area • 85¢

Hallowed Missionary Baptist Church's Annual Community Outreach



Photos by Yvonne Kemp

On Saturday, August 15, 2026, Hallowed Missionary Baptist Church's held its "Annual Community Outreach" which is an event to introduce and inform the community of various organizations promoting literacy in financing, education, health, spiritual, and civic duties that are available to them; as well as an oppor-

tunity to evangelize.

Among the honored guests were Mayor Cavalier Johnson, who gave encouraging remarks and hosted a question and answer session; and Sheriff Denita Ball who also interacted with the crowd.

Hallowed Outreach's purpose is an effort to

build relationships, conduct educational seminars and outreach events to foster public understanding and tolerance, and work together on social, spiritual, health and educational programs to foster better community understanding and tolerance in an effort to improve and build relationships. Their ears are attentive to the many negative issues in and surrounding the city of Milwaukee and this event is a tool to highlight or accentuate some of the positive aspects of Milwaukee.

Their prayer is that this event was one of the vehicles utilized to promote peace, literacy and spiritual wholeness.

Beckum-Stapleton Little League celebrates photojournalist Yvonne Kemp's birthday



Photos by Kim Robinson & Antraun Turner



On Thursday, August 13, 2026, local photojournalist Yvonne Kemp celebrated her birthday with her family and friends at the Milwaukee Brewers Helfaer Field with the Beckum-Stapleton Little League. Singer Jackie Caldwell & the Esquires II were the entertainment; Dave DeGrace was the announcer for the game; Negro League Player Dennis Biddle threw out the ceremonial Pitch and MLB All Star Outfielder Larry Hise shared his baseball knowledge with the Little League Players. Jewell Carter helped organize the event, served refreshments and food was served by Lorraine and

James Gill of the Milwaukee Brewers Media Dining Room Staff.

Mayor Cavalier Johnson was in attendance and presented Yvonne with a Proclamation and declared August 13th, 2026, as Yvonne Kemp Day.

Yvonne is photographer for the Milwaukee Brewers, the *Milwaukee Community Journal* and the *Milwaukee Times Weekly Newspaper*. Nearly a decade and a half later, Yvonne emerged as one of the city's most prominent photographers, having built an impressive resume and reputation.



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



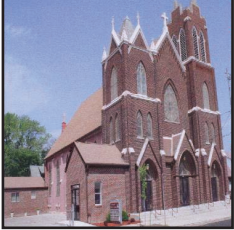
Order of Services
Sunday School.....9:00 am
Sunday Morning Worship.....11:00 am
Wed. Prayer & Bible Study.....6:30 pm
Thurs. Mass Choir Rehearsal...7:00 pm

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



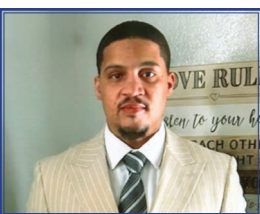
Corinth Baptist Church

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 Ave. • Milwaukee, WI 53206
Mailing: PO Box 170165 • Milwaukee, WI 53217
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.greatergalileebaptistchurch.org

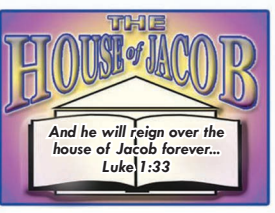


YOUR CHURCH HERE
Call us at 414-263-5088
or visit us at
2238 N. MLK Drive.
Milwaukee, WI 53212



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

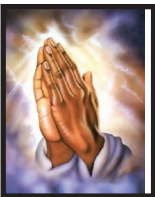
Sunday School 9:00 - 10:00 A.M.
Sunday Service.... 10:00 A.M. - 12:30 P.M.
Thurs. Bible Class 11:00 A.M.



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

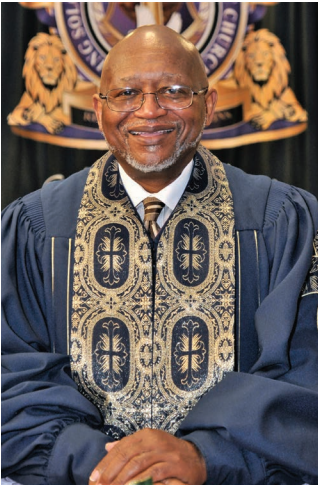
BIBLE STUDY CLASS
Saturdays at 1:00 p.m.
BIBLE Q&A
Wednesdays at 7:30 p.m.

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

 /TheLambMKE
 @TheLambMKE

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

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



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



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



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

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

LET THE CHURCH SAY, AMEN!
Your Church Could Be Here.
Call us at
(414) 263-5088
or visit us at
1936 N. MLK Drive.
Milwaukee, WI 53212



MINISTRIES

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

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. Reginold D. 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"



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

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!



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



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.johnsunitedmbc@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



TABERNAACLE 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

The Milwaukee Times

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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

TITHING ENVELOPES



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

NEW LIFE NEW BEGINNINGS WORLD MINISTRIES
Rev. Dr. Margaret Stone
Founder/Director

3828 West Burleigh Street
Milwaukee, WI 53210

Funeral Programs
In Loving Memory Of
Donald Madison Jackson
Funeral Home
Saturday, August 1, 2026
10:00 am
Last Lamentation - Funeral Home
1234 West Main Street
Milwaukee, WI 53201
414-444-4445

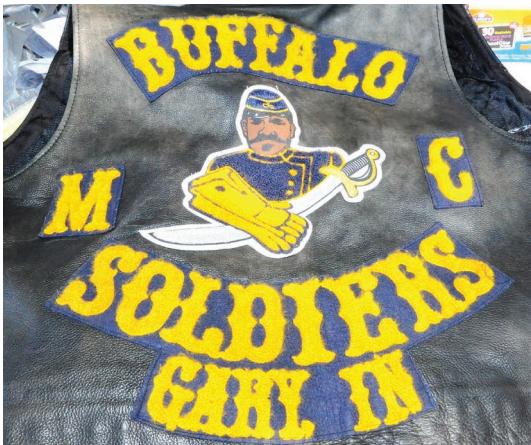
TICKETS
Christ the Lord Baptist Church
A Night of Entertainment
Saturday, July 31, 2019 • 7pm - 11pm
Christ the Lord Baptist Church
1234 West Main Street
Featuring:
Featuring a wide variety of dancers, musicians
and comedians from the Milwaukee area!
\$50 Donation
No 375

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

Buffalo Soldiers/Trooper M.C. host 'Back-to-School Giveaway'



Photos by Yvonne Kemp



On Saturday, August 8, 2026, the Buffalo Soldiers/Troopers Motorcycle Club (M.C.), with regional involvement from chapters like Gary/Chicago, hosted a "Back-to-School Supply Giveaway" at McGovern Park, located at 5500 North 51st St. The family-friendly community event featured free school supplies (such as crayons and markers), book bags, food, beverages, and treats.

SHERMAN PARK GROCERY

Betty Jean

Soulfood

SOULFOOD

SUNDAY MENU

★ STAPLE MEAT SELECTIONS ★

SMOKED OXTAILS

MEATLOAF

FRIED WHOLE WINGS

CATFISH FILLET

SMOTHERED PORK CHOPS

★ ALTERNATE MEAT OPTIONS ★

BBQ RIBS

BAKED CHICKEN

TURKEY LEG

TURKEY WINGS

& MORE!

ASK ABOUT DAILY SPECIALS

★ HOMESTYLE SIDES ★

YAMS

MIXED GREENS

MACARONI & CHEESE

DRESSING

RICE

GRAVY

CORN

GREEN BEANS



MILWAUKEE
PUBLIC SCHOOLS

Bulletin Board

Five MPS schools are ranked among the nation's best high schools

Five high schools in Milwaukee Public Schools (MPS) are among the best in the nation, according to a new ranking from *U.S. News & World Report* released Tuesday, August 18, 2026.

Ronald Reagan College Preparatory High School, Golda Meir School, Hmong American Peace Academy, Rufus King International High School, and Milwaukee School of Languages are all recognized as award winning by the publication's 2026 list. Reagan (10th) and Meir (25th) both ranked among the 25 best high schools in Wisconsin.

RONALD REAGAN COLLEGE PREPARATORY
HIGH SCHOOL • GOLDA MEIR SCHOOL •
HMONG AMERICAN PEACE ACADEMY •
RUFUS KING INTERNATIONAL HIGH SCHOOL •
MILWAUKEE SCHOOL OF LANGUAGES

BEST
HIGH SCHOOLS
U.S. News
NATIONAL
2026-2027

This year, we are putting tremendous time, effort and investment in lifting up every student at every high school, with a focus on equipping our educators and students with a new curriculum that supports stronger reading instruction for students of all ages. Literacy unlocks access to every subject, and we are committed to helping all students read at grade level.”

The new curriculum builds on the district’s Literacy Plan and the new curriculum for younger students released in January.

“This recognition is a testament to the students, teachers, support staff and leaders at these award-winning high schools,” MPS Superintendent Brenda Cassellius said. “We also know that incredible things are happening at schools across our district.

Remembering those we have lost...

Celebrating the Life and Legacy of

Carolynn A. Wright
Source: September 27, 1948 - August 9, 2026
Saturday, August 22, 2026
Visitation: 9:00 A.M. - 11:00 A.M. • Service: 11:00 A.M.
Trinity Lutheran Baptist Church
2829 North Teutonia Avenue • Milwaukee, WI 53208
Rev. Harold Turner - Officiant

Celebrating the Life and Legacy of

Raymond T. Nixon
Grand Finale August 5, 2026
Grand Entrance January 26, 1954
Friday, August 21, 2026
Visitation: 10:00 a.m. • Service: 11:00 a.m.
Holy Redeemer Institutional Church of God in Christ
350 West Moten Dennis Way • Milwaukee, Wisconsin 53209
Officiant: Minister Elton L. Mayfield

In Loving Memory Of

Margaret R. Turner
Turner: Nov. 7, 1934
Turner: July 9, 2026
Wednesday, August 5, 2026
Visitation: 11:00 a.m. • Service: 12:00 Noon
Reid's New Golden Gate Funeral Home
5665 North Teutonia Avenue • Milwaukee, Wisconsin
Pastor Isaac Bailey - Officiant

Homegoing Celebration For

Kim R. Stephens
Stephens: July 18, 1955
Stephens: July 31, 2026
Monday, August 16, 2026
Viewing: 2:00 p.m. • Service: 3:00 p.m.
Reid's New Golden Gate Funeral Home
5665 North Teutonia Avenue • Milwaukee, Wisconsin 53209
Officiating: Apostle Arletta Allen • Glow 4 God Global Ministry

SEE OUR LARGE SELECTION AND SPEAK WITH A FRIENDLY STAFF MEMBER ON OBITUARY DESIGNS AND PRINTING SERVICES.
CALL US AT (414) 263-5088 FOR A FREE QUOTE OR
VISIT US AT 2238 N. DR. MARTIN LUTHER KING, JR., DRIVE • MKE, WI 53212

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- Experienced & Caring Staff • Before & After School Care Available • 6 Weeks-12 Years Old

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or **414-739-3637**

7101 W. Capitol Dr, Milwaukee, WI



**Welcome to the
Wilson
Family
Reunion**



Pitts
The New Pitts
Mortuary

"Legacy is not just leaving something for people. It's leaving something in people."

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- CREMATION
- MEMORIAL SERVICE
- GRAVESIDE SERVICE
- FUNERAL PACKAGE
- PREPLANNING
- CUSTOMIZED SERVICES

- MILITARY HONORS
- Doves
- HORSE & CARRIAGE



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.***

Focus on Health

Brought to you by:riseDRUG FREE MKE

You are still needed: International Overdose Awareness Day events honor and heal

On Monday, August 31, our community will gather to offer healing for people impacted by overdose at events organized by the RISE Drug Free MKE coalition and partners to observe the 25th anniversary of International Overdose Awareness Day.

This year's theme is "You Are Still Needed." You are still needed to remember loved ones and to find support among people who understand you and your journey.

The opioid epidemic has hit Milwaukee hard, causing both personal and community trauma. Thousands of

lives have been lost, survivors live with the memory of their overdose event, individuals take steps toward healing in recovery, and loved ones move forward while carrying their loss. But there's hope on the horizon: the number of overdoses has decreased thanks to services, resources, and compassion provided throughout our community.

A day to remember

Milwaukee's International Overdose Awareness Day offers a range of opportunities to engage, remember, and heal. We welcome everyone to participate and provide connection, care, and community. We're grateful for the support of the City of Mil-



waukee Health Department, Milwaukee County Department of Health and Human Services, Milwaukee County Parks, and Light the Hoan.

Events include:

- A press conference at

Milwaukee's City Hall (10 to 11 a.m.), where leaders will set the tone for a meaningful day of remembrance. City Hall is also the site of the Memorial Tree and resources from August 31 to September 4, 2026.

- Community Walk and Remembrance Events at Veterans Park (5 to 7:30 p.m.) includes a one-mile walk, resources, speakers, food, a candle ceremony, the Remember Love Recovery Project, and activities. The community walk is a visible reminder that no one walks alone in their grief, struggles, or pursuit of recovery.

- Gathering to watch the Hoan Bridge light up purple (8 p.m.) to show community support for survivors, loved ones, and people living with substance use issues.

These events are more than calendar entries—they are lifelines. In coming together, we honor memories, uplift our survivors, and strengthen the bonds that define our community. Let us step forward, side by side, toward a future shaped by compassion and understanding.

Registration is encouraged and there is no cost to attend. Go to risedrugfreemke.org to sign up.

Is your child ready for a 7 a.m. back-to-school alarm? Reset their sleep now

The alarm goes off.

Your child groans, pulls the blanket over their head, and insists they're not getting up.

Sound familiar?

After weeks of later bedtimes, sleeping in, family vacations, and relaxed summer schedules, those early school mornings can feel like a rude awakening—for kids and parents.

The good news? You don't have to wait until the night before school starts to get everyone back on track.

A few small changes now can make those first weeks of school smoother for the whole family.

Why sleep matters more than it gets credit for

It's easy to treat sleep as just another part of the schedule to manage, but it's actually a key part of your child's health.

The American Academy of Pediatrics endorses the American Academy of Sleep Medicine's guidelines that children ages six to 12 get nine to 12 hours of sleep each night, while teenagers ages 13 to 18 need eight to 10 hours.

Falling short isn't just about a child being tired or cranky the next day. Regularly missing those sleep recommendations can affect attention, memory, mood, behavior, and a child's ability to manage emotions and stay focused in the classroom.



Web Photo

"We don't say 'get good sleep' just because," says Dr. Gabrina Dixon, a pediatric hospitalist at Children's National Hospital. "It really helps kids learn, and it helps them function throughout the day."

Rest is part of being ready. Getting enough sleep helps children show up for school with the energy, focus, and emotional regulation they need to handle the challenges of a new school year.

Start resetting their schedule before the first day

A child's sleep schedule doesn't change overnight. Instead of moving bedtime hours earlier all at once, experts recommend making gradual adjustments.

Try moving your child's bedtime and wake-up time earlier by about 15 to 30 minutes every few days until they are closer to their school-year schedule.

Consistent sleep helps support children's attention,

behavior, learning, emotional regulation, and overall health.

Don't forget the wake-up time

Many parents focus on bedtime, but wake-up time plays an important role in resetting your child's internal clock.

Even if your child goes to sleep earlier, sleeping until noon every day can make it harder for their body to adjust to school mornings.

Start practicing the school-day wake-up time before the first day. Opening curtains, getting natural light, eating breakfast, and moving around in the morning can help signal to the body that it's time to start the day.

Create a realistic nighttime routine

A good bedtime routine is about more than saying, "Go to bed."

Children often sleep better when they know what comes next. A predictable routine

helps their bodies and brains begin transitioning from the activity of the day to rest.

For many families, the evening routine also includes the practical steps that make mornings smoother:

- Packing backpacks
- Choosing clothes
- Preparing school lunches
- Checking homework
- Setting alarms

Detangling, moisturizing, protecting hairstyles, or wrapping hair before bed can take time and planning, especially on busy school nights. Building those steps into the evening schedule can help prevent rushed mornings and make bedtime feel less stressful.

The goal isn't to create a perfect bedtime routine. It's to create one your family can actually follow.

Put screens to bed before your child does

Phones, tablets, video games, and television can make it harder for children to wind down before sleep.

The American Academy of Pediatrics recommends creating healthy media habits, including setting boundaries around screen use and keeping devices out of bedrooms when possible. For older children and teens, that may mean agreeing on a realistic device cutoff time rather than expecting a sudden ban on technology.

Try creating a screen-free wind-down period before bedtime. Replace scrolling or gaming with calming activi-

ties like:

- Reading
- Listening to music
- Taking a warm bath or shower
- Talking about the day
- Preparing for tomorrow

Help your child prepare for the morning

A smoother morning often starts the night before.

- Small steps can make a big difference:
- Pick out clothes before bed
- Pack backpacks and sports bags
- Prepare breakfast items
- Fill water bottles
- Place shoes and essentials by the door

For older children and teens, encourage them to take ownership of these routines. Learning how to prepare for the next day is part of becoming more independent.

When sleep problems deserve a closer look

A child who isn't getting enough rest may not say, "I'm tired." Instead, parents may notice:

- Difficulty waking up in the morning
- Falling asleep during the day
- Trouble focusing in school
- Increased irritability or emotional outbursts
- Changes in mood or behavior

Sometimes the problem isn't simply a later bedtime. Frequent nightmares,

(Continued on pg. 10)

Is your child ready for a 7 a.m.

(Continued from pg. 9)

sleepwalking, night terrors, loud snoring, pauses in breathing during sleep, or ongoing difficulty falling asleep may signal an underlying sleep issue that deserves medical attention.

Children who don't get enough sleep may seem irritable, distracted, or unmotivated when the real issue is that their bodies need more rest. Sleep is one of the foundations that helps children show up ready to learn, participate, and manage the challenges of a new school year.

If sleep problems continue after you've re-established a consistent bedtime routine—or if your child regularly struggles to fall asleep, stay asleep, snores heavily, or seems unusually tired during the day—talk with your pediatrician.

A pediatrician can help identify possible causes, evaluate whether another medical condition may be affecting your child's sleep, recommend healthy sleep strategies, or refer your family to a pediatric sleep specialist if additional testing or treatment is needed.



Make the most of your child's next appointment – save this list

If you're concerned about your child's sleep, consider asking:

- Is my child getting enough sleep for their age?
- Could allergies, asthma, ADHD, anxiety, or another health condition be affecting their sleep?
- Is my child's snoring something to be concerned about?
- Should my child see a pediatric sleep specialist?
- Are there changes we should make to our bedtime routine or sleep environment?

What parents can do to-night

- Don't wait until the night

- before school starts. Try one small change to-night:
- Move bedtime 15 minutes earlier
 - Wake your child up closer to their school-day schedule
 - Turn off screens before bedtime
 - Pack backpacks before bed
 - Pick out clothes for the morning
 - Create a simple wind-down routine
 - Let your child know the goal is feeling rested—not being perfect

The bottom line on back-to-school sleep

A successful school year doesn't start with the first bell. It starts with the habits that help children arrive ready to learn.

Every family's routine will look different. The goal isn't perfection—it's creating habits that help your child feel supported, rested, and prepared for the year ahead.

Resetting your child's sleep schedule now can make those first school mornings less stressful and help your child feel more confident, focused, and ready to take on the day.

Because sometimes the best back-to-school preparation happens the night before.

Classifieds

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BIDS DUE: August 27, 2026, at 2:00 p.m.
PLANS: Hard Copies of plans available upon request and at subcontractor's expense from BPI Milwaukee, www.bpicolor.com OR for a link contact Linda at Lstache@gormanusa.com.
Contact Info: Linda Stache, Gorman & Company, e-mail: Lstache@gormanusa.com, Fax: 608-835-3667.

CERTIFICATIONS: Section 3, City of Milwaukee Resident Preference Program, SBE / EBE / MBE / WBE / DBE and WHEDA



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August 20, 1993 – Dr. David Satcher was named director of the Centers for Disease Control.

August 21, 1831 – Nat Turner led the slave revolt in Virginia.

August 22, 1843 – Henry Highland Garnett called for a general strike by slaves.

August 23, 1926 – Carter Woodson, historian, author, inaugurated "Negro History Week" and later produced the "Negro History Bulletin."

August 24, 1950 – Judge Edith Sampson was named first black delegate to the United Nations.

August 25, 1908 – National Association of Colored Nurses was founded.

August 26, 1920 – 19th Amendment to the Constitution was ratified, giving women the right to vote.



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— Michelle Obama

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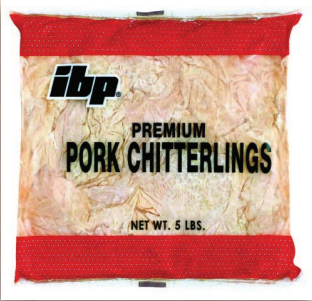


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