

Contents:
 p.2 NiteLight
 p.3. OWL Calendar
 p.4. RW Elders August
 p.5. 4thDimension - Wisgo Cards
 p.6. Spotlight: McMurray & Hampton
 p.7. S Let's Talk About It

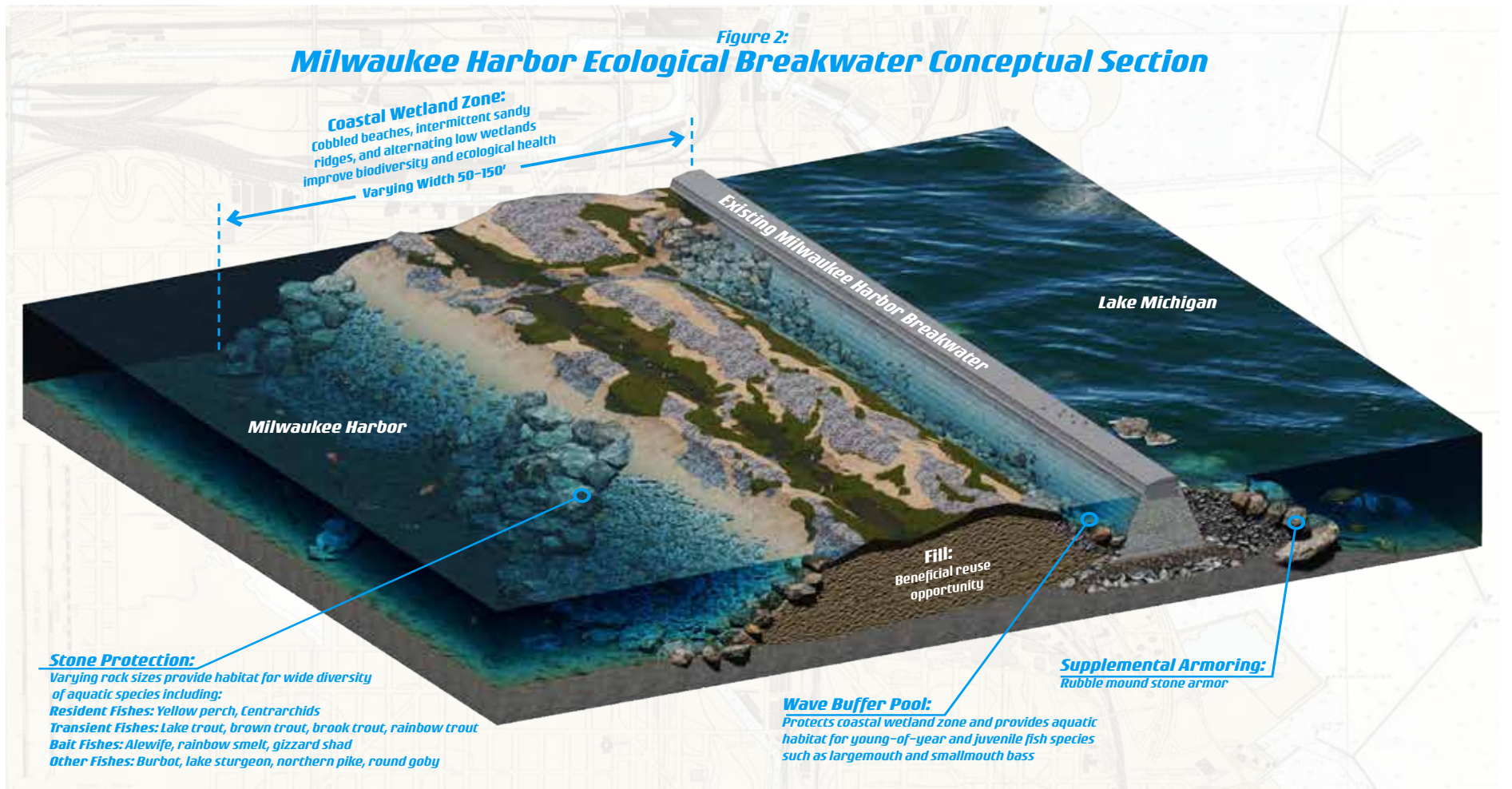
Riverwest Currents

p.8. Barbie, the movie
 p.9. OPPENHEIMER
 p.10 GordonParkFriends
 p.11 pics CenterStDaze
 p. 12 p.13. p.14.-Currents Calendar
 p.15. Comics

FREE!

News You Can Use • Riverwest, Harambee and The East Side

Vol 23 Issue 09-Sept. 2023



by Vince Bushell

A conversation with Aaron Zeleske, Environmental Director, Milwaukee Harbor District.

I worked with Aaron for several years at the River Revitalization Foundation, RRF. We were engaged in the implementation of the Milwaukee River Greenway Plan. This involved the coordination of the partners in the Greenway in implementing our mutual goals.

The Greenway is a remarkable achievement in preservation, restoration, and access to lands adjacent to the upstream portion of our Milwaukee River. It includes about 7 miles of trails on both sides of the river starting at the Humboldt bridge over the river.

It is not always easy to meet the needs and desires of diverse groups including Milwaukee County Parks, Friends groups, Non-profit entities like RRF and Milwaukee River Keeper, Urban Ecology Center and others. Fisherman, bird watchers, hikers and bikers all lay claim to the river valley.

In sum I think the Greenway is a great success in community working to preserve a natural area adjacent to dedicated park areas and in the middle of a large city.

A city with great rivers and of course a great lake. Water is the reason Milwaukee exists.

Zeleske went on with his career after leaving RRF to work for the Milwaukee Harbor District.

According to their web site: The mission of Harbor District, Inc. is to lead the revitalization of Milwaukee's Harbor District by connecting people to place, supporting a healthy business community, and improving the quality of our natural environment.

And Zeleske's blurb is as follows:

Aaron Zeleske leads the Harbor District's efforts to improve the ecological

functioning of our corner of the city, focusing on improving habitat for fish and wildlife and green infrastructure practices that improve water quality. He works on several habitat restoration projects on the Kinnickinnic River, manages innovative projects like the Habitat Hotels and Trash Collector, and seeks to creatively incorporate environmental principles into everything happening in the Harbor. Through these projects and programs that connect people to nature, Aaron works to change how people think about and relate to the plants and animals with whom we share our city and our world.

"This is some of the most important work we as a species need to undertake in the coming decades. We must learn to balance our needs with the needs of other living things like climate change and Anthropocene mass extinctions pick up steam. Even our developed, industrial harbor can be enhanced as a better functioning part of the ecosystems inside of which every human activity is nested, and improving its ecology will make a difference."

During our conversation Zeleske noted that the primary land that the Harbor District's area of work is hardly pristine natural environment. Much of it is post industrial lands, and still used industrial and harbor lands.

Merchant ships still come into the harbor and into sections of the estuary near downtown.

I thought it would be a good idea to start this topic with an introduction of the Harbor District mission and Zeleske's vision and history.

What is an ecological breakwater and why may this be important?

Inquiry and goal development

In 2017, "Harbor District held design charrettes where they had plenty of architects and urban planners and teams coming up with ideas to ... inspire the organizations vision."

Several issues came up with different goals to implement and the idea of a secondary breakwater that was designed not only to protect shore land assets but improve conditions for fish and birds as a benefit of the design.

In Zeleske's words' "the National Coastal Resilience Fund... They were looking for projects...To incorporate... Goals that protects coastal assets, coastal infrastructure, coastal communities. And incorporating ecological benefits alongside that, which is pretty unique to do both those things at the same time."

This resulted in the application for a study grant from a sub set of the Fish and Wild Life Service, a National Coastal Resilience Grant.

"This National Coastal Resilience Fund has four phases in their programs. So if you can get into the program, then they're going to support it along the way as you develop."

"So they do have a lot of money for implementation. One of my big goals is to figure out how to do this creatively. So that We can find efficiencies. For example. Army Corp of engineers does a lot of dredging? And, they need to find ways to reuse some of that material, as long as it's clean."

The full plan addresses several issues: The current breakwater is over topped in big storms and millions of dollars of damage has been done to harbor infrastructure and threatens the waste water treatment plant on Jones Island.

\$450,000 was awarded to come up with a plan and do initial implementation costs. The proposed addition to the breakwater is set inside the present breakwater and provides more protection for the assets in the southern part of the harbor.

The new breakwater becomes a coastal wetland zone with habitat for fish below and birds above and can use clean dredge material as a benefit during construction.

We will cover the process as it proceeds. It will take several years I presume but it could be a national example of improved coastal habitat. As Zeleske says: "it represents thinking about things besides people in building infrastructure. That is including fish habitat, doing something really interesting that benefits other creatures."

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All Saints' Episcopal Cathedral turns 150 this year!

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All Saints' Cathedral Choral Evensong & Reception
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All Saints' Cathedral 150th Anniversary
Choral Eucharist Service
Sunday, November 5, at 10:00 AM

Visit ascathedral.org for details.

All Saints' Cathedral
818 E Juneau Ave | Milwaukee, WI 53202

**NITELITE: an outdoor immersive arts and lights festival
5-10:30pm, at 7th & Historic Mitchell Street
Presented by JOY ENGINE**

JOY ENGINE, the public art nonprofit behind larger-than-life installations such as “Under One Moon” in Catalano Square, and “Cracking Art,” which brought a flock of bird sculptures to the Milwaukee shoreline, returns to the cityscape to present Nitelight: the region’s first-ever, outdoor immersive arts & lights festival experience.

The dazzling live spectacle brings 4D projection mapping technology to Milwaukee’s iconic Historic Mitchell Neighborhood. A multi-story building at 710 W. Historic Mitchell Street — home to Mitchell Street Arts — will serve as the mesmerizing backdrop for the show.

Inside the event, festival attendees will enjoy heart-thumping performances while celebrating the magic that unfolds when art and technology collide. Nitelight will feature a fashion show, a variety of local vendors, dance performances, and an impressive music lineup. The event is family-friendly and free to the public. After sundown, the event will set the grounds alight with an amazing motion graphics show.

Besides watching the vibrant display, families with children will have plenty of options to indulge in memory-making activities throughout the festival’s run, including a life-size Lite Brite wall and a hands-on multilingual exhibit.

Nitelight is JOY ENGINE’s latest artistic venture aimed at igniting the imaginations of Milwaukeeans and leveraging underutilized urban spaces to expand perceptions of community and creative expression through public art. JOY ENGINE has chosen five Milwaukee-area artists to shine a light on the region’s artistic talent and bring the light show to life.

The organization also collaborated with students from the Milwaukee Institute of Art and Design Lubar Innovation Center to develop motion graphics programming. The technique uses laser technology to “scan” a building’s façade and create a blank canvas for spectacular, creative design. The art is then projected back onto the building for a one-of-a-kind sensory experience.

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MISSION STATEMENT

Riverwest Currents is dedicated to keeping readers informed about issues and events important to those who live, work, and play in and around our neighborhood. We believe Riverwest and Milwaukee are good places to make a home or set up a shop. We want to help promote safe and affordable neighborhoods, embrace urban aesthetics, respect diversity, and help make Riverwest residents aware of opportunities available to them.

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Friday Sept. 1 (IN-PERSON) First Friday! *Drum Circle* hosted by Dr. Colleen Galambos

Tuesday Sept. 5 (RADIO) Karen Beaumont: *A World of Music* (World-Music with poetry)

Thursday Sept. 7 (IN-PERSON) Vince Bushell of *Riverwest Currents*, Sept. 2023 Issue

Friday Sept. 8 (IN-PERSON) *DIY Day* Bring your own creative project, or use our materials.

Tuesday Sept. 12 (RADIO) *Local Current-Events Spotlight* Interview with Melissa Bollow Tempel, Waukesha School Teacher.

Thursday Sept. 14 (IN-PERSON) *Local Artist Spotlight* Gregory Martens, House of RAD.

Friday Sept. 15 (IN-PERSON) *DIY Day* Bring your own creative project, or use our materials.

Tuesday Sept. 19 (RADIO) "The A.M. Book Report," on avoiding mind-control.

Thursday Sept. 21 (IN-PERSON) Learn *Book-Binding* with DIY Guy, Michael Zeidler.

Friday Sept. 22 (IN-PERSON) *DIY Day* Bring your own creative project, or use our materials.

Tuesday Sept. 26 (RADIO) Karen Beaumont: *The Tarot* (education, inspirational quotes, music)

Thursday Sept. 28 (IN-PERSON) *Zen-Tangle Art workshop*, led by Amy Schmutte.

Friday Sept. 29 (IN-PERSON) *OWL Field Trip* Celebrate Center Street Entrepreneurs! Meet at Jazz Gallery by 1:15pm, please.

JAZZ GALLERY
CENTER FOR THE ARTS



OWL is sponsored by the Jazz Gallery Center for the Arts, along with Bader Philanthropies.



O.W.L. (Older.Wiser.Local) is a program created to serve, enlighten & educate area seniors (50 & up). *OWL* is sponsored by the Jazz Gallery Center for the Arts, and Bader Philanthropies.

TIME: Thursdays & Fridays 1:00PM to 4:00PM

PLACE: Jazz Gallery Center for the Arts, 926 E. Center Street, Milwaukee 53212

All people, ages 50 & up, welcome. **Gatherings are free of charge, with refreshments provided!**

RADIO SHOWS:

Tuesdays 7pm on Riverwest Radio, WXRW, 104.1 FM. Stream the show live on riverwestradio.com, if you can't get radio reception. Or listen to the archive anytime at: www.riverwestradio.com/show/owl-older-wiser-local

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Riverwest Elders Guiding Vision: *We are a diverse group of Riverwest and nearby neighbors, over 50 years old. We come together to share wisdom, live to our full potential and give back to the community.*

The Riverwest Elders: Around the Neighborhood for 15 Years

What Makes an Anniversary?

by Lorraine Jacobs (one of many who worked together to make Riverwest Elders work)

I think an Anniversary begins with an idea. Somebody says, “Hey, let’s get married” or “I think you should start a business with your talents” or “We can form a band, and see how long we make music together.”

The Riverwest Elders (Riverwest Elders Action Network) had an idea that was put into action during the summer of 2008. The group included five neighbors in their 60’s, including Josef Bieniek; a parish nurse; the Director of the East Side Senior Services Office; and a Health Initiative Community Nurse. We met several months. It was clear that Riverwest and the surrounding neighborhoods embraced a large population of older adults. The area churches were the strongest advocates for maintaining elder quality of life, but some older adults hardly ever left their homes, and some had family nearby.

Our idea was to gather those seeking to maintain and encourage an independent, high quality, healthy lifestyle while aging. We studied the writing of “New Age” research. We learned that we were not alone and there was a particular quality of life that we shared. Being older meant being in a new phase of life, with our own unique age-related growing pains and challenges. We were not going “out the door” – rather, we were interesting and enhanced the society of our community. We were beginning a new way of being older in this society. We were on the crest of the “New Age” era.

Our Guiding Vision: We are a diverse group of Riverwest and nearby neighbors, over 50 years old. We come together to share wisdom, live to our full potential and give back to the Community.”

Our motto: “Embrace Your Inner Elder.”

Following the “what do we want and how can we do it our way” kind of approach, we stepped forward. We would avoid the non-profit world and skip membership fees. If you came to a gathering, then you were a member. Everyone joined in making donations for the group’s programming. We made it work.

Together, we learned new skills and ways of being. We went for walks and led guided tours at parks and natural areas. We toured art galleries, went for lunch at local or nearby places, and enjoyed our annual Winter Party. We checked up on each other. We made regular phone calls to those who needed some attention. We celebrated successes for each other. We grieved for each other in loss. We gave rides to those who needed transportation in order to get to our events. We volunteered in the community, helped with the RW24, make sandwich lunches for the MacCannon Brown

Homeless Sanctuary, marched in the 4th of July parades and volunteered to help other Seniors through the East Side Senior Services.

During COVID our time together was achieved through phone calls, texts, emails, our Google Group and just waving at each other. When we did gather, it was outdoors and “BYO” lunch. The conversation was lively as ever.

Now the calendar tells me it’s been 15 years! I’m just as unsure where we will go now as I was when we started in 2008. I do know that we will all be better for coming together and sharing our lives.

Happy Anniversary!

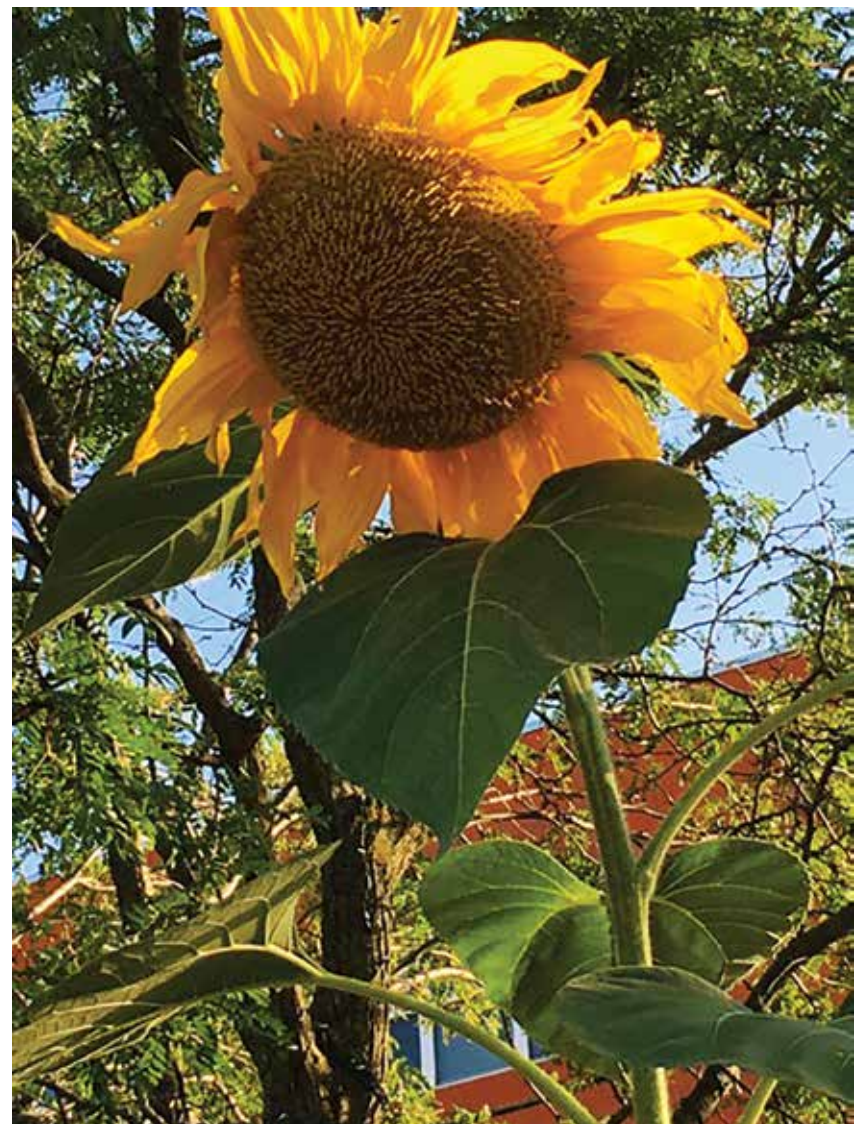
by Eileen Ciezki (one of many who worked together to make Riverwest Elders “work”)

Riverwest Elders is and has been a great space for community, conversation, creativity, connection, celebration, fun, learning, sharing wisdom, and mutual support. During COVID we met at Kern Park and then at the Lake Park Bistro patio for our 2nd Tuesdays. Birthday lunches on the 4th Thursday are often scheduled at neighborhood restaurants. Sometimes recipe exchanges came from the potlucks that we have throughout the year.

We can’t say “COVID” without mentioning the fantastic work of Riverwest Elder Arlene Zimmerman. Arlene was dedicated to sharing something new and interesting on the GoogleGroup everyday of COVID ... and now continues! She posts a daily message from online resources. It might be an inspirational sign in a cloudy sky, or a humorous highway sign of a play on words. She found something for us to look forward to, either to groan at the silliness or sigh at the deep meaning. Plus, she always came up with a clever title for the daily offering. It really made you want to look and see what it was.

In addition, Arlene began to include information about events nearby, notices about road work or bus schedules or county business. We appreciate Arlene’s sharing her daily search for interesting ways to improve our days!

Riverwest Elders artists, a truly talented bunch, have had many opportunities for art shows at the Jazz Gallery, Inspiration Studios, libraries, the Milwaukee Catholic Home, and churches. All Riverwest Elders can submit written haikus, poems, reflections, and memories for monthly articles in Riverwest Currents, with Vince’s and Lee’s help.



Sunflowers in the city

And in summation, we have a photo of “Sun Flowers in the City” by Susan Leopold...This photo honors the unique Sunflowers popping up in odd places around the city.

Riverwest Elders September Events

Wisdom Tuesday, Sept. 2nd Noon - 1:30

BD Lunch Thursday, Sept. 4th Noon - 1:30

**Sept. 12 Wisdom Tuesday, Urban Ecology Center
Room reserved for visiting and eating a PotLuck meal
Possible tour, not confirmed**

**Thurs, Sept 28 BD Lunch (someonemneeds to organize rides)
Cielito Lindo 733 S. 2nd St. -Moderate Pricing, beautiful Murals**

Speakers on many different topics have been guests when we meet at the East Branch Library Community Room. Carpooling field trips take us to nature spots and other towns in southeast Wisconsin. It’s all free and no dues are required -- only goodwill offerings. This year we have welcomed about five new Elders to our gatherings. We invite you to check us out and join the fun!

Leadership is voluntary and is shared as different events are planned. But the primary leader/convener and emcee for Riverwest Elders is Lorraine Jacobs. We would not be celebrating this 15-year anniversary without Lorraine’s loyal leadership. Thank you, Lorraine, and all Riverwest Elders who keep this group thriving.

A Thank You

from Julianna Kscinski

Back in early 2019, I experienced an emergency health situation that required hospitalization. Two Riverwest Elders visited my apartment daily to check on my cat. They also visited me to check on my progress. And two other members provided transportation for me. I am very grateful to these people and if I could describe Riverwest Elders in two or three words, I would say love and kindness beyond all boundaries.

Sandy Lewis, a Riverwest Elders member, is a recipient of the LGBTQ+ Progress Awards (established in 2015 by the Shepherd Express)

Please read the entire Award Description for Sandy Lewis in the August 2023 issue of the Shepherd Express. She has shared her talents through the years in support of the AIDS Resource Center, as well as performed in several LGBTQ+ dedicated theatrical performances. She asked that the writer of the Riverwest Elders article mention that “for over two decades, she performed as half of the duo Side by Side with lesbian singer-songwriter-cabarettiste Diane Bloom.”

From the August 2023 issue of Shepherd Express: “The roster of recipients of the 2023 Shepherd Express LGBTQ+ Progress Award represents a broad spectrum of exceptional talents applied with unrelenting dedication and long-term commitment. LGBTQ+ arts is as much a political expression as entertainment. As such, they contribute to LGBTQ progress.”

10th Anniversary Celebration of 4th Dimension Sobriety: A Decade of Transformation and Recovery

4th Dimension Sobriety, the largest provider of sober living services in Wisconsin, is excited to announce its 10th Anniversary Summer Soiree, marking a decade of unwavering dedication to transforming lives and promoting lasting recovery. The milestone event is set to take place on September 14, 2023 at 4th Dimension Sobriety on Center Street in Milwaukee's Riverwest neighborhood, where past and present residents, staff, partners, and supporters will come together to commemorate a decade of positive impact on the community.

Over the past ten years, 4th Dimension Sobriety has been a beacon of hope and a haven for individuals seeking to overcome addiction and rebuild their lives. Founded on the principles of compassion, community, and empowerment, the facility has successfully helped countless individuals take courageous steps towards sobriety and sustained well-being. The 10th Anniversary Summer Soiree will be an evening filled with inspiration, reflection, and camaraderie. Highlights of the event will include:

Keynote Addresses: Jason Gonzalez, Founder and CEO, will deliver a powerful keynote, sharing insights and experiences that have shaped the facility's journey. **Resident Success Stories:** Former residents who have achieved significant milestones in the irrecovery journey will share their personal stories of triumph, highlighting the transformative impact of 4th Dimension Sobriety.

Supporter Recognition: The event will also serve as an opportunity to recognize the remarkable efforts of staff, partners, and community members who have contributed to the facility's success over the past decade.

Community Building: Delicious food and desserts will be served, including decadent s'mores musical entertainment by hip-hop cellist and composer, Malik Johnson aka 99 the Producer. Tours of the facility, yard games, a bonfire, raffles and more will round out this remarkable experience. "Reaching a decade of service is a testament to the unwavering commitment of our team and the resilience of our residents," said Jason Gonzalez, Founder of 4th Dimension Sobriety. "We are immensely proud of the positive impact we have had on countless lives, and this anniversary celebration is a reflection of the hope and healing that we continue to offer every day." The 10th Anniversary Summer Soiree is free and open to families, friends, supporters, and anyone interested in learning more about 4th Dimension Sobriety's mission and achievements.

RSVP here: <https://www.4thdimension-sobriety.com/4d-summer-soiree>

To learn more about 4th Dimension Sobriety and its transformative work or for event sponsorship opportunities, please visit www.4thdimension-sobriety.com or contact via email: getfree@4thdimension-sobriety.com

About 4th Dimension Sobriety:

4th Dimension Sober Living provides a close and caring environment to augment traditional drug/alcohol recovery programs, making them that much more effective. Our experienced mentors come alongside each resident, offering encouragement, support and carefully tailored

direction. Now with three locations, our approach is proving to be just the added personal touch that can be the difference between recovery or relapse

Jason Gonzalez jason@4thdimension-sobriety.com

*Sunrise Foods - Locust and Weil St. may be Riverwest's Most Convenient Location to Purchase a WisGo card: \$2 - and add money to the card
This is the new card that will be used on all Milwaukee County Transit System busses.*



Mr. Leela Prasad sold me mine today. With a smile.
Vince Bushell

On a less happy note. Some bus routes may be discontinued withing the next year. As the funding for the bus system is being lost from the program that subsidised the system.

This is shameful as the State of Wisconsin and the Republican controlled Senate and Assembly have been refusing to fund programs that are essential for transportation particularly the young and elderly.

Part of the reason is the Republicans do not support public transportation- by that I mean busses, street cars and trains.

They snicker at environmental, global warming, issues and promote increased use of fossil fuels. Let us hope the Wisconsin Supreme Court rejects the gerrymandered district maps that gives the Republicans the control they have in the State Senate and Assembly. Let the people choose their representatives not the legislators choosing their voters.

vb

MEDITATION AND SOCIAL CHANGE BUDDHOLOGY AND THE GREAT TURNING

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Resilience & Creative Power

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- Shift in consciousness

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You must pre-register for this class.

To sign-up, or for more information, email tendershootofjoy@gmail.com



6 Septembere 2023

NEIGHBOR SPOTLIGHT: Sharon McMurray and Charles Hampton

by Ellen C. Warren

You could call Sharon McMurray and Charles Hampton prayer warriors. Their religious roots and associations make it clear that God is a big part of their action plan. They are also the fiercest of warriors in an arena where the odds are stacked against them; helping the formerly incarcerated to find their way to full lives.

Their organization, Table of Saints, began around a huge, old, shiny wooden table. As the story goes, a Bible Study formed by men housed in the Chaney Center in work release programs, started to see members of their group returning to society. Wishing to continue their Bible Study group, (“It seemed like God came into the mix and brought [help],” says Charles) they were aided in finding a home in the basement of Rehoboth Miracle Temple. The men were eventually all reunited. The name was changed from Assembly of the Saints to Table of the Saints as they gathered around the welcoming table.

The exodus began in 2009 and by May of 2010 all twenty original group members had been released and become participants. The Bible Study continued for ten years. A few members left due to circumstances and new members were added including a few former officers from the Chaney Center. Charles Hampton was one of the original members.

Soon, they were noticed by Project Return (Returning Ex-incarcerated People To Urban Realities and Neighborhoods) who asked them to join forces with them. The two organizations have been working together for fourteen years.

In 2014, Table of the Saints opened a residence. The Family House, on Booth and Locust Streets, is a home to six men. “We assist men coming out of prison. We assist men coming out of rehab, struggling with drugs and alcohol. We also assist individuals coming through Project Return, who may have a job and are looking for housing,” explains Hampton. “We provide adequate housing, stable, sober-living housing for previously incarcerated men.” The residents each have their own room, pay rent, and do their own cooking. Presently their ages range from 44 to 74.

Dr. Sharon McMurray has been the Executive Director and C.O.O. of the Family House since its inception. Born and raised in Milwaukee, a graduate of Riverside High School, she studied at several schools including Mount Mary College, Concordia University, and the University of Illinois-Chicago. She’s a Licensed Practicing Therapist as well as holding a Master of Social Work.

After she finished the CSAC (Certified Substance Abuse Counselor) program Sharon fell ill with Lupus. This postponed her PhD. plans for several years, during which she became involved with M.I.C.A.H. (Milwaukee Inner-city Congregations Allied for Hope) as a volunteer. After a few years she became the Office and Program Coordinator. “And then, that’s when Charles and the rest of the guys came in for the 11 x 15 program, and that’s how we got to know each other,” says Sharon.

The 11 x 15 Campaign, under the auspices of MICAHA and WISDOM (a statewide network, comprised mainly of faith-based organizations) “was a program to cut the prison population in half” says Charles. “The main goal was to implement



other programs like Compassionate Release, make changes in the solitary confinement. They needed to put more money into the Treatment Alternative and Diversion Program, because at the time it was only like a million dollars, and we needed 15. We eventually got 5 million.

“We wanted to bring more awareness to Solitary Confinement because the public eye is really different than what is really going on ... You can have a son that’s in there, with mental health issues. He’s on certain medications. They will put him in solitary confinement and won’t even give him his meds. So, he starts bouncing off the wall. And he’s doing this for six months in solitary confinement. When he gets ready to come home, he’ll come home like that ... all messed up in the head ... So, we had a guy that built a solitary confinement cell, and we brought it to Madison and plopped it right on the steps (of the Capitol). There were over a thousand people there that day. And it helped. They went from one million to five million ... We’re just trying to make a difference, trying to make some changes.”

Charles Hampton has first-person knowledge of what it’s like to be a formerly incarcerated person. He had his own problems with drugs and alcohol which led to two prison stays. During his second stay he became closer to the word of God, which changed his perspective. Once he arrived at

the Chaney Center, he “got involved with a group of guys that wanted to make a difference in our community because we knew that we were part of the problem. Now we were going to be part of the solution ... Fourteen years later, look where we’re at!” Last year Charles earned his associate degree in Substance Abuse Counseling from MATC.

Sharon McMurray had a Preacher for a father and a Social Worker for a mother. “I would say that the thing that made me passionate ... was I had two brothers who struggled with addiction. I always said that I wanted to help somebody else to move away from that, try to do whatever I can to help them,” shares Sharon. “I found out that, mostly, it’s about showing the person that you’re there for them, that you believe in them, and treating what is the cause of the abuse ... It’s about mental health. There’s a reason why they’re doing this.”

Much of the work of these organizations has been to push for more mental health treatment over more punishment. Not only are the costs of treatment versus incarceration much lower, but the positive outcome spreads into the community. In the words of Sharon, “Trauma not transformed is transferred.”

For the last three years, Table of Saints has held a monthly men’s forum called “Let’s Talk About It.” Composed entirely of men, with a certified mental health professional in the room, “it’s been very successful with men just pouring themselves out,” says Dr. McMurray. A subject is chosen for each session, for example, “Why don’t men talk about their feelings?” “The stuff that hurt me” and “Fatherhood.”

“It gives men an opportunity to take a real deep look at themselves ... and you find you’re not the only one struggling with the problem. Some men have cried ... A lot of what was never dealt with and needs grieving. Looking at your childhood experiences that were never talked about and kept bottled up inside. We teach them to open up and to relieve themselves,” adds Mr. Hampton.

Two devoted change agents. Making a difference. Helping to transform lives.

S *Let's talk about it!*

No it's not SuperWoman or SuperMan or Barbie or Barbarella it's Suicide

by Anna Ellie

CONTENT WARNING: This article mentions topics such as suicide, panic attacks, anxiety, depression, self-harm, trauma, and transphobia

Suicide. Just the mention of the word brings a shiver down some people's spine. Even just bringing awareness to suicide prevention will make some people assume that you're glorifying suicide or that you're suicidal yourself. According to the Centers for Disease Control and Prevention (CDC), 905 Wisconsinites died by suicide in 2021. It's a very small amount compared to the little over 5 billion people that currently live in Wisconsin, but those 905 people had a life that was cut short due to this cause of death. We don't know what lives they lived, where they've traveled, or what things that they saw. Those 905 lives all had a variation of this thought; I want to die.

I remember at a previous job, I had a wellness check on me while at work. I remember having a severe panic attack, and it was due to reasons that would have no impact whatsoever within the next week, day, or even the next hour. My chest was tight, my body ached, and my stomach hurt. The look that came from my coworker's and the customer's faces was a mix of confusion, pity, and perhaps even a bit of shock.

I was selfish in that movement. I went and locked myself in the bathroom at my work, and proceeded to engage in self-harm. I knew that the self-harm that I engaged in wouldn't end my life. But I was at the time experiencing symptoms that resembled dying. The inability to swallow. Restlessness. Difficulty breathing. As my panic attack continued on, I saw a vision of 24 years of life cut short. A eulogy being told, a family member weeping, a casket sinking into the ground.

As this was playing out in my head, another thought popped up? All this over a simple mistake at work? It seems completely unreasonable in hindsight, but it was the fight or flight response that had taken over my physiological reaction to the events that happened beforehand. I wanted to be dead, but I didn't want to die. I wanted to flee from the situation I was in. I embarrassed myself, my coworkers, and potentially the customers who were there at the time.

The job itself wasn't a bad job. I felt like my coworkers and managers were supportive, and they had your back, even when shit hit the fan. We laughed at our silly little jokes, talked about our special interests at length, and since this was a food service job, we of course gossiped about customers who bitched and moaned when their food or drink came out a second too late. I was known as the girl at work who had a weird laugh, drew pictures to hang up on our wall, and gave everyone a nickname from a pun based on their name.

But my coworkers also saw a different side of me. They saw the eyes that were once a beacon of light suddenly become dull and soulless. They saw a side of me that was once laughing so hard that I was almost in tears, to only exchange it for a different type of tears that showed hopelessness and the disappearance of any will to live. They saw the side of me that wanted to die.

Many seem to believe that talking about suicide will increase one's risk of actually committing it, but that could be further from the truth. According to the Mayo Clinic, having open conversations about suicide has the opposite effect of actually reducing it, rather than increasing it. People who are open about their suicidal ideation are more likely to seek help, rather than prevent themselves from not getting the help they need. That has been the case for me.

Funny enough, a teacher from my high school was there who witnessed part of my anxiety attack. She was one of the very few teachers at my high school who was there and willing to listen to me. High school wasn't a walk in the park either, since that was my first time actually feeling suicidal, and eventually ending up inpatient at a psychiatric hospital.

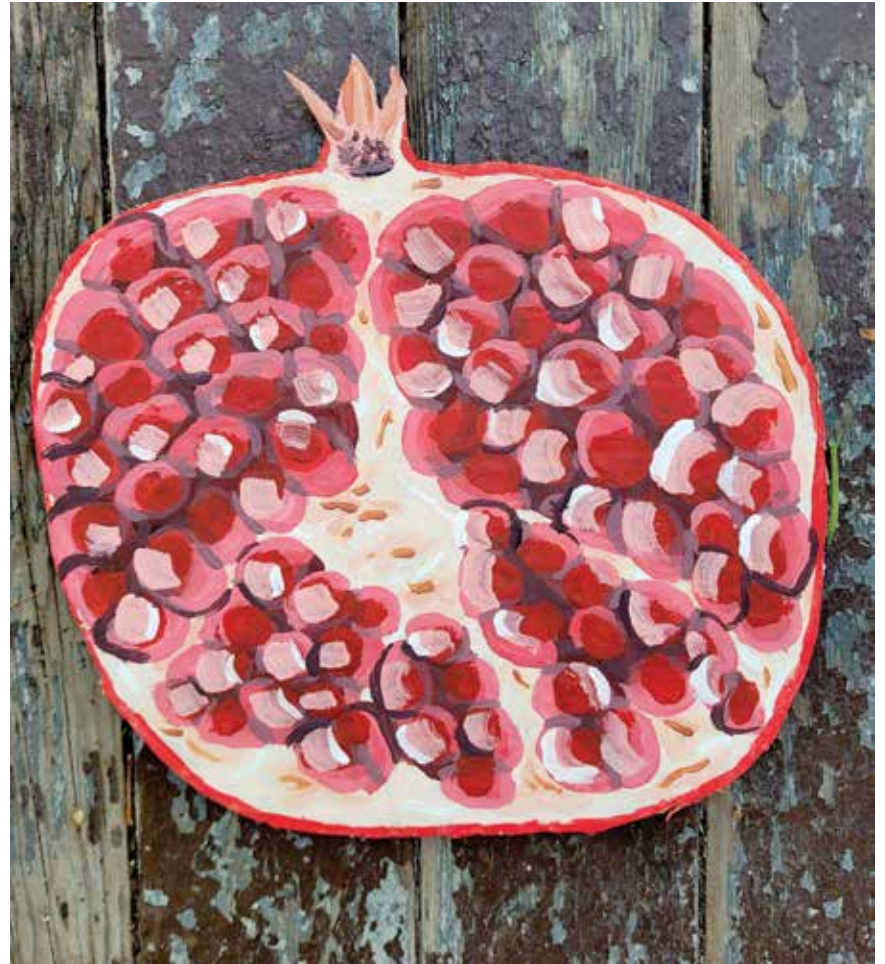
I am not bluffing when I say that psychiatric hospitals are almost identical to prisons. There is very little to no privacy, including no locks on bathroom and bedroom doors, and cameras watching your every move 24/7. Dr. Bruce Schwartz of the American Psychiatric Association (APA) has stated that psychiatric hospitals in America are "buying the same furniture and plumbing fixtures as prisons and jails."

Fortunately enough, the hospital I was staying at allowed us to wear our own clothes that we brought from home. However, there was one caveat; no strings on anything, including hoodies, pants, and shoes. They also take your belongings, and no cell phone usage was allowed your entire inpatient stay. Family members were allowed to visit, however they only got a one hour visiting window.

Some, but not all of the staff at this hospital were not the most helpful when it came to helping children and teens. In group therapy, some of us were shamed about our past trauma, and even being gaslit to think that we were the ones causing problems. There were times where you could see other patients visibly getting angry and upset by the way some of the therapists talked down to us. I even got so upset with the way one therapist was belittling me during a therapy session that I had to walk out and go back to my room. There were also times where we got a CBT workbook shoved in our face to do, and we would get punished based on a point system if we didn't do it. The point system was 1-4, with 1 being the lowest and 4 being the highest. If you were at a 1, you pretty had no privileges, with 4 being the most amount of privileges.

There have also been complaints about this specific hospital being transphobic to its trans patients, and looking the other way towards those who were dealing with substance abuse issues. It doesn't surprise me, since things such as racism, sexism, homophobia, transphobia, classism, and even ableism are prevalent in healthcare, thus making it harder for marginalized groups to seek out the help they need.

I never expected that day to have an anxiety attack. I never expected one of my former high school teachers to be there to witness me have a panic attack. I never expected a diagnosis of anxiety and depression only at the age of 17. I never expected



Pomagranite. What it symbolizes. - life & regeneration (greek myth of persephone's abduction), - prosperity (feng shui). Some say mood or mental health.

that the world could be so cruel and unforgiving, since these were not the morals that we were taught from our parents and teachers.

But I never expected to meet the people that I have met in my 24 years of life. I want to thank Vince, the editor of Riverwest Currents for giving me the opportunity to write about my experience with this heavy topic. I want to thank two of my coworkers, Maren and Zane, from my previous job for being there for me and for being amazing friends. And I want to give a big thank you

to my best friend, Elizabeth, for being one of the few people who truly understands what it's like to be sinking to the lowest of the lows, and to be there for the highest of highs. Thank you all for being there for me. Without you all, I am not sure if I would still be roaming here on this planet still.

With writing this article, I realize that not everyone has the family or friends to support them, so I wanted to provide some resources for those of you reading who are in a difficult situation:

Mental Health Emergency Center
1525 N 12th St
Milwaukee, WI 53205
(414) 966-3030

Access Clinic South
1635 W National Ave
Milwaukee, WI 53204
(414) 257-7665

Access Clinic East
210 W Capitol Dr
Milwaukee, WI 53212
(414) 257-7665

Access Clinic North
8200 W Silver Spring Dr
Milwaukee, WI 53218
(414) 257-5190

MCFI Behavioral Health Crisis Resource Center (South Side)
2057 S 14th St
Milwaukee, WI 53204
(414) 643-8778

MCFI Behavioral Health Crisis Resource Center (North Side)
5049 W Villard Ave
Milwaukee, WI 53218
(414) 539-4024

Milwaukee Mental Health Clinic
1919 W North Ave, Suite 200
Milwaukee, WI 53205



In a *Barbie* World

by Cooper Warner

Why Barbie is worth your attention

The opening scene of *Barbie* directed by Greta Gerwig (see *Lady Bird* and *Little Women*) is reminiscent of *2001: A Space Odyssey*, in a vast and desolate landscape little girls play inattentively with the only toy available to them—baby dolls. Then, as if from the heavens, a giant doll in a black and white swimsuit and large gold earrings descends. The girls begin smashing their porcelain babies, tossing bottles into the air, kicking over rocking chairs. Barbie opens up the world to these little girls—now they can play doctor, astronaut, and CEO, not just mom.

Stereotypical Barbie (expertly played by Margot Robbie) shows us around the pink feast for the eyes that is Barbieland, a place where female inequality has been solved. Trouble comes when Barbie starts malfunctioning. She sets off on an adventure to the real world of Los Angeles to find the human that's been playing with her and make things right. Her boyfriend-not-boyfriend Ken (Ryan Gosling) joins and

discovers that the real world has a fun thing called 'patriarchy.' Barbie has a run in with Mattel corporate—twenty men in suits who claim to care deeply about the dreams of young girls—and while she handles that, Ken transforms Barbieland for the worse with his newfound patriarchy knowledge. When Barbie returns, she must hatch a plan to save the city.

It sounds deeply unserious and to an extent it is. The silliness (which will have you laughing out loud) is a good counterbalance to the deeper cultural commentary of the film. At one point Ken tries to get a corporate job in the real world and is denied because of a lack of qualifications (apparently Kens don't go to college). He asks the manager if they do patriarchy there. "We do," the man replies, "we just hide it better now." Cue laughter. It's funny because it's true.

In her speech about the impossibility of meeting all the varied and paradoxical cultural expectations of womanhood, Barbie's human counterpart Gloria (America Ferrera) says, "I'm just tired of watching myself and every single other woman tie

themselves into knots so that people will like us." I'm pretty sure I heard some snuffles and cheers at this part in the theater. It's poignant because it's true.

The film has grossed 1.2 billion worldwide, breaking the record for a female director. Beyond the pink, plastics, and fun, the cultural phenomenon and box office success of *Barbie* says a lot. Women want movies reflective of their experiences. We want to laugh, cry and commiserate over what it feels like to be us.

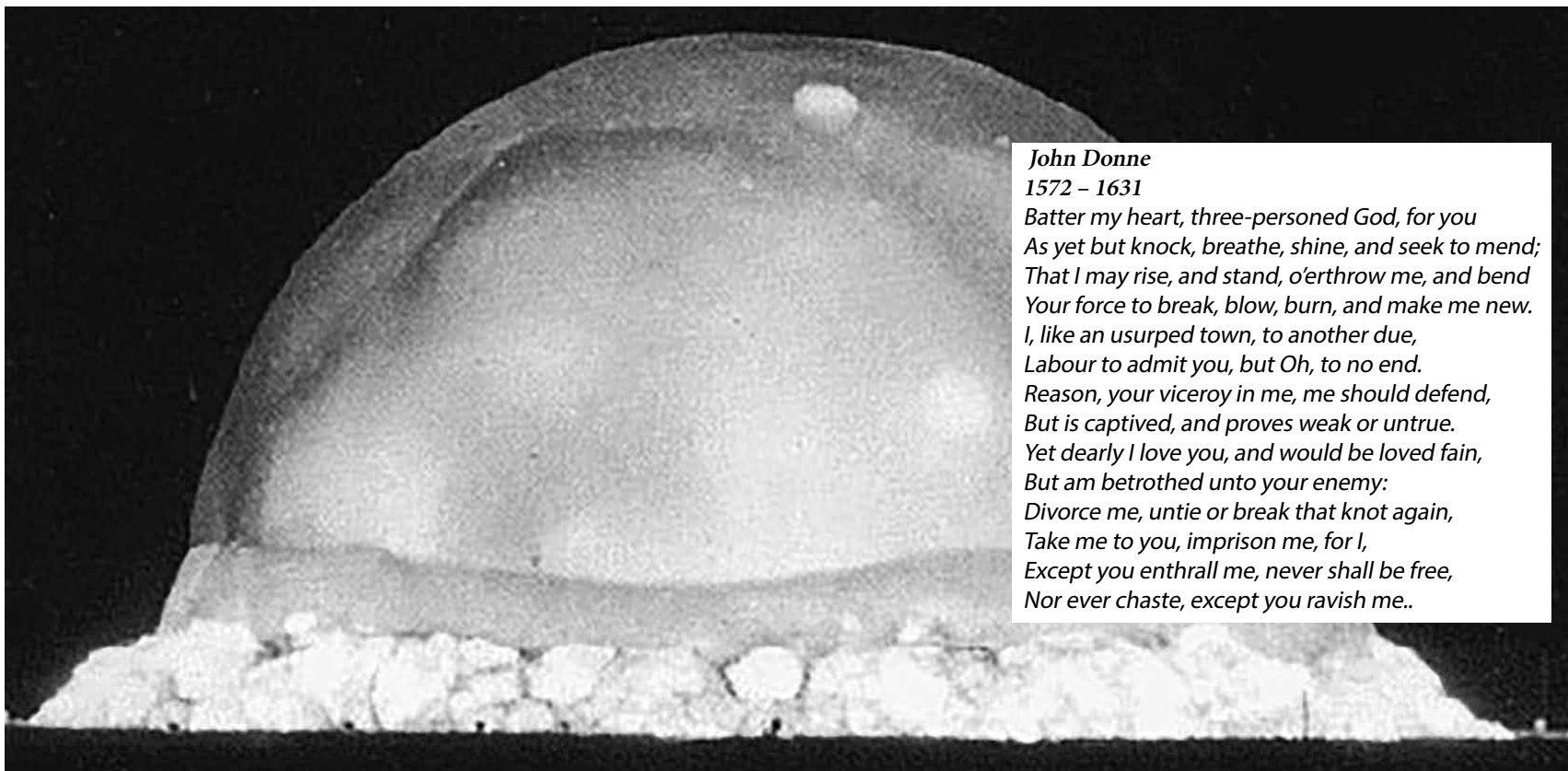
Barbie isn't perfect. Well, the plastic doll might be, not the movie. But I liked it. I liked it because it was thoughtful, both visually and topically, over-the-top (there is more than one choreographed dance number), and as my two examples demonstrate— it hits home for a lot of ladies out there. Our world doesn't look like Barbieland, but that doesn't mean it can't or shouldn't.

Welcome Cooper Warner, a new writer.



Online selfie—definitely not Cooper.





John Donne
1572 – 1631

Batter my heart, three-personed God, for you
As yet but knock, breathe, shine, and seek to mend;
That I may rise, and stand, o'erthrow me, and bend
Your force to break, blow, burn, and make me new.
I, like an usurped town, to another due,
Labour to admit you, but Oh, to no end.
Reason, your viceroy in me, me should defend,
But is captived, and proves weak or untrue.
Yet dearly I love you, and would be loved fain,
But am betrothed unto your enemy:
Divorce me, untie or break that knot again,
Take me to you, imprison me, for I,
Except you enthrall me, never shall be free,
Nor ever chaste, except you ravish me..

OPPENHEIMER: THE MOVIE - 2023 - DIRECTOR CHRISTOPHER NOLAHN *The world goes MAD.*

The TRINITY TEST. The photo above was taken approximately one tenth of a second after detonation. Time lapse cameras were used by the a US government to record the event. Color film was not developed adequately to create a lasting image. Color movies of the event have all deteriorated. The only color photo of the explosion that exists was taken by an bystander, it too shows signs of age. Robert Oppenheimer was inspired by John Donne's poem above. "Better my heart, three-personed God", as the code name for the first A-bomb test.

by Vince Bushell

Oppenheimer is a movie about the man, his thoughts, his feelings, his life.

There are lots of characters in this story. It is 3 hours long. I was dozing off once and a while. I may watch it again. But not soon. I first want to digest what I did see and compare it to what I knew before going into the theater. What I knew about the Trinity Test and the characters who did the work and celebrated the success of their work. And more important, the things that happened after the test.

It was known Germany in 1939 was aware of the possibility of a nuclear weapon, a bomb. A big bomb. And the physicists in the U.S. knew of the horrors and evil of Hitler and the Nazis in Europe. It was believed that Hitler would not hesitate to use a new weapon regardless of the damage and human suffering it would cause.

Hitler was the impetus to build the bomb. This was the rationale used to justify the cost and effort despite the risk to humanity such a bomb would bring.

But by the time the bomb was ready, Germany was defeated. And for what purpose was this super weapon to be used now that its reason for being was void?

What about Japan? We were still at war with the Japanese. Some of the physicists had doubts about using the weapon against helpless cities. Some politicians and some physicists wanted to move ahead. Roosevelt was dead and Truman was the decider. Along with military leaders and some scientists.

Oppenheimer found himself kicked out of the nuclear club he had organized and nurtured into existence. His patriotism was put in doubt.

Edward Teller stepped forward to lead the way with new evil enemies to thwart. The bomb was used on Japan and the creators cheered and then paused. What had they wrought? How do scientists measure their moral responsibility for their discoveries.

Oppenheimer was known as the father of the atom bomb. Teller, who testified against Oppenheimer at a government inquiry, talked of the new demon. The Soviet Union and their scientists. Teller knew there could be a bigger bomb. The Hydrogen Bomb. Teller became the father of the H-bomb without any apologies about its creation. The goal was to be a step ahead of the Soviets and Communism.

How accurate the movie's depiction of Oppenheimer's state of mind after being denied access to nuclear secrets as being judged untrustworthy and unpatriotic to his country, is questionable. But the movie successfully creates an atmosphere of the time in history when the atom was split and the incredible power that heats the sun was brought to the earth and released.

Oppenheimer the movie is an excellent depiction of the times that changed our world forever and of the characters that filled the roles that made it happen.

I was born after the bombs were dropped. But I have lived in the shadow of the terror.

Atom bombs begat H-bombs and ICBMs, rockets to carry the weapons to the enemy's cities in minutes. The theory of protection became MAD, Mutually Assured Destruction. If you dare - you too will die in the all consuming fire. This has worked for a while. But the technology has spread and more countries have the bomb.

Would a terrorist use one to prove a point? The terror has subsided as MAD has seemed to work in preventing an all out nuclear war or even to use such a bomb on a city again. But now the Soviet Union has collapsed and Russia has feinted as a new threat. Putin hints he could use nukes if he is thwarted in his attack on Ukraine. The terror has risen again.

Oppenheimer tells how we got here but not how to put the genie back in the bottle.

Notes on Nukes

I often look toward the sun and feel its rays striking my face. Then I look at a tomato plant or a tree, and see a bird flitting about and a butterfly too. And I think all energy on earth comes from the sun. Except.

Except vapors and lava coming from the earth's core. And maybe some gravitational kinetic effects from the moon, earth, and sun.

And except that which we extract from splitting the atom. Peacefully in reactors or the only use as a weapon on two cities in Japan - the atomic bomb.

And most horribly from fusing atoms in hydrogen bombs.

Maybe some day from fusing atoms peacefully as another source of generating electricity. And we save the earth from global warming

In the movie (1951 check) - "The Day the Earth Stood Still", the robot stands his ground. The alien warns the worlds leader that the Robot is self contained and has the power to destroy the earth if we do not come together in peace. And that he, the alien cannot stop the Robot. Shall the Robots save us?

Einstein, Teller

Edward Teller quotes Einstein, (1939),
"This is the first time we will get energy directly from the atomic nucleus rather than from the sun which got it from the atomic nucleus." from a video

Tellers quote is the first step that culminated in the Trinity Test in 1945, three years before I was born. Einstein agreed to write a letter to Roosevelt to begin the Manhattan Project. This heralded the beginning of the nuclear age.

Post the bombs success, we lived in a bubble of fear of nuclear annihilation. I remember playing outside on a sunny warm day in Racine. And what we called, Air Raid Sirens would go off. Was this the end? At the age of 8 or so, vaporized by a nuke? Or was it a test?

Bombers were replaced by missiles on land and in submarines. Nukes got bigger or smaller as needed. The Soviet Union and the United States made some minimal agreements about MAD and arms agreements and testing.

Tension lowered. Eventually the Berlin Wall came down. Soviet Union downsized and is now Russia again.

Air Raid Sirens became dangerous weather sirens for now.

All the while the earth heats up as CO2 percentage rises in the atmosphere. Climate change is championed or ignored depending on your political leanings.



Gordon Park Friends
serve the community through inclusive
engagement in recreational activities
and stewardship of natural beauty.



Center Street Daze 2023



Running the Green



Zahner & 2 Brostoff's



Shawnette--Miss Congeniality

Riverworks in the Community with Ruth Weill

Summer season is winding down, but there are still plenty of outdoor events and celebrations. Riverworks is activating space, celebrating creativity, and providing access to locally grown food.

Music on the Beerline

In its 5th year, Riverworks is proud to host another series of great music at the Beerline Plaza located at 3350 N Holton Street. There will be something for everyone, including awesome local music, food, and family friendly activities. On Friday, September 15, we'll be showcasing the Salsabrositas Dancers and Browns Crew.

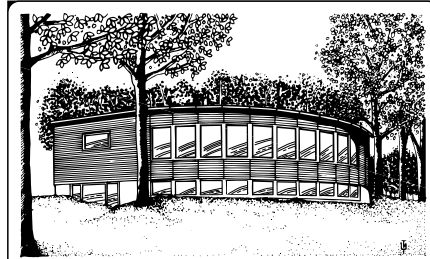
Beerline Shuffle

Save the date: Saturday, October 7, 10am. The Third Annual will take you along the Beerline Trail while learning about the art and culture that bridges the 53212. Hear from various mural and sculpture artists, participate in fun activities, and stay for a celebration. The event starts and ends at the Beerline Plaza located at 3350 N Holton Street.

For more information about Beerline Trail or Shuffle, please visit BeerlineTrailMKE.org.

The Riverwest Farmers Market

The Riverwest Farmers Market is in full swing every Sunday through the end of October, from 10am-3pm, on the 2700 block of North Pierce Street (between Center and Hadley Streets). Shoppers can find locally grown produce, flowers, bakery, prepared foods, eggs, meats, coffee, kombucha, cheese, sauces, marinades, pickled veggies, jams, honey, ice cream, popsicles, body products, art, jewelry, apparel, dog treats and so much more. EBT/Market Match and WIC accepted. Please visit riverwestmarket.com or <https://www.facebook.com/RiverwestMarket> for more information.



Milwaukee Friends Meeting (Quakers)

- Simplicity • Peace • Integrity
- Community • Equality
- Sustainability

Sunday Worship

Children's Program
Childcare

10:15 to 11:15 am

Meeting in person and virtually.

3224 N Gordon Place
(Take Auer east from Humboldt)

Tel. 414-263-2111

www.milwaukeequakers.org



Neighborhood Clean Ups

We all know teamwork makes the dream work. Please join us on Thursday, August 31 from 5:30-7pm as we clean up the neighborhood. Pickers, buckets, bags, and gloves will be provided. We'll even have a few snacks. Meet at the southeast corner of Booth and Locust.

Gordon Park Friends

The Friends group meets every third Tuesday at 6pm at the Gordon Park Pavilion. Sometimes there is music outside on the patio to enjoy. Currently in a campaign to plant 20 shade trees, the group is partnering with Milwaukee County Parks. Each tree is \$500 and they're already over halfway there. For more information, please visit gordonparkfriends.org.

SEE PAGE 10 PICS OF NEW TREE

1 FRIDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
ART*BAR Exhibit opening, 7pm: The Martini Girls Present ,, Off-Kilter, a new gallery show! Runs through Oct. 2
BREMEN CAFÉ Drumbalaya
INSPIRATION STUDIOS, 1500 S 73rd Street Voices Found Repertory presents RICHARD II (7:30pm)
INSPIRATION STUDIOS, 1500 S 73rd Street Penny Conaty EXHIBIT: Visions of Nature (until September 24)
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. First Friday! Drum Circle hosted by Dr. Colleen Galambos
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am
LAKESHORE STATE PARK, 500 N Harbor Dr Golden Rule Peace Boat. Boat visits by the public at Discovery World, noon-4pm.
LINNEMAN'S The Trusty Knife Vinyl re-release party w/Spidora, Delicious Monsters. 8-11pm, \$10
MAD PLANET Friday Night Retro Dance Party w/DJ Paul H, 9pm, \$7
MIRAMAR THEATRE #1 College Party ft. Billy Nasser
MITCHELL STARTS, 710 Historic Mitchell St Qwerty Quarterly Issue 2 release party w/DJs Katie Rose & Christopher Brooks, 6-9pm
OLD GERMAN BEER HALL, 1009 N Old World Third Street (MLK Drive) The Squeezettes, 7-10pm
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); African Dance w/ Roxanna and Yaya (6-7:15pm)
RIVERWEST YOGASHALA Yoga All Levels w/Tracey 9am
SHANK HALL The Ocean Blue, The Hang Ups

2 SATURDAY

BLACK HUSKY BREWING Milwaukee's Worst Brewery Tour, 12:30 pm.
BREMEN CAFÉ Cocoa Perlesque
COMPANY BREWING 1984 - New Wave, Post-Punk, Goth, Alternative dance party w/DJs Mosh Wah & Sage Schwarm. 9pm
FALCON BOWL Falcon Party - details coming soon! Check falconbowlmke.com or their FB page falconbowlmke
FONDY FARMERS MARKET, 2200 W Fond du Lac 7am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
INSPIRATION STUDIOS, 1500 S 73rd Street Voices Found Repertory presents RICHARD II (7:30pm)
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church parking lot -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am
LAKESHORE STATE PARK, 500 N Harbor Dr Golden Rule Peace Boat. Boat visits/tours, 2-5pm. Music produced by Flagship Wisconsin with folksingers David HB Drake, Rick Fitzgerald, John Higgins, and Others. Light snacks will be available. Attendees are encouraged to bring lawn chairs.
LINNEMAN'S The Best Westerns with Eddie Rivers. 8pm, \$10
MAD PLANET Non-Pop! DJs, live art, henna, visuals. Non-profit support goes to The Leukemia & Lymphoma Society. Starts 9pm
MIRAMAR THEATRE The Globe Reunion Show
SHANK HALL The Late Nites, Hanna Simone
STAND FOR PEACE at Lincoln Memorial & Michigan Av Noon until 1pm. We'll stand in support of the Vets for Peace Golden Rule Peace Boat and the abolition of nuclear weapons. (The Peace Boat will be at Lakeshore State Park August 30-September 5.)

3 SUNDAY

BREMEN CAFÉ Bingo w/Tony 6-8:30pm. Then music from Badtz-Maru, Habitat for Insanity
FALCON BOWL Service Industry Sundays, 6-11pm. \$2 games, \$2 shoes, \$2 Tallboys
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
INSPIRATION STUDIOS, 1500 S 73rd Street Voices Found Repertory presents RICHARD II (2pm)
LAKESHORE STATE PARK, 500 N Harbor Dr Golden Rule Peace Boat visits and tours, 1-4pm
PINK HOUSE STUDIO Dance in Kern Park, 11am-12:30pm. Meet near the tennis court.
RIVERWEST FARMERS MARKET On 2700 blk of N. Pierce Street, between Center and Hadley. 10am-3pm.
RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey. 10:30-11:45am
UPTOWNER Alex Wilson Blues Band 3pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga on the Terrace, 8:30 - 9:30 a.m. FREE. \$10 recommended donation. Reserve a spot at villaterrace.org.
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Café Sopra Mare, 10:30 a.m. - 12:30 p.m. FREE live music, pastries and coffee in the courtyard. Donations welcome. Learn more at villaterrace.org.

4 MONDAY - LABOR DAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/ Ouzman
COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm
LAKESHORE STATE PARK, 500 N Harbor Dr Golden Rule Peace Boat visits and tours, 1-5pm
PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/ Sarah (6-7:15pm)
RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm
RIVERWEST YOGASHALA Iyengar Yoga Studentship w/Tracey 7:30-8:30pm
SHANK HALL Saving Abel
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Friends of Villa Terrace Monarch Release and Celebration, 2-4pm. Free event. Must have a ticket. Get yours at friendsofvillaterrace.org.

5 TUESDAY

BLACK HUSKY BREWING Milwaukee's Worst Trivia, 7pm. At least there's beer to help you through it and you have a chance to win a \$10, \$20 or \$30 gift card!
BREMEN CAFÉ Karaoke w/Trixy Mercury
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church INDOORS -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm
MIRAMAR THEATRE R&B Tuesday. 21+. 9pm
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)
RIVERWEST ELDERS on the radio (WXRW riverwestradio.com 104.1 FM) Karen Beaumont: A World of Music (World-Music with poetry), 7pm or stream any time
UPTOWNER Dave Bayles Trio 7-9pm

6 WEDNESDAY

BLACK HUSKY BREWING Valley Fox, 6:30-8:30pm (every first Wednesday)
BREMEN CAFÉ Trivia 6:30pm. Then music: Alex Stromski, Daniel James, Logan Stan, Luke Time & Frankie
LINNEMAN'S Acoustic Open Stage -- Doors, 7pm. Sign-up, 7:30pm. Show starts at 8pm. Featured performer: Globe
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)

RIVERWEST YOGASHALA Yoga Basics w/Haley 6-7pm
WOODLAND PATTERN *in person* Reading Group: Ping Pong Book Club, 6pm

7 THURSDAY

bar centro Ben Sidran Trio, 8-10:30pm, \$25
BREMEN CAFÉ OTR Melly
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. Vince Bushell of the Riverwest Currents: September '23 Issue
PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm
RIVERWEST YOGASHALA Gentle, Healing, Supportive Yoga w/Tracey, 7:30-8:45pm
SHANK HALL Gabe Stillman
TWO BAR (718 E Burleigh) Speed Vibing, 8pm
WOODLAND PATTERN *online* Poetry Reading: African Poetry Book Fund. 7pm. Attend via Zoom (see how on Woodland-Pattern.org). \$Give what you can.

8 FRIDAY

710 W HISTORIC MITCHELL ST Nitelite: an immersive outdoor arts & lights festival. 5-10:30pm. Free and family-friendly.
ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BACK ROOM @Colectivo/Prospect The Astronomers w/special guests Jady, Emmett Mulrooney
BREMEN CAFÉ Social Suspect, 9pm. Gentleman Speaker, 10pm. North Warren, 11pm.
CENTENNIAL PLAZA, 7525 W Greenfield Av, West Allis Art On The Plaza VI, 5-8pm. Featuring multiple artists, food trucks, and live entertainment by Cache MKE (Latin band)
INSPIRATION STUDIOS, 1500 S 73rd Street Art On The Plaza VI, 5-8pm. At Centennial Plaza, 7525 W. Greenfield Ave, West Allis
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. DIY Day Bring your own creative project, or use our materials.
LINNEMAN'S Deadelijk, doors 6:30, show 7:30, \$10
MAD PLANET Friday Night Retro Dance Party w/DJ Don Black, 9pm, \$7
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); African Dance w/ Roxanna and Yaya (6-7:15pm); Ecstatic Dance w/live DJ (7:30-9:45pm);
RIVERWEST YOGASHALA Yoga All Levels w/Tracey 9am
SHANK HALL Zoltan Kaszas
WOODLAND PATTERN *hybrid* Poetry Reading: Kati Katchever and Liat Mayer, 7pm, \$Give What You Can

9 SATURDAY

710 W HISTORIC MITCHELL ST Nitelite: an immersive outdoor arts & lights festival. 5-10:30pm. Free and family-friendly.
ART*BAR The Great Riverwest Rummage Sale & Flea Market! Outdoors, centered at Burleigh & Fratney Streets. 9am-5pm.
BLACK HUSKY BREWING Milwaukee's Worst Brewery Tour, 12:30 pm.
BREMEN CAFÉ Bremen Bazaar, 12-7pm. Later, BremSin w/ The Brewcity Bombshells
FONDY FARMERS MARKET, 2200 W Fond du Lac 7am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church parking lot -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am

LINNEMAN'S The Swivels, The Breadmen. 8pm. \$10
MAD PLANET The North 41 w/Modern Joey and DJ Megadon
PINK HOUSE STUDIO Martial Arts w/ Samual, 3-4:15pm
RIVERWEST YOGASHALA Mat Pilates w/Christine, 11-11:50am
SHANK HALL Zoltan Kaszas
STAND FOR PEACE at Lake Drive & Silver Spring Join with Peace Action of Wisconsin in our 20th year of standing for peace, noon until 1pm

10 SUNDAY

BREMEN CAFÉ Bingo w/ Tony 6-8:30pm. Then music from GlassReel, 9pm and Venturer, 10pm.
FALCON BOWL Service Industry Sundays, 6-11pm. \$2 games, \$2 shoes, \$2 Tallboys
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
LINNEMAN'S Ya Ya Biggs release show, 7-9pm, \$10
PINK HOUSE STUDIO Dance in Kern Park, 11am-12:30pm. Meet near the tennis court.
RIVERWEST FARMERS MARKET On 2700 blk of N. Pierce Street, between Center and Hadley. 10am-3pm.
RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey. 10:30-11:45am
UPTOWNER Alex Wilson Blues Band 3pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga on the Terrace, 8:30 - 9:30 a.m. FREE. \$10 recommended donation. Reserve a spot at villaterrace.org.
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Café Sopra Mare, 10:30 a.m. - 12:30 p.m. FREE live music, pastries and coffee in the courtyard. Donations welcome. Learn more at villaterrace.org.

11 MONDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/ Ouzman
COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm
LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Nicholas Ravnika
PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/ Sarah (6-7:15pm)
RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm
RIVERWEST YOGASHALA Iyengar Yoga Studentship w/Tracey 7:30-8:30pm

12 TUESDAY

BACK ROOM @Colectivo/Prospect Chris Pureka w/special guest Kym Register
BLACK HUSKY BREWING Milwaukee's Worst Trivia, 7pm. At least there's beer to help you through it and you have a chance to win a \$10, \$20 or \$30 gift card!
BREMEN CAFÉ Pinball Tourney 6pm; later, Karaoke w/Trixy Mercury
BREMEN CAFÉ Karaoke w/Trixy Mercury
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church INDOORS -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm
MIRAMAR THEATRE R&B Tuesday. 21+. 9pm
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)
RIVERWEST ELDERS on the radio (WXRW riverwestradio.com 104.1 FM) Local Current Events Spotlight Interview with Melissa Bollow Tempel, Waukesha School Teacher. (Airs at 7pm, or stream any time)
SHANK HALL The Young Dubliners
UPTOWNER Dave Bayles Trio 7-9pm

13 WEDNESDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BLACK HUSKY BREWING Traditional Irish Music Jam Session, 6:30-9pm (every second Wednesday)
BREMEN CAFÉ Trivia 6:30pm. Salad Cook Off, 9pm-11pm
COMPANY BREWING Deaf Trivia with the return of Quizmaster Chris Rawlings, 7pm
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)
RIVERWEST YOGASHALA Yoga Basics w/Haley 6-7pm
WOODLAND PATTERN *online* Readshop: The Holy Forest, collected poems of Robin Blaser. 6-7:15pm. \$Give what you can

14 THURSDAY

BACK ROOM @Colectivo/Prospect Spafford
BREMEN CAFÉ Vegaz
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. Local Artist Spotlight on Gregory Martens, House of RAD
PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm
RIVERWEST YOGASHALA Gentle, Healing, Supportive Yoga w/Tracey, 7:30-8:45pm
SHANK HALL Carolyn Wonderland
TWO BAR (718 E Burleigh) Speed Vibing, 8pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, After Hours Tour of "Supernova" 6-7pm. Free tour with \$7 champagne pour (free for museum members). Reserve your ticket at villaterrace.org.

15 FRIDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BACK ROOM @Colectivo/Prospect Spafford
BEERLINE PLAZA, 3350 N Holton Music on the Beerline: 6pm start. Featuring Salsabrositas Dancers and Browns Crew
BREMEN CAFÉ Passion Park Experience
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. DIY Friday! Bring your own creative project, or use our materials
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am
MAD PLANET Friday Night Retro Dance Party with DJs Mosh Wah and Sage Schwarm, 9pm, \$7
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); African Dance w/ Roxanna and Yaya (6-7:15pm)
RIVERWEST YOGASHALA Yoga All Levels w/Tracey 9am
RIVERWEST YOGASHALA Community Art Night, 5pm
SHANK HALL Iain Matthews
WOODLAND PATTERN *offsite* Let Niedecker be Your Guide to Wintergreen Ridge: "Where the arrows of the road signs lead us". A group from Woodland Pattern will take an anniversary exploration to Door County, tracing the route that Lorine Niedecker took with Al Millen in 1966, with stops at sites relevant to Niedecker's poem, "Wintergreen Ridge." For more information, or if you might like to join us, email Mike Wendt at michaelw@woodlandpattern.org.

16 SATURDAY

BLACK HUSKY BREWING Milwaukee's Worst Brewery Tour, 12:30 pm.
BREMEN CAFÉ Atheists & Airplanes, Genau, Romantic Assassins
FALCON BOWL The Fellow Kinsman, doors at 7pm, music at 8pm

FONDY FARMERS MARKET, 2200 W Fond du Lac 7am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church parking lot -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am
LINNEMAN'S MKE Music Night LVIII -- Latin Night! Lost Mitoterros, Pulpa de Guayabab, Camino Astral, Death is a Business, 7-11:30pm, \$15
MAD PLANET Beyonce vs Rihanna Dance Party
MILLER HIGH LIFE THEATER, 500 W Kilbourn Gracias Christmas Cantata, 7pm
MIRAMAR THEATRE Champagne Drip
PINK HOUSE STUDIO Martial Arts w/ Samual, 3-4:15pm // Chant & song event, 7-9pm
RIVERWEST YOGASHALA Mat Pilates w/Christine, 11-11:50am
SHANK HALL Bridging The Music Presents: Milwaukee miniFEST
STAND FOR PEACE at 43rd & Forest Home Join with Peace Action of Wisconsin in our 20th year of standing for peace, noon until 1pm

17 SUNDAY

BACK ROOM @Colectivo/Prospect Whitehall w/special guests Emmett Mulrooney, Keystones
BREMEN CAFÉ Bingo with Tony, 6-8:30pm. Music later: 7000Apart (9pm); Eric Hagen (10:30pm)
FALCON BOWL Service Industry Sundays, 6-11pm. \$2 games, \$2 shoes, \$2 Tallboys
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
INSPIRATION STUDIOS, 1500 S 73rd Street Acrylics Painting Party #73 (2pm)
LINNEMAN'S Sam Knutson release show, with special guests Ethan Keller and Luke Cerny. 4-6:30pm. \$10
PINK HOUSE STUDIO Dance in Kern Park, 11am-12:30pm. Meet near the tennis court.
RIVERWEST FARMERS MARKET On 2700 blk of N. Pierce Street, between Center and Hadley. 10am-3pm.
RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey. 10:30-11:45am
UPTOWNER Alex Wilson Blues Band 3pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga on the Terrace, 8:30 - 9:30 a.m. FREE. \$10 recommended donation. Reserve a spot at villaterrace.org.
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Café Sopra Mare, 10:30 a.m. - 12:30 p.m. FREE live music, pastries and coffee in the courtyard. Donations welcome. Learn more at villaterrace.org.
WOODLAND PATTERN *hybrid* Poetry Reading: Kate Colby and Chuck Stebelton. 2pm, \$Give what you can.

18 MONDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/ Parker
COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm
FRIENDS MEETINGHOUSE, 3224 N Gordon Place Meditation for Everyone -- Inner Transformation. With modern Buddhist Monk Gen Kelsang Dorje. 6:30-8pm. Drop-in or sign up in advance at meditationinmilwaukee.org. All welcome. \$10
LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Carol Hale
PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/ Sarah (6-7:15pm)
RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm
RIVERWEST YOGASHALA Iyengar Yoga Studentship w/Tracey 7:30-8:30pm
SHANK HALL Califone, The Setting

19 TUESDAY

BLACK HUSKY BREWING Milwaukee's Worst Trivia, 7pm. At least there's beer to help you through it and you have a chance to win a \$10, \$20 or \$30 gift card!
BREMEN CAFÉ Karaoke w/Trixy Mercury
GORDON PARK PAVILION Gordon Park Friends meeting, 6pm
GORDON PARK PAVILION, 2828 N Humboldt Friends of Gordon Park monthly (3rd Tuesday) meeting, 6pm. Kickoff event w/ food, drink, and silent auction fundraiser. More info at Friends of Gordon Park -- Facebook page
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church INDOORS -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm
MIRAMAR THEATRE R&B Tuesday. 21+. 9pm
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)
RIVERWEST ELDERS on the radio (WXRW riverwestradio.com 104.1 FM) "The A.M. Book Report" on avoiding mind control. Airt at 7pm or you can stream it.
UPTOWNER Dave Bayles Trio 7-9pm

20 WEDNESDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BACK ROOM @Colectivo/Prospect Malinda w/special guest Lizzie Weber
BLACK HUSKY BREWING Ernie & Jordan of Chicken Wire Empire. 6:30pm. (every third Wednesday)
BREMEN CAFÉ Trivia, 6:30pm
LINNEMAN'S Acoustic Open Stage -- Doors, 7pm. Sign-up, 7:30pm. Show starts at 8pm. Featured performer: John Gorman
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)
RIVERWEST YOGASHALA Yoga Basics w/Haley 6-7pm
SHANK HALL Peelande-Z, Dog Party
WOODLAND PATTERN *in person* Reading Group: Ping Pong Book Club, 6pm

21 THURSDAY

BACK ROOM @ Colectivo/Prospect Jake Miller
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. Learn book binding with local DIY guy, Michael Zeidler
PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm
RIVERWEST YOGASHALA Gentle, Healing, Supportive Yoga w/Tracey, 7:30-8:45pm
SCHLITZAUDUBON NATURE CTR, 1111 N Brown Deer Rd Flight Night! 6-9pm. An evening of birds and brews. Taste craft beers while meeting birds of prey (owls, falcons, hawks and even a Bald Eagle). Help support the Raptor Program. Tix \$65 (beer tasting) or \$35 (non alcohol).
SHANK HALL Zepparella
TWO BAR (718 E Burleigh) Speed Vibing, 8pm
WOODLAND PATTERN *hybrid* Concert: Formations Series for New & Improvised Music, 7pm, \$10

22 FRIDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BACK ROOM @ Colectivo/Prospect Kuinka
BREMEN CAFÉ Wylie Jacobs 9pm, Scout 10pm, Hemlock Chaser 11pm, Constant Headache 12pm

JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., OWL Field Trip

-- celebrate Center Street entrepreneurs! Meet at Jazz Gallery by 1:15pm, please.
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am
LINNEMAN'S 5pm to Nowhere w/Lobi, Emmett Mulrooney, 8-11pm, \$10
MAD PLANET Friday Night Retro Dance Party w/DJ Don Black, 9pm, \$7
MIRAMAR THEATRE Kursa
OPE!TOBERFEST Three days of fun and lots of everyone's favorite seasonal beer. Daily Activities: Hammerschlagen, Stein Holding Competitions, Polka Dancing. Ope Brewing Co, 6751 W National Av, West Allis
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); African Dance w/ Roxanna and Yaya (6-7:15pm)
RIVERWEST YOGASHALA Yoga All Levels w/Tracey 9am
SHANK HALL Erin Viancourt

23 SATURDAY

BLACK HUSKY BREWING Milwaukee's Worst Brewery Tour, 12:30 pm.
CHARLES ALLIS ART MUSEUM, 1801 N Prospect Av, Doors Open MKE 10am-5pm. Learn more at historicmilwaukee.org.
FALCON BOWL Brew City Bombshells
FONDY FARMERS MARKET, 2200 W Fond du Lac 7am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
INSPIRATION STUDIOS, 1500 S 73rd Street Broadway Bound WI Crafting for Young People, 8am-4pm
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church parking lot -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am
LINNEMAN'S The Nile Club, North Warren, Friendly Spectres, Oh Well OK. 8-11pm, \$10
MAD PLANET Nineties by Nature!
MIRAMAR THEATRE Noizu
OPE!TOBERFEST Three days of fun and lots of everyone's favorite seasonal beer. Daily Activities: Hammerschlagen, Stein Holding Competitions, Polka Dancing. Ope Brewing Co, 6751 W National Av, West Allis
PINK HOUSE STUDIO Martial Arts w/ Samual, 3-4:15pm
RIVERWEST YOGASHALA Mat Pilates w/Christine, 11-11:50am
RIVERWEST YOGASHALA Yoga Workshop: Breaking Down Downward Dog (2-4pm)
SHANK HALL The Steepwater Band
STAND FOR PEACE at Teutonia & Capitol Drive Join with Peace Action of Wisconsin in our 20th year of standing for peace, noon until 1pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Doors Open MKE 10am-2pm. Learn more at historicmilwaukee.org.
WOODLAND PATTERN *in person* Community: Doors Open Milwaukee

24 SUNDAY

BREMEN CAFÉ Bingo w/ Tony 6-8:30pm. Music later: Arp, As Oak, Glenn Widdicomb, Lakewaves Trio
CHARLES ALLIS ART MUSEUM, 1801 N Prospect Av, Doors Open MKE 10am-5pm. Learn more at historicmilwaukee.org.
FALCON BOWL Service Industry Sundays, 6-11pm. \$2 games, \$2 shoes, \$2 Tallboys
FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
OPE!TOBERFEST Three days of fun and lots of everyone's favorite seasonal beer. Daily Activities: Hammerschlagen, Stein Holding Competitions, Polka Dancing. Ope Brewing Co, 6751 W National Av, West Allis
PINK HOUSE STUDIO Dance in Kern Park, 11am-12:30pm. Meet near the tennis court.
RIVERWEST FARMERS MARKET On 2700 blk of N. Pierce Street, between Center and Hadley. 10am-3pm.

RIVERWEST YOGASHALA Yoga Foundations, all levels w/Tracey. 10:30-11:45am
UPTOWNER Alex Wilson Blues Band 3pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Guided Yoga on the Terrace, 8:30 - 9:30 a.m. FREE. \$10 recommended donation. Reserve a spot at villaterrace.org.
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Café Sopra Mare, 10:30 a.m. - 12:30 p.m. FREE live music, pastries and coffee in the courtyard. Donations welcome. Learn more at villaterrace.org.
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Doors Open MKE 10am-2pm. Learn more at historicmilwaukee.org.
WOODLAND PATTERN *hybrid* Concert: Alternating Currents Live presents Silvia Bolognesi Italian Trio featuring Nick Mazarella. 7pm, \$15 general admission, \$13 member admission
WOODLAND PATTERN *in person* Community: Doors Open Milwaukee

25 MONDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BREMEN CAFÉ Comedy Open Mic, 8pm. Then Music Open Mic w/ Phil
COMPANY BREWING Wisconsin's Hardest Trivia, 7-10pm
FRIENDS MEETINGHOUSE, 3224 N Gordon Place Meditation for Everyone -- Inner Transformation. With modern Buddhist Monk Gen Kelsang Dorje. 6:30-8pm. Drop-in or sign up in advance at meditationinmilwaukee.org. All welcome. \$10
LINNEMAN'S Poet's Monday! Doors 7pm, performances start 7:30pm. \$3 cover. Featured poet: Jeanie Dean
PINK HOUSE STUDIO Super Gentle Yoga w/Sarah (9:30-10:30am); Yoga w/ Sarah (6-7:15pm)
RIVERWEST YOGASHALA Yoga Foundations w/Tracey 6-7:15pm
RIVERWEST YOGASHALA Iyengar Yoga Studentship w/Tracey 7:30-8:30pm
VILLA TERRACE ART MUSEUM, 2220 N Terrace Av, Friends of Villa Terrace Hooked on Rugs Show and Online Auction 9am-5pm. Learn more at friendsofvillaterrace.org.

26 TUESDAY

BLACK HUSKY BREWING Milwaukee's Worst Trivia, 7pm. At least there's beer to help you through it and you have a chance to win a \$10, \$20 or \$30 gift card!
BREMEN CAFÉ Karaoke w/Trixy Mercury
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church INDOORS -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 2:30 or 3:30 - 6:30pm
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church INDOORS -- 4-6pm. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
MIRAMAR THEATRE R&B Tuesday. 21+. 9pm
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); Keep It Simple Yoga (6pm)
RIVERWEST ELDERS on the radio (WXRW riverwestradio.com 104.1 FM) Karen Beaumont: The Tarot. (education, inspirational quotes, and music). Airt at 7pm or you can stream it any time.
SHANK HALL Uncle Lucius
UPTOWNER Dave Bayles Trio 7-9pm

27 WEDNESDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
LINNEMAN'S Acoustic Open Stage -- Doors, 7pm. Sign-up, 7:30pm. Show starts at 8pm. Featured performer: Mike Fredrickson
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15-10:30am); Yoga w/ Kat (11am-Noon)
RIVERWEST YOGASHALA Yoga Basics w/Haley 6-7pm

WOODLAND PATTERN *online* Readshop: The Holy Forest, collected poems of Robin Blaser. 6-7:15pm. \$Give what you can

28 THURSDAY

FONDY FARMERS MARKET, 2200 W Fond du Lac 9am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St., Riverwest Elders OWL (Older. Wiser. Local.) in-person gathering, 1-4pm. Zen-Tangle art workshop led by Amy Schmutte.
PINK HOUSE STUDIO Dharma Recovery Meditation group, 6:30-8pm
RIVERWEST YOGASHALA Gentle, Healing, Supportive Yoga w/Tracey, 7:30-8:45pm
SHANK HALL Agent Orange, Spice Pistols
TWO BAR (718 E Burleigh) Speed Vibing, 8pm

29 FRIDAY

ALL PEOPLES GATHERING CHURCH, 2600 N 2nd Food distribution in our garden. Free produce, dairy and much more. Noon-4pm (or whenever food runs out)
BACK ROOM @ Colectivo/Prospect Mapache
BREMEN CAFÉ Moscow Puzzles, Shoobie
JAZZ GALLERY CENTER FOR THE ARTS, 926 E. Center St.,
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food sort hours: 8:30-10:30am
LINNEMAN'S Man Random w/Buena Cara, Los Rotundos, Courtesy, 8pm, \$10
MAD PLANET Friday Night Retro Dance Party with DJs Mosh Wah and Sage Schwarm, 9pm, \$7
PINK HOUSE STUDIO GIA Grace in Action 4 Everybody (9:15am); African Dance w/ Roxanna and Yaya (6-7:15pm)
RIVERWEST YOGASHALA Yoga All Levels w/Tracey 9am
SHANK HALL Coco Montoya
WOODLAND PATTERN *in person* Open Mic: resound return. (Last Friday of every month) 7pm. \$Give What You Can.

30 SATURDAY

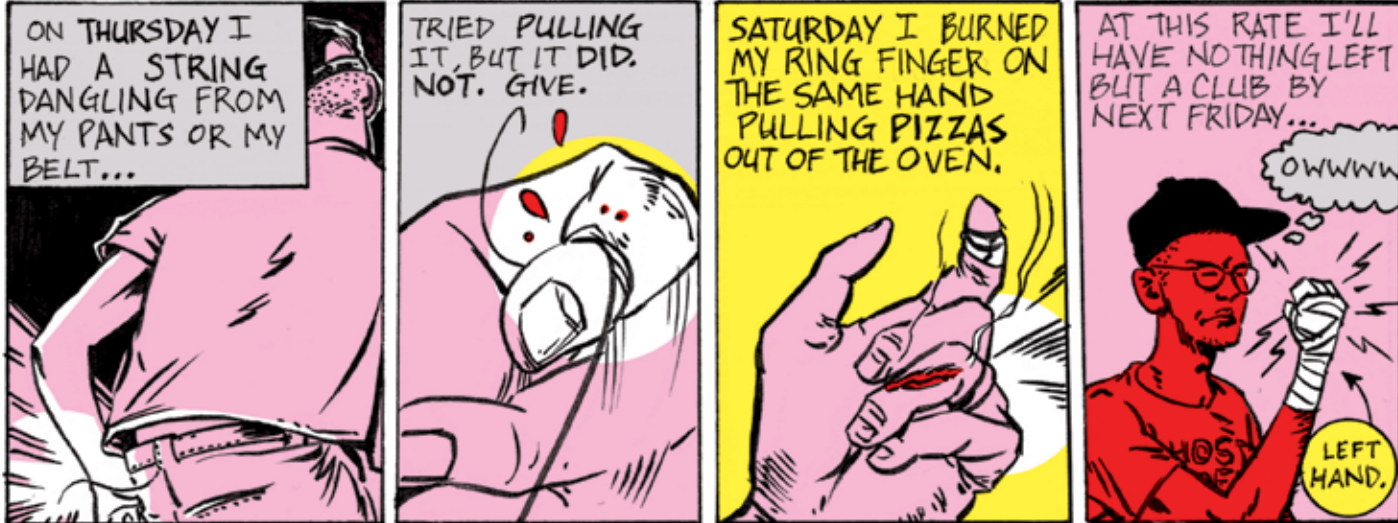
BACK ROOM @ Colectivo/Prospect Jesse Jo Stark w/special guest Rachel Bobbitt
BLACK HUSKY BREWING Milwaukee's Worst Brewery Tour, 12:30 pm.
ESTABROOK OKTOBERFEST, 4400 N Estabrook Dr, Shorewood The Squeezettes, 1-4pm
FONDY FARMERS MARKET, 2200 W Fond du Lac 7am-2pm. Fondy proudly accepts SNAP benefits, WIC and Senior Farmers Market Nutrition Program Vouchers.
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Food Distribution at St. Casimir's Church parking lot -- 8:30-10:30am. Proudly serving the 53212, 53211, 53217, 53202, and 53203 zip codes!
KINSHIP COMMUNITY FOOD CENTER, 924 E Clarke Volunteer food distribution hours: 7:30-11:30am
LINNEMAN'S Bruce Humphries & the Rockabilly Rebels vinyl album release show, with special guest The Rock-A-Dials, 8-11:30pm, \$10
MAD PLANET Depeche Mode vs New Order vs Duran Duran Dance Party
MIRAMAR THEATRE Resonant Language
PINK HOUSE STUDIO Martial Arts w/ Samual, 3-4:15pm
RIVERWEST YOGASHALA Mat Pilates w/Christine, 11-11:50am
SHANK HALL In The Flesh (Pink Floyd tribute)
STAND FOR PEACE at Lincoln Memorial & Lafayette Hill Join with Peace Action of Wisconsin in our 20th year of standing for peace, noon until 1pm. (This is one of the Peace in Ukraine Global Days of Action events.)

CURRENTS COMIX PAGE!

FACEBOOK.COM / CURRENTS COMICS PAGE

THIS WEEK IN ENTROPY!

D. BEYER JR.



SUNNY brains lance Orr



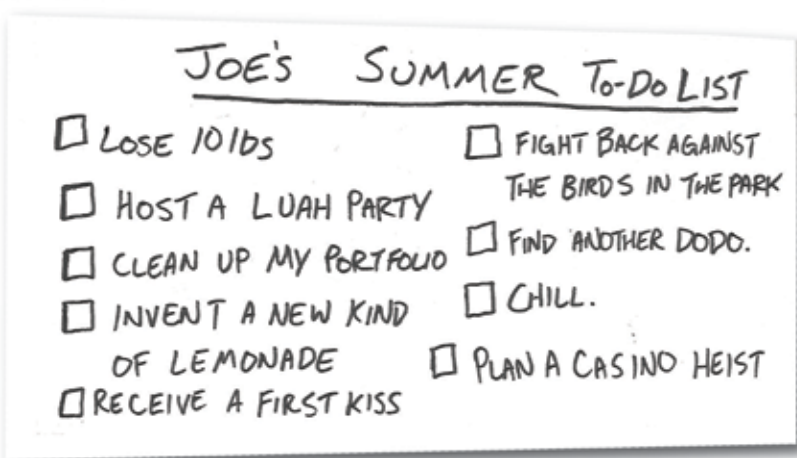
ANGRY KAT: ZOMBIE PROTOCOL

by Luther Hall



The Dodo

Andrew Megow



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EMMA SOUTHARD



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