

PORTLAND ANCHOR

"Louisville's Oldest Neighborhood Newspaper"

Vol. 46, No. 4

April, 2018

Love City Re-Opens a newly renovated Mackin Gym

Submitted by Inga Arvin

Saturday March 17 – Portland, Kentucky. On Saturday Love City held a grand re-opening to celebrate the completion of renovations on the Mackin Gym. The gym had been completely updated from top to bottom with new paint, six new basketball goals, and a refinished and newly painted gym floor. The celebration included a ribbon cutting featuring the founders of Love City, Shawn and Inga Arvin, and Louisville Mayor Greg Fischer. Mayor Fischer was joined by a descendent of Father William P. Mackin for whom the Mackin gym was named, Carol Mackin Fulkerson, youth from Love City, and Council Women Cheri Bryant Hamilton and Barbara Sexton Smith in cutting the ribbon.

A highlight of the event was a basketball game between the Louisville Metro Police Department and some of the high school players for Love City. LMPD won the game but the Love City players played a good match putting the LMPD team through their paces. Half time featured a dance performance by the Love City Mackinettes Girls Club.

Many from the neighborhood and also those who enjoyed playing in the Mackin gym when they were young turned out for the re-opening celebration. Love City Founder Shawn Arvin spoke to the crowd assembled for the ribbon cutting saying, "We are so honored to have so many of our neighbors come out to celebrate this day together, with a special thanks to the many that have called this gym home over the years."

Love City announced new open gym times during the event with each age range getting time in the gym throughout the week. The full open gym schedule is listed below.

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Ribbon Cutting from Left to Right Councilwoman Cheri Bryant Hamilton, Councilwoman Barbara Sexton Smith, Love City Co-founder Inga Arvin, LGE Representative Jeff Oeswein, Descendent of Father William P. Mackin Carol Mackin Fulkerson, Mayor Greg Fischer, Love City Basketball Player Bradley Logsdon.



Gov. Bevin and Dan Caudill at West Louisville Business Roundtable along with Pres. Trumps new Urban Poverty Team members and Terry Gill, Jr., Sec. KY Cabinet Economic Director, back right — March 7, 2018 at Caudill Seed Company.

Shippingport: West Louisville Business Roundtable with Gov. Matt Bevin

Submitted by Jim Curts, jim@wallacestudio.com

Pres. Trumps new Urban Poverty Team, Louisville Metro, West Louisville Business Leaders, Community residents, and Non-Government Organizations met at Caudill Seed Company in Portland on March 7, 2018.

The roundtable was divided in two parts, part one to address issues, questions, and concerns of residents and N.G.O.s after a planned intermission. Part two would address the core purpose of West Louisville Business Development. However, Part One ran through the intermission and into the Part Two schedule, becoming at times confrontational. Definitely not the best day for understanding and constructive dialogued by all parties. It is really unfortunate since all could miss opportunities for a better urban community by working as a solidarity and taking full advantage of all resources and opportunities that are actually available NOW.

This article intent is to review and address the core purpose of the West Louisville Business Roundtable. Shippingport Centre Business Association members Dan Caudill and Carl Gering, SCBA Treasurer of Caudill Seed and OneWest, have worked for months in arranging a working relationship with the Governor's Office to help in creating a West Louisville Enterprise Zone to address and create business opportunities in jobs, housing, medical, energy, education and culture.

Gov. Bevin began by sharing his experience. Moving to Louisville over 20 years ago, he was cautioned by co-workers never go West of 9th Street. There is nothing good there, and they were serious. Shocked, he questioned why and began a 2-decade quest to understand poverty, cause and effect in the urban core, visiting and working West Louisville often. He watched first hand a clearly visible continued slide ever deeper in to poverty, violence, drugs, and despair with little prayer or hope for a better life. Gov. Bevin chose West Louisville over all other well qualified poverty areas in Kentucky that qualify for President Trump's new National Diversity Coalition Urban team, many that voted for him. West Louisville did not. Experience, and research make West Louisville the very best choice for an urban social and culture shift that is happening nationally and globally. Because this thinking is so forward and visionary, it is nearly impossible to fully explain

(Continued on Page 16)

Deadline for Next Issue: APRIL 20

Look For Your Next Issue: April 27 – May 2, 2018

Ashley Rodman House Bill 185

It has almost been a year since I started living my worst nightmare and I feel it is time to share my story. A few days after Nick died, I sat in a room with several people to go over my “benefits” after Nick was killed in the line of duty. One of the very last things I wanted to talk about, but at the same time understand why it was necessary. To make a long story short, me and my kids are receiving ZERO line of duty death benefits and my health insurance was cut off two days after Nick died.

There is a misconception that if an officer is killed in the line of duty that the officers family is “taken care” of and that is just not true. This not only affects me, but affects many other widows as well. In 2008 and 2013, the line of duty death benefit changed and there are many widows who are only receiving 25% of their spouses pay and drastically reduced health benefits. Some of these public safety officers make minimum wage in their communities, so they are making 25% of minimum wage, which puts them below the poverty line. These are families who lost their loved ones who were killed in the line of duty.

Over the last 11 months, we have been working together to create a bill that will

fix this- House Bill 185. Right now we need everyone’s support more than ever. This needs to be changed. Officers and all first responders put their life on the line everyday to protect this city. It is shameful and so disrespectful to my husband who not only sacrificed his life to protect this city, but did amazing things to make a difference in our community. It is time for everyone to be informed and to take action. Spread the word, share with anyone you know, but please also take action and call your Representative to support House Bill 185.

Email legislators at
<http://www.lrc.ky.gov/messages/mailform.aspx>

Call legislators at 1-800-372-7181
M-F 8am-4pm

<http://www.lrc.ky.gov/record/18RS/HB185.htm>

Note: Bill 185 to increase benefits to the spouses and children of those who are killed in the line of duty won final House passage on Monday, March 19, 2018. Now it moves on to the Kentucky Senate. It would increase benefits from the current 25 percent to 75 percent of the deceased individual’s pay, along with lifetime health insurance to the spouse, and their children up to the age of 18, or until they’re 22, if in college. It would also provide 10 percent benefits to each of the children, up to a maximum of 95 percent of the pay.

LMPD Moped’s and ATV’s

Officer Christina Beaven

I hope everyone is having a wonderful spring 2018!

I wanted to address the use of moped’s and ATV’s. We get many calls and complaints of people misusing the two and wanted to go over a few details.

If you are the guardian or parent of a child that has one of the two, please know that only a **licensed driver** may operate a moped. **At NO TIME** are ATV’s, dirt bikes or the such are allowed to be used on any public street, nor may they be used in the yard of a residence. This is for adult or children alike. So, to recap, there **should never** be an ATV, dirt bike or such in operation in the Portland neighborhood. Please know the impoundment fee’s for these vehicle when they are confiscated are steep, and we will confiscate these vehicles if used improperly.

A moped **should never** be used by an unlicensed driver. Not only can and will we take and impound the vehicle, but we have the discretion to charge the attending adult with allowing an unlicensed driver to operate a vehicle. We are receiving a high volume of complaints from reckless driver’s operating the above vehicles. To insure the safety of our resident’s in the Portland Neighborhood, we will take action.

We had a great time with Kroger on Bank Street this past month having our Pancakes with the Police event! This is a free event, and if you missed it, we have another scheduled on May 19th at the Kroger at 2710 W Broadway location from 9- 12 pm. We would love to see you!!!

Have a great Spring! As always, if you have questions, please feel free to call me at 502.574.7167 and ask for Officer Christina Beaven.

The Portland Anchor

P.O. Box 2108
Louisville, KY 40201-2108
775-6036

Published Monthly By
Anchor Publication, Inc.

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2018 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
May 2018	April 20	April 27 - May 2
June 2018	May 18	May 25 - May 30
July 20178	June 22	June 29 - July 4
August 2018	July 20	July 27 - August 1
September 2018	August 24	August 31 - September 5
October 2018	September 21	September 28 - October 3
November 2018	October 19	October 26 - October 31
December 2018	November 16	November 23 - November 28
January 2019	December 14	December 21 - December 29
February 2019	January 18	January 25 - January 30

WE ARE A CONTRIBUTOR’S PAPER AND WE WELCOME YOUR MAIL!

The Portland Anchor welcomes writing and photographs!

Please send them to:
The Portland Anchor
P.O. Box 2108
Louisville, KY 40201-2108

Include your name, signature, address, and phone number. We cannot print copy righted materials without proper release. All contributor writings that are published will carry the writer’s name.

READABLE: It is helpful if your writings are typewritten or printed clearly, with names correctly spelled. Remember someone has to be able to read what you have written.

PHOTOS: All photographs should have a name and address on the back, and should identify the subject in the picture. *Do not send laser print pictures, as they are usually of poor quality and won’t print well.* A self-addressed envelope should be included if you want the photo returned. **Please enclose \$10.00 for each photograph** you wish to have published. If payment isn’t received with pictures, they will not be published.

We reserve the right to edit, reject, or delay the publication of any written material or photographs.

The content of any article or ad is the responsibility and/or opinion of the writer of same, and is not necessarily the opinion of the Anchor and/or its staff.

Articles received after the **DEADLINE DATE**,
which is printed on the front page, will be held
for publication in the following month’s issue.

The Portland Anchor Subscription Form

☐ New Change of ☐ Name ☐ Address
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If renewal, please print exactly as it appears on mailing label, or remit label.

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Chit Chat

Information in Chit Chat is published **Free** as a service to Portland Anchor readers so that readers have a forum to announce important family events, and to express affection and love toward family, friends and neighbors. The Portland Anchor cannot verify the information published in 'Chit Chat', and assumes no responsibility for its truth or accuracy. **Photos cost \$10.00.** If you want photo returned, send a self addressed stamped envelope. **Do not send zerox or laser copies of photos.** Send original photo or save it to a disk or CD.

Chit Chat items must be no more than 100 words or less. No more than 10 items per person.
We reserve the right to edit or reject items that we feel are not appropriate for our publication.



Happy Easter!

Little Carmie here with my partner in crime, Grampa. I just turned 4 years old and Grampa's telling me about the time he was 4 years old! There's no way he can remember back that far, cause he's older than dirt! But I love him anyway. Now I got to get ready for the Easter Bunny! Happy Easter everybody. See ya in the field or on the water.

Happy Birthday

I'd like to wish my grandson, Danny Eddings a happy birthday on April 21st. He'll be happy that I'm thinking of him. He always thinks of me. He's a wonderful young man and I'm blessed to have him in my life. Danny, I love you very much. Love always, Granny, Jamesetta Eddings.

Get Well

To my sister Billie we are thinking of you and praying for you and we love you. We hope you get better soon. From Mutt and Ralph C. and Billie's kids too.

Personals

To my brothers and sisters I want to say hi and I love you all and miss you. From your sister Mutt.

To my husband Ralph C. I want you to know I love you and you are the best husband in the world. Love, Mutt.

Happy Anniversary

Happy Anniversary to Crystal & Ricky Lawrence on April 1st. It doesn't matter where you go in life or what you do, it's who you have beside you. Wishing you many blessings and an abundance of memorable moments to come. Congratulations on your married years! Much love, Christy.

"Porch Lights in Portland"

On my block on West Main Street, a few neighbors left their lights on all night and, guess what -- it caught on! Now about every third house leaves their light on!

And the cost? I figure a 60 watt equivalent compact fluorescent bulb (13 watt actual) costs about 1 penny a night in electricity. A small price to pay for the benefit!

So, if you would like to be part of this project to improve your block and our neighborhood, email me at watrousoffice@aol.com or call and leave a message at 776-7007 and give me your contact information.

Gary Watrous, Chairman
Portland Now Revitalization Committee

Save The Date

Submitted by Martha McCoy

Come join us for a special mass celebrating all the marriages that took place at Saint Anthony, Saint Cecilia or Our Lady's Church. We invite you to come and renew your vows or light a candle in memory of your loved one who has passed.

Where - Good Shepherd Church, 3511 Rudd Avenue, Louisville, KY 40212

When - Saturday, 6/23/18 at 4pm or Sunday, 6/24/18 at 11am

A reception will be held immediately following Sunday's Mass.

We are excited to hear all your stories - please bring pictures! Names of all our brides and grooms will be included in a program, so please contact Mary Jo McKinley at 502-749-9780 so we know you will be attending.

Grand Opening Porkland BBQ

Submitted by Inga Arvin

Louisville, KY - Love City, a non-profit with a passion for the Portland Neighborhood, will officially open Porkland BBQ on Wednesday March 28, 2018. Porkland will be a sit-down restaurant serving slow smoked BBQ, fried fish, fresh made sides, and homemade BBQ sauces.

All proceeds from Porkland BBQ will be used back in the community. Porkland will be open for dinner on Wednesday and Thursday and lunch and dinner on Friday and Saturday.

WHAT: Porkland Grand Opening

WHERE: 2519 St Cecilia St,
Portland, KY 40212

WHEN: Wednesday, March 28, 4-8pm

Holiday

Hairstyles & Tanning

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Owner Donna Wilson

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Wed. & Fri. - 9:00 am - 5:00 pm

Sat. 9:00 am - 3:00 pm

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Now Open! Mamas Kitchen

By Sherry Stewart

Home cookin' at its best! February 1st was the Grand Opening of Mamas Kitchen in Portland. It is located on North 26th Street, across from Shaheen's Department Store on Portland Avenue. It is a carry out restaurant.

Linda Herald is the proprietor of Mamas Kitchen, and we want to welcome her new restaurant to Portland. When you walk into the restaurant the aromas from all the food being prepared takes over your sense of smell, and you just want to try everything on the menu. It's hard to choose when everything smells so good.

Lunch and Dinner menus are available and some of the favorites are the Meatloaf and Pulled Pork, which are available as a sandwich or an entrée with/1 side, and cornbread. Pulled Chicken and Smothered Pork Chops, Chicken & Noodle Soup are also on the menu. You can have a Hot Dog, Chili Chz Dog or a Slaw Dog, all sound good. You can choose from sides: Green Beans, Mashed Potatoes, Mac N Chz, Coleslaw, Baked Beans or Corn. Or you can have a loaded Mac N Chz Bowl that has bacon in it.

For dessert you have to try the homemade Caramel Cake. Desserts will change from time to time. All drinks are \$1.00.

For now they are serving Fish and Shrimp on Fridays.

We are open Tuesday through Saturday 11am - 7 pm

You can call ahead for your order and it will be ready for pickup when you arrive at (502) 565-5760. Cash, Visa or MasterCard are accepted.



Pact Penny Sale Time! Mon. April 9 at 12 Noon

Portland Area Community Trust (PACT) Clothes/Food Pantry located at 3128 Portland Ave (old Kroger) is happy to announce our spring penny sale will be Monday, April 9 from 12 noon until 3pm. All clothing will be just a penny a piece! No limits! Come on out, bring a friend and your pennies.

Please note that there will be *no food* given out that day. But you are welcome to come back during the month of April for grocery needs. Our regular hours are Mondays from 1-3 and Thursdays 10-12.

Tell your neighbors and friends to come out on that day!

We will be happy to serve you and look forward to seeing you all Monday April 9.

BINGO

American Legion Shawnee Post #193

2800 W. Main St. ♦ 776-8596

NOW EVERY FRIDAY

at 7:30 p.m.

Doors Open at 5:30 p.m. Everyone Welcome!

We also have Hall Rentals for Birthdays, Weddings, etc.

- PUBLIC WELCOME -

LIC. #0372

Love City Re-Opens a newly renovated Mackin Gym

Mayor Addressing the Crowd, from left to right Love City Co-Founder Inga Arvin, Father Mackin descendent Carol Mackin Fulkerson, LGE Representative Jeff Oeswein, Love City Co-founder Shawn Arvin, Love City Player Deonte Johnson, Mayor Greg Fischer.



(Continued from Page 1)

Love City announced new open gym times during the event with each age range getting time in the gym throughout the week. The full open gym schedule is listed below.

Mackin Open Gym Schedule

Monday

3:00 – 4:30 ALL AGES Open Gym
4:30 – 6:00 ELEMENTARY Open Gym
6:00 – 7:00 HIGH SCHOOL Open Gym

Tuesday

3:00 – 4:30 ALL AGES Open Gym
4:30 – 6:00 MIDDLE SCHOOL Open Gym
6:00 – 7:00 HIGH SCHOOL Open Gym

Thursday

3:00 – 4:30 ALL AGES Open Gym
4:30 – 7:00 ELEMENTARY Open Gym

Friday

3:00 – 7:00 MIDDLE AND HIGH SCHOOL Open Gym



Team picture of Love City Team in Love City Shirts, and LMPD Team in LMPAC Shirts.

My Dog Eats First Waggle Wednesday Foodbank

The 2nd and 4th
Wednesday of Every Month
7 p.m. - 8 p.m.

2509 Portland Avenue

2 gallons of dog food, 1 gallon of cat food distributed per adult.
No grocery carts please.
Donations gladly accepted.



Luncheon and Card Party for a Cause

Sponsored by the Ladies of Good Shepherd

Tuesday, April 10, 2018

Doors open at 10:30 AM

Lehmann Hall, 3525 Rudd Ave.

Admission is \$6.00 per person and includes lunch and a door prize drawing ticket. Raffles, Split the Pot, Cake Wheel, lots of fun!
All are invited to attend!

50% of the proceeds will benefit

the Schuhmann Center

For reservations call 502-468-5328.

License #0032

EarthDay

Sunday, April 22, 2018

LOVE CITY

www.lovecityinc.org | 502-365-3917



**OPENING
MARCH 28**

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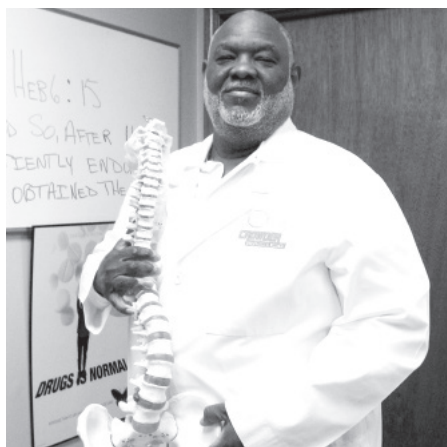
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Love City Yard Sale

APRIL 28 10 AM - 1 PM

St Cecilia Parking Lot

Love City Worship Night

APRIL 1 6PM

St Cecilia Church
Everyone is welcome at our
monthly worship nights.



St. Cecilia Church
338 N. 25th St.
Louisville, KY 40212

St. Cecilia Resurrection Hall
2519 St. Cecilia St.
Louisville, KY 40212

Mackin Gym
344 N. 26th St.
Louisville, KY 40212

Happy 125th Birthday Baptist Tabernacle!

We were blessed to be a part of the membership for the 100th anniversary, and are pleased and thankful the church has ministered another 25 years! Our time there was the solid foundation my husband, Doug Campbell, was afforded by God and the precious people there as the starting point for full-time ministry. We were loved, affirmed, and ministered to. Our hearts will always hold such precious memories of the fun, laughter, commitment and joy we experienced there. We also look forward to being reunited with some of the dear souls who have beaten us the Heaven! Praise God for what He is doing among the saints at Baptist Tabernacle! Janice and Doug Campbell

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(Behind Portland Elementary School)

776-7202

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Perms \$35.00
Color starts at \$25.00
Haircuts \$10.00
Wax \$5.00

Highlights start at
\$40.00

Lowest prices
in Portland!

What's happening at the Portland Museum?

Submitted by Maria McGary

Mark your calendars now for children's camps, upcoming events and free Saturdays at the Portland Museum!

Museum staff and volunteers have been busy, strengthening some of the things we've always done best, like our meaningful youth programs: Preservation Camp, Young Curators and iRead, by expanding the programs to include more children and engage the Portland community. We're also adding new things by building on some of our most obvious assets: Our extensive collection, historic Beech Grove facility, and Book Arts program.

We're pleased to announce our Second Saturdays – a day of free admission at the Museum with a free children's art activity on the second Saturday of each month, a Back Porch Music series for an afternoon of music in May and September, a youth and neighborhood-based docent training program focused on developing skills useful to the individual and the Museum. We are also excited to announce our Portland Treasures event and exhibits. This program includes an appraisal event at the museum, as well as monthly rotating exhibits of the treasures tucked away in attics and cupboards throughout the neighborhood.

The Portland Museum Board of Trustees is committed to maintaining the Portland Museum as an institution the Port-

land neighborhood and greater Louisville community can be proud of – a center celebrating history and the arts for everyone. We're looking forward to what's next and we hope you'll visit us in the coming months. We'd also love to hear from you. You can reach us at 776-7678 or pmuse@iglou.com.

Second Saturdays, **Free Admission** with a free children's art activity 12 noon to 4 p.m.

Saturday, April 14
Saturday, May 12
Saturday, June 9
Saturday, July 14
Saturday, August 11
Saturday, September 8
Saturday, October 13
Saturday, November 10
Saturday, December 8

Back Porch Music, Free Admission
(bring your lawn chair)
5 p.m. to 8 p.m.
Sunday, May 27
Saturday, September 29

For more information about iRead, Young Curators and Preservation Camps or for information about scholarships for camps, call 776-7678 or email pmuse@iglou.com.

Portland Festival Inc is hosting a contest for the 2018 T-shirt design and slogan!

Submitted by Mike Neagle

All designs must be black and white, incorporate an anchor, and the words "Portland Festival." They must not contain the year. You can do a design and a slogan, just a design, or just a slogan. Please submit these entries to: portlandfestivalinfo@gmail.com.

**All entries must be
received by April 15.**

The winning design will be on all of the shirts that are sold by us this year.

****all entries become property of Portland Festival Inc. once they are submitted****

Parade Theme

Last year we started a new tradition of having a theme for the parade. This year, we are asking for your input on what this year's theme should be. All ideas for a theme for the parade should be submitted to:

portlandfestivalinfo@gmail.com
no later than April 15, 2018

WE WELCOME NEW PATIENTS WE ACCEPT

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Broadway Dental Center

18th & Broadway

Above Dan's Pawn Shop

772-0296

Family Dentistry



Student Technology Leadership at Portland Elementary

By: Natalie Burt, Louisville, KY (Portland Elementary STLP)

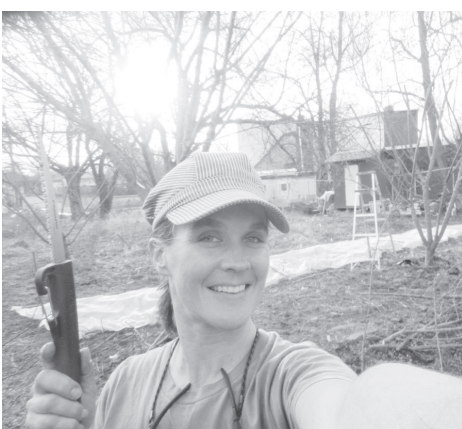
On Thursday, March 1, Portland Elementary hosted a family night. The theme was Dr. Seuss. The kids in STLP had their own booth called The Grinch’s Growing Station. First off, STLP stands for Student Technology Leadership Program. In STLP, members find ways to help out with a problem in the world or in the community. The main goal of Portland’s STLP this year was to end the food desert in the Portland community. A food desert is when there is not enough access to fresh fruits and vegetables in an area. The STLP team hopes people will learn how important fresh fruits and veggies are and why they need access to them.

First in the process, the STLP team had to buy the resources needed to plant the plants. Before they started the planting process, they had to choose jobs; then they began planting and caring for the plants. Additionally, they had to make brochures and gather information for their displays. The brochure was about what a food desert is and how people in the community need access to fresh fruits and vegetables. The brochure also had locations of different places citizens can go and find produce for their families in the Portland area. The students planned to present all of these items to the Portland community at the STLP station on family night.

At the station, visitors were first greeted by Nyla Patterson, a fifth grade student on the STLP team. “My favorite part of family night was handing out the samples and eating them all at the end,” she said. Then visitors got a sample and recipe cards from Kara Carwile, and after that they were given a plant and care sheet from Natalie Burt, followed by an informa- tional brochure at the end from Xavier Morris. “My favorite part was

when I got to help STLP with plants and other things, that was my favorite part,” he said. For the samples, the team had salsa with chips and veggies and a homemade ranch dip. There were also tiny tomatoes bruschetta and cucumber and cheese bruschetta. The most popular sample was the salsa. The team says they made this booth to give people more access to fresh fruits and veggies by giving them plants to start their own gardens and information about where to find produce in the community. The booth was successful, and STLP handed out around 30 plants.

Portland’s STLP team will be competing at the STLP state competition at Rupp Arena in Lexington on March 29th. If readers would like their own seedlings and recipe cards or a brochure about places to access fresh fruit and vegetables in the community, please contact the STLP coach Ashleigh Kraus at ashleigh.kraus@jefferson.kyschools.us or (502) 485-8313.



Spring Foraging at Lots of Food & Open Houses

Happy spring! Join me on **Sunday April 8** for Spring foraging workshops & open houses where I’ll have Lots of Food almonds and black walnuts for sale!

12:30-2pm - Open House:

come visit, see the orchard, or help transplant some plants? Packages of almonds and black walnuts will be on sale for \$5

2pm-4pm - Foraging workshop:

Find out what’s good to eat in your own backyard & around your neighborhood. We’ll identify and taste a variety of wild spring greens & edible flowers

Tickets for both workshops are on a sliding scale, \$10-\$30. Limited space available! Registration & more details, (and new photos) are at the Lots of Food website. (Email me if you’d rather pay by cash or check.)

<http://www.louisvillelotsoffood.com/>
Amanda Fuller - Lots of Food
located @1647 Portland Ave, 40203
www.louisvillelotsoffood.com
louisvillelotsoffood@gmail.com

Molly Leonard Portland Community Center
640 N. 27th Street - 776-0913
bestparkserver.com

Family Spring Fling
Saturday, April 14
Noon-4 p.m.
Join us for a day of **FREE** fun and games, prizes, food, vendors, Rec on the Go, nutrition education, free health screenings and more!

Brought to you by Kentucky State University, 4H, Northwest Neighborhood Place, and the JCPS Family Resource Youth Services Centers of Byck Elementary, Portland Elementary, Atkinson Elementary, Kammerer Middle, Western Middle, Ballard High, and Academy @ Shawnee schools.



BC Plumbing Co
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www.bcplumbing.net

Good Shepherd Catholic Parish

HALL RENTAL

Available to Rent for Clubs, Receptions & Reunions

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(502) 749-9780

goodshepherdchurch.us

Mamas Kitchen

CARRYOUT

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(502) 565-5760

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SANDWICHES
Meatloaf \$4.00
Pulled Pork \$4.00
Pulled Chicken \$4.00

SNACKS w/ 1 side
Meatloaf \$5.50
Pulled Pork \$5.50
Pulled Chicken \$5.50
Smothered Porkchop \$6.25

DESSERT
Caramel Cake

HOT DOGS
Hot Dog \$1.50
Chili Chz Dog \$3.00
Slaw Dog \$3.50

SIDES
Green Beans \$1.99
Mashed Potatoes \$1.99
Mac N Chz \$1.99
Coleslaw \$1.99
Baked Beans \$1.99
Corn \$1.99

DINNER w/ 2 side
Meatloaf \$7.00
Pulled Pork \$7.00
Pulled Chicken \$7.00
Smothered Porkchop \$7.75

Loaded Mac N Chz Bowl \$4.00



T'vonn Terry, Bella Slone, Leah Stewart

The Aquapunx Consortium

By: Bella Slone and Leah Stewart

Students at Western Middle School for the Arts are exploring a relatively new system for raising aquatic animals and fruits called aquaponics. They are doing this through the student technology leadership program (STLP), a program created by JCPS to improve individual capabilities of students. The students work hands on with this project giving ideas, setting goals, and experiencing the project first hand. The students have set a goal to combat food deserts. Food deserts are places with limited access to fresh foods. The students want to make sure everyone has access to fresh foods, they are using aquaponics as a way to solve this problem.

Aquaponics is a mix of aquaculture, raising aquatic animals, and hydroponics, growing plants in water. In November, the students developed their own system that they keep and maintain in the school. In their system they use fish such as minnows, they also use worms and clay pellets in this process to produce kale.

The students start this process by feeding potatoes, which they grew in their potato garden, to worms. The worms then reproduce and are fed to the fish. Then the fish produce waste that travels up a tube, with water, that leads to a media bed, filled with clay pellets. The clay pellets filter out bad bacteria, leaving only healthy fertilizer for the kale in the clay pellets. The water then travels back into the fish tank through a faucet, for the fish to reuse. This also allows the process to run continuously, and grow the plants, without waste.

Students are using this process to help people get fresh foods that are a necessity. They are spreading the word of aquaponics through Instagram, their account is @The_Aquapunx, they are also creating a website and a public service announcement. You can help their cause by sharing their website and Instagram. You could also create your own aquaponics farm. Support these students as they are growing greatness.

Portland Museum focuses on neighborhood treasures Portland Museum is pleased to announce it will host an:



Antique Appraisal Day
Sunday, June 3, 2018
12 noon to 4 p.m.
at the
Portland Museum
2308 Portland Avenue

Scott F. Nussbaum, a nationally recognized antiquarian and certified appraiser of antiques, fine art, and estate jewelry with over 45 years of experience, will expertly appraise your antiques, artwork, jewelry, and other family heirlooms. He is the former host of the *What's It Worth* appraisal show on WDRB and was a senior appraiser for 7 seasons of *Kentucky Collectibles* on KET. Mr. Nussbaum is the owner of Scott F. Nussbaum Antiques on Frankfort Avenue in Louisville, Kentucky.

Appraisals are \$10 per item or 3 for \$25. All proceeds will be contributed to the Portland Museum.

We are unable to accept large furniture, linens, 1960s - 2000s limited edition collectibles, coins, stamps, firearms made after 1918, books, or old letters. Items must be able to be carried into the Museum. Appraisals are verbal, non-binding, and not to be used for insurance purposes. Portland Museum is not responsible for appraisals.

The Portland Museum recently completed an Institute of Museum and Library Services grant to rehouse and reorganize the Museum's collections. Part of the Portland Museum's mission is to collect and preserve artifacts related to the history and culture of the Portland neighborhood. We take this mission very seriously and it was so much fun to see all the wonderful objects and photos that have been donated over the 39-year history of the Museum. They reflect the rich heritage of Portland.

In the process of managing the collection, we started thinking about all the treasures that are still in private hands. We thought it would be enlightening to give people a chance to see those old photos and artifacts. This led us to consider a series of rotating monthly exhibits to highlight those "treasures" and give their owners the opportunity to share them with Museum visitors.

If you have an old photo or artifact that you would like to **loan** to the Portland Museum for these **temporary** exhibits, please email Teresa Lee at tlee@iglou.com.



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Obituaries



Patricia A. Abell, 78, passed away Monday, February 19, 2018. She was an assembly line worker at Mother's Cookies. She is survived by her loving husband, William L. Abell Sr.; sons, William L. Abell Jr. (Kathy), Jerry L. Abell and Joseph B. Abell (Tammie); daughters, Karen A. Messick (Tubby) and Robin L. Higdon (Daryl); sister, Elizabeth Welch; 14 grandchildren; several great-grandchildren and great-great-grandchildren. Celebration of Life will be 2 p.m. Thursday, February 22, 2018 at J.B. Ratterman & Sons, 2114 W. Market St. with burial in Evergreen Cemetery. Visitation will be 11 a.m. until the time of service, Thursday.



A funeral service for **Gladys Mae Andrews**, 55, of Irvington, KY. will be held Friday, March 16 at 1 PM at Neurath & Schoppenhorst Funeral Home, 1832 W.

Market, Louisville, KY. Burial will follow in Evergreen Cemetery. Visitation will be Thursday from 10 AM – 8 PM and on Friday from 9 AM until the time of service at the funeral home. Gladys passed away March 11, 2018 surrounded by her family. Gladys was born March 30, 1962 in Louisville, KY. to William Proctor and Mary Metcalf. She is preceded in death by her father, William Proctor; her grandparents; her husband Alvin Andrews; and sister, Ruby Proctor. Survivors include her mother, Mary Metcalf; sisters, Ruth (Keith) Carwile and Mary Jane (Jamie) Denner; niece Brittane Carwile; nephew Blaze Denner; stepson William Andrews; and several extended family members and friends. You may share condolences with the family online at www.nsfuneralhome.com



A funeral service for **Annie B. Blaes**, 98, will be on Monday March 19 at 6 PM at Neurath & Schoppenhorst Funeral Home, 1832 W. Market St., Louisville, KY. Visitation will be from 4:30 PM until the time of service on Monday. Interment will be Wednesday at 3 PM in Sunset Memorial Gardens in Frankfort, KY. She passed away March 17, 2018. Annie was born September 20, 1919 in Franklin County, KY. She married J.W. "Jack" Blaes in 1965 and he precedes in her in death. She was a homemaker and a member of the Highlands Community Church. Survivors include her

son, Earl Blaes and his wife Brenda; daughter, Jeanie Spears and her husband Byron; daughter, Juanita Leksrisawat and her husband Satin; 10 grandchildren; and 13 great grandchildren. You may share condolences with the family online at www.nsfuneralhome.com

Loretta B. Brown, 86, of Louisville, KY passed away March 3, 2018 at Hoparus Inpatient Center. A Memorial Service will be held on Saturday March 17 at 5 PM at South Louisville Christian Church, 3845 Southern Pkwy, Louisville, KY 40214. Loretta was born June 10, 1931 in Louisville, KY to the late Thomas and Buna Jennings Harris. She is preceded in death by her husband, Garvin Brown, Jr.; and 2 sons, Stephen Brown and Frederick Brown. Survivors include sons, Jeffery Brown and Mark Brown; daughter, Laura Watkins; 9 grandchildren and 3 great grandchildren. Cremation was chosen and services were entrusted to Neurath & Schoppenhorst Funeral Home. You may share condolences online with the family at www.nsfuneralhome.com School. She is survived by her mother, Diana Raisor of Louisville; father, Chester Raisor of Louisville; brother, Brian Smith of Louisville; sister, Jennifer Raisor of Louisville; children, Sara Jewels, Kaleigh Rogers, and Brennon Rogers; and companion, Tom McElroy. Contributions can be made to the Portland Church of Christ. Envelopes will be available at the funeral home.

Thomas Dupin, 84, of Louisville, passed away on February 23, 2018. Thomas was born January 18, 1945 in Hardin County, Kentucky to the late Bill and Lucy Dupin. He was preceded in death by his parents; and siblings, Roy Dupin, Hazel Ziehn, Elsie Miller, William Dupin Jr.,

Eddie Dupin and Wilbert Gene Dupin. Survivors include his sister, Mildred Hosie; brother, Carl Dupin; and several nieces and nephews. Cremation services entrusted to Neurath & Schoppenhorst Funeral Home.



A funeral service for **Raymond H. Goodman**, 65, of Louisville KY will be 11 AM on Monday, March 5, 2018 at Neurath and Schoppenhorst Funeral Home, 1832 W. Market St. Louisville, KY. Visitation will be Sunday, March 4 from 12 – 6 PM and Monday from 9 – 11 AM at the funeral home. Raymond passed away on March 1, 2018. He was born on January 24, 1953 to Raymond Goodman and Frances Bratcher. He was a generous man, who loved his family. A loving and outgoing personality, he did his best to make those around him know that they mattered to him. He loved to fish, especially for largemouth bass. Old westerns were more likely to be on his television than lunch meat in his refrigerator. He will be missed by many. Raymond is preceded in death by his parents, Raymond Goodman and Frances Bratcher; and siblings, Frances Hagan and Greg Flener. Surviving Raymond is his wife, Ruth Ann Goodman; children, Matt Goodman (Teisha), Jason Goodman (Rebecca), and Mandy Clark (Chris); grandchildren, Destiny, Raymond Michael, Trina, Caleb, Ashley, and Amber Goodman, and Josiah and Macli Clark. To leave a condolence for the family, please visit www.nsfuneralhome.com

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8 AM - 5 PM Mon. - Fri.
8 AM - 3 PM Saturday



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Obituaries



Funeral service for **Clara Graham**, 86, of Louisville, KY will be held at 12 PM on Saturday, March 24, 2018 at Neurath & Schoppenhorst Funeral Home, 1832 W. Market St in Louisville, with burial to follow at St. Stephen Cemetery. Visitation will be held on Friday, March 23, from 3 to 8 PM at the funeral home. Clara passed away on March 20, 2018. She is preceded in death by her husband, William Alfred Graham; son, William Graham, Jr.; and her parents, Vernon and Lydia Martin. She is survived by her daughter, Libby Baze; brother, Carl Martin, Sr.; and numerous grandchildren and great-grandchildren.

Elnora Kay "Bucky" Jagers, 62, passed away Thursday, March 1, 2018. She worked as a Janitor for the City Of Louisville. She was preceded in death by her husband, Charles Harris; parents, Marlene Hudspeth and Stephan F. White; brother, Johnny White; sister, Juanita "Skeeter" Husband; aunt, Martha Scott. She is survived by her sons, John R. Jagers Jr. (Lynn) and Mark L. Jagers (Casey Jecker); daughters, Marlene Jagers (Bill Malone III), Candy L. Jagers (Joseph Thompson); Companion, Johnathan R. Jagers Sr.; sisters, Violet M. Simpson (Billy), Tammy A. Wright and Freida Hudspeth (Frankie); brother, Stephen "Stinky" White (Tammy) 1 10 grandchildren and many nieces and nephews. Celebration of Life will be 7 p.m. Monday, March 5, 2018 at J.B. Ratterman & Sons, 2114 W. Market Street, with burial in St. Stephens Cemetery. Visitation will be 3 p.m. until the time of service, Monday.

Michael "Tarzan" Lieras, 53, passed away Tuesday, March 6, 2018. He is survived by his son, Blake Lieras; sister, Aline M Spriggs (Barry); brothers, Nick and Donnie Lieras. Celebration of Life will be 5 p.m. Sunday, March 11, 2018 at J.B. Ratterman & Sons, 2114 W. Market Street. Visitation will be 3 p.m. until time of service, Sunday.

Deborah L. "Debby" Preston, 73, of Louisville, passed away Saturday March 10, 2018. Debby was a former employee of Annie's Pizza where she worked for 45 years. She is survived by sons, Robert Fitz (Becky), Randall Fits (Betty), Michael "Tony" Fitz (Sherry) and William "Doug" Fitz (Hope); daughter, Venitta Simmons; brother, Richard Preston; aunt, Edith Leet; 14 grandchildren; 14 great-grandchildren and many cousins also survive. Her celebration of life will be 3pm Wednesday at J.B. Ratterman & Sons, 2114 W. Market St. Visitation will be 12-3pm Wednesday.



Alichia Michelle Raisor, 33, of Louisville, passed away on February 20, 2018. A memorial service will be held at 6:00 PM on Wednesday, February 28, 2018 at Neurath & Schoppenhorst Funeral Home, 1832 W. Market Street, Louisville, KY. Visitation will be held from 10 AM to 8 PM on Wednesday at the funeral home. Alichia was a graduate of Henry County High School. She is survived by her mother, Diana Raisor of Louisville; father, Chester Raisor of Louisville; brother, Brian Smith of Louisville; sister, Jennifer Raisor of Louisville; children, Sara Jewels, Kaleigh Rogers, and Brennon Rogers; and companion, Tom McElroy. Contributions can be made to the Portland Church of Christ. Envelopes will be available at the funeral home.



Mary Elizabeth "Betty" Whobrey, 87, died peacefully on March 10, 2018 at Haven Hospice in Orange Park, FL. Betty and her twin brother, Bobby, were born on October 30, 1930 to Howard and Gladys Cain. She grew up in Portland and had fond memories of her life there. Betty liked to stay active and suffered from cabin fever in the winter time. She enjoyed bingo, playing cards, shopping, and going to the "boat" with her niece, Terri Cain, and friend, Nancy Holland. Although she hated flying, like most mothers, she put her fear aside and took trips with her kids to California, New York, and Florida. New technology was not her thing but in recent years she mastered Amazon shopping and liked reading about celebrities on her Kindle! She retired from Louisville Manufacturing. Betty will be lovingly remembered by her daughters, Leesa O'Leary (Tom) and Jana Whobrey; grandchildren Rob, Danny, Michael, and Michelle; brothers, Jim Cain (Sandy) and John Cain (Becky); and several nieces, nephews, and other relatives and friends. She was preceded in death by her parents, three brothers, a sister, and her son, Robert Ray. A memorial service will be held on Monday, March 26, 2018 at 1:30 PM at Neurath and Schoppenhorst Funeral Home, 1832 W. Market St. Visitation will be from 11 AM until time of service on Monday at the funeral home. A private committal service will follow in Cave Hill Cemetery. In lieu of flowers memorial contributions may be made in her name to Haven Development, 4200 NW 90th Blvd., Gainesville, FL 32606 or the Pulmonary Fibrosis Foundation, 320 E. Ohio St. Ste. 500, Chicago, IL 60611. You may share condolences with the family online at www.nsfuneralhome.com

Frances A. (Scherer) Wohner, 88, passed away Friday, March 2, 2018. She retired from Lorillard Tobacco Company. She was preceded in death by her parents, Carl Sr. and Marie Scherer; her sisters, Doris M. Inman and Marian S. Allen; brothers, Joseph C., Vernon L. and Carl W. Scherer Jr. She is survived by her daughter, Linda Leonard (Carl); son, James Edward Simmons; 4 grandchildren, Lesley Standafer, Lisa Mathis (Mike), Denise Beckner and Jacob Simmons (Elizabeth); 6 great-grandchildren; many nieces and nephews. A Memorial Service will be held at a later date. In lieu of flowers, expressions of sympathy may be made to the American Cancer Society of Louisville.



Lois Eileen Briick Woock, 91, died peacefully on March 15, 2018 in Louisville, Ky. Lois and her late husband of 63 years, Charles Raymond Woock, were proud residents of Louisville since 1947. Lois was born in Joliet, IL on March 14, 1927, a daughter to the late Margaret and Eugene Briick. She is survived by her sister, Mary-Jane Allard; two brothers, Leon Briick (Kathleen) and Gerry Briick (Terry). Lois was also a sister to the late Joan Klocke and Richard Briick. Lois and Ray were blessed with seven surviving sons, Rodger (Sandy), Timothy (Jan), Daniel (Cher), Stephen (Teresa), Robert (Cresside), Douglas, Kevin (Sabina), who returned the blessing with twenty one grandchildren and eighteen great-grandchildren. The family has embraced Lois and Ray's pioneering spirit by spreading to 13 states and several countries. Lois was also active in Recovery Incorporated of Kentucky (non-profit group therapy organization) and early childhood education programs. Lois and Ray were founding members of St. Leonard Parish and school and were honored by Trinity High School as Honorary Alumnus in 2003. They were enthusiastic supporters of the Trinity Shamrocks and UL Cardinal sports. Though diminutive in size, Lois will be remembered fondly for her boundless energy, strong will and unwavering commitment to family, friends, community, and her faith. Hers was a life well lived. Mass of Resurrection will be 11:30 a.m. Monday, March 19, 2018 at St. Leonard Church, 440 Zorn Ave. Visitation will be 4 p.m. to 7 p.m. Sunday, March 18, 2018 at Ratterman St. Matthews, 3711 Lexington Rd. In lieu of flowers, memorials are suggested to Trinity High School or St. Leonard's Parish

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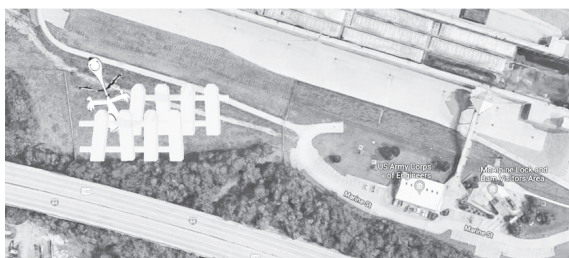
*In Loving
Memory*



Dogs on Piles of Chips

Submitted by Nate Pederson

I was visiting another US city last summer and experiences a savvy wilderness area by a huge river that had been thoughtfully reclaimed as a well-endowed dog park that was coated with a carpet of wood chips. See now: Great idea for Portland since the population of dogs is about that of humans (sic). Quick confirmation of this is done by reviewing 2010 Census data on canine ownership (45% in KY; almost highest in the nation). I think it would be worth a try. If it fails over time, and it might, then we can just dig up the fence and use it for some other projects in the county. Here's the twist to consider: Put big gates on the park so that trucks can dump wood chips into it. Dogs love scrumming thru such, especially if rodents start living in the piles. They will dig after them like snoopy never did see. And the wood chip drivers would save \$200 in a dumping fee so they could donate a portion of this windfall to help maintain the park's accessorization expenditures. This is healthful to the dogs, since if a dog is kinda mean, it never gets outside except its own backyard--since the owner doesn't want it out and about--but in the dog park the pooch can see a larger world and maybe get a little less frenetic. Maybe put up a kiosk at the park where people can post info such as dog-walking services, free dog food pick up times and places, free puppies and such. Locations to consider are several: (1,2) Lannan and Wharf Parks, (3) the open field across from Kroger/BASF/trains, (4, 5) inside clover leaves of the freeway entrance/exit on Bank (lots of trees to lift their legs on), (6) E. Leland Taylor Park...or (7) no-man's land on NW Pkwy between 37th and 38th Sts or (8) in the forest behind the Lock and Dam Visitors Center/Corps of Engineers building (lots of space and public parking and closed in evenings; see picture). I'm ignoring the 20 year plan to fix up the Portland waterfront since the governor might just veto any some such--no use in Waiting for Godot. It's just a fence...we can do this with our beer money once the powers-that-be give the green light. This idea needs a champion since the writer is uberbusy and isn't a dog owner so is in the game skinless. Channel a black-hole and if you hear a Hawking say yes, then read on: Dear self-appointed champion: Just contact the city councilperson, mayor, neighborhood association, local church pastors, federal highway administrators, BASF, the railroad and army corps of engineers. Piece of cake; low lying fruit. (Just kidding. There's a reason a HS diploma is valued in this society; stuff takes effort and broadmindedness; good thing we're in the 1st world where we have even a ray of hope to get this done without delivering several bribes.) The alternative is to just start allowing dogs to run around the neighborhood like we let our cats. Roaming dogs, speaking from personal experience, seems to work just fine in most 3rd World Countries unless Fido don't wanna like you. #HighlandDogParkGotNothingOnUs #DogsOnTheOhioRiver #BlackHolesLoveSnoopy Don't make me sit up and beg, PortlandNate



Neighborhood House News

By Latara Appleby, Dir. of Development

Whitney has recently moved up to the scholar level of our Child Development Center educators. Scholar is only one level behind reaching the master level, at which point the teacher becomes a mentor to others. Congrats Whitney!

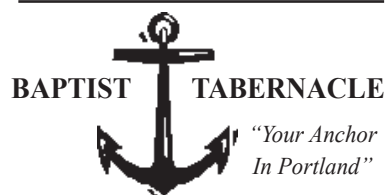
We are currently accepting applications for teachers in our CDC. Details can be found by visiting the "Get Involved" tab of our website, nhky.org.

Be sure to follow us on Facebook, Instagram and Twitter for more updates.



We have partnered with Louisville Visual Art to make some exciting new updates to our facility, and we are excited for the big reveal in April!

30th & Market 778-4419



Clothes Closet Now
Saturdays from 11 AM - 1 PM
www.baptisttabernacle.com

Kentucky Shakespeare Presents Shakespeare in the Parks A Midsummer Night's Dream

Sponsored by: Councilwoman
Cheri Hamilton, District 5

Chickasaw Park
April 15 at 6:30pm

Everyone is welcome to come out and enjoy this wonderful performance!
This is a Free Event.

The Metro Council is Bringing the Council Meeting to District 5 Save the Date

Come and meet your
representatives!

Louisville Metro Council Meeting
at the Academy @ Shawnee
(4001 Herman Street)

Thursday, April 12 at 6:00pm

You are invited to celebrate the Historical Marker Dedication for the Red Cross Hospital 1899-1976

Tuesday, April 10, 2018
11:00 am - 1:00 pm
1436 S. Shelby Street

Volunteers of America Freedom House Location

This event is sponsored by the Red Cross Hospital Committee: Councilwoman Cheri Bryant Hamilton, Dr. Wayne Tuckson, Linda Hart Lewis and Brunhilda Williams Curington.

For more information: Contact Cheri Bryant Hamilton's office at (502) 574-1105, cheri.hamilton@louisvilleky.gov.

Shippingport: West Louisville Business Roundtable with Gov. Matt Bevin



David Self SCBA President exchanges working business projects, past, present, and future Opportunity Enterprise Zone resources available now, with Gov Matt Bevin, many of which we have reported in the Portland Anchor over the past 3 years. — at Caudill Seed Company.



Sadiqa N. Reynolds, Louisville Urban League and Gill Holland Portland Investment Initiative — at Caudill Seed Co.



Evander Holyfield and David Self — at Caudill Seed Company.

Photos by jim@wallacestudio.co

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Derby Dancing An Old School Rock 'n' Roll After Party

Please support the Portland Friends of the Library in fundraising for the Portland branch!

When: May 6th, 2018 from 5 pm – 8 pm

Where: The Table Café
1800 Portland Ave
Louisville, KY 40203

What: Sock Hop Style Music and Dancing, Karaoke, Hula Hoop Contest, Root Beer Floats, Door Prizes, Silent Auction and more!

Tickets will be sold at the door
Adults: \$7
Student & Seniors: \$5
Kids under 6: free

Poodle skirts, duck tails, greaser jackets, pony tails, pompadours, and bobby socks are encouraged!



Jefferson County Conservation District Urban High Tunnel Initiative

Submitted by Kurt D. Mason, CPESC, USDA-NRCS

The Jefferson County Soil and Water Conservation District is currently taking applications to fund small High Tunnel Systems, 15' wide X 20' to 24' long within Jefferson County, KY. These plastic covered growing systems provide a unique opportunity to extend the growing season for fruit and vegetable producers who grow or want to grow produce on smaller spaces in an urban environment. The grant will cover about 93% of the cost of the High Tunnel Kits and Installation. The grant also provides the recipients with technical assistance, including options to develop cost-effective watering systems. To qualify you must:

- Own or have control over the installation location for a period of 4 years
- Be willing to track your time and record data about your production
- Install the High Tunnel before the end of September 2018
- Have an acceptable site for growing vegetables (space, sunlight)
- Allow for an inspection of use once each year for 2 years
- Grow plants in the soil or in raised beds (no benches or pots)
- Keep the unit on site for 4 years
- High tunnel must be new and be constructed from a purchased kit
- Must have installation area checked for underground utilities (free service)

To acquire the one page grant application contact Rachael White at 499-1900 or e-mail jeffersonswcd@gmail.com. The application deadline is 5:00 p.m. April 30, 2018.

Alley Cat Advocates Receives Grant from PetSmart Charities® to Fuel Spay and Neuter Efforts In Louisville's West End

Alley Cat Advocates today announced it received a grant from PetSmart Charities, the leading funder of animal welfare in North America, to help fuel its spay and neuter efforts in Louisville's West End. With the help of this donation, the organization will offer discounted and no cost surgeries for stray and unowned cats being cared for in zip codes 40202, 40203, 40210, 40211, and 40212.

"By providing funds for the often overlooked cats in these areas, Alley Cat Advocates, in partnership with PetSmart Charities, will reduce the number of kittens born this Spring in this section of our community. By doing so, we will also help the citizens as they provide humane care to the cats that come their way" said Karen Little, executive director and co-founder of Alley Cat Advocates. "This is a win for everyone: for the cats who suffer from constantly breeding and for the citizens who both care for the cats and for those who wish there were fewer of them. All objectives are met through our Trap-Neuter-Return efforts supported by our partnership with PetSmart Charities."

"For nearly 10 years, PetSmart Charities has partnered with Alley Cat Advocates to help community cats in Louisville and we are proud to continue collaborating with them to bring affordable and accessible spay and neuter services to cat caretakers in need," said Kelly Balthazor, regional relationship manager to PetSmart Charities. "By investing in the community, Alley Cat Advocates is investing in the livelihood and welfare of future generations of cats in the community."

For more information on Alley Cat Advocates' services or to schedule a spay or neuter appointment for a community cat, call 502-634-8777 or visit www.alleycatadvocates.org

Last year we started a new tradition of having a theme for the parade. This year, we are asking for your input on what this year's theme should be. All ideas for a theme for the parade should be submitted to portlandfestivalinfo@gmail.com no later than April 15, 2018

Not getting enough attention? Do you long for the praise and love of an adoring public? **GET NOTICED** in the 2018 Portland Festival Parade! Parade application at @ <http://bit.ly/PortlandFestivalParade>

Portland Festival Cutest Kids Contest

Ages: 0-4, 5-8, 9-12,
& 13-16 Mr. & Miss Teen



\$5.00 Entry Fee

Put name, age, and address on back of photo.

Mail to:

Portland Festival

P. O. Box 11124

Louisville, KY 40211

Contact Linda Hamilton, for any questions at 502-337-4490.

To volunteer, call 502-727-2400, or e-mail portlandfestivalinfo@gmail.com



We are looking for vendors for the 2018 Portland Festival.
Booth rental application at <http://bit.ly/BoothApplication>
or email: portlandfestivalboothrental@gmail.com.

44th Annual Portland Festival

Friday, June 1st 5pm – 11pm
Saturday, June 2nd 1pm – 11pm

Portland Festival 2018 Half & Half Drawing

Drawing: Saturday, June 2, 2018 at 9pm
on the Main Stage

Donation: \$1 Per Ticket

Winner need not be present to win
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American Legion Post 193

Call 502-643-1471 or e-mail
portlandfestivalinfo@gmail.com for info or tickets

Car show, June 2nd sponsored
by KG's Body Shop.

Pre-registration: \$10, \$15 day of.
For application, contact Kevin @
502-778-6672





Hand in Hand Ministries partners with The Dream Express to provide free books

Submitted by Darian Eswine

The Dream Express will be visiting Hand in Hand Ministries on Saturday, April 21 from 12:00 to 2:00 p.m. to provide free books for the community. The bus will be parked in the Hand in Hand parking lot (518 N. 26th Street)— kids and their families are welcome to pick out some books to take home, play games at a picnic table, grab snacks, or learn more about Hand in Hand.

Allison Ridenour, a Hand in Hand immersion trip coordinator, said she hopes this event will be a great introduction of both organizations to the Portland neighborhood.

"I think it will bring awareness to who we are (Hand in Hand) and what we are doing here in the community, while also providing a fun and educational resource for families to get a book and learn more about Dream Express as well," Ridenour said.

The Dream Express is a remodeled bus equipped as a mobile library. The bus has book bins inside filled with donations. Lynette Ward, creator of The Dream Express, had the idea while at a Back-to-School event in Bullitt County. She spent hours reading with the kids and the dream grew from there.

"I talked to my husband David non-stop all the way home about how great it had been to spend time with those kids and how I needed to get more books for future events."

Originally, Ward sorted books into totes based on reading levels and began taking them to different events to give away. After about a year, Ward received a grant from Staples and used the money to purchase an old church bus. Her husband, David, rebuilt the engine and installed book bins inside. They have been using the bus ever since.

All of Ward's books are donated and range from pre-school to high school-age books. She also has a few Christian adult books, cookbooks and occasionally magazines.

"Literacy is very important and as a middle school teacher, I know the importance of helping students find value in reading at a young age," Ward said.

Ward said she also wants the opportunity to talk with parents about reading and how to set up their children to be successful early on in school.

While she said she has had many wonderful experiences with the bus, she remembers a few specifically.

"One young one went home after leaving the bookmobile with some books and chose books off of his shelf to bring back and donate to me the same day," she said.

The Wards have taken the bus to a variety of events including Back-to-School events, churches, neighborhoods, ice cream shops and more.

"I usually go by parent guidelines, but if a child needs a lot of books then I hand them the bags and let them fill them up with whatever books they choose," Ward said.

The event will be held rain or shine and visitors can stop by anytime between 12:00 and 2:00 p.m.

"Every time I take the bus somewhere, I have a wonderful experience and it just feels good to be able to take something I am passionate about and use it to give back to the communities around me," Ward said.

For more information on The Dream Express, check out their Facebook page @ DreamExpressBooks.

To learn more about Hand in Hand, check out our website at www.myhandinhand.org or join us for an Explore the Mission tour – dates can be found on our website.



Mayor Greg Fischer with LVA Honors award winners Wilma Bethel, Vinhay Keo, Elmer Lucille Allen and Porter Watkins, with LVA Executive Director Lindy Casebier.



Western Middle School for the Arts students attended the LVA Honors award luncheon on March 1.



Former LVA Executive Director John Begley with Educator of the Year award winner Wilma Bethel and current LVA Executive Director Lindy Casebier.

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449-4444

Hours have changed once more.

We now open daily at 3:00 pm

Sunday through Thursday

3:00 pm - 10:00 pm

Friday & Saturday

3:00 pm - 11:30 pm

April 2018 Portland Branch Library Programs

Preschool & Toddler Storytime

Storytime offers opportunities for preschoolers and toddlers to engage with literature and participate in enrichment activities that build early learning skills. This storytime features engaging books which are accompanied by a variety of activities including: songs, rhymes, art activities, and creative play. Ages 2-5. Wednesdays @ 11:00 AM – 12:00 PM

Teen Art Smart Club

Express yourself! Draw, paint, sculpt, shape, cut, paste, design, create! Ages: 12-18 Thursdays, April 5 & 19 @ 5:30 – 6:30 PM

April Foolery Storytime

Spring Break, silly songs, stories, and slime! Wednesday, April 14 @ 11:00 AM – 12:00 PM

Cloudy with a Chance of Meatballs 2

Flint and his friends must battle an army of food-animal hybrids, created by his invention, in an effort to prevent them from escaping from an island and wreaking havoc around the world! Come and enjoy this hilariously exciting sequel to *Cloudy with a Chance of Meatballs*! Ages: 5+ Saturday, April 28 @ 1:00 – 3:00 PM

Portland Journals:

Writer's Edition

New and experienced writers are welcome to join this informal writing group. Share your work, discuss techniques, and get inspired. Ages 16+ Wednesday, April 4 @ 6:00-7:00 PM

Portland Journals:

Artist's Edition

The Portland Branch Library welcomes artists of all backgrounds and levels to join our creative journaling workshop. Try new mediums, share ideas and get inspired! Ages 18+ Wednesday, April 18 @ 6:00-7:00 PM

Learn How to Make Hummus

Learn how to make this delicious Mediterranean dip and even a few fun spins on traditional hummus. Call 502-574-1744 for questions. All ages. Friday, April 20 @ 3:00-4:00PM

From Page to Screen

Come read the book before you see the movie! There will be a new book each month that has a movie based on it. In April, we will be reading *Like Water for Chocolate* by Laura Esquivel. Call 502-574-1744 for questions. Ages: 18+ Saturday, April 14 @ 3:00-4:00 PM

Thread Counts

Come join a stitching circle! If you knit, crochet, sew or do anything involving yarn or thread, this group is for you! Everyone welcome from beginner to expert. Call 502-574-1744 for questions. Ages: 16+ Monday, April 9 & 23 @ 6:00-7:00 PM

Portland Seed Library

Spring is the start of the growing season! Stop by the Portland Library to check out our seed collection and borrow some seeds to grow your own veggies and flowers! All seeds are provided through donations from Seed Savers Exchange, High Mowing Seeds, Bounty Beyond Belief Seeds, and the Portland Friends of the Library. We accept donations of seeds saved by patrons, but they must be clearly marked with variety and growing information.

Friends of the Portland Branch Library Meeting

Join us to learn how you can become involved and support the Portland Branch library. Topics will include fundraising for the Portland Branch, volunteer opportunities, and upcoming events. Third Tuesday of the month. Tuesday, April 17 @ 6:00-7:00 PM

Computers by Appointment

Do you need help learning about computers? We offer one-on-one classes to work on the individual computer skills you want to learn. Various times and days of the week are available by appointment only. Call 574-1744 to make an appointment.

Tax Aid presented by AARP

IRS-certified volunteers provide free tax counseling and preparation services to millions of low- and middle-income taxpayers, with special attention to those ages 60 and older. Bring along the necessary tax forms, information and documentation, proof of your Social Security number, and a photo ID. Thursdays, thru April 12 @ 12:00 – 4:00 PM Tues, thru April 10 @ 11:00AM – 2:00 PM

Don't miss the Living Well Workshops!

Do you have diabetes, arthritis, asthma, heart or lung disease, high blood pressure, cancer, pain, depression, or other *on-going* health conditions?

Want to feel better and improve your health? Having a hard time getting started? Feeling stuck?

This workshop is for you! When you have a chronic illness, staying healthy and dealing with life changes can be hard. The Living Well Workshop is FREE and offers the information and support you need! Plus, everyone who completes the workshop earns a FREE 8-week membership to the YMCA (must attend at least 4 of the 6 classes; not available if you are a current YMCA member or have been a member in the past 2 years).

What is the Living Well Workshop?

The Living Well Workshop is a chronic disease self-management program that meets once week for six weeks. People with different chronic health problems learn together and support one another.

Workshop topics include:

- 1) How to make goals and solve problems
- 2) Ways to deal with frustration, fatigue, pain, negative emotions, and isolation
- 3) Healthy eating
- 4) Staying active to maintain and improve strength, flexibility, and endurance
- 5) Using medications
- 6) Good communication with family, friends, and your doctors

Has the program worked for other people like me?

Yes! Research shows that people who attend the workshops are more active, take better care of their symptoms, and talk more with their doctor. They also feel healthier and worry less about their health. And they accomplish many personal goals during the 6 weeks that they meet!

Upcoming classes at Portland Family Health Center, 2215 Portland Ave:

- April 13th – meets every Friday morning at 10:00am for 6 weeks in a row.
- May 9th – meets every Wednesday afternoon at 12:00pm for 6 weeks in a row.
- Other locations are available.

Call Kristin at Family Health Centers for more information: 772-8588.

PROGRAMS ONGOING at the Portland Family Health Center, 2215 Portland Ave. 40212

Zumba Aerobics class

Have fun and get in shape! Beginners welcome! Ages 14 and up. Cost: \$1 per class or \$7 per month (1st class is free). *Offered Mondays, Tuesday, Wednesdays, and Thursdays, 5:00 to 6:00pm. Open to patients and the community – call 772-8588 to register or just show up!

Yoga class

Relax, stretch, and strengthen your muscles. Beginners welcome! Yoga mats provided. Cost: \$1 per class (1st class is free). *Offered Thursdays, 6:15 to 7:15pm. Open to patients and the community – call 772-8588 to register or just show up!

Healthy Living Club

Get support and resources to lose weight. Free! *Offered Mondays, 6:00 to 7:00pm. Open to patients and the community – call 772-8588 to register or just show up!

PROGRAMS STARTING SOON at the Portland Family Health Center, 2215 Portland Ave. 40212

Diabetes Management

Do you have diabetes? Is your blood sugar too high? Learn how to test your blood sugar, use your medicine, eat the right foods, and more. Earn a goody bag with healthy snacks, diabetic socks, measuring cups, and more. Free! *Offered 6:00 to 8:00pm on 4/4. *Offered 9:00 to 11:00am on 4/16. Call 772-8588 to register.

Meditation class

Learn how to calm and focus your mind. Beginners welcome! Free! *Offered Thursdays, 5:30 to 6:00pm, 4/5 and 5/10.

Open to patients and the community – call 772-8588 to register or just show up!

Living Well Workshop

Do you have diabetes, high blood pressure, pain, asthma, arthritis, depression, or other ongoing health problems? You need this program! Get support and learn to manage your health. Earn an 8 week YMCA membership. Free!

*Attend Fridays, 10:00am to 12:30pm, starting 4/13.

*Attend Wednesdays, 12:00 to 2:30pm, starting 5/9.

Call 772-8588 to register.

Know Your Healthcare

Are you confused about your health insurance? Worried about changes to Medicaid and the Affordable Care Act? Unsure where to go when you are sick? Unsure how to talk with your doctor? Learn the answers to these questions and more! Free!

*Offered 2:30 to 4:00pm on 4/18.

Call 772-8588 to register.

Freedom From Smoking

Would you be better off as a non-smoker? Get the support you need to quit! Some nicotine patches provided. Free!

*Attend Wednesdays, 12:00 to 1:30pm, starting 4/25.

*Attend Mondays, 6:00 to 7:30pm, starting 6/4.

Call 772-8588 to register.

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Saturday 4:00 PM

Sunday 11:00 AM

All are welcome to celebrate with us
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Calendar of Events

If you have a special event coming up, let us know before deadline and we will carry it in the Calendar of Events. Call Sherry Stewart, 775-6036 to list your event. If your club or organization is not listed here and you would like it to be, just give me a call.

If your group information changes, please let us know.

Everyone Is Welcome to Portland Now, Inc.

Meeting: Tuesday, April 3rd

6:30 p.m.

Neighborhood House

201 N. 25th Street

COME JOIN THE NEIGHBORHOOD ORGANIZATION THAT WORKS FOR PORTLAND.

The new officers elected at the June 6 meeting:

2017-18 Officers:

President, Kerry Clifford
Vice-President, Maria McGary
Secretary, Brenda Duffey
Treasure, Mike Neagle

AMERICAN LEGION POST 193

4th Tuesday of the month, 7 pm,
2800 W. Main St. New members welcome.

AMERICAN LEGION POST 193 LADIES AUXILIARY

2nd Thursday of the month, 7 pm,
2800 W. Main St. New members welcome.

LEWIS/PARKLAND LODGE 638 F&AM

Meets first and third Fridays, 7:30 pm, at The Masonic Lodge at 2nd & Kentucky Sts. Gary Elder, Master 937-3384; Virgil T. Larimore, Secretary, 339-7640.

CLOTHES CLOSET Bread & Food Pantry

Located at 3128 Portland Avenue

MUST LIVE IN OUR SERVICE AREA OF PORTLAND

Sponsored by Portland Avenue Community Trust

Monday, 1 - 3 PM and Thursday 10 AM - NOON

HELP US HELP OTHERS!

All we need is one hour of your time to help a senior citizen in your neighborhood!

Meals-on-Wheels is looking for volunteers to deliver lunchtime meals to homebound senior citizens. There are many senior citizens living in the Louisville Metro area that are unable to receive meals on wheels due to a severe shortage of volunteers.

Qualifications:

- Complete an application, including police record check
- Provide own transportation

Meals are picked up around 10:00 - 10:30 am and delivery takes about 1 hour. Training is provided. Call 574-6420 to volunteer.

PORTLAND MUSEUM

Portland Museum Board meets every third-Wednesday of the month at 5:30 pm, at the Museum, 2308 Portland Avenue. Phone 776-7678. Everyone welcome.

SUPPORT GROUP MEETING FOR PARENTS OF CHILDREN WITH LEARNING DIFFERENCES AND ATTENTION DIFFICULTIES

Meets the third Thursday of each month at 7:00 - 8:30 pm. Learning Disabilities Association of KY, Inc. 2210 Goldsmith Lane #118. Louisville, KY 40218. LDA Office at (502) 473-1256, for additional information.

ADULTS WITH ATTENTION DEFICIT DISORDER

Support group meets on the fourth Thursday of each month, from 7 - 8:30 pm at the offices of Learning Disabilities Association of KY, Inc. 2210 Goldsmith Lane #118, Louisville, KY 40218. LDA Office at (502) 473-1256, for additional information.

LEARNING DISABILITIES ASSOCIATION OF KENTUCKY, INC.

Volunteers needed for general office work, special events, and tutoring. Tutors will help students of average to above average intelligence who learn differently. Please call our office at 502-473-1256.

AARP PORTLAND CHAPTER 2526

AARP - Portland meets on the second Monday of the month at Neighborhood House, 225 N. 25th Street, at 10 am. Please join us!

WEST JEFFERSON COUNTY COMMUNITY TASK FORCE

Meets the 3rd Tuesday of every month, 6 - 8 pm, 3rd floor Conference Room, The Nia Center, 2901 W. Broadway. We are an Environmental Group and we need more Portland residents to participate. Contact Carl Hilton at 852-4609 for information.

NEIGHBORHOOD HOUSE NUTRITION PROGRAM FOR SENIOR CITIZENS

201 N. 25th Street. 774-2322. Meals and activities daily from 9 am to 1 pm. 60 yrs. and up donation suggested.

HOUSING PARTNERSHIP

Meeting dates: Mondays 6 pm and Wednesdays 10 am or 2 pm, Downtown, 333 Guthrie, Room 404, Lou., KY. Must call for enrollment. Phone (502) 585-5451, fax (502) 585-5568.

CONSOLING PARENTS

A support group for parents who have lost a baby through miscarriage, stillbirth or newborn death, 6:30 pm. Tuesday at First Lutheran Church, 417 E. Broadway. Infor-

Dare To Care

will be at Portland Ave. Community Trust Parking Lot across from CVS
1st Tuesday of the Month 10 - 11:30 AM

Dare To Care at St. Cecilia Campus, 2519 St. Cecilia Street

Dare to Care will be at St. Cecilia
338 N. 25th Street on
the 3rd Tuesday of the month at 10 AM

If your organization is listed on this page and there is a change in the information, please give us a call to make sure we have the correct information. Call Sherry at (502) 775-6036.

1ST DIVISION POLICE AUXILIARY MEETING

The April meeting will be held on the last Thursday of the month which will be April 26th at 6:30 pm. The location of Molly Leonard Portland Community Center, 640 N.27th St. Please come to discuss ways to make our area a safer place to live and work. Please Bring Friends to get involved also.

Everyone is welcome!!!



APRIL 22, 2018

BIRTH PARENT SUPPORT GROUP

For those considering placing a child for adoption and for those who have placed a child. Sponsored by Adoptions of Kentucky, Inc. Call (502) 585-3005 for additional information.

CONSOLING PARENTS

A support group for parents who have lost a baby through miscarriage, stillbirth or newborn death, 6:30 pm. Tuesday at First Lutheran Church, 417 E. Broadway. Information 629-2103.

MANIC DEPRESSIVE & DEPRESSIVE ASSOCIATION OF LOUISVILLE

6 pm Sunday at the Urban Co. Government Center, 810 Barret Ave. Separate meetings for clients and their families are available. Information: 897-9717.

THYROID CANCER SURVIVORS

The ThyCa Louisville Support Group (for survivors of Thyroid Cancer) will meet from 10 - 12 pm monthly at Norton Audubon Hospital, Louisville, KY. Call for times and dates; also directions and other details about ThyCa Louisville. Contact group facilitator Pamela Pringle at (502) 394-0354. All ThyCa Survivors' Support Groups are free and open to anyone diagnosed with thyroid cancer, their families, friends and colleagues.

Join the Friends of the Portland Library!

Please join us on the Third Tuesday of every month at 6:00 pm, or call 574-1744 for more information.

Metro Dare to Care Meal Program Molly Leonard Portland Community Center

640 N. 27th St., Louisville, KY 40212

Monday through Thursday 5:00PM - 6:00PM

Friday 4:00PM - 5:00PM

Free Hot Meal for youth ages 18 and under

No registration is required; just show up at a site near you. For more information about Portland's hours, activities and directions, call 776-0913. For information about other Community Centers serving meals, call Metro Call at 311 or visit www.louisville.gov/metroparks/ community centers.

AL-ANON

AA meetings in Portland.

Grace Community has AA Meetings

Family Health Center
2215 Portland Ave., 4th Floor

Tuesday night at 8:00 PM

For more info call (812) 557-0823

District 1 Announces a new Al-Anon meeting starting in Louisville's West End

When: Tuesday, 6:30 p.m.

**Where: Louisville Urban League
15th & Broadway
2nd Floor**

For Friends and Family member who are troubled by someone else's drinking.

Break the Chains of Addiction

Reformers Unanimous Faith Based Addiction Program Reformers Unanimous Ministries - "We Help Anybody"

Reformers Unanimous Ministries exists to help anybody worldwide who wishes to experience a life of victory over difficulty. This victory is obtained and retained not through an experience of ongoing effort, but through a once in a lifetime decision to accept Jesus Christ as their personal Savior and a subsequent dedication to developing a dynamic love relationship with him.

Reformers Unanimous Addiction Program

"We Help Addicted Adults Find Freedom"
Reformers Unanimous Addiction Program exists to help adults find freedom from addictive behavior. We accomplish this by assisting them in gaining and maintaining consistent communication with the Highest Power. This power is not a higher power chosen by them, but a Holy Power that has chosen them. Usefulness in life is then attained with community service through good local churches.

Shawnee Baptist Church

2214 Bank St., Louisville, KY 40212

Meets every Friday 7-9pm

For Information call 502-741-9961

Power Yoga Class at Tim Faulkner Gallery

502 Power Yoga will be offering a weekly community yoga class at the Tim Faulkner Gallery. This class is for all ages and all levels!

The class will be held on:

**Saturday mornings from 11-am - 12pm
Summer Classes Monday night 6-7pm**

If you don't have a yoga mat you can borrow one at the gallery! This is a donation based class so give what you can. We hope to see you on your mat! Call Mimi Hahn for any questions about the class, 502.741.8120.

Mimi Hahn

*Director of Mission Fulfillment
502 Power Yoga*

Recipes from the Ladies of Baptist Tabernacle

Breakfast Casserole

1 lb sausage
salt and pepper
2 cups milk
½ tsp dry mustard
4 eggs
6 slices bread, buttered and cubed
1 ½ cups cheddar cheese



Brown and drain sausage. In a 9X13 casse-
role layer the sausage, cheese, and bread.
Mix the milk, eggs, salt, pepper, and dry
mustard. Pour mixture over layers of sau-
sage, cheese and bread. Set overnight in the
refrigerator. Bake the next morning 1 hour
in 350 degree oven. This make a terrific
brunch dish.

Green Beans and
White Corn Casserole

1 can French-style green bean
½ onion, chopped
1 can white kernel corn, drained
salt to taste
1 can cream of celery soup
½ c margarine
½ sour cream
crushed butter cracker,
1 cup shredded cheddar cheese

Mix beans and corn. Put in a greased cas-
serole dish. Mix soup, sour cream, cheese,
onion and salt. Spread over beans and corn.
Mix melted butter and crushed crackers.
Sprinkle on top of casserole. Bake, uncov-
ered, for 45 minutes at 350 degrees.

Fruit Salad

2 cans Mandarin orange slices,
drained
1 Tbs. flour
6 medium bananas, sliced
2 eggs, beaten
1 can crushed pineapple, drained
(save)



1 cup sugar
6 oz. Mini marshmallow
small pkg. Orange gelatin
Combine pineapple juice, eggs, sugar, and
flour. Cook over low heat until thick. Add
gelatin. Stir until dissolved. Coo before
adding to orange sections, bananas, pine-
apple and marshmallows. Chill in refriger-
ator for several hours before serving.

Monkey
Bread

3 cans biscuits
1 stick of margarine
½ cup sugar
1 cup brown sugar
1 Tb. Cinnamon `
2 tsp water



Quarter biscuits; roll in cinnamon and sugar
mixture. Put in a greased Bundt pan. Melt
margarine, brown sugar and water; boil 2
minutes and pour over biscuits. Bake at 350
degrees for 25 minutes.



Sweet and Sour Chicken

8 oz. Russian dressing
6 skinless, boneless chicken breasts
1 pkg. Dry onion soup mix
10 oz. Apricot preserves

Combine Russian dressing, soup mix and
preserves. Place chicken breast in well-
greased, large, shallow baking dish. Pour
sauce over chicken. Bake in preheated 350
degree oven for 1 hour.

Chess Cake

1 box yellow cake mix
1 8 oz. Pkg. Cream cheese
1 egg, beaten
1 box confectioners' sugar
½ cup butter, melted
2 eggs, beaten

Mix together the cake mix, beaten egg and
melted butter. Press into a greased and
floured 9 X 13 cake pan. With a mixer mix
together the cream cheese, confectioners'
sugar and 2 beaten eggs. Pour over the cake
mixture. Bake in 325 degree oven for 55
minutes.

Hepatitis A virus
diagnosed in two food
service establishments

LOUISVILLE, Ky. (March 23, 2018)
– Employees at two local food service
establishments have been diagnosed with
hepatitis A:

- An employee of the Kroger store at
520 N 35th St. Customers who shopped
at the store from March 2-19 may have
been exposed to the hepatitis A virus.
- An employee of Sarino restaurant at
1030 Goss Ave. Customers who ate
at the restaurant from February 24
through March 15 may have been
exposed to the hepatitis A virus.

Symptoms of hepatitis A are fatigue,
decreased appetite, stomach pain, nausea,
darkened urine, pale stools and jaundice
(yellowing of the skin and eyes). People can
become ill 15 to 50 days after being exposed
to the virus. Customers experiencing
symptoms should seek medical attention.

Hepatitis A is usually transmitted by
putting something in your mouth such as
an object, food or drink, which has been in
contact with the feces of an infected person.
In November, the Kentucky Department for
Public Health declared a statewide hepatitis
A outbreak. To date there have been 159
cases diagnosed in Louisville.

“The best ways to prevent hepatitis
A infection are to get vaccinated and to
practice good handwashing,” said Dr. Lori
Caloia, medical director. “Washing your
hands thoroughly and often with warm
water and soap, especially before preparing
meals or eating, after using the bathroom or
changing a diaper is a proven way to prevent
the spread of diseases. Hand sanitizer is not
effective against hepatitis A.”

“We are vaccinating employees at both
locations to protect them and prevent the
further spread of the disease,” added Dr.
Caloia. “And Kroger is donating 100 doses
of the vaccine to assist with curtailing the
outbreak. We encourage other businesses
to either donate vaccine or immunize their
employees against hepatitis A,” said Dr.
Caloia.

“As we approach a very fun and busy
spring season in Louisville,” Caloia added,
“we are encouraging all food service
establishments to be vigilant in emphasizing
good hygiene and sanitation practices. We
also encourage food service workers to get
vaccinated.”

People who wish to get the hepatitis A
vaccine should see their doctor or primary
care provider. The vaccine is also available
at Kroger Little Clinics and pharmacies,
as well as Walgreens, Rite Aid and the
University of Louisville Pharmacy, 550 S.
Jackson St. The hepatitis A vaccination is
covered by most insurance plans.

Food service establishments wishing
to provide hepatitis A vaccine for their
employees can contact Dr. Ruth Carrico at
the University of Louisville Global Health
Center at **502-852-1324**. You can pay for
and designate vaccine for your employees
at their walk-in clinic, or, if you have 20
or more employees, the clinic nurses can
come to your site.

For more information on hepatitis A
visit <https://www.cdc.gov/hepatitis/hav/afaq.htm>.

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Neurath & Schoppenhorst 1832 W. Market St. 585-4394

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Holiday Hairstyles & Tanning 536 N. 26th St. 776-7916

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New Albany Heating, A/C & Electric New Albany . . . (812) 944-6019

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removal, chain link fences. References,
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650-6360 or 502 409-8911.

APARTMENT FOR RENT

1 Bedroom. \$500 per month. All utilities
included. Senior citizen preferred. Call
270-859-4046.

Shippingport: West Louisville Business Roundtable with Governor Matt Bevin*(Continued from Page 1)*

or understand. It is definitely not a slick Power Point and Post-It Notes pitch. We each have objectives, let us roll up our sleeves and muster resources to accomplish those opportunities that are worthy of our endeavor---simply a hand up versus a hand out if you really want it, and believe you really can. Gov. Bevin stated we have spent absurd amounts of money on studies, plans, and promises, making clear he makes "No Promises," has no bag of money to give away, but an absolute commitment to personally provide all resources available to vast government and private wealth that is attainable now. Can he stand and deliver, or is it on a wing & prayer to be determined? Doesn't it make sense to listen objectively and think out loud?

The challenge is to move from an entitlement to an opportunity culture that has spanned generations, cost billions and failed to help poverty, or related urban poor issues. Jobs, business, renovation, public and private services, education, safety, infrastructure and opportunity will create the reality. Money follows where money is welcome, always has, always will. Today's vision is tomorrow's reality.

Getting back to the West End Business Roundtable. David Self, President of the Shippingport Centre Business Association, speaking the general consensus of SCBA, is in accordance with the West Louisville Opportunity Enterprise Zone as presented. To be considered the first in America to initiate this new and yet unknown urban poor project is great, but getting it done is still most important and the intent is to have an ongoing dialog, resource exchange, and development of ethical, beneficial opportunities. David and Evander Holyfield, The Real Deal, (who flew in on his own time to support this kick off project in the home of his idol Muhammad Ali), were first to give a standing applause for Gov. Bevin and the team they put together. Those who stayed and listened were encouraged by the vision, determination, and belief that West Louisville can and will be much better.

This is a beginning. There just is not space for the other 99% of detail. We are now in a paradigm shift that individually we have little command. Many lives are ruled by fear, doubt, anger, and hate that has no identity and wish not to learn peace. It is a balance of culture. You have become what you are, you choose what you will become.

David Self Quote "The Truth Will Work"

In My Humble Opinion jim@wallacestudio.com:
SBA Opportunity Enterprise Zone:

Jim @ WallaceStudio.com: please indulge my personal philosophy, in particular regarding my composing of this opinion editorial. I have not been a voting member of any organization for many years, I refuse all labels, I endeavor to maintain a state of infinite balance from a perspective that ascends beyond faith. From this perspective, I can see clearly the vision beyond the view that impacts life and culture of society. "In My Humble Opinion"



At left: Dan Caudill and Gov. — at Caudill Seed Company.

At right: Barbara Sexton Smith, Dist. 4 Councilwoman. West Louisville Business Roundtable — at Caudill Seed Company.



Gill Holland & Gov. Bevin share visions and resources available to West Louisville — at Caudill Seed Company.

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There are resources in place
that can be initiated NOW.

Beginning a compassionate culture vision of moving Entitlement to Opportunity
giving the people a hand up rather than a hand out.

It will be a challenging path. **THE TRUTH WILL WORK**

Gov. Bevin Believes in Shippingport & Portland

**HOME FOR LOUISVILLE'S
1ST CHARTER SCHOOL**

Graphic/Creation jim@wallacestudio.com

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September 11, 2001

On a clear, sunny Tuesday, September 11, 2001, Al Qaeda terrorists aboard three hijacked passenger planes carried out coordinated suicide attacks against the World Trade Center twin tower buildings in New York City and the Pentagon in Arlington, VA, killing everyone on board the planes. A fourth plane crashed into a field in Shanksville, PA, killing all on board, after passengers and crew attempted to wrest control from the hijackers. Nearly 3,000 people were killed that day, including more than 400 police officers and firefighters in the 9/11 attacks on American soil.

As we look back to the events of September 11, 2001, we remember the bravery, courage, and humanity shown that day, and the many that followed. Please join with us in remembrance of the lives that have been forever changed.

We will never forget.

PROGRAMS ONGOING at the Portland Family Health Center, 2215 Portland Ave. 40212

Zumba Aerobics class

Have fun and get in shape!
Beginners welcome!

Ages 14 and up.

Cost: \$1 per class or \$7 per month
(1st class is free).

*Offered Mondays, Tuesday,
Wednesdays, and Thursdays,
5:00 to 6:00pm.

Open to patients and the community –
call 772-8588 to register or just show
up!

Yoga class

Relax, stretch, and strengthen your
muscles. Beginners welcome! Yoga
mats provided. Cost: \$1 per class
(1st class is free).

*Offered Thursdays, 6:15 to 7:15pm.
Open to patients and the community –
call 772-8588 to register or just show
up!

Healthy Living Club

Get support and resources to lose
weight. Free!

*Offered Mondays, 6:00 to 7:00pm.
Open to patients and the community –
call 772-8588 to register or just show
up!

PROGRAMS STARTING SOON at the Portland Family Health Center, 2215 Portland Ave. 40212

Know Your Healthcare

Are you confused about your health
insurance? Worried about changes
to Medicaid and the Affordable Care
Act? Unsure where to go when you
are sick? Unsure how to talk with
your doctor? Learn the answers to
these questions and more! Free!

*Offered, 2:30 to 4:00pm, on 9/13.
Call 772-8588 to register.

Diabetes Management

Do you have diabetes? Is your blood
sugar too high? Learn how to test
your blood sugar, use your medicine,
eat the right foods, and more. Earn
a goody bag with healthy snacks,
diabetic socks, measuring cups, and
more. Free!

*Offered 6:00 to 8:00pm on 9/6.

*Offered 9:00 to 11:00am on 9/18.

Call 772-8588 to register.

Living Well Workshop

Do you have diabetes, asthma,
high blood pressure, pain, arthritis,
depression, or other ongoing health
problems? Want to feel better and be
healthier but having a hard time

getting started? You need this 6-week
program! Get support and learn
how to manage your health. Earn an
8-week YMCA family membership.
Free!

*Offered Thursdays, 6:00 to 8:30pm,
starting 10/12.

*Offered Fridays, 10:00am to
12:30pm, starting 10/13.

Call 772-8588 to register.

Freedom From Smoking

Would you be better off as a non-
smoker? You need this 8-week
program! Some nicotine patches
provided. Free!

*Offered Mondays, 6:00 to 7:30pm,
starting 9/11.

*Offered Wednesdays, 12:00 to
1:30pm, starting 10/4.

Call 772-8588 to register.

Kristin Munro-Leighton, MPH
Health Educator
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Family Health Centers

Care for your Health & Wellness

