

PORTLAND ANCHOR



"Louisville's Oldest Neighborhood Newspaper"

Vol. 47, No. 8

August, 2019



Sister Visitor Center Block Party Honoring 50 Years in West Louisville

Wednesday, August 7, 11 a.m. to 2 p.m.

On the block of South 23rd between West Market and Pirtle Street

The Sister Visitor Center has been an integral part of west Louisville for 50 years, and all are invited to a special community event to honor this milestone. Join us for a free block party featuring food, children's activities, music, free health screenings and more.

During the event, Sister Visitor Center will distribute free backpacks filled with school supplies to families who qualify for their services (an ID or piece of mail with home address is required).

Mayor Greg Fischer and Councilwoman Barbara Sexton Smith will attend — and we hope to see you, too!

A history of providing help, creating hope

The Sister Visitor Center opened its doors in 1969 as an outreach effort by the Sisters of Charity of Nazareth. Since then, Sister Visitor Center has been providing help and creating hope in west Louisville for half a century. Many of these sisters taught

(Continued on Page 5)

visit portlandlouisville.com for a color view of the Portland Anchor



A Governor's Scholar volunteer puts elbow grease into the work of scraping old paint from the porch of 2400 Portland Avenue. Photo by Grant Johnson.

Louisville Visual Art, Portland Now, Inc., and the Governor's Scholars Program Partner to Transform House and Paint Mural

By Grant Johnson

In July, the *Portland Pathways* initiative — a partnership of Portland Now, Inc. (PNI) and Louisville Visual Art (LVA) — started bringing vibrant new paint schemes to historic homes on Portland Avenue. With funding from the Snowy Owl Foundation and volunteer assistance from students in the Kentucky Governor's Scholars Program's (GSP) Bellarmine University-based summer residencies, the house at 2400 Portland Avenue was scraped of old paint and beautified with new color. In celebration of *Portland Pathways'* potential to positively impact Portland and the West End, GSP students also helped create an LVA-sponsored mural on the back wall of 1512 Portland Avenue, directly across the street from LVA's 1538 Lytle Street headquarters.

Many of the student volunteers who picked up a paintbrush, scraper, or roller hail from areas of the state, such as far eastern Kentucky, which face challenges much like those seen in Portland, including housing stock in need of attention. A number of the young people remarked on similarities between the experiences and circumstances of Portland's residents and those of their own family and friends in other parts of Kentucky.

(Continued on Page 6)

Deadline for Next Issue: August 21, 2019

Look For Your Next Issue August 30 – September 7, 2019

Dear Ann(PORT)Landers,

How can our families be safe from gang violence?

ANSWER:

In light of the recent increase of street violence this seems to be an important topic to address. If it hasn't been before, it certainly is clear now that there is indeed gang activity in Louisville. This statement was released by LMPD recently:

"Stopping criminal gangs and groups from committing violence is among the highest priorities for the LMPD and our community partners. We appreciate and are following up on tips that citizens are offering online about recent violence, and encourage people to also utilize our anonymous crime tip hotline at 502-574-LMPD (5673)"

Then in a June 10th WDRB report, FBI Agent Christopher Farrell said they are closely watching gang activity in Louisville and confirmed that there are 25 gangs operating here, though he (and LMPD) did not speculate as to how much of the recent spike in violence is due to gang activity.

LMPD says, though there is currently no gang

activity in Portland, it is in many nearby neighborhoods.

Get educated about gangs:

Learn the signs of gang activity and the reasons joining a gang may seem appealing. Many times earning money and status or the thinking that being in a gang is a good way to show neighborhood pride is a driving force. In other instances getting forced into a gang to seek protection from crime and violence is a reality.

Be an involved family member:

Make time for family. Eat meals together. Plan activities as a family. Have family talks so that feelings can be discussed. Have rules and enforce them. Lead with good examples.

Be consistent:

Children need to know what is expected and what is not acceptable behavior and the consequences for acting otherwise. Always use fair and consistent discipline with lots of unconditional love and support.

Know and teach the negative consequences:

Being involved in a gang may seem exciting but the reality is that it is very dangerous and

limits opportunity for the future. Those involved in gangs are more likely to commit crimes, be arrested and be incarcerated or become victims themselves. Gang members are less likely to graduate high school.

Get involved in community:

Know your neighbors, your child's friends and family. Be active in school activities and encourage your child to join groups that are a positive influence such as sport teams, hobby clubs, etc. Teach the value of education and help your child be successful.

Visit Metro's website for Gang Tips <https://louisvilleky.gov/government/police/gang-tips-parents>

And make sure to call 574-LMPD or 1-800-CALL-FBI if you see any gang activity or gang graffiti.

Miss Ann (Port)Landers, ann.portlanders@gmail.com for feedback, comments, questions, suggestions.

Letter to the Editor

I walked the neighborhood on Friday, July 12th in Portland. I turned in 4 vacant lots with tall grass and 4 vacant houses that also had tall grass. I also turned in 3 pot holes, all to Metro Call.

William Barnes

The Portland Anchor

P.O. Box 2108
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2019 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
September 2019	August 21	August 30 - September 7
October 2019	September 18	September 27 - October 5
November 2019	October 16	October 25 - November 2
December 2019	November 13	November 22 - November 30
January 2019	December 11	December 20 - December 28

**WE ARE A CONTRIBUTOR'S PAPER
AND WE WELCOME YOUR MAIL!**

The Portland Anchor welcomes writing and photographs!

Please send them to:

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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.**

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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.

Table of Plenty II

"Serving a free meal to all who come"

Wednesday, August 28, 2019

12 - 5 PM

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Catfish!

Little Carmie and my Dad here along with my camera man (Grampa). We went down to the family farm over the 4th. Grampa said we need to keep some of the catfish cause it's getting too many in the pond. I had a ball and been eating catfish ever since! See ya on the water or in the field!

Unity JAM

Presented by Norton Healthcare

August 10, 2019
10 a.m. to 3 p.m.

Molly Leonard Portland Community Center
604 N. 27th Street

Come to the third annual Unity Jam, a community health and back-to-school fair hosted by Synergy, Norton Healthcare's African American employee resource group.

All are welcome at this FREE, fun family event featuring:

- Food and music
- Games and kids' activities
- Back-to-school supplies for all grades
- Exhibits by local organizations, including employment opportunities
- Mammograms and well-woman exams* in the Norton Healthcare Mobile Prevention Center

New this year!

Unity Jam is excited to present the Compassionate Educator Award to teachers who have been nominated by students for sharing the importance of compassion, kindness and understanding.

Visit NortonHealthcare.com/UnityJam for more information or to register for the event.
*Appointments are required for mammograms and well-woman exams. Call (502) 899-6842 to schedule an appointment.

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HALL RENTALS

FOR BIRTHDAYS, WEDDINGS, REUNIONS ETC



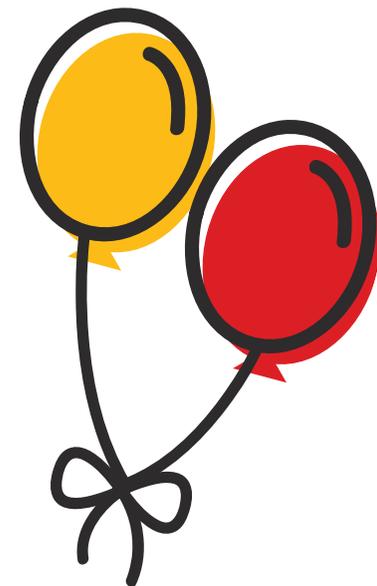
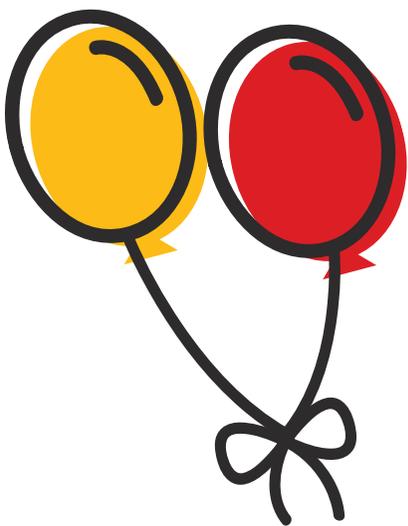
Kerrie Clifford, 2019 Portland Festival Vice President, Grand Marshall Gordon Brown, Portland Mayor; (far left) Kathie Stoess and (far right) Larry Stoess.



WE'RE OPEN!



Stop by the Portland McDonald's to experience the newly remodeled restaurant, featuring digital self-order kiosks, a remodeled interior, table service, free Wi-Fi and more!



10% of all sales throughout August from the self-order kiosk, mobile order and pay and Uber Eats will be donated to Love City.

McDonald's
520 N 22nd St.
Louisville, KY 40203

Sister Visitor Center Block Party Honoring 50 Years in West Louisville

(Continued from Page 1)

in west Louisville's Catholic schools and had grown concerned by the increasing number of students arriving each morning hungry and dressed in dirty clothes or missing school altogether due to troubles at home. Sister Visitor was created to help these families in crisis.

Catholic Charities officially took over the agency in 1991. Now in its 50th year, Sister Visitor continues to serve as an emergency crisis center for residents of the Portland, Shawnee and Russell areas, three of the poorest neighborhoods in Jefferson County.

Sister Visitor Center provides the most basic of human needs: food, clothing, rent and utility assistance, and medicines. Staff and volunteers serve around 300 households each month, more than 700 individuals, providing clients with much-needed items, many of which food stamps cannot purchase.

"I thank God for Sister Visitor!" says one recent Sister Visitor client who received emergency assistance. "They have helped me through many tough times."

Sister Visitor's West Market Street facility — built in 1900 — was expanded a decade ago to meet an increasing demand for assistance. The renovation resulted in additional space for a food pantry and clothing closet, along with a larger lobby to welcome clients.

"I am honored to be a part of the Sister Visitor Center, especially in serving the people of the West End of Louisville for 50 years. I am blessed each and every day to be a source of hope for many people. I pray that we can continue to enrich the lives of the people we serve through the Grace of God!" says Sister Visitor Program Director Sr. Shellie Intravia.

The heart of the Sister Visitor Center lies in the command of Christ to feed the hungry, clothe the naked and shelter the homeless. Sister Visitor has carried out this mission for 50 years — and as long as there is need, our dedicated staff and volunteers will continue to do so.



2019 Portland Festival Crowd as evening falls.

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Family Dentistry

Louisville Visual Art, Portland Now, Inc., and the Governor's Scholars Program Partner to Transform House and Paint Mural

Continued from Page 1

Almost all expressed amazement at the dramatic transformation brought about by the colorful mural they helped paint. Eager to learn about Portland's history and pitch in here, some envisioned bringing revitalization strategies such as murals back home. Ethan, a Governor's Scholar from Pulaski County, Kentucky, said, "It's cool to see people come together and work to better a neighborhood like Portland."

Portland Pathways is an ongoing program that seeks to increase the number of brightly painted houses in Portland. Currently focused on the 2400 block of Portland Avenue, the project hopes to spread to other Portland streets over time. Participants' houses are painted at no charge, and the homeowners can expect to enjoy as much as a \$10,000 increase in their property's value. PNI initiated the program and identified the first participants. The partnership with LVA seeks funding for *Portland Pathways* information sessions to raise awareness in the neighborhood, a second round of Governor's Scholar volunteers next summer, and an outdoor projection mapping exhibition in 2020 that will celebrate the past, present, and future of Portland.



2019 Governor's Scholars stand with resident Mia Hanson (center front), LVA Executive Director, Lindy Casebier, (center front, in sunglasses), LVA Outreach Director, Katy Delahanty (left front), and Portland NOW, Inc. Vice President, Danny Seim (far right) at 2400 Portland Avenue, the first *Portland Pathways* home to be painted.



Governor's Scholar volunteers stand in front of a day's worth of mural painting across the street from LVA's 1538 Lytle Street Hub.

Portland NOW, Inc. Vice President, Danny Seim, and LVA Outreach Director, Katy Delahanty, oversee the *Portland Pathways* partnership. They envision significant numbers of uniquely-painted homes in Portland in the near future, and hope the colorful facades will elevate residents' pride in their neighborhood, increase property values, and prompt those living in other parts of the city to see Portland in a new light. Having relocated its Creative Hub to Portland in 2015, LVA's support of *Portland Pathways* demonstrates its commitment to make positive contributions to the neighborhood it now calls home. Those interested in becoming homeowner participants are encouraged to contact Katy Delahanty at katy@louisvillevisualart.org, or Danny Seim at dannyseim@gmail.com.

Photos by Grant Johnson

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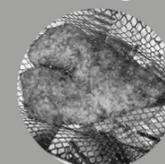
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Profiles In Business

Richard Meadows

It's in the news. You see stores opening up and selling it. There are popup booths at retail markets all about town with the product. Hemp and all things derived from it. One of those businesses is Cornbread Hemp.

You may have heard of them as one of the co-founders, Jim Higdon. He is the author of The Nearly Forgotten History of Portland Kentucky. And Jim is also the author of Cornbread Mafia, the story of Johnny Boone and the largest marijuana operation in the U.S., right here in Marion County Kentucky. The other co-founder is Eric Zipperle who is from Louisville. Eric is the business guy for Cornbread Hemp. He's a graduate from Bellarmine with a degree in business and then and an MBA.

When you talk to them it is like a pair of really fine matching gloves. They fit perfectly. A comment from Jim, derives additional information from Eric. Eric will tell about the business process and before you can ask the followup, Jim is answering it. Here's the thing. They are 1st

cousins from the Marion County side of the family. Jim's dad and Eric's mom are siblings. They grew up together in the family.

Cornbread Mafia is a new company. Eric and Jim first talked about starting a company in November over the Thanksgiving Holiday of last year. On January 1st of this year they finished the logo and on April 1st they shipped their first order. That is phenomenally fast for a startup to have their product out the door in under 6 months.

The Basics. I could write a long form journalism magazine article on the way Hemp goes from growing to that final product you have at home. And that would just scratch the surface. The the hemp they use is grown in Nelson County. That's the same rich farmland the Cornbread Mafia used for some of their growing. The soil is full of nutrients for those plants.

Once harvested it is processed at Jefferson River Port and distilled down to the crude oil of the plant. CBD is short for cannabidiol, and is one of the 60 cannabinoids in the cannabis oil. Cornbread Hemp distills it a second time so that their

distillate is 75% CBD oil. Hemp is used because it has the low THC variety (restricted to 0.3%) and was legalized in the 2018 Farm Bill. That distillation process is like how sour mash is distilled to make bourbon.

That distillate is then transported to Portland where Cosmed produces the Cornbread Hemp products, Topical Lotions and Essential Oils. The carrier for the products is coconut oil.

Jim and Eric are in the early stages of getting their physical facilities set up in Portland and will eventually be at 15th and Lytle, which means we will have one of the fastest growing business segment companies in the U.S. right in our neighborhood.

If you want more information you can go to their website: <https://cornbread-hemp.com>

Richard Meadows is the Chairman of the Economic Development Committee of Portland Now Inc. This is the first article profiling Portland businesses and how they are impacting the neighborhood. If you have ideas for a business to be profiled drop a message to rmeadows@gmail.com.

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3 Med. 1-Topping Pizzas

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LARGE PIZZA

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\$10.99

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LIMITED TIME. Additional toppings extra. Coupon required.



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2 Large 2-Topping Pizzas

\$16.99

LIMITED TIME. Additional toppings extra. Coupon required.



LARGE SPECIALTY

One Large Pizza One Works or All Meat

\$12.99

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4 LARGE PIZZAS

4 Lg. 1-Topping Pizzas

\$27.99

LIMITED TIME. Additional toppings extra. Coupon required.



FAMILY DEAL

2 Med. 2-Topping Pizzas, Cheesy Bread Sticks, 6 Wings

\$27.99

LIMITED TIME. Additional toppings extra. Coupon required.



MEDIUM COMBO

2 Med. 2-Topping Pizzas

\$13.99

LIMITED TIME. Additional toppings extra. Coupon required.

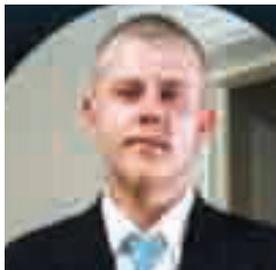


Obituaries



A funeral service for **Joseph Ray Blair**, 40, of Louisville, Kentucky, was held July 14, 2019, at Neurath & Schoppenhorst Funeral Home, 1832 W. Market Street in Louisville, Kentucky. He passed away July 12, 2019 and Neurath & Schoppenhorst Funeral Home has been entrusted with his care. Ray was born on January 17, 1979 in Louisville, Kentucky, to the Shirley Blair and the late Meryl Wells. He was formerly employed at Fallon Moving and Storage. Ray was a simple man that enjoyed fishing, playing guitar and listening to music, and most of all he loved his family. He was an avid University of Louisville fan. He was preceded in death by his father, Harold Ray "Meryl" Wells. He is survived by his mother, Shirley Blair; daughter, Destiny Shay; the love of his life, Becky Rodgers; three sisters,

Ashley Blair, Kristin Nolan (Daniel), and Genesis Morgeson; nieces and nephews, Jayla, Macayla, Isiah, Malaya, Serenity, Dominic, and Faith; and numerous aunts, uncles and cousins.



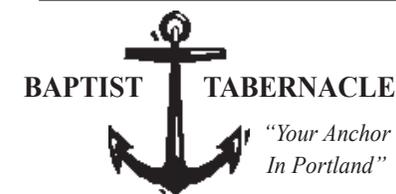
Scott Allen "Scootch" Bloat, Jr., 28, passed away July 8, 2019. He was a mover for Larry's Movers. He was preceded in death by his grandparents, Patsy Bloat, Art Bloat, Carolyn Price; uncle, Michael L. White. He is survived by his mother, Barbie Bucks' father, Scott A. Bloat S. (Jamie); Wife Patricia Bloat; sons, Scott Gibson and Jacob Williams; Daughters, Tapanga Bloat, Skye Gibson and Kayla Gibson; sisters, Courtney Lucian and Chassidy Philpott; brothers, Michael White and Josh Geary. His Celebration of Life was held July 18, 2019 at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street, with burial in Bethany Cemetery.



Susan Elizabeth (Woodward) Benfield, passed away July 8, 2019. Susan was retired from American Air Filter. She was preceded in death by her mother and step father, Helen & Robert Grable. She is survived by her loving husband, John J. Benfield II; daughter, Keth Hicks (Dana); sons, John J. III (Rachel), Brian (Amanda) and Greg Benfield; sister, Nancy Kelly (Benny); brother, Doug Woodward (Jill); uncle, Bruce Woodward; 8 grandchildren and 1 great-grandchild. Her memorial service was held July 13, 2019 at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street. Expressions of sympathy to The Louisville Zoo, American Heart Association, Humane Society or Arbor Day Society.

Alex Cobb, Jr., 94, of Louisville, KY passed away June 16, 2019 at Robley Rex VA Hospital. Neurath and Schoppenhorst Funeral Home has been entrusted with his cremation and his urn will be memorialized June 26, 2019 at Kentucky Veterans Cemetery, 2501 N Dixie Blvd, Radcliff, KY. Alex was born on October 1, 1924 to the late Alex and Martha Cobb, Sr. He was a member a of the US Army and served his country honorably during WWII and the Vietnam War. Alex retired from the Army after 29 years of service. Along with his parents, he is preceded in death by his loving wife, Anna G. Cobb. Left to cherish his memory are his loving family members and a host of friends.

30th & Market 778-4419



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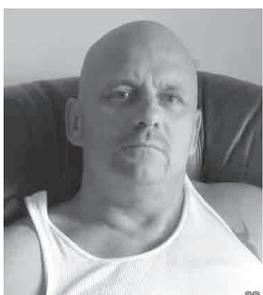
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Obituaries



Damon "Doug" Colvin, Sr., 55, passed away June 29, 2019. Doug was born February 22, 1964 to the late Thomas Colvin and Dorothy (Sanders) Eubanks. Doug was a self employed doing home improvements and a member of (Liberty Temple) All Nations Assembly. His survivors include his loving daughter Leslie C. Colvin (Shawn Pfund); son, Damon D. Colvin, Jr. (Jackie French); three sisters, Patricia Stanton (Bubby), Pamela Brutscher (Bill), Rhonda Fancera (Sam); three half-sisters, Donna McIntyre (Johnny), Darlene Eisert (Al), Barbara Bewley (Timothy); half-brother, Roger Colvin; and five grandchildren. Funeral services was held July 5, 2019 at J.B. Ratterman & Son Funerals & Family Cremation Care, 2114 W. Market Street with burial in Louisville Memorial Gardens West.



Crystal Elizabeth Frances, 36, of Midway, Ky. passed away July 11, 2019. She was a member of Mary Queen of The Holy Rosary Lexington, Ky. She is survived by her son, Lyndon Frances Coleman; daughter, Aurora Myers; brother, Justin Frances (Tory Hays); her parents, Rutlio Frances-Venado and Anita L. Frances; 2 nephews, Justin Frances Jr. and Lucian Frances; numerous aunts, uncles and cousins. Services were private.



George Robert "Bob" Gilpin, 74, of LaGrange, passed away July 4, 2019. He was retired from Ford Motor Company

Kentucky Truck Plant and Tractor Supply. Bob was an Army Veteran of the Vietnam War. Preceding him in death was his wife of 50 years Judith Leep Gilpin; parents Robert Thomas and Ethyl Marie Gilpin; sisters Bonnie, Anne, Cathy and brother Roger Gilpin. Survivors include his children, Erin Gilpin and Angela Probus (Damian); sister, Helen Gilpin; brother-in-law, Houston Cockrell; grandchildren, Joshua Gilpin (Chelsea), Bobby Heightchew Jr., Zahne Peyton and Riley Probus; Great grandson, Easton Holcomb. A celebration of his life was conducted July 7, 2019, at Heady-Radcliffe Funeral Home.

Regenia E. Herron, 88, passed away July 10, 2019. She is preceded in death by her husband Eugene G. Herron; and her parents Manfred & Elizabeth Kraft. Survivors include her loving daughter, Shawn Marie Herron; two sisters, Delores "Sug" McBride (Bill), Charlet "Kate" Bogard; a brother, Manfred "Sonny" Kraft; several nieces, nephews and friends; and her beloved cat, Callie. Funeral services was held July 13, 2019 at Good Shepherd Catholic Church, 3511 Rudd Ave. with burial in Calvary Cemetery. Visitation was held at JB Ratterman & Son Funerals & Family Cremation Care, 2114 W. Market St. Expressions of sympathy to Good Shepherd Catholic Church or Alley Cats Advocates.



Funeral services for **Troy Wayne Logsdon**, 51, of Louisville, Kentucky, was held June 25, 2019, at Neurath & Schoppenhorst Funeral Home, 1832 W. Market Street in Louisville, with burial to follow in Louisville Memorial Gardens. He passed away June 22, 2019. Troy was born on August 31, 1967 in Louisville, Kentucky. He was an avid U of L fan and he enjoyed watching and gambling on all sports. He loved shooting pool and betting on the horses. Troy is survived by his loving parents, Paulette and Harlen Logsdon; seven children, Heather Ferry (Chris), Tiffany Ferry, Troy Varvel, Ashley Logsdon, Timothy Logsdon, Bradley Logsdon, Bryson Logsdon; two sisters, Dawn Logsdon Muthler (Jimmy), Tammy Logsdon (Chris); six grandchildren, Jourdan, Kila, Blanton, Isaiah, Gary III, Caiden; and two special cousins, Buddy Shea and Cody Goodman.



Funeral services for Cameron "**Dale**" **Holcomb**, 69, of Louisville, Kentucky, was held June 25, 2019 at Neurath & Schoppenhorst Funeral Home, 1832 W. Market Street in Louisville, with cremation to follow. He passed away June 22, 2019. Dale was preceded in death by his father, Arvin Holcomb; and a brother, Donnie Holcomb. He is survived by his loving mother, Ollie Holcomb; three siblings, Brian Holcomb, Dennis Holcomb (Becky), Deanna McCracken (Arthur); his best friend, Joe Williams; sister-in-law, Sue Holcomb; and four nieces, one nephew; and three great nieces and one great nephew.



Funeral services for **Sharon Lorraine Martin**, 70, of Louisville, Kentucky, was held July 6, 2019 at Grace Community Covenant Church, 3126 Portland Avenue, Louisville, KY, with cremation to follow. Visitation will be held prior to the service on Saturday from 12 to 4 PM at the church. She passed away July 2, 2019 surrounded by her family. Sharon was preceded in death by her parents, Herbert Franklin Sr. and Evelyn Franklin; and brother, Michael Franklin. She is survived by her two sons, Larry Ronald Martin and Dontae Lamont Martin; five siblings, Herbert Franklin Jr., Jo-Ann Potts, Shauna Franklin, Larry Franklin (Zeny) and Luis Franklin Sr. (Blossom); half-brothers and sisters, five grandchildren, and a host of nieces and nephews.

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Lenny Black, office manager

Obituaries



Kenia Pena-Diaz, passed away July 13, 2019. Kenia is survived by her loving husband, Livan Martinez; daughter, Mariam Martinez; son, Edwardo Martinez. Evan's Monuments & Family Cremation Care, Bardstown Rd. at the Waterson Expressway, is in charge of arrangement.

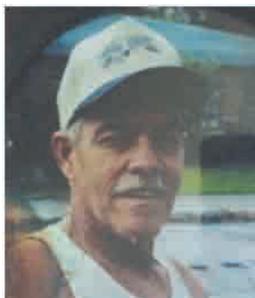


Farron Wayne Tomlinson, 56, passed away July 6, 2019. Farron was a self-employed carpenter. He loved his grandchildren, his daughters and his forever friend and wife, Tracy. He was preceded in death by his mother, the former Margaret Virginia Barmore and his brother, Marty Tomlinson. He is survived by his wife, Tracy Tomlinson; daughters, Jessica Pool (Kenny) and Vanessa Tomlinson; father Marion Martin Tomlinson; sister, Melissa Lansberg; brother, Timmy Tomlinson. Memorial visitation and services will be announced later. Evans's Monuments & Family Cremation Care Bardstown Rd. at the Waterson Expressway is in charge of arrangements.



Stella A. Yeager, 81, passed away July 8, 2019 after a illness. She was born July 24, 1937 to the late James Welsh and Lillian Nichols, she was also a member of the old St. Cecilia Catholic Church. She is preceded in death by her husband, Robert C. Yeager, Sr. Stella is survived by a son, Robert C. Yeager, Jr. (Vanessa); three daughters, Teresa A. Fawbush, Lisa M. Yeager (Ricky Belton), Angela K. Mayes (Tony); brother,

A. Fawbush, Lisa M. Yeager (Ricky Belton), Angela K. Mayes (Tony); brother, Johnny Welsh; eight grandsons, Eddie Thompson, Micheal & Bob Yeager, Scott Cundiff, Nick Mayes, Donald Fawbush, Timmy Yates and Louis Wang; and nine great grandchildren, Kirsten, Brielle, Talan & Coraline Thompson, Harper Mayes, Alaina Cunduff, Kaylee Yates, Donald & Jacelyn Fawbush. A Celebration of Life was held July 14, 2019, p.m. at JB Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market.



A funeral service for **Harold Ray "Meryl" Wells**, 66, of Louisville, Kentucky, was held July 11, 2019, at Neurath & Schoppenhorst Funeral Home, 1832 W. Market Street in Louisville, Kentucky. He passed away July 8, 2019 and Neurath & Schoppenhorst Funeral Home has been entrusted with his care. Meryl was born on August 17, 1952 in Henry County, Kentucky, to the late Harold and Catherine Wells. He was currently working for Fallon Moving and Storage. Meryl was a simple man that loved fishing, enjoying a cold beer, and playing the lottery. He enjoyed listening to music and dancing, and was an avid University of Kentucky fan. Along with his parents, he was preceded in death by three siblings, Ricky, Junior, and Connie Wells. He is survived by his two children, Ashley Blair, Joseph Ray Blair; a step-daughter, Kristin Nolan (Daniel); the mother of his children, Shirley Blair; six siblings, Michael Blair (Lisa), Harold Blair (Donna), Bobby Gene Wells, Brenda Blair, Pam Wells Nelson (Ricky), Kathy Broughton (Donnie), and eight grandchildren, Destiny, Jayla, Macayla, Isiah, Malaya, Serenity, Dominic, and Faith.

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Congratulations to Diane Thompson, winner of the Portland Festival half and half raffle for \$500!

Portland Museum Happenings AUGUST 2019

Summer Public Hours (now-Aug 10th):
Wed – Fri (10:30am – 6pm) and Sat (12pm – 4pm)

Cultural Pass Wednesdays:

free admission for Pass Holders, every Wednesday until August 10th

July 31 – August 2: Wes Modes will have the *Secret History* shantyboat docked on the waterfront downtown, where he will be conducting fieldwork to capture Greater Louisville residents' stories and memories of the Ohio River. We are still awaiting all the details, but you can call or email the museum for more information, and we will post updates to our website and social media accounts asap. **This could be a once in a lifetime opportunity to have your oral history entered into this amazing project, so don't miss it!** And if you missed Wes Modes' presentation last February at the museum, he will be giving another talk at the Endless Summer Coffee Shop (1301 Frankfort Avenue) on August 1st at 7pm.

August 3, 12 – 4pm: FREE closing reception with food, music, and the *Secret History* shantyboat. Join us as we close-out Wes Modes' exhibition, *A Secret History of American River People: The Lost Narratives of River People, River Communities, and the River Itself*. The artist will be in attendance, and we will have the shantyboat on exhibit — so even if you've already seen the exhibition, come back and learn about the shantyboat's first trip down the Ohio River!

August 10, 12 – 4 pm: Second Saturday – Free museum admission and a free children's art activity

Starting August 11th, the museum will close for much needed facility and exhibit maintenance. While we will be open for the Portland Art & Heritage Fair (11am – 5pm on Sept 28th), we will soon announce a grand re-opening scheduled for mid-late October. You can stay up-to-date by following us on social media, checking our website, or signing up for our mailing list. We will also continue to post monthly updates in the Anchor.

Temporary exhibitions still on view through August 10th:

- *Book as Narrative Object*, co-curated by Karen Weeks and Rachel Singel
 - To view this exhibition between August 13th – 31st, contact us to setup a time.
- *Taboo and Tragedy*, co-curated with 6th – 9th grade Young Curators Camp students

Portland Museum, 2308 Portland Ave, Louisville, KY

www.PortlandKY.org – info@PortlandKY.org – (502) 776.7678

Admission rates: \$7 for adults; \$6 for senior citizens; \$5 for students; Free for children under the age of 5 – discounts available for large groups; members of AAA, AAM, AARP, and NTHP; and service personnel

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Mashed Potatoes \$1.99
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Coleslaw \$1.99
Baked Beans \$1.99
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DINNER w/ 2 side

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Come take a selfie with Leroy, the Zoo's newest mascot, at September Fest!

Good Shepherd SEPTEMBER FEST

Mark your calendar and plan to attend Good Shepherd's **SEPTEMBER FEST**, Saturday, September 7, 2019, 4-8 PM at 3511 Rudd Avenue. Fr. Deo will celebrate a homecoming Mass at 4 PM. A delicious chicken dinner will be served in the air-conditioned hall from 4-8 PM. Outside we will have entertainment by DJ Audio Productions along with booths and games. The Louisville Zoo will be "popping up" to celebrate their 50th anniversary—come meet their mascot Leroy and enter to win Zoo tickets! A silent auction will also be going on with lots of awesome items too numerous to mention! Come and spend a wonderful afternoon and evening with us and meet friends old and new! (license #0032)



Sunflowers are flourishing all over Portland in memory of Jim Curts aka jim@wallacestudio. Jim handed out sunflower seeds everywhere he went. Jim was a complicated man with lots of ideas about how to make Portland better. Rest in peace Jim Curts.

What is the Weatherization Assistance Program?

Professionally trained crews perform an in-depth energy analysis on your home to determine ways you can reduce energy consumption in your home and save money on your utility bills. A few examples of services provided include:

- Adding insulation to your attic, walls, or floors
- Making sure your heating system is working safely and efficiently and providing necessary repairs
- Finding and reducing air leaks in your home
- Addressing safety issues such as air quality, gas leaks, minor electrical issues, and providing smoke and carbon monoxide detectors

Who is eligible?

Eligibility for the Weatherization Assistance Program is based on household income. The monthly gross 2019 guidelines are as follows:

1 person - \$2082	2 persons - \$2818
3 persons - \$3555	4 persons - \$4292
5 persons - \$5028	6 persons - \$5765
7 persons - \$6502	8 persons - \$7238

Participants are assigned a point value to their application. Priority points are given to elderly and disabled individuals and households with small children. Participants are served in point order. Applications with the highest points will receive services more quickly.

How do I apply?

Please call (502) 574-5050 and tell the receptionist that you are interested in applying for the weatherization program. They will send your contact information to a qualified worker to set up an appointment. If you need additional assistance please call our main office at (502) 633-2218.

Example of documents needed:

- Proof of current income
- Copies of social security cards for everyone in the household
- Proof of disability (if applicable)

I rent my home. Can I still apply?

YES! Renters are welcome to apply. Your landlord will be required to sign documents granting permission to participate in the program and permission to work on the home.



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THE 2019 PORTLAND ART & HERITAGE FAIR PRESENTS:



PORTLAND 2019

SEPTEMBER 28 11-5PM



Neighborhood House News

Another summer of Neighborhood House's Dreamers' Academy is coming to an end! We have 100+ youth who are retaining lessons learned the past school year; arts and crafts, dance and percussion, science and sports. We're already accepting applications for our after-school program, which begins August 12th. For more information call: 502.774.2322.



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WWW.PORTLANDARTFAIR.COM**

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

Stretch your muscles and relax! Beginners welcome! Ages 14 and up. 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!

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

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, 8/7 to 9/18, 12:00 to 1:30pm. 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 9:00 to 11:00am on 8/19. Call 772-8588 to register.

Living Well Workshop

Do you have diabetes, high blood pressure, pain, asthma, arthritis, depression, or other ongoing health problems? Get support and learn to manage your health. Earn an 8-week YMCA membership. Free! *Attend Fridays, 8/16 to 9/20, 10:00am to 12:30pm. Call 772-8588 to register.

Living Well Workshop

Do you have diabetes, high blood pressure, pain, asthma, arthritis, depression, or other ongoing health problems? Get support and learn to manage your health. Earn an 8-week YMCA membership. Free! *Attend Thursdays, 8/29 to 10/3, 5:30 to 8:00pm. Call 772-8588 to register.

Healthier Meals, Healthier Me

Learn about healthy eating, meal planning on a budget, and more. Earn a slow cooker. Free! *Attend Thursdays, 8/29 to 10/3, 11:00am to 12:30pm. Call 772-8588 to register.

Metro Dare to Care Meal Program

Molly Leonard Portland Community Center

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

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

Free Hot Meal for youth ages 18 and under

What: ECHO @ Jefferson Memorial Forest
(Kids meet at Portland Community Center and we transport)

When: 5:30pm - 7:30

August 28 - Outreach

September 11 - Survival Skills

September 25 - Archery

October 15 - Hiking

October 30 - Rock Climbing

Cost: FREE

Ages: 8 - 14

Blessings in a bag food giveaways for any child 18 and under (parents can pick up if need be).

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.

August is National Breastfeeding Month!

Breastfeeding is best for BABIES!

- Breast milk helps your baby grow healthy and strong with special ingredients not found in infant formula.
- Breast milk changes as your baby grows so it is always the perfect food in the perfect amount.
- Breast milk is gentle to your baby's stomach and easy to digest. Breastfed babies' bowel movements smell better!
- Breastfed babies are healthier:
 - Less colic, less constipation, and less diarrhea.
 - Fewer earaches, respiratory problems, allergies, and eczema.
 - Less likely to die of Sudden Infant Death Syndrome (SIDS).
 - Less likely to be overweight or have diabetes as a teen and adult.

Breastfeeding is best for MOMS and families!

- Breastfeeding is convenient. Breast milk is always ready – no mixing, measuring, heating, sterilization, or clean-up.
- Breastfeeding is cheaper and saves money.
- Breastfeeding is a special experience that moms and babies can share.
- Breastfeeding often helps moms lose weight gained in pregnancy.

Are you pregnant? Are you a breastfeeding mom? There's lots of help for moms who are thinking about breastfeeding or already are:

- Free classes from the WIC Program (574-6676) – learn the basics from breastfeeding moms.
- Free breastfeeding clinics at University of Louisville Hospital (562-6081), Norton Suburban Hospital (899-6530), and Baptist East Hospital (897-8888) – get help getting started or with any concerns or problems after the baby is born.
- Go online to <http://www.womenshealth.gov/breastfeeding/>

You'll learn about how your baby should latch on to your breast, positions you can use during breastfeeding, how often and how long to nurse your baby, how to tell if your baby is getting enough to eat, how to deal with any problems that come up, and more!

Is your daughter pregnant? Is your girlfriend or wife pregnant? There are many things you can do to support her as she breastfeeds:

- Learn about the benefits of breastfeeding.
- Attend classes about breastfeeding with her.
- After the baby is born, help out by making sure she is comfortable and has supplies she needs while breastfeeding.
- After the baby is born, know who to call for help if she has any concerns about breastfeeding.

For more information, call

Kristin Munro-Leighton, FHC Health Educator: 772-8588.

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A Jersey Girl In A Portland World

Chapter One: The Porch Party

I just emigrated to Portland from New Jersey. I say emigrated, rather than moved, because sometimes it feels like I am in a whole new civilization, and I mean that in a good way.

I was born, raised, lived, worked, raised a son, in the same 3-mile radius in New Jersey. I grew up in a small neighborhood, within a larger township, where everyone knew everyone, and if you misbehaved, your parents knew it before you even got home. We knew who lived in every home, knew everybody's business, and election day was a social event.

The similarities to Portland are obvious, but the differences are notable.

In the summer, people in my hometown had "cook-outs". They were, at the core, *backyard* parties where things were thrown on a grill, various salads appeared, and drinks were set out on a makeshift bar somewhere in the shade. Adults sat on lawn chairs, gossiped about family, reminisced about the good old days, and lamented the loss of friends and loved ones. Children ate watermelon and hot dogs, played under sprinklers (very few people had a pool in my neighborhood). Someone would put on music, or a family member would drag out an accordion for a singalong. When it started to get dark, everyone would pack up and head out to wherever they called home, leftovers in hand.

Sounds familiar, right? There was just one important detail; the attendees of these cook-outs were mostly family and a few invited friends or neighbors. The neighborhood, or even your block, for that matter, was not issued an open invitation. Sure, there were neighborhoods that had Block Parties, where every house on the block was assigned a task, the street was closed off, and they partied away. I didn't live in one of those neighborhoods, which were usually subdivisions in a higher property tax bracket. Even so, there was no open invitation. You had to actually live on the block to attend.

And that brings me to The Porch Party.

I was recently invited to one. My first! The invitation was posted openly, and simply

stated that so & so are having a Porch Party. Bring a dish, some drinks, or a friend, but, basically, just come on by. This concept, being very foreign to me, of course set the over-thinker that lives in my head off on a wild ride. Should I go? What should I bring? What if I don't know anyone? Sigh. Being the new kid in town brings out the social anxiety in me. It sometimes feels like everyone here has known each other forever, and I'm just kind of barging in. Setting all of this aside, the time came for the event, and off I set.

Pulling up to the house, I see the porch. I see people, some of whom, thankfully, I knew. Mind you, this happened to be the hottest and most humid day of the year, so far. I stroll up to the porch, hand over my offering of salted watermelon, and just get drawn, with open arms, into the gathering. Other people arrive, we eat, talk, laugh, just like we've all known each other for years. We all slip into the house for some blessed central air, two hours of pleasant conversation, and then all begin to make our way home, in a torrential downpour, as luck would have it, but all the better for the neighborly interaction we had just experienced.

When asked by a friend, still back in my old town, to describe a porch party, my take was this: Porches are open, they face the street, and are the bridge between your neighborhood and your home. When you invite people onto your porch, without pretext or qualification, you are offering them the hospitality of your home, and the acknowledgment that they are your neighbor, part of your tribe. A Porch Party is not exclusionary, it is welcoming and inclusive, an invitation to sit at your fire and share some supper and companionship. An invitation to get to know you better, to reaffirm your place in the neighborhood, a way to connect, even when we lead such busy lives. Quite a lovely thing.

Being a transplant to Portland, I have set down my roots, and they are taking hold. Might be all the rain and sunlight, but I think it is more the energy and goodness of the people here that makes them grow deep.

I am already planning my first Porch Party.

Y'all are invited.

Lisa Schmid

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All first time students and 6th graders must have a physical, immunization records, and dental exam to attend Jefferson County Public Schools.

Family Health Centers Portland is located at 2215 Portland Ave. and on **TTC** lines #22, #27, and #43.

August 2019 Portland Branch Library Programs

Call 502-574-1744 for any questions!

Portland Library Hours

Monday – Wednesday, 10:00 AM – 8:00 PM

Thursday, 12:00 PM – 8:00 PM

Friday – Saturday, 12:00 PM – 5:00 PM

Sunday, closed

Computer and Resume Help by Appointment

Do you need help learning about computers or need help with your resume? We offer one-on-one classes to work on either topic you need help with. Times and dates are flexible and available by appointment only. Call 574-1744 for more details.

Family Storytime

Preschool storytime will offer opportunities for children and their families 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 3-8
Wednesday's @ 11:00-11:45 AM

Teen Art Smart: Graphic Arts

Explore the graphic arts by creating your own panel. This workshop will focus on story development and the

quality to create your drawing. There will be a discussion of the importance of mark making and use of positive and negative shapes to create dynamic visual compositions. Limit 30.

To register, call 502-574-1744.

Ages 8+

Thursday, Aug 1, 15 @ 5PM-6:30 PM

Summer Reading Finale

Come to the Portland library to wrap up Summer Reading in style. There will be activities, food, and lots of fun! Animal Adaptations. See live animals showcase their own unique adaptations! Presented by Second Chances Wildlife Center. Have a Big Little Adventure with the Kentucky Science Center. Building on the natural curiosity, deep passion, and busy habits of young people, participants will go on a journey of reading, playing, and exploring together.

Ages 8-12

Saturday, Aug 3 @ 1PM-3PM



Movie Screening: Godzilla

A scientist teams with a mysterious French agent to try to stop a massive, radioactive lizard from destroying Manhattan. Parents Strongly Cautioned. Some material may be inappropriate for children under 13.

Ages 13+

Thursday, Aug 8 @ 4:30PM-6:30PM

Creative Critique Group

Do you write poetry? Do you paint? Do you have a creative spirit but no one to talk to about your work? Join our Creative Critique group! A safe space will be provided to share your work and explore new ideas with like-minded individuals.

Wednesday, Aug 14 @ 4PM-5PM

Moving Up or Moving Out? Exploring Gentrification in Louisville and Beyond

Neighborhoods in Louisville and across the country are undergoing demographic shifts and reinvestment that have led to rising property values, physical changes to the streetscape, and in some cases the displacement of longstanding residents. How has this process impacted Louisville neighborhoods? What are the public policy, economic, and social impacts? A panel moderated by State Representative Charles Booker (D-43) will take on these questions and more. Stacie Williams, director of the Center for Digital Scholarship at the University of Chicago and author of Bizzaro Worlds will join the discussion along with Laura Grabowski, director of the Metro Vacant and Public Property Administration, and Judy Schroeder. The program is free and open to the public, but registration is requested. Call (502) 574-1623 to reserve your spot.

Saturday, Aug 17 @ 1PM-2:30PM

Friends of the Portland Branch Library Meeting

Meeting of the Portland Friends of the Library. Please join us, we are always looking for a few good friends!

Tuesday, Aug 20 @ 6:30-7:45 PM

We Got Game!

Put your speed, skills, and smarts to the test in a variety of exciting, fun-filled video games and activities!

Ages 12-19

Thursday, Aug 22 @ 5:00-6:30 PM



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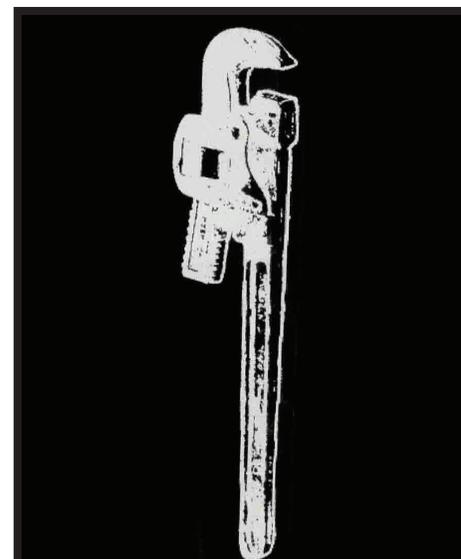
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**LOUISVILLE
VISUAL ART**

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PORTLAND**

**CELEBRATING
110 YEARS IN
LOUISVILLE!**

*Good Shepherd
Catholic Parish*

(Our Lady's Campus)
3511 Rudd Avenue

MASSES

Saturday 4:00 PM
Sunday 11:00 AM

*Solemnity of the Assumption
of the Blessed Virgin Mary
Holy Day of Obligation*

Thursday, August 15
Mass times 8 AM and 6 PM

All are welcome to celebrate with us
goodshepherdchurch.us

502-749-9780

**Habitat for Humanity of Metro Louisville
Portland Love Your Neighborhood
Events July 13**

As you can see the Apple Orchard on the corner of 21st & Main Street got the sprucing up that was much needed. A neighborhood home that was in need of some restoration was repaired and Roosevelt Park had a lot of help in the beautification area. Thanks to all the volunteers that took part in the "Portland Love Your Neighborhood event" and Habitat for all the hard work.



Save the Date
Saturday, August 24, 2019
5-7pm



*Louisville Grows is excited to celebrate our
10th year anniversary*

as an environmental nonprofit working to grow green, healthier neighborhoods.

We hope you will save-the-date and join us at our Open House , 5-7pm at Healthy House, 1641 Portland Avenue, on August 24, 2019. Food and refreshments, Music, Commemorative tree planting on site.

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, August 6

6:30 p.m.

The Table

1800 Portland Avenue

COME JOIN THE NEIGHBORHOOD ORGANIZATION THAT WORKS FOR PORTLAND.

2019-2020 Officers:

President, Mike Neagle
Vice-President, Danny Seim
Treasurer, Kacie Chase
Secretary, Kristina Turner

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 Wednesday 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. Information 629-2103.

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**

the 3rd Tuesday of the month at 10 AM

1ST DIVISION POLICE AUXILIARY MEETING

The Auxiliary meeting for August will be the Covered Dish - Please bring something to share with our Officers & other members of the Auxiliary. Held on the last Thursday of the month which will be August 29th, dinner will start at 6:00 pm - the meeting at 6:30. Please come and bring a friend to discuss ways to work with our Police Officer of the 1st Division. Working together will help to make our area a better and safer place to live and work. The meeting will be held at Molly Leonard Portland Community Center located at 640 North 27th Street.

EVERYONE IS WELCOME!

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.

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.

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

AL-ANON

**District 1 Al-Anon meeting
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

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.

Recipes from the Ladies of Baptist Tabernacle

We are doing something different this month. Instead of a variety of recipes we are going to concentrate on one common ingredient. That ingredient will be oatmeal. Now, I know what you are thinking – Oatmeal! And, I say, “Why not.” Oatmeal is heart healthy, it is filling, and, as we will see, can be used in some delicious dishes. Shall we start?

Oatmeal Pie

Pie Crust

¼ c flour 1 Tbs unsweetened applesauce
 2 Tbsp sugar ¼ tsp vanilla
 pinch of salt 3 Tbsp milk



Heat oven at 350 degrees. Grease 8 inch pie pan. Combine first five ingredients. Add the milk one Tbsp at a time until ingredients are completely incorporated. Spread mixture into the prepared pie pan and bake in oven for about 12 minutes. Set aside.

Ingredients

¾ c old fashioned oats 2 eggs 1 c shredded coconut 1 Tbsp vanilla
 1 c sugar pinch of salt 1 large banana, mashed

Toast the oats over medium heat stirring constantly for 5 minutes. Place oats in a large mixing bowl. Toast coconut over medium heat stirring constantly for 3 minutes. Place in bowl. (Toasting brings out the flavor of the oatmeal and coconut.) Add sugar to the skillet over a medium heat and stir constantly until the sugar is completely melted and turned a golden color. This takes about 3 minutes. Transfer mixture to oatmeal bowl. Add mashed banana, eggs, vanilla, and salt to mixing bowl and stir until well blended. If the mixture is too dry, add 1 Tbs of milk. Spread mixture onto baked pie crust and smooth out top with a spoon. Bake in a 350 degree oven for 45 minutes or until firm and golden. Let cool a bit before serving. When ready to serve a scoop of vanilla ice cream wouldn't hurt.



Oatmeal Cake

1 cup of old fashioned oats
 1 stick of butter 1 ¼ boiling water
 1 c sugar 1 ½ c all-purpose flour
 2 eggs 1 tsp baking soda
 1 tsp vanilla ½ tsp salt
 ¾ tsp cinnamon ¼ tsp nutmeg

Preheat oven 350 degrees and lightly grease an 8X8 baking dish. Place oats in a heat-proof bowl and pour boiling water over them. Set aside and let soak for 20 minutes. In a large bowl cream together butter and sugar until fluffy, then beat in eggs and vanilla. Fold oats into mixture. Mix in dry ingredients until well blended. Pour batter into prepared baking dish and bake 40-50 minutes, or until toothpick inserted in center comes out clean.

Icing

½ stick of butter, melted
 ½ c brown sugar
 3 Tbsp of milk
 ¾ c shredded coconut

While cake is baking, mix melted butter, sugar, milk and coconut together. When cake is done and removed from oven pour topping evenly over the top of cake, then return to oven and broil for 2-4 minutes or until bubbly and golden. Cool before serving.



An Old Favorite—No Bake Cookies

½ c butter (not margarine)
 1 tsp vanilla
 1 ½ c sugar
 2/3 c creamy peanut butter
 1/3 c unsweetened cocoa powder
 3 c quick oats (not old fashioned oats)
 ½ c milk

Line 2 cookie sheets with parchment paper. In a 3 qt. Saucepan combine butter, sugar, cocoa and milk.

Cook over medium heat stirring frequently until it reaches a full boil. Cool a minute without stirring. Remove from heat and add vanilla, peanut butter and oatmeal. Stir until well blended. Drop a tablespoon of mixture on parchment paper. Allow to rest for 30 minutes to set. Place in airtight container. No parchment paper? You can use cupcake liners. Makes approximately 29 cookies.

Cereal Bars

5 cups whole grain oat
 cereal shaped like O's
 1 10 oz pkg large
 marshmallows
 ½ stick butter
 ¼ c oats



Crush cereal by placing in resealable food storage bag and rolling over bag with rolling pin. Grease a 13x9 baking pan. Heat marshmallows and butter in saucepan over medium heat stirring until melted and smooth. Remove from heat and stir in cereal until blended. Place in baking pan and with wax paper pat mixture into pan. Sprinkle with oats. If you have any extra raisins sitting around you can mix them into the cereal mixture.

As I said earlier, oatmeal is healthy and nutritious for you. Unfortunately, a bowl of oatmeal is rather plain. But that doesn't have to be the case. Prepare oatmeal as the box tells you. Add a tablespoon of melted butter and tablespoon of brown sugar and stir in a bowl of warm oatmeal. Drop in a handful of raisins. After you eat it, you are all set for the day.

Add some oatmeal to meatloaf to bind the ingredients.

Add ½ c of quick oats to your pancake mix and throw in some walnuts and enjoy your breakfast.

I could go on, but I will stop here. Remember, oatmeal is good for you and with the right ingredients can be a real treat.

Support The Portland Businesses

The Following Advertisers help make the Portland Anchor possible. Please consider supporting these businesses in the Portland Community, and look for their ads in this issue.

What a great way for the people of Portland to find your neighborhood business quickly! Get on The List! If you would like your business listed here, call us today!

CLOTHING/DEPARTMENT STORES

Shaheen's 2604 Portland Ave. 778-9741

FLORIST

Victor Mathis Florist 2531 Bank St. 772-3649

FUNERAL HOMES

J.B. Ratterman & Sons 2114 W. Market St. 776-4661

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

HAIR SALON

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

HOUSEHOLD SERVICES

Janes Bros. ACE Hardware 2527 Portland Ave. 778-8727

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

THE PORTLAND ANCHOR

Articles, Information & Subscriptions 775-6036

Advertisements 775-6036

Call 775-6036 Today To Get Listed!

Classified Ads

Want to advertise here?

CLASSIFIED ADS MUST BE PAID FOR WHEN SUBMITTED

"NO EXCEPTIONS"

Send your classified ad, plus

Check or Money Order

"20 cents per word"

A phone number counts as a word

**To: Portland Anchor, P.O. Box 2108,
 Louisville, KY 40201-2108**

WALLPAPERING

Wallpapering, Painting, and Plastering. Fast service. Tom Rankin (502) 915-6767.

BUY, SELL, RENT HOUSES

We Buy, Sell, Rent & Trade Houses!
 (859) 433-3095 or (502) 694-(BEST)2378.

FOR RENT

One Bedroom Apartment, stove and refrigerator furnished. References needed. \$475.00 per month. \$475.00 deposit plus LG&E. Call 777-0540.

Dropping a dime vs taking a dime

Portlanders think we are special--and this is a problem? This is why we don't think twice when we see a neighbor plop poop in the curb sewers (or deposit fast food dross on the avenue) and then think, "Ooo, I could do that too; nice lifehack!" [[Or is it that the gov't needs to provide more public garbage cans? Not the fancy expensive ones, but the ones that get the job done due to a plethora of convenient locations.]] We also think we are special enough to have the gov't and big entities give us freebies and amenities of all kinds -- "Ah", we say, when we figure out that we are special and deserving of handouts of all stripes. But what we don't know (<Hosea> {gonna bring it now;}) is that handouts come with strings attached and with the end result being that the large institutions have gained power and prestige in the general public, therefore paving the way for future political/populist control of our lives...while our lot here in Portland is strategically construed to not change one bit. In fact, just like **fisheries** stock lakes and streams with new fingerlings, so too the Big Boys make sure there's plenty of Desperados so that anytime they want to swoop down and do a 'do gooder'

photo op, we're here, e.g. they know the fishing is always good, especially when the fish have been pre-programmed to think they are special. Let me put it in terms of **dimes**. Long ago Jd Rockefeller created a media splash by handing out dimes to poor people with the cameras rolling (equivalent to \$5 now) when oil monopolies were learning about performing props to promulgate populism. And my purpose for posting this tome is to introduce the antidotal and anecdotal idea of "**dropping a dime**" instead of taking the dime. Don't take money from outsiders unless you have



to, e.g. if you don't have any skills and if you have no social network and you don't have a garden and don't know how to buy bulk/cook/freeze, and your diabetes can't be fixed by exercise and moving to a fiber-containing diet--and are unable to find 4 walls and a roof...then you have no choice. But if, over the eons, we seize the empowerment we were endowed with by our creator for self-sufficiency (yes, the opposable thumb and cerebral cortex are 'the bomb'), then we should 'drop a dime' on those who want to give us favors to weaken us and to gain popularity. Dropping a dime is a term used to "narc on someone", in other words, tell their secret doings to those who seek fairness and justice (traditionally, dropping a coin into a payphone to tell the cops to expose a fellow gang member's crimes in order to oust them; look up *crime noir* in the library for some awesome graphic novels about said stuff). **HOLD MY BEER:** My favorite topic for dropping a dime is the revelation that world-class techno-engineers have been systematically ousted from the history books because they wanted to give power to every home for free and without wires. His name is Nicola Tesla, and he's been substituted by Edison or by OTEZLA drugs in the mind's eye of the public. It doesn't matter that Tesla invented the radio and the electric motor used by hydrodams and coal-fired plants alike... the powers that be didn't like his vision of personal empowerment, so he was crucified and extracted from history as



only JD Morgan could. Long and short: I'm dropping a dime on the Learned Helplessness Pogram. There I said it; I can sleep well at night now. So to sum up: We're all special (and we think we are): Use super-powers for good, rather than illegal dumping and littering that bring us all down. Do we need to start dropping dimes on each other—one superhero on another? Thanks for the privilege of rambling almost incoherently. </Hosea>
#OnlyTalkAboutWhatYouKnow
#WhiningIsWinning #metaphorpropheteering
#PortlandHasFish #PoundingSandRocks
In-a-gadda-da-vida,
PortlandNate



My Dog Eats First / Pets4Life Animal Wellness Clinic

Date: August 18

Location: The Table @ 1800 Portland Ave.
40212, 18th St. side of building

Time: Clinic registration 2:00-3:30 pm

Limitation: Limit 2 pets per family (no litters)
Due to time constraints, services may be limited to 40 pets.

*****CLINIC DISCOUNTS*** CASH ONLY**

Dog/Puppy Package: \$20

(includes tax & all recommended services)

Cat/Kitten Package: \$15

(includes tax & all recommended services)



My Dog Eats First Waggle Wednesday Foodbank

2nd & 4th Wednesday
of each month

7 p.m. - 8 p.m.

We have moved to The Church Of The Promise (The Table building) at 18th & Portland Avenue. The entrance to where we will be serving is on the 18th Street side of the building, NOT the front entrance to the Table Restaurant.

2 gallons of dog food, 1 gallon of cat food distributed per adult.

No grocery carts please.

Donations gladly accepted.

www.mydogeatsfirst.com

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