

PORTLAND ANCHOR



"Louisville's Oldest Neighborhood Newspaper"

Vol. 49, No. 4

April, 2021



Norton Healthcare State-Of-The-Art Sports & Learning Center

The sports facility is located at 30th Street between Muhammad Ali and Market Streets, and sits on a 24-acre campus with an outdoor track to open in the spring along with a large community green space. The ribbon cutting was March 9, 2021.

1. The Humana Hub offers an executive meeting space that features a portable air wall that creates the flexibility to have one large meeting room or two individual rooms. Each room has feature educational programs offered to the community.
2. The fun Zone offers interactive entertainment options for our guests. This space includes a climbing wall and a four lane US bowling alley. Both spaces will be available for use by spectators at all track & field events (for a fee) as well as available for private event rentals.

3. This 6-lane, 200 meter hydraulically banked Mondo track is one of 8 in North America and 17 in the world. With the touch of a button the state of the art six lane oval track takes just two minutes to raise or lower for banked corners. It is widely regarded as the fastest indoor track surface and style both nationally and internationally. There are eight-60 meter lanes (for sprints and hurdles) located within the infield area of the track with dual horizontal runways for pole vault, long jump and triple jump. It's the only banked indoor track in the state of Kentucky. It's built to the specifications of the NFHS, NCAA and USATF.

4. Thank you to all of our donors and venue partners. Without your support this vision would not be the dream it is today and the hope for tomorrow.

5. Between our indoor facility and the outdoor Humana Track & Field Stadium (coming online in 2021) the Norton Healthcare Sports and Learning Center accommodates volleyball, archery, fencing wrestling, gymnastics, cheerleading, dance, concerts and more.

(Continued on Page 5)

Follow us on [Portland Now, Inc.](#) and [portlandlouisville.com](#)

for a color view of the Portland Anchor

Deadline for Next Issue: April 21, 2021

Look For Your Next Issue April 30 – May 7, 2021

Table of Plenty II

"Serving a free meal to all who come"

Wednesday, April 28, 2021

12 – 4 PM

2222 W. Market Street

This is a joint outreach of St. Agnes Catholic Church,
Good Shepherd Catholic Church and Catholic Charities

Carry Out Only

All are welcome! Dates and times subject to change.



2021 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
May 2021	April 21	April 30 - May 7
June 2021	May 19	May 28 - June 4
July 2021	June 16	June 25 - July 2
August 2021	July 21	July 30 - August 6
September 2021	August 18	August 27 - September 3
October 2021	September 15	September 24 - October 1
November 2021	October 20	October 29 - November 5
December 2021	November 17	November 26 - December 3
January 2022	December 15	December 26 - January 5, 2021

* Dates are subject to change if needed.

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.



Letter to the Editor

Hello Portland. Jerry E. Abramson called me to say hello and wanted to know how I was doing. I asked him if he still lived at the same place, and he said yes. It was nice of him to call me.

William Barnes

Family Health Centers is offering free ONLINE classes!

Try Zumba, Yoga, Meditation, cooking class, family activities, and more on your phone, tablet, or computer.

Go to www.fhclouisville.org/healthed for more information.

Or, call Kristin at
Family Health Centers
(502) 772-8588

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

P.O. Box 2108
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775-6036

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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 Birthday

Happy birthday to our wonderful granddaughter Makayla Wright. We love you very much. Love, Pappaw and Mammaw.

To my grandson Chace Brewer, happy birthday April 18 Granny loves you!

To my 1st granddaughter Avery, happy birthday April 11. Granny loves you!

Happy Heavenly birthday to my poppap Ezra Mills on April 1st. I miss you, Dee Dee.

To my precious aunt Rene, happy birthday. Thank you so much for being a great part of my life. You are so uplifting. I love you for all you are to all of us who know you. Dee Dee.

To my brother Ron L Mills, happy birthday April 17. I love you, Dee Dee.

Personal

Family. Sad when some turn against or lie on one another, borrow & not give back. When parents put others before their children. When children don't help parents when they are needed. A lot of regretful things happen when alcohol, drugs & even jealousy is playing a role. Parents don't always make the right decisions & children don't always show proper respect. Don't take no one for granted. Ask for forgiveness. Fix now what you can sincerely or maybe too late later on. Bad times for many now and they don't cry over split milk. I say don't wait till blood is dead. Fix the wrong and make family over everything. Better to be a peacemaker than a trouble make. Love, a very bothered Mom & sister.



Happy Easter!

Happy Easter! Thank you Jesus for all I have known through you and for all the blessings you have given to me throughout my life. I love you Lord and know you died on the cross that we might be saved through your blood. You rose again to prove you are the almighty. Bless the world Lord to find you where there shall be peace. Rhonda Kaye.

Neighborhood House News

Connie Herron is getting better by the day God Bless You. The Senior Membership of Neighborhood House

We lost 3 members so far. But, gained 4 new members. Who is doing the math around here? I'm asking all seniors to stay safe Be Blessed & Give thought to the Shot. Always Janet

Hugs & Kisses.

Janet Cherry, Senior Activity Coordinator.



American Legion 193 Flag Retirement Program

If you have old, unserviceable, American Flags, please put them in the flag drop box at The American Legion Shawnee Post 193, at 2800 W Main St., Louisville KY. We will dispose of them properly. Our next flag retirement program will be June 12th, 2021.



"Shed What"

Hello Portland, Little Carmie and Grampa here just showing off our "shed antlers" we found down at the farm. Grampa said there was some big ones down there. Grampa said I could have first shot, so I got to have my game on! I'd also like to give a shout out to Grampa's friend Scott down at Save-A-Lot for all that stale bread. The chicken's love it. Thanks buddy. See ya on the water or in the field.



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Lighting up Portland

Submitted by Richard Meadows

Now is a good time to get cracking on Lighting Up Portland. The older street lights here in our neighborhood are probably glowing a 'yellowish' color when they come on at dusk. They should be bright white to really light the street and sidewalks in Portland.

So what can you do? Let LG&E know they need new bulbs. Yes, you can do that. This evening when the lights begin to come on, go out and look at the ones right around your house. Do they seem less than white light and more yellow?

Go to that pole and you will find a metal holder attached to the pole with five digits down then LGE then five more digits down. That is the pole number. Take a photo or write it down to let LGE know which light needs replaced. If there is no number on the pole you can use the address nearest the pole, and note front, back or side of the house.

LG&E is not responsible for all street lights. However, for service on non-functioning street lights LG&E is responsible for, residents can report by using the online form at lge-ku.com/outages/report/streetlight or by calling 502-589-1444. The report will generate a work order which is typically addressed within two business days.

And you can turn it in via METRO311, just like any other problem. I tend to use Twitter to do it because I find both the Website through Louisville Metro and the APP just provides a telephone number you can use - 502-574-5000. The specific issue of street lighting is not listed in the APP or Website.

My message on Twitter is usually like this: "Hey @LouMetro311 I want to let you know that the street light on pole # 12345 LGE 54321 is not functioning properly. It is a dull yellow instead of a bright white. Please notify @lgeku to have this light fixed." When you send a message to Metro 311 on Twitter you get a response with a complaint number you can follow to see progress on correcting the issue.

NEED RENOVATION ASSISTANCE ?

- ask Portland Architect -

Gary Watrous

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Portland Now News

Submitted by Mike Neagle,
Portland Now President

We're going to have an in person meeting at the Portland Museum and a livestream on Google Hangouts. You're welcome to join either platform.

The April meeting of Portland Now, Inc. will be Tuesday, April 6th on the Google Meet platform and in the backyard of the Portland Museum. Please enter in the back off Lytle Street. We will NOT be doing food at the in person event. Masks are required in person. Social time starts at 6:00 pm and board meeting (open to all) begins at 6:30 pm. If you would like to be on the agenda to speak or make announcements, please e-mail president@portlandnow.org before Noon on 4/5.

Our Special Guest will be LMPD Chief Erica Shields and several members of LMPD Command Staff.

As always, all community members who would like to gain information about neighborhood initiatives or happenings, or get more involved with the great work being done by our committees, are welcome to attend. Hope to see you soon! To join the video meeting, click this link:

meet.google.com/ako-xbua-dob

or

Join by phone (US) +1 617-675-4444

PIN: 335 536 550 9667#

Good Shepherd Catholic Parish

(Our Lady's Campus)
3511 Rudd Avenue

MASSES

Saturday 4:00 PM

Sunday 11:00 AM

Easter Mass Times:

Easter Vigil

Saturday, April 3, 8:30 PM

Easter Sunday, April 4

8 AM & 11 AM

Masks required.

Social distancing guidelines will be followed.

All are welcome to celebrate with us

goodshepherdchurch.us

502-749-9780

Portland Festival News

Submitted by Mike Neagle

After reviewing the additional requirements of temperature checks for all attendees, contact tracing, social distancing requirements, mask enforcement, booth spacing, etcetera, the Portland Festival Board has decided that the logistic challenges, risks to the public, and the financial risks of spending seed monies to put on a festival that could be shut down outside of our control do not allow us to deliver a pleasant, safe experience for our guests and could put future festivals at risk.

We considered postponing the event to later in the year, but Louisville Metro has let us know that they expect these restrictions to be in place for the rest of the year. So, with much sadness, we are canceling the 2021 Portland Festival.

We are exploring options for smaller events to build fellowship in our community and raise money for the 2022 Portland Festival.



Louisville Grows Greenhouse Prep Work Seeds & Starts 2021

It's time to welcome back volunteers!

Louisville Grows invites volunteers to help us prepare for the annual Seeds & Starts Sale in our brand new greenhouse located next to Healthy House in the Portland neighborhood.

Volunteers will assist in potting starts, planting seeds, mixing soil, watering, and performing other tasks in the greenhouse.

Various shifts are available in April.



Portland

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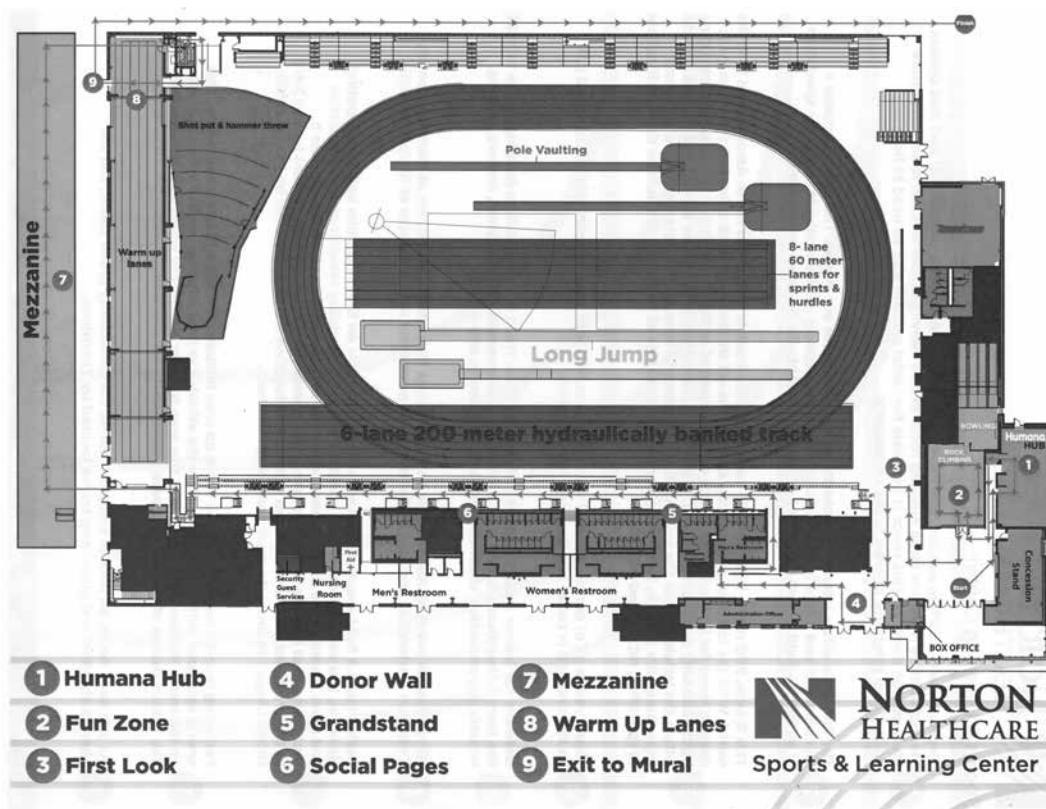
(Continued from Page 1)

6. Never miss an event by following us on Facebook at NortonSLC, Instagram at NortonSLCenter, Twitter at NortonSLC, and sign up for our email newsletter at our website at bit.ly/NortonSLC

7. During track & field events, teams will meet and gather on the mezzanine before competing. However, this versatile space can also host banquets, wedding receptions, private parties and more. Through the double doors across the mezzanine, Thorntons will operate a first-of-its-kind retail location. This store will operate as a not-for-profit venture to give back to the West End. All proceeds from sales at this location will be reinvested by the Louisville Urban League to promote equity and empowerment.

8. Featuring four-60 meter lanes, the warm up area includes run out and stretching room. This area is equipped with speakers to allow the athletes to hear what events are being contested on the track. Hurdles can be placed in this area to allow hurdlers to warm up before their event. The unique design of this space creates opportunity for additional meeting room spaces.

9. As you are leaving, enjoy the mural, the community green space, and the chess & checkers and ping-pong tables located by Thorntons.



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Louisville Grows campus expands!

“The Board of Directors at Louisville Grows is excited to announce the completion of our very own greenhouse!

This spring will mark significant progress towards our goal to build an engaging community space in the Portland neighborhood and provide friends and neighbors the opportunity to connect with nature through urban agriculture. We are growing our urban footprint to better serve our community.

The greenhouse will allow us to provide access to seasonal plants and programming to support community gardeners year-round. We will expand the range of plants that we provide so gardeners can extend their growing seasons into the colder months. We will increase our capacity to provide environmental education programming to compliment our Healthy House workshops and courses.

We hope that you will join us in celebrating this exciting achievement. Become a **Friend of Louisville Grows** to receive news about events and classes first! See you at the Green House!” - Lauren Anderson, LG Board Member



Why do we hunt for Easter eggs?

Early Christian missionaries hid Easter eggs painted with biblical scenes for children to find. The children would find the Easter eggs and tell the story associated with the paintings. Therefore, early Easter egg hunts helped children learn about the significance of Easter.

One of the earliest Easter egg hunts that most resembles the modern Easter egg hunt can be traced to Martin Luther. Martin Luther was a key leader in the Protestant Reformation. During this time, men would hide eggs for women and children to find. The joy the women and children experienced as they found eggs mirrored the joy the women felt when they found Jesus' tomb empty and realized He had risen.

Just like early Easter egg hunts, we hide eggs for children to find. For our modern Easter egg hunts, we hide special goodies inside each egg. Therefore, when children open the Easter eggs to find their surprise inside, they experience happiness and joy—the same happiness and joy Jesus' followers experienced when they heard the Good News of His resurrection.

This year, Seeds & Starts Sale will function a little differently for the safety of our patrons.

Louisville Grows will offer one in-person sale day. All other purchases will be online with curbside pickup dates.

Greenhouse location: 1639 Portland Ave.
seedsandstarts.org

Please mark the following dates on your calendar...

April 17: In-person sale date at greenhouse.*

April 20: Online sales for all other plants, trees, bushes and materials begins.

April 22: Curbside pickup for online orders begins.

*You must register on SignUp Genius to be able to shop on April 17 at the greenhouse. Walk-ups will not be allowed. Slots are limited.

All of your favorite veggie plants, fruit trees, berry bushes, herbs, flowers, pollinators and gardening materials will be available. Starts and seeds are planted and grown with love by our greenhouse volunteers. Each variety of our plants are chosen for adaptability, biodiversity, beauty, and taste!

Get your locally grown, low-cost plants at the Seeds and Starts Sale and feel good about shopping our fundraiser, knowing that your purchases will go to support a sustainable food through Louisville Grows Community Garden Grants program.

Follow us @louisvillegrows on Facebook and Instagram to stay updated!
Order online at seedsandstarts.org

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Steve Frost, senior pastor

Hello, friends & neighbors!

Are you looking for a place to belong? Whatever your age or background, there's a place for you in the Shawnee Baptist Church family. Our goal is to provide help for wherever you are and hope for where you're going. In each of our services, you'll find helpful truths from the Bible along with the love, strength, and encouragement you need to get you through each week. I would be honored if you would visit us this Sunday, so I look forward to meeting you and your family!

Easter Sunday

- morning service at 10:30 AM
- evening service at 5:00 PM

Sundays (normal schedule)

- morning worship at 8:45 or 11 AM
- classes for all ages at 10 AM
- evening service at 5 PM
- *servicio en Español, a las 10 AM y 6 PM*

Wednesdays

- Bible study & prayer at 7 PM
- *servicio en Español, a las 7 PM*

Looking for a church with something for everyone? Here are just a few of the incredible ministries at Shawnee.



www.northside.academy

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www.shawneebaptist.church/kids

Church isn't just for adults. Kid City provides children with songs, games, and teaching just for them. Meets Sundays & Wednesdays.



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COMING SOON! Shawnee is always looking for ways to serve our community, and our new partners are helping us feed those in need.



www.shawneebaptist.church/reformu

Every Friday from 7 - 9 PM, struggling people can find help and hope for overcoming all kinds of addictions.

Obituaries



Vivian Louise Brummett, 74, passed away March 1, 2021 unexpectedly. Vivian was born January 17, 1947 in Louisville, Kentucky to the late Ivy L. and Cora Alice (Sterman) Warren. Besides her parents she is preceded in death by her loving husband of 34 years, Billy Brummett; two brothers, Ivy Jr. and Gordon M. Warren; and the grandparents that raised Vivian, Johnny & Emma Livers. Survivors include her three sisters, Audrey D. Smith (Stanley), Gloria S. Lowrance (Charles) and Emma K. Hilton; brother, Gary W. Warren (Margaret); several nieces, nephews, cousins and friends. Services will be private. JB Ratterman & Sons Funerals & Family Cremation Care in charge of arrangements.

Mark D. Cox, 62, passed away on February 24, 2021 in Louisville, Kentucky. He was born September 22, 1958, to the late David H. and Sylvia Schulten Cox. In addition to his parents, Mark was preceded in death by 2 siblings, Ronnie Matlock and Gail Heaverin; a son, Michael Howard; and a brother in law, Terry "Lou" Dwayne Wilson. Mark leaves behind his best friend and brother, Steve Wojciechowski; ex-wife and friend, Tina Cox; 7 children, David Howard, Christa Belle Grubb (Joey), Mitchell Howard, Mallory Cox, Brandy Cox, Mark Cox Jr., and Mercedes Cox; 3 grandchildren, Destany Gatewood, Dalton Howard and Courtney Grubb; in-laws, Phyllis Matlock and Tim Heaverin; 3 great grandchildren; 2 nephews, David Allison and Joshua Allison; and a host of extended family and friends.



Michael Dewayne Dennis, 58, passed away, March 7, 2021. Michael was born Aug-

ust 6, 1962 in Louisville, Kentucky to Cecil D. & Ruth T. (Tyrrell) Dennis. He is preceded in death by his mother, Ruth T. (Tyrrell) Dennis; sister, Staci Dennis; brother in law, Noah Wayne Smith; and paternal & maternal grandparents. Survivors include three daughters, Brittany Cotton, Chelsea Dennis (Jesse) and Shonda Dennis; father, Cecil Dennis; two brothers, David Dennis (Shannon), William "Billy" Dennis; three sisters, Barbara Hornback (Dave), Saundra Smith, Stephanie Dennis (Greg); brother in law, Hank Hightower; four grandchildren, Brett, Ethan, Zoey and Noah. JB Ratterman & Sons Funerals & Family Cremation Care, was in charge of arrangements.

Timothy A. Garcia, 28, returned to his Heavenly Father February 23, 2021 in Louisville, Kentucky. He was born in Temple, Texas on May 4, 1992. Timothy was a gifted artist who loved song writing, journaling and drawing. He will be missed by all those who knew him. Timothy was preceded in death by his mother, Maria d.R. Garcia. Left to cherish his memory, Timothy leaves behind his father, Jose M. Garcia; siblings, Lucinda Jabari - Kavkani, Jerold Wyble and Dakota Wyble; aunts, Leticia Garcia, Betty Jean and Barbara; uncles, Juan Joel Garcia and Jose M. Garcia II; and a host of extended family and friends.

Bradley S. Hazel, 30, passed away March 11, 2021. Bradley was born in Louisville, Kentucky to Mark McGill and Tammy Hazel on February 18, 1991. He had an outgoing, silly personality and was always the life of the party. Bradley was always looking sharp in his favorite hats and outfits. He loved playing basketball and watching the Green Bay Packers. Left to cherish his memory, Bradley leaves behind his parents, Mark and Tammy; children, Landyn and Jaiden; brothers, Chad, Cody (Amanda) and Daniel; niece, Makayla; nephews, CJ, Ethan, Conner and Bentley; aunt, Dolly; uncle, Bobby and a host of extended family and friends.



Deja Monique Hardin, 32, passed away Friday, February 19, 2021. Deja was born into this world May 1, 1988 with disabilities yet she didn't lack characteristics of full of life personality. Her bigger than life personality will surely be missed. She was a

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Obituaries

Deja Monique Hardin (Con't.)

member of Village Worship Church. I would like to acknowledge the contributions and support system of our local community; HOI (Home of the Innocence), HRF (Hazelwood Residential Facility), and Churchill Park School. She is survived by her mother, Tonia Biggers; brother, Branden Calhoun; grandparents, Sandra and Wayne Alberty; nephews, Elijah and Ares Calhoun; niece, Bri'elle Calhoun. Private Memorial Services for Deja's family was held at Ministry of Christ, 1701 W. Jefferson St. Expressions of sympathy may be made to Village Worship Church.



Gloria Hicks, 67, of Louisville, Kentucky, passed away on March 14, 2021. She was born on April 12, 1953 to Thomas and Pauline (Miller) Bushong. She was preceded in death by her parents; son, Christopher Hicks, Sr.; sisters, Maryann Philpott, Diane Philpott, Shirley Elliott, and Jeanie Mason. Gloria is survived by her loving husband of 53 years, William "Bill" Hicks, Sr.; sons, William Hicks, Jr., Kevin (Carla) Hicks, David (Margaret) Hicks; daughter, April

(Anthony) Simpson; 12 grandchildren, Tyler Hicks, Haley Hicks, Christopher Hicks, Jr., Allison Hicks, Joseph Molinari, Bethany Hicks, Conner Molinari, Parker Molinari, Isabella Hicks, Bailey Molinari, John David Hicks, Toni Simpson; brother, Lloyd (Sue) Bushong; sisters, Carol Parsons, Vickie (Wesley) Brock and numerous nieces, nephews and extended family. Newcomer Cremations, Funerals & Receptions - Southwest Louisville Chapel, (10304 Dixie Hwy) was in charge of arrangements. Private family inturnment at Louisville Memorial Gardens West. The family requests that contributions in Gloria's memory be made to Alzheimer's Association.

David G. Hinkebein, 48, passed away February 28, 2021 in Louisville, Kentucky. David was born October 30, 1972 to the late Edward Hinkebein III and Rebecca Der Ohanian Floyd. David had many trials, and at times his journey was a difficult one, but ultimately he gave his life to Christ, and now rests peacefully. Left to cherish his memory, David leaves behind his mother, Rebecca Floyd; 2 daughters, Phallicia Joe Hinkebein (f. Michael Bricker) and Jacquilynn Dawn Jackson (Curtis); brother, Jeffery Hinkebein (Holle) and their daughters, Lauren, Megan, and Olivia; sister, Sarah Rufing (Troy) and their six children, Hannah, Matthew, Sophia, Samuel, Catherine, and Clover; sister, Kimberly Daily (Travis) and their two children, Owen and Amelia; 1 granddaughter, Ridley Dawn Rose Jackson; and a host of aunts, uncles, cousins, and friends who loved him dearly. The family will be having a Celebration of Life gathering for David later in the spring.

Louise S. Johnson, 80, passed away February 18, 2021 in Louisville, Kentucky. She was born on May 25, 1940 to the late James "Milton" Stearman and Alice Stearman Jordan. She enjoyed taking care of her Chow's and riding horses, especially Smoky Joe. In addition to her parents, Louise was preceded in death by her loving husband, John Johnson; and 3 children, John McBride Jr, Alton E. McBride, and Mary A. Stufflebean. Left to cherish her memory, Louise leaves behind 2 children, Janice L. McBride and James C. McBride; brother, Freddy Harmon (Jo Ann); grandchildren, Jennifer Skeens, Chris Stufflebean, Thomas Sanders, Samantha McBride and many others; numerous great and great great grandchildren; several nieces and nephews; and a host of extended family and friend.



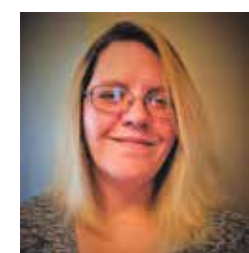
Ruby P. Nixon, 84, passed away February 22, 2021. Ruby was born March 16, 1936 in McHenry, Kentucky to the late Walter C. & Mrytle (Crowe) Forbes. She was a member of the West End Baptist Church. Besides her parents she is preceded in death by her husband, Marion Nixon; her siblings, James, Carl, Mary, Louise and Bill Jack. Survivors include her three sons, Marion Hank, Ellis Allen and Marcus Daniel Nixon; two daughters, Ruby Gail Carver (Delbert, Sr.), Linda Stewart (Darryl); nine grandchildren and thirteen great-grandchildren. JB Ratterman & Sons Funerals & Family Cremation Care in charge of arrangements, burial in Rochester Cemetery, Rochester, KY.

Alvin Sanders Sr., 85, passed away February 13, 2021. Alvin was born in Louisville, Kentucky on October 31, 1935 to the late Ralph and Lucille Hambaugh Sanders. Alvin retired from Riney's Bedding after 30+ years. In addition to his parents, Alvin was preceded in death by his loving wife of 49 years, Peggy L. Davis Sanders; a son, Danny Sanders; siblings, Bertha Jean Massey, Louise Sanders, Raymond Sanders, and Laverne Elzy; and a grandchild, Kathy Whitaker. Left to cherish his memory, Alvin leaves behind 6 children, Darlene Garrett (Billy), Alvin Sanders Jr., Steve Sanders (Lesley), Jerry Sanders, Ralph Sanders (Sandy) and Terry Sanders; brother, Donnie Sanders; 20 grandchildren; 19 great grandchildren; 1 great great grandchild; and a host of extended family and friends.

Robert Michael Kish, 29, Passed away March 1, 2021. Robert had been a cook at Annie's Pizza. He was preceded in death by his Grandma, Kay Underwood; dad, Darrell Underwood; his dog, Buddy. He is survived by his loving wife, Chelsea Burchett; mother, Wanda Vankirk; son, Brayden Burchett; sisters, Kristen Bryant and Amanda Vankirk; niece, Leigha Bryant; nephews, Lucas Bryant and Noah Allen. Funeral Services are private. J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street is in charge of arrangement.



Donald M. Lamkin, 86, passed away on March 13, 2021. He was born in Brandenburg, Kentucky to the late Lee Dolph Lamkin and Beulah Prather Lamkin on January 3, 1934. Donald was a quiet, kind and generous man. He loved his family and will be greatly missed by all who knew him. In addition to his parents, Donald was preceded in death by his siblings, Dolph L. Lamkin, Katherine Schackett and Evelyn Geoghegan. Left to cherish his memory, Donald leaves behind a daughter, Elizabeth Lamkin; grandson, Trinity Fromm (Carrie); 2 nieces; Gayle DeMarie and Marie Rexrote; nephew, Jeff Lamkin; and 5 great grandchildren.



Dora Ann Shelton, 39, passed away, Saturday, March 13, 2021. Dora was born July 19, 1981 in Louisville, KY to William Andrew Baker & Anna L. Shelton. Dora is preceded in death by her mother, Anna L. Shelton; grandmother, Dora Cravens. Survivors include two sons, Justin Tyler Louis Salmon and Daniel Estes; daughter, Annabelle Faye Estes; two brothers, David VanMeter and William Baker; grand-daughter, Laylah Ann Kiefer; and her father, Andrew Baker. JB Ratterman & Sons Funerals & Family Cremation Care 2114 W. Market Street, with Brother Joey Hightower presiding.

J.B. Ratterman & Sons Funerals and Family Cremation Care

2114 W. Market Street

776-4661

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Traditional Quality, Smart Prices*

Tony Ratterman, owner
Sheila White-Mullins, manager
Lenny Black, office manager
We now can provide for Pet Cremation



forget-me-nots

They represent the
immortal love we
have for those who go
before us.

Obituaries

Gertrude Tindall, 51, passed away March 16, 2021 in Louisville, Kentucky. Gertrude was born in New Albany, Indiana to the late Charles Dexter and Brenda K. Spencer. She loved spending time with her family and especially enjoyed those lazy days off, watching the Green Bay Packers with her fiancé Nathaniel. She will be deeply missed by all who knew her. In addition to her parents, Gertrude was preceded in death by her loving husband, Eugene C. Tindall Sr.; son, Kenneth Wayne Dexter; daughter, Rhonda K. Dexter; and a brother, Thurman Roger Baker. Left to cherish her memory, Gertrude leaves behind 2 sons, Eugene Tindall Jr. and Charles R. Tindall; sister, Leslie Holmes; niece, Tiffany Blakley (Stephen Stine); 3 nephews, David Skaggs, Dakota Haley Jr. and Dalton Haley; great nephew, Trevor Skaggs; and a host of extended family and friends.



Alan Joseph Tucker, 62, passed away March 7, 2021. He was an avid bike rider and was a volunteer at Falls City Community Bike Works, where he had many friends and was loved by all. Alan loved reading and going to the library, he never met a stranger, especially those with an accent. He was the son of a bodyman and a car guy. He was predeceased by his parents, Clarence and Irene Tucker. He is survived by his sister, Deborah Molter (Joseph) and his brother, Stephen Tucker (Donna). Donations to a scholarship in honor of Alan's contributions to biking can be made to Falls City Community Bikeworks; Diabetes Awareness; or a favorite charity. A memorial mass for family and friends will take place at a later date. J.B. Ratterman & Sons Funerals & Family Cremation Care 2114 W. Market Street is in charge of arrangements.



Stephanie Lynn Wilson, 49, passed away March 8, 2021. Stephanie was preceded in death by her mother Lawana Mae Wilson and her brother, Frank Joseph Wilson. She is survived by her loving husband, Eddie Hardin; father, Donald Wilson; sons, Brett Whitten and Brent Wilson; step-son, Wayne Courtney; step-daughters, Hayley Hardin, Courtney Hardin, Brayla Galyon, and Haylee Galyon; grandson, Marcus Wilson; granddaughter, Malia Wilson; half-sister, Janessa Arnold. Funeral Service was held at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street with burial in Evergreen Cemetery.



June Elmyra Voltz, 81, passed away, March 4, 2021. June was born February 6, 1940 in Jeffersontown, Kentucky to the late John L. and Leona E. (Brainer) Eldridge. She was a retired medical assistant for Dr. Quaise and Baker. Besides her parents she is preceded in death by her loving husband, Kenneth L. Voltz; and a daughter, Cynthia Voltz. Survivors include her two daughters, Rene' D. and Kerri L. Voltz; son, Keith Hurley; three brothers, David, Arthur and Vernon Eldridge; grandson, Brian L. Voltz (Alisha); six great-grandchildren, Adrian, Brian L. II, Bria N., Aliya, Biron and Angelo Voltz. Funeral services are private. Evans Monuments & Family Cremation Care in charge of arrangements.

Should I get vaccinated for COVID-19?

YES! Most people should get a COVID-19 Vaccination. Talk to your doctor if you have questions.



Family Health Centers

Care for your Health & Wellness

Family Health Centers is scheduling the COVID-19 vaccine for our patients who are 60 years and older, those with certain chronic conditions, and their immediate family who are also 60+ or have certain chronic conditions.

If you have received care at any FHC location within the last three years and want a COVID-19 vaccine, call Family Health Centers at 502-772-8110 to schedule an appointment.

COVID-19 Vaccine Information

By: Family Health Centers

Vaccine shots to protect against COVID-19 infection are now available in Kentucky! You are probably wondering whether to get one and how to get one. See below:

WHY should I get a COVID-19 vaccine?

- The COVID-19 vaccines available today are almost **95% effective** in preventing COVID-19.
- **COVID-19 is deadly.** The risks of serious illness from COVID-19, including hospitalization and death, greatly increase with age.
- **COVID-19 vaccines are safe.** More than **70 million Americans** have already received their first dose of the vaccine.
- Vaccines are not used in the United States until extensive testing takes place. All testing results are reviewed carefully by the FDA before they allow vaccines to be used.
- The more people get vaccinated, the sooner we can all go back to work, school, church and our normal lives.
- If you have questions or concerns about getting the COVID-19 vaccine, talk to your primary care provider.

WHEN can I get a COVID-19 vaccine?

Kentucky is vaccinating people in phases as vaccine supplies increase. Currently people in Phase 1A, Phase 1B, and 1C can get the vaccine. Phase 2 will be eligible soon.

- **Phase 1A:** Healthcare workers and nursing home residents
- **Phase 1B:** First responders, K-12 Educators, childcare workers, and anyone 70 years or older
- **Phase 1C:** Anyone 60 years or older, people with certain chronic diseases, and certain essential workers.
- **Phase 2:** Anyone 40 or older
- **Phase 3:** Anyone 16 or older
- **Phase 4:** Children under the age of 16 (if the vaccine is approved for this age group).

WHERE can I get a COVID-19 vaccine?

- Right now, vaccines are available in Louisville at multiple hospitals and health centers, as well as some Walgreens and Krogers. New vaccine locations are expected to open soon. Each location has their own system for scheduling appointments. Go to www.louisvilleky.gov/vaccine or call (502) 912-8598 for more information.
- With some brands of the vaccine, you will need 2 doses, 3 to 4 weeks apart. During your appt. for your 1st dose, staff will help you schedule your 2nd dose at the same location. Other brands just require 1 dose.
- The vaccine will be free.

Once I am vaccinated, what will be different?

- Your risk of getting COVID-19 will be greatly reduced or eliminated. You will no longer be at risk of hospitalization or death due to COVID-19.
- You must still wear a mask and practice social distancing unless following CDC guidelines (<https://www.cdc.gov/coronavirus/2019-ncov/vaccines/fully-vaccinated.html>). Scientists are still researching whether you can spread COVID-19 to others even after getting the vaccine and even if you don't get sick. It will be months before everyone around you is vaccinated.

For more information: go to www.louisvilleky.gov/vaccine or call (502) 912-8598.



This is one of scores of businesses in the Portland neighborhood that need to be submitted to the C-J program; Galan's Meat Market and Deli, 2801 W Market St, Louisville, KY 40212. 502-614-8514.

“Best of the Best” program to recognize local businesses

Submitted by Richard Meadows

It's not over, but the long nightmare of the coronavirus downturn in the local economy is coming to an end. Now is the time for Portland residents to step up and help our local businesses come back stronger this year.

The Courier-Journal is conducting the “Kentuckiana’s Best of the Best” program to recognize winners in 165 categories, like dealers and services, education, beauty, health and scores of others.

Beginning April 9 and through to the end of the month you can go to courier-journal.com/contests to nominate Portland businesses. The CJ’s Alex Kellner said, “Local businesses are the lifeblood of any community and this is a great way to recognize those that go the extra mile.” Certainly sounds like Portland businesses.

After all the nominations are made and totaled the top five in every category will be placed on a “Vote for Me” ballot beginning June 7. Then on September 9 the top three in each category will be announced at an exclusive awards gala.

So everyone of our readers needs to mark your calendar and go nominate Portland businesses for the categories. Here is the chance to shine a bright positive light on our neighborhood.

BJ'S KUSTOM AUTO

3144 Bank Street
502-767-0290
Open 9 to 5




BRAKES OIL CHANGE
TIRE TUNE UPS
HEADLINERS VINYL TOPS
CHECK ENGINE LIGHT

WE PAY TOP DOLLAR FOR JUNK CARS

*Good Shepherd
Catholic Parish*
HALL RENTAL

*Available to Rent for Clubs,
Receptions & Reunions*

Lehmann Hall
3525 Rudd Ave.

(502) 749-9780

goodshepherdchurch.us



Ode To A Good Thing Already Happening (ALL THE GOOD ONES FLEE)

I've been thinking about brain- and talent-drain from Portland over the years, but the recent death of Paul Hornung put this in focus. So often we think of how "Building back better" is to look for Portland...gentrification? organic growth? unferrelling? Federal grants, like Russell? But statistically our neighborhood should be b*dass because it is so proud with history and so large and densely populated -- theory of random-likelihood dictates frequent wins at the casino. A superficial review suggests it ain't happening, but I'm not so sure about that. Portland Proud nurtured the likes of Paul Hornung, the Golden Boy who wanted to live near Lake Michigan in Green Bay to play Packerball all day long instead of staying in Portland. Don't blame him. All the good ones flee. So that's it; that's my analysis. Not to put too fine a point on it--but...

Paul Hornung, a cross between Hunter Thompson and Chuck Norris, is the kind of product Portland gives to the world since we produce this cohort in droves. While hardly achieving the notoriety of Hornung, the local folk oft have shades of his flair. What flair, you say? Let me recount a section in Wikipedia: Heisman Trophy, NFL MVP, 4 SuperBowl rings, Hall of Fame, color broadcaster for football radio syndicates...but yet (per wiki:) *Hornung's penchant for high-living proved disastrous when, in 1963, a major scandal erupted and Hornung was suspended from football indefinitely for betting on NFL games and associating with undesirable persons. In exchange for Lombardi's efforts to reinstate him, Hornung agreed not to have anything to do with gambling, to stay out of Las Vegas and to never again attend the Kentucky Derby...During a radio interview in 2004, Hornung, speaking about the recent lack of football success at Notre Dame, said, "We can't stay as strict as we are as far as the academic structure is concerned because we've got to get the black athletes."* **I'm sorry but (if true) that's not acceptable for broadcast radio--and I won't be attributing it to post-NFL brain fog.** Hornung is iconic Portland--capable and irksome/impish.

The moral of this story is that there is no moral. Instead of building Portland into some jewel-ous hill, let's focus on shaping those youngsters with their hearts set on fleeing (for their mental health and for the gold in them thar hills). Let's focus on shaping them in their youth to be excellent representatives of our fair community -- Crazy/creative as a Hunter Thompson, and Strong-like-Bull as a Chuck Norris). The world needs to be blessed and entertained by our Portland folk. (And the sooner they leave, the better--just kidding). If Portland wants to keep producing Paul Hornung's of the future, we need to continue being a foundational nurturing environment. We need to keep passing on our A-game to the youth, whether that be dumpster diving, small-engine repair, building and electrical construction on the down-low, hoarding, social networking and in-fighting, or can-do-it-iveness (also the tried and true methods such as education and coaching). Portland folk don't need anyone to tell of their greatness; they already know it--this is just an Ode To A Good Thing Already Happening. Anywho, I'm hoping for open schools and Metro buildings so kids can start getting their Hornung/Hunter/Norris goat skills at their sharpest -- the future will need them, and need them to be on their best game. Let's keep giving out Hornung spin-offs like a Pez...but it'll take all of us.

"...someone has to speak for the unborn..." --Harry Caudill

Good Troubling (snicker, SNCCer),

PortlandNate



Home Changes Everything

Habitat Accepting Mortgage Applications: April 8 – April 24, 2021

About Habitat's Homeownership Program

Homeownership unlocks the ability to build financial stability, to excel at work and school, and to grow up in a healthier environment. Through partnering with Habitat for Humanity of Metro Louisville, families and individuals not only buy an affordable home, but they'll gain new friends, new skills and a new sense of community and belonging. The security and stability a Habitat home provides will help you take the first steps towards a brighter future.

Once accepted into Habitat's program, Habitat provides all the materials, land, and expertise to construct the homes. Homebuyers agree to help build their own home, in partnership with community volunteers, where Habitat owns land. Once the home is complete, the homebuyers buy the homes from Habitat at an affordable mortgage with 0 % interest loan.

Habitat mortgage applications are based on:

- NEED for housing
- ABILITY TO PAY an affordable mortgage
- WILLINGNESS TO PARTNER with Habitat

For any questions about Habitat and our homeownership program, please visit our website at louisvillehabitat.org.

2021 Homeownership Application Process

- From April 8 – April 24, mortgage applications will be given out and accepted back only on Thursdays, Fridays and Saturdays from 10:00 am – 4:00 pm at Habitat, located at 1621 Columbia Street, 40203.

The last day to pick up an application is April 22nd at 4:00 pm.

- Completed applications are required to be turned in with all supporting documentation by April 24th at 4:00 pm.

Habitat New Applicant Information Session

- Habitat is hosting an optional Information Session for prospective new applicants interested in applying to our homeownership program on April 7 from noon – 1:00 pm.
- Please join us on Zoom for information on program details, application specifics, and required supporting documentation. There'll be time for questions as well.
- To RSVP to receive the Zoom link, contact Benita Freeman at bfreeman@louisvillehabitat.org or (502) 805-1401.

Habitat's homeownership program empowers people to invest in themselves and invest in their community.

Klein Bros.

1101 W. Broadway

587-6886 587-7950

Locksmiths

Door Closers

New and Used Safes

Shaheen's

DEPARTMENT STORE

Since 1922

Name Brand Clothing

- Family
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- Medical Uniforms
- School Uniforms

2604 Portland Avenue
Louisville, Kentucky 40212

778-9741

Mural of Portland Louisville Educator Henrietta Helm to Adorn Downtown Building

Portland Museum and Christy Brown commission artists Darius Dennis and Jared Diaz paint a museum-quality mural at 429 West Muhammad Ali Blvd.

Portland Museum and Christy Brown collaborate to commission artists Darius Dennis and Jared Diaz to paint a museum-quality mural at 429 West Muhammad Ali Blvd.

Ahoy from your neighborhood friend, the Portland Museum! We have some really exciting news to share with you. The Portland Museum proudly announces the first-ever mural from our archive. We hope this will be the first of a series in years to come. With the help of Christina Lee Brown, we are highlighting a Portland Shero, Henrietta Helm. The mural will be the second public artwork in downtown featuring a historic Portland figure, the first being Paul Hornung's banner that was part of the Hometown Heroes project.

Henrietta Helm educated a generation of Black students, and now her image will look over the center of Louisville, adding beauty and recapturing history to enhance the cultural health of downtown. Henrietta Helm is the subject of a large-scale mural that will be completed on March 20th, 2021 by artists Darius Dennis and Jared Diaz. The work is commissioned by the Portland Museum and Christina Lee Brown. The Museum has curated the work and is home to the archival image of Helm on which the painting is based.

Henrietta Helm was born in 1865, the last year of legal slavery in America. She was among the first Black students who attended public school in Louisville. At age 17, she passed her exams to become a teacher. Ms. Helm became a principal as the head of the Portland Colored Night School. Her mission was to make sure that working Black children and adults 14-years-old and older could get an education. Whether late in the day or late in life, Henrietta Helm believed it was never too late to learn.

"So much history is hidden in plain sight," said Ed White, board member of the Portland Museum and founder of River City Drum Corp. He also lived as a child in Helm's former home on Short Street. "Henrietta Helm conjures up generations of voices and stories waiting to be told. Portland is more than you know. Louisville is more than you know. No matter who you are, this is your history."

"One of the goals remains to paint positive and lasting submissions for the purpose of advancing equality through mural art in a national conversation about civil rights," said muralists Jared Diaz and Darius Dennis. These artists are part of a collective that produce museum-quality murals all over the nation. The work is intended to be a new kind of monument that doesn't heroize or mythologize but rather recognizes a remarkable individual as representative of many others. It is a tribute to Black women educators – living, deceased, and those yet to come – and their daily work that lifts up lives and determines the future of Louisville.

The artists and the Portland Museum will be donating \$5,000 to be the seed and roots for a scholarship for black people from the Portland neighborhood seeking to further their studies to become educators. Throughout the spring, they will be crowdfunding to reach a \$25,000 goal.

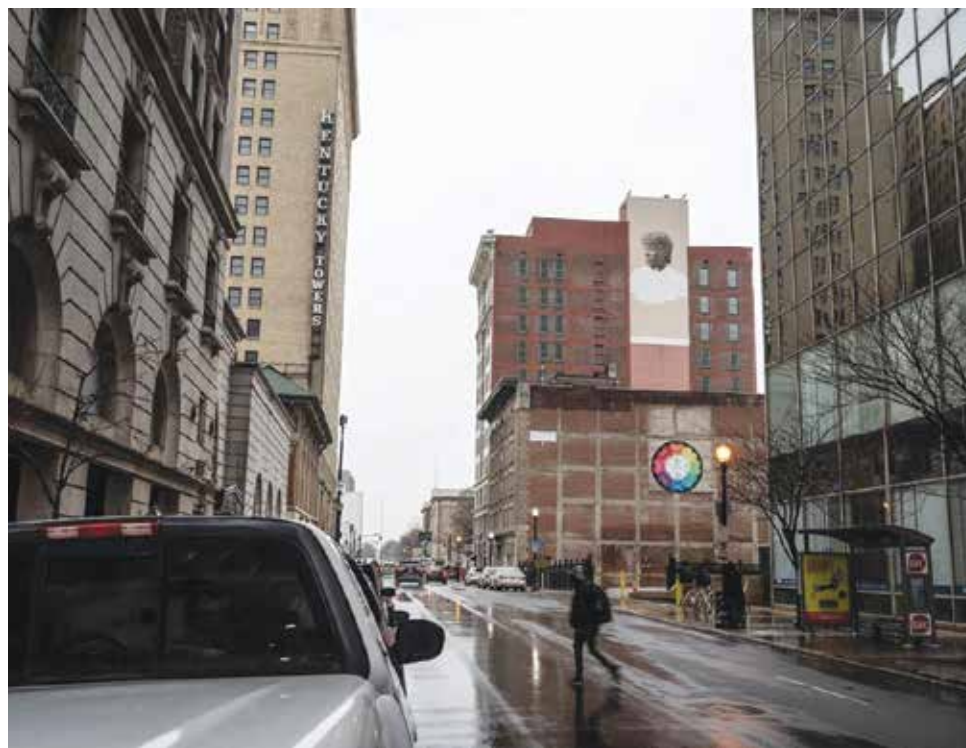
"Black women have endured centuries of struggles and adversities. We dealt with problems without allowing problems to become a handicap to our education and success," said Dr. Renee Campbell, professor at University of Kentucky and former CEO of Wesley House Community Services. "It is my responsibility to set an

example and be able to educate and mentor others. Black women in education in Louisville must pass on the strength, perseverance, and wisdom of our ancestors."

"We need a new perspective altogether: We need a new vision of health," said Christina Lee Brown. "Restoring health to the environment around us and to one another is just as important to our own

well-being as a visit to the doctor. I am so thrilled to be a part of this wonderful effort to share a richer history and to enliven the cultural health of Louisville."

The Portland Museum is dedicated to the Portland Neighborhood's history. We hope you take a ride on your favorite mode of transportation after March 20th to see this beautiful work.



church of the
PROMISE

1800 Portland Ave
502-439-0189

Worship Celebration
Sunday - 11:00 a.m.

Celebrate Recovery
Thursday - 6:30 p.m.

www.bethepromise.org

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.

Portland Now, Inc.

Tuesday, April 6, 2021

The April meeting will be the Google Meet platform and in the backyard of the Portland Museum. Please enter in the back off Lytle Street. Social time starts at 6:00 pm and board meeting (open to all) begins at 6:30 pm. If you would like to be on the agenda to speak or make announcements, please e-mail president@portlandnow.org before Noon on 4/5. Our Special Guest will be LMPD Chief Erica Shields and several members of LMPD Command Staff. (See Page 4 for more information.)

AMERICAN LEGION POST 193

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

AMERICAN LEGION POST 193

LADIES AUXILIARY
4th Tuesday 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.

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.

Dare To Care

at St. Cecilia Campus
2519 St. Cecilia Street

the 3rd Tuesday of the month at 10 AM

PORTLAND MUSEUM

Portland Museum Board meets every third Thursday 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 Avenue Community Trust (PACT) Parking Lot at the new location in the former Portland Christian School
2500 Portland Avenue

**1st Tuesday of the month
10 AM**



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.

Portland Avenue Community Trust (PACT)

Portland Ave. Community Trust (PACT) has relocated from 3138 Portland Avenue (Portland Avenue Presbyterian Church) to 2500 Portland Avenue in the former school building of Portland Christian. Until our new space is ready the clothes closet and food pantry are closed. We hope to be operational within a few months. We will keep everyone posted as we progress.

We should be able to continue the Dare to Care mobile pantry and distribution of Dare to Care boxes at the new location, we will notify everyone.

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



Recipes from the Ladies of Baptist Tabernacle

They tell me Spring is here. Let's hope she stays for a while. It's a new season so let's try some new recipes!



Vegetable Casserole

1 pkg. frozen mixed vegetables
1 can Cream of Chicken Soup
4 cups pasta cooked and drained
1 ½ cups milk
1/3 cup crushed corn flakes
1 ½ cup shredded Cheddar
salt and pepper to taste

Mix soup, milk cheese, vegetable and pasta in 2 quarter casserole. Bake at 400 degree oven for 30 minutes. Sprinkle top with corn flakes. Return to oven for 20 minutes or until corn flakes are golden brown.



Pea Salad

1 (10 oz.) frozen peas
1 Tbs Dijon Mustard
cooked and cooled
1 Tbs lemon juice
6 slices bacon, fried and crumbled
1 Tbs sugar
½ cup chopped pecans

Dressing:

¼ cup mayonnaise
salt and pepper to taste
¼ cup sour cream
dash of garlic powder

Whisk together mayo, sour cream, and mustard until blended. Whisk in lemon juice and sugar and season with salt and pepper. Combine pease, bacon and pecans. Pour dressing over mixture and toss.

Banana Nut Bread

1 cup sugar
1 ½ cups sifted flour
½ cup margarine
1 tsp soda
2 eggs
1 tsp baking powder
3 ½ mashed bananas
1 cup nuts
½ cup orange juice



Cream sugar and margarine. Add bananas, then eggs and blend. Sift dry ingredients and add alternately with liquid to creamed mixture. Grease 2 loaf pans and add mixture. Bake at 325 degrees for 1 hour.



Brownie Pie

½ cup butter
3 oz. Unsweetened chocolate, chopped
3 eggs, lightly beaten
1 ½ cups sugar
½ cup flour
½ tsp vanilla
1 deep dish pie crust

Heat oven 350 degrees. Set out pie crust to flaw. Melt butter and chocolate in microwave, or in a small sauce pan over low heat. In a large bowl combine eggs, sugar, flour and vanilla. Stir in melted chocolate. Pour filling into the pie pan. Bake about 55 minutes or until filling is evenly puffed and edge is slight cracked. Cool for 20 minutes. Center will sink as pie cools. Top each serving with a spoonful of whipped cream. Sprinkle with crushed peppermint candy for the fun of it.



Salmon Burgers

1 lb. Can salmon
½ cup dry bread crumbs
½ cup onion, chopped
2 eggs, beaten
¼ cup cooking oil
¼ cup chopped parsley
¼ cup milk
1 tsp powdered mustard
1/3 cup dry bread crumbs

Drain and flake salmon. Cook onion in oil until tender. In a bowl add milk, 1/3 cup of crumbs, eggs, parsley, mustard, and salmon. Mix well. Shape mixture into 6 patties and roll in ½ cup dry crumbs. Heat skillet over medium heat. Fry for 5-8 minutes, turning once.

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How and Why to Get Screened for Colorectal Cancer

Submitted by: Kristin Munro-Leighton, Family Health Centers

Colorectal cancer is the 3rd most common type of cancer for men and women. When found early, colorectal cancer can usually be cured.

If it can be cured, why is colorectal cancer the 2nd highest cause of cancer deaths in the U.S.? Because there are no early warning signs! The only way to catch it early is to get a **colonoscopy** to have your colon and rectum checked. Many people put off getting a colonoscopy because they've heard it is unpleasant. **Here's what Family Health Centers patients said:**

- "I can't say it is not unpleasant, because it is. But it is well worth your peace of mind!" --Mike
- "It's just one day and it could save your life." --Brenda
- "It's a very thorough exam and you won't feel a thing." --Mary

How does colorectal cancer start?

Your **colon** and **rectum** are sections of your large intestine. Colorectal cancers often begin as **polyps** in the colon or rectum. Polyps are fleshy, mushroom-shaped growths. Most polyps are harmless, but some will turn into cancerous tumors. Removing polyps early can prevent colorectal cancer.

Why should I be screened for colorectal cancer?

Signs of colorectal cancer only show up after cancer has developed, when treatment can be difficult. It is best to be checked for colorectal cancer regularly so that polyps can be found early and removed before they become cancerous. Many colorectal cancer deaths could have been prevented through regular screening.

What are the screening methods and recommendations?

■ **Fecal occult blood test** – your doctor will give you a kit to collect a stool sample at home, then you will bring the sample back to your doctor. The lab can test your stool sample for blood in amounts that are too small for you to see, which allows any problems to be caught early.

■ **Colonoscopy** – a camera is inserted to do a complete examination of your colon and rectum. This is the "gold standard" for colorectal cancer screening because it allows for earlier detection of polyps. Also, polyps can be removed during the procedure, which actually prevents cancer from developing. You will be put to sleep for the entire procedure.

Recommendations: Most men and women should be screened starting at age 50. You need a fecal occult blood test every year OR a colonoscopy every 10 years. You will be screened earlier and/or more often if you have a family history of the disease or other risk factors. Talk to your health provider today!

SOURCES: www.cancer.org, www.cancer.gov,
www.wikipedia.com,
www.coloncancerpreventionproect.org



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