

PORTLAND ANCHOR

VOL. 48, NO. 8

LOUISVILLE'S OLDEST NEIGHBORHOOD NEWSPAPER

AUGUST 2023



GOOD TIMES
AT THE
GOOD SHEPHERD SEPTEMBER FESTIVAL



JOIN THE FUN ON SEPTEMBER 9TH



ART Portland Museum Call for Portland Artists!

NEWS Portland Anchor Seeks Young Reporters!

PORTLAND NOW, INC. Monthly Meeting TUESDAY, AUGUST 1st

**1800 Portland Ave., The Table, Side door
6:00 pm Social Time - 6:30 Meeting Time**

Join Portland Now, Inc. at the meeting for a chance to win a \$25 Kroger Gift card. Just sign up, pay your \$1 annual dues and be present at end of the meeting for the drawing.

*There will Be PIZZA at the meeting.
Bring your own drink.*



Letter to the Editor

Hello, TARC has gotten some new blue buses with 2200 numbers on them

Carrie Butler of TARC say's she remem-bers me from a long time ago.

William Barnes



Portland Anchor

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

(502) 775-6036

**Published Monthly By
Portland Anchor LLC**

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*Cover photos courtesy of
Good Shepherd Catholic Parish*

2023 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
September 2023	AUGUST 16	August 25 - September 2
October 2023	September 20	September 29 - October 7
November 2023	October 18	October 27 - November 4
December 2023	November 15	November 24 - December 2
January 2024	December 13	December 29 - January 6, 2024

** Dates are subject too 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:

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

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

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

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 If payment isn't received with pictures, they will not be published.

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

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

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

Portland Anchor Subscription Form

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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.



"Harvest Time"

Hello Portland, Little Carmie and Grampa just got done picking in the garden. I think it's going to be our best year yet! Grampa told me that hard work will pay off and man was he right. We got a ton of cucumbers and zucchini and kale and I can't wait for the tomatoes. One thing for sure, Grampa has got a lot of canning to do and I'll be eating good this winter! Stop in, we got plenty. "See ya on the water or in the field".



Sgt. Brett Ringwald



Officer Justin Bale



Officer Kenneth Cummins

1st Division Officers of the Month

In the early morning hours of June 11, 2023 1st Division officers were dispatched and responded to the Big Four Bridge at Waterfront Park on a subject who was outside the railing possibly preparing to jump. Sergeant Brett Ringswald located the subject outside the railing and looking out over the edge, out of reach. Sergeant Ringswald started a conversation with her and made attempts to talk her back over the railing. While continuing communication with the subject, Sgt Ringswald also began to deploy other agencies and units to assist. The subject moved farther out and began to climb the structure of the bridge to the top where she sat down and made suicidal statements.

Officers Kenneth Cummins and Justin

Bale took over communications with the subject, with both officers showing extreme levels of patience and professionalism in speaking to the subject. During the time the officers were in communication with the subject, Sgt Ringswald continued to set up a perimeter to help ensure the safety of the subject. Officers maintained communication with the subject for approximately 1 hour and through their patience and determination were able to convince the subject to come down from the bridge and safely over the railing. The subject was transported to UofL Hospital to receive appropriate medial attention.

In preventing the tragic outcome of an intense situation, and undoubtedly saving the life or serious physical injury, through immediate response, patience in dealing with the subject, empathy and professionalism, the action of these officers reflect great credit upon themselves, the 1st Division and LMPD and deservedly are named the Officers of the Month for July 2023.

Fr. Deo and the parishioners of Good Shepherd invite you to attend

SEPTEMBER FEST

3525 Rudd Avenue

Saturday, September 9, 4-10 PM

Homecoming Mass at 4 PM
 Chicken Dinner 4-8 PM

Features including:

- Door Prize Drawing for \$100 Gift Card
- Cake Booth | Gift Card Booth | Candy Booth
- Silent Auction Tent featuring more than 70 baskets
- Online Raffle of (2) Four-Day Passes to
 - Bourbon and Beyond
 - Louder Than Life
- Music provided by Audio Motion Productions
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- Split the Pot
- Pull Tabs
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License #0032

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 Wednesday - 9:00 am - 6:00 pm
 Saturday 9:00 am - 3:00 pm
 Closed Sunday and Monday

30th & Market 778-4419

BAPTIST TABERNACLE

"Your Anchor In Portland"

www.baptisttabernacle.com



August 2023 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

Closing for renovation at 8pm on Thursday, 8/31!



SUMMER READING is going on until August 5th! Stop by the library to pick up your prize!

Power up and Play with Norton Children's Wellness

Power Up and Play is designed to teach parents and their school-age children how to prepare healthy snacks and stay active together. Adults and kids will practice making a healthy food item and participate in an exercise activity all physical fitness levels

are welcome. Children must be age 5 or older, and one parent or guardian must be present and participate with every two children.

Tuesday, Aug 1 @ 1PM – 2PM

The Last Family Storytime

This will be our last Storytime before closing for renovation! Family Storytime is an opportunity for families to bond over shared stories and songs, as well as engaging in creative activities that reinforce a lifelong love of learning. Ages 3-8 and their families.

Wednesday, Aug 2 @ 11:00AM – noon

Summer Reading Finale! Box & Blocks Bash

Come join our "block" party, as we celebrate the Summer Reading Finale by turning boxes, LEGOS, and blocks into stacks of fun! Pizza and soft drinks will be served! All Ages

Thursday, Aug 3 @ 1:30PM – 3PM

*The last day for patrons at the Portland Library will be **Thursday, 8/31!** At this time we will be closing for renovation and look forward to seeing you all when we reopen.*

CARRY OUT & DELIVERY

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2520 Portland Ave. ~ 776-6400

Portland & West End

Sun-Thurs 3pm-10pm, Fri & Sat 3pm-11:30pm

All pizza sales is plus tax. Additional cheese is extra price. Prices are subject to change.

Louisville Visual Art Hosts Successful Reading, Writing, and Art Camp at Portland Museum

Portland Museum



Last month Portland Museum was honored to welcome Noella, Tyrese, Devyn, and Kady (pictured above) onto our campus for a whole week as part of a Reading, Writing, and Art Camp organized by our neighbors at Louisville Visual Art (LVA). We were endlessly inspired as one of the rooms in our museum was slowly taken over by artwork, and its halls filled with creative storytelling, capping off the week with family presentations of a book created by each participant. We at Portland Museum wanted to thank the camp's participants, their families, and LVA, and we hope to see you all again soon!

Inaugural Paperview Zinefest a Success!

Printed Zine



We at Printed Zine just wanted to send a huge thank you to everyone who made it out to Paperview Zinefest last month! We were thrilled with the turnout, and hope you enjoyed the free tote bag, live musical performances, and tabling artists. To the people of Portland, thank you for welcoming us with such open arms! We'd also like to thank Portland Museum, who hosted the event, and the Fund For The Arts, who provided the grant that made it all possible. Huge thanks as well to the performing artists, vending tablers, and Printed team members that kept the day fun and functional. Everyone cross your fingers for next year!

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Anchor Management: The Magic Behind Louisville's Oldest Neighborhood Newspaper Opens at Portland Museum



Our most recent exhibition here at Portland Museum is one of our most personal. *Anchor Management: The Magic Behind Louisville's Oldest Neighborhood Newspaper* was built with original research, from artifacts sourced from our archive/neighborhood donations, and for those in Portland who've been reading the *Anchor* since 1975. Among those readers are, of course, the original founders of the paper, many of whom made an appearance at the exhibit opening!



(Above) *Portland Anchor* Courier Charlie Frick with brother Frank Frick

Current *Portland Anchor* staff Charlie Frick (Courier) and (Right) Sherry Stewart (Editor) alongside retired team members like Gordon Brown and Houston Cockrell invited friends and family to celebrate their neighborhood newspaper. Each mentioned individual, and others, has an original portrait by Portland Museum co-director Danny Seim in the exhibit, so make sure to come on out and see it for yourself!



Other surprises visitors were treated to, beyond the literal treats from Farm to Fork, were various artifacts from throughout the *Portland Anchor's* history. This of course included vintage papers, some delicately framed and others reprinted and artfully collaged, but also items donated or loaned to us at Portland Museum. Floating above the exhibit is the original stained-glass window which served as first prize for the Portland Festival's 1986 balloon race, donated by the race's winning aeronaut Patrick R. Spalding. Did you know that many of the *Portland Anchor's* founders also founded the Portland Festival? It's true!



The night was closed out with one last surprise: an acoustic performance from longtime *Portland Anchor* contributor Nate Pederson, known in the newspaper pages as PortlandNate. The community



surrounding the neighborhood paper is a treasure, and we at Portland Museum are lucky to now be entrusted to maintain it. Come and visit *Anchor Management* at Portland Museum between now and its closing in September! Portland Museum's open hours are Wednesdays through Fridays from noon to 5:00PM, and Saturdays from noon to 4:00PM. See you here!

A surprise concert from regular *Portland Anchor* contributor PortlandNate!

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PORTLANDKY.ORG



The Portland Anchor Man Reading Between the Pages

By Charles Frick

When thinking about the history our own newspaper displayed in the rooms of Portland Museum, I become aware of the importance of working together to make good things happen in our neighborhood.

One important word used when this project was undertaken involved the word and. As the participants sat around then contributing suggestions, ideas, support, insight, personal experiences, humor, reflection, on the past and future the word and was used as a way of keeping the problem-solving going to stay on target to hit a bullseye!

The readers of this fine paper can now see the results in black and white and COLOR each month! It is hoped that these improvements will allow others to now contribute their skills, experiences, and interests to make the Anchor even better! The word AND will be replaced with the word SUCCESS!



“Gordon's Corner”

By Gordon Brown

I have a question. Are there any young Portland residents who would be interested in becoming a volunteer reporter for the Anchor?

There could be two or more young reporters working together. They could work on one story or more than one story each month. This volunteer work could also be coordinated with schoolwork, perhaps for extra credit. This volunteer work would require a love of the Portland community, respecting that reporters only report the facts, have a willingness to spend three or four hours a month investigating a potential story, gathering the facts, and then writing the report to meet the Anchor printing deadline. Photos to accompany the story would be helpful.

I think it is important for the Anchor readers to hear from young residents. What ages would be appropriate to become a budding reporter? I would think that anyone with the ability to write factual reports, let's say between the ages of thirteen and twenty something, is possible.

Other volunteer possibilities for the Anchor would be a young artist to draw a monthly cartoon that reflects some issue or interest in current events. And yet another would be for a photojournalist, someone with a camera to document people, places, and events in Portland with photographs.

One of my dreams is to build a cadre of young Portland residents who are excited to be involved with their neighborhood newspaper. I would be happy to volunteer my time and expertise to coach such a team. If interested, contact the Portland Anchor and leave your name and contact information. The Anchor contact information is 502-776-7678, or email at info@portlandanchor.com.

Loving Portland, Gordon

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Thursday - 6:30 p.m.

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Obituaries



Johnnie Lee Abernathy Sr., 47, passed away, July 1, 2023, in Jeffersonville, IN. He was born on March 18, 1976, to the late Eddie Abernathy and Norma Sizemore Abernathy in Louisville, KY. He will be greatly missed by all who knew and loved him. In addition to his father, Eddie Abernathy, Johnnie is preceded in death by his grandmother, Niley Sizemore. Left to cherish his memory, Johnnie leaves behind his wife, Lisa Allen Abernathy; 5 children, Amber Abernathy, Johnnie Abernathy Jr., Hannah Abernathy, Alexandria Vincent, and Alecia Abernathy; mother, Norma Abernathy; sister, Michelle Adams; nephews, Christopher Adams, Conner Adams, Damien Allen, Deonte Johnson, and Teandre Allen; nieces, Tiffaney Allen, and Treanna Bryant; and a host of extended family and close friends. A memorial service for Mr. Johnnie Abernathy was held at Legacy Funeral Center – Schoppenhorst Chapel, 1832 W. Market Street, Louisville, KY.



Brenda Sue Badgett (Bates), 72, passed away June 12, 2023. She was born January 10, 1951 in Clarksville, IN to the late Flora Bates. She was a retired cleaning lady for Badgett's Cleaning Service. Brenda was a member of Neighborhood Chapel Baptist Church; she was God's gift to this earth and to her family. Her grandchildren were the light of her life. She will be missed by all who knew her. Besides her mother she is preceded in death by, her husband of 43 years, James S. Badgett, Sr.; sister, Wilma Millard and her four legged companion of over 20 years, "Lucky". Those left to cherish her memory are her three children, James S. Badgett, Jr. (Yvonne), Mark A. Badgett (Bonnie) and Kris B. Skaggs; six grandchildren, Stephanie Boyington, Chad Badgett, James S. Badgett, III, Katie Stewart (Bradley), Savannah Pavon (Will), Kayla Smith (Donald Fawbush); and ten great grandchildren. Legacy Funeral Center – Schoppenhorst Chapel, 1832 W. Market Street, Louisville, KY with entombment to follow at Resthaven Memorial Park.



Norma Lee "Normie" Leister, age 77, passed peacefully July 8, 2023 at her home. She was a life-long resident of Portland and retired after 10 years from The Salvation Army, Louisville Area Command, where she served as Financial Specialist. She was a member of The Salvation Army, Portland. Normie always looked forward to playing Pinochle with family and friends and she lived for her children, grandchildren and great-grandchildren. She was predeceased by her loving husband of 55 years, George David Leister, her parents, Arvin and Eula (Harlow) Bratcher and her infant sister, Valaria Ann Bratcher. She is survived by her daughter, Deborah S. Turner and 2 sons, Michael Joseph Leister Sr. and R. Wayne Leister (Paula), her 2 sisters, Betty June Bohannon (Joe), and Charlotte Marie Bohlman. Four grandchildren, Justin, Michael, James (Shelby) and Preston Leister and five great-grandchildren, Kayden, Cecilia, Jude, Ayla and Oakley also survive. J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St. Interment, Evergreen Cemetery.



George D. Mayberry, Jr., 77, of Childersburg, Alabama, formerly of Elizabeth, IN, died July 11, 2023, at Ascension St. Vincent's East in Birmingham, AL. He was born March 1, 1946, in Myrtle, West Virginia. He was a small business owner and entrepreneur and was the founder of Annie's Pizza in Louisville. He was preceded in death by his father and step mother, George D. Mayberry, Sr. and Marie Mayberry; his mother, Annie Dempsey; his brother, Terry Mayberry; his sister, Karen Dismore; and his grandmother who raised him, Hazel Taylor. Survivors include his wife, Ruby G. Surret Mayberry; his former wife, Lois Mayberry of Elizabeth and their children, Kenneth Wayne Mayberry (Maria) of Elizabeth - their children, Benjamin Mayberry, Tyler Mayberry and Anthony Mayberry and their grandchildren, Jackson Mayberry, Waverly Mayberry, Clayton Mayberry, Brynley Mayberry, Ashlyn Burk, Brayden Meredith and Kadence Meredith, Sandra Abale (Mayberry) (Gemini) of Louisville – their children, Gemma Wink and Connor Wink, Jenn-



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ifer Cline (Mayberry) (Scott) of Louisville – their child, Finn Cline, and Niles Charlet (Josh) of Louisville – their child, Chloe Charlet; his former wife, Jan Thompson of Eddyville, Kentucky and their son, George Curtis Mayberry (Jennifer) of Eddyville – their children, Jacob Mayberry, Lucas Mayberry and Ethan Mayberry; his step children, Kathy Mottern (D.J.) of Shelby, Alabama, Myron Shaul (Sharon) of Wilsonville, Alabama, and Tammara Shaul of Jeffersonville, Indiana; his brother, Donald E. Mayberry of Elizabeth; his sisters, Catherine Spence of Elizabeth, Sandina Mayberry of California, and Mildred Holz of Portsmouth, Ohio; 12 step grandchildren and many step great grandchildren. Funeral services were at Beanblossom-Cesar Funeral Home in Corydon. Deacon Danice Spence Loveridge officiated. Burial in the Mayberry Family Cemetery near Elizabeth.



Ruby Leona Morris, age 94, of Louisville, KY passed away peacefully on June 25, 2023. Ruby was a long time resident of Portland, where she was an advocate volunteer for the Neighborhood House. Ruby loved to help others in any way she could as a retired nurses aid, where she worked at many Louisville nursing homes. Ruby loved going to church and was a part of the Shawnee Baptist and Lighthouse Church.

Ruby Morris is predeceased by her daughter, Gloria Bagley, her parents, and 5 brothers and sisters. She is survived by her loving husband, Henry Tom James, her loving family, especially her grandchildren, great-grandchildren, and her nieces and nephews. J.B. Ratterman & Sons Funeral Home is in charge of funeral arrangements and direct cremation has been chosen.



William Ray Peak Sr., age 70 years, passed peacefully at Norton Hospital Downtown. He was a long-time Portland resident and had retired from TARC where he was a TARC 3 Bus Driver. Ray had been a member of Garfield Ave. Baptist Church for many years and was baptized Baptist. He loved watching movies. He was predeceased by his mother, Cora Abbott and his loving wife Cynthia Darlene "Cindy" (Hook) Peck. He is survived by 2 daughters, Cynthia Darlene "Cindy" Hess and Tammy Lynn McMillan, 2 sons, William Ray Peck Jr., and James Edward Peck, and 2 sisters, Francis Phelps and Pamela Pollard. Eight grandchildren and three great-grandchildren also survive. J.B. Ratterman & Sons Funerals & Family Cremation Care. Interment at Kentucky Veterans Cemetery.



William "Billy" Rosco Pusey, 70, of Louisville, KY passed away on July 13, 2023. He was born in Louisville on August 7, 1952, to Effie Massey Barksdale and Joe Earl Pusey. Pets always had a special place in his life, especially his favorite red-haired Chinese Chow. Billy enjoyed spending as much time as possible outdoors, planting the garden, a beer and listening to good music. He will be greatly missed by all who knew and loved him. In addition to his parents, Effie Massey Barksdale and Joe Earl Pusey, Billy is preceded in death by 3 siblings, Anna Faye Pusey, Katherine Louise Pusey Bell, and Danny Ray Pusey. Left to cherish his memory, Billy leaves behind his daughter, Peppy; grandchildren; 3 brothers, Joel Edward Pusey, George Henry Pusey, and Daniel Earl Pusey; 4 sisters, Sandra Lynn Pusey, Sharon, Shirley, and Sherry Marshall; and a host of cousins, nephews, nieces, and close friends. Legacy Funeral Center – Schoppenhorst Chapel, 1832 W. Market Street, Louisville, Kentucky. Burial at Bethany Cemetery.

Lisa Josephine (Dant) Sanders, age 58 years, passed peacefully at her home, July 20, 2023. She was her family's homemaker and was a former resident of Portland. She loved to be with and plan events for her family. Lisa grieved the loss of her 17 year buddy, her dog, "Cooper" and she claimed her new friend, "Skittles", as her "emotional support dog". She was predeceased by her parents, William and Mary (Blandford) Dant and her brother, Robert Dant. She is survived by her 2 daughters, Tiffany Mulrooney (Scott) and Krystin Sanders, and 6 grandchildren, Jordan, Kyla, Lorin, Xavier, Brayden and Isabelle, 2 brothers, Keith Dant (Shirley) and Richard Dant (Judy). Her fiancé, Darrall Scott also survives. Funeral Services at J. B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St. Interment Louisville Memorial Gardens (West).



Roy A. Sanders, 72, entered into the arms of Jesus from his home, July 10, 2023 peacefully with family and friends by his side. He was a long time Portland resident. Roy was born in Breckinridge County to the

late Waive Frederick and Cardema Smith Sanders. He was a member of The Salvation Army in Portland, where he loved his church family and being a part of the Men's Fellowship. Carrying on Roy's legacy is his loving wife of 54 years, Nancy (Smith) Sanders; two children whom he loved dearly, Allen (Charise) and Melanie, who was the apple of his eye. Four grandchildren Caleb, Emily, Kaye, and Jonathan. Many nieces and nephews. His best friends, Mike and Lisa Good, Mark Decker. He loved his community and did whatever he could for those in it. He loved to work on cars, draw, write poems, and go on errands for everyone he could. He loved his church family, but one of the most important things to Roy was to mentor young men. He taught them how to work on cars, he would listen to them, give them sound advice, and teach the value of family, and how to be a man of their word. J.B. Ratterman & Sons Funerals & Family Cremation Care is in charge of funeral arrangements.



Martha Jacqueline "Mutt" Christian Smith, 91, passed away June 26, 2023. Martha was born August 25, 1931 in Louisville, KY, daughter of the late William and Ina Victoria Glock Christian. In early childhood she became known by her lifelong nickname "Mut". She and her devoted husband, Ralph were married 50 years. Mutt retired as a cafeteria worker at Boyle County High School. She and Ralph are members of the First Church of God in Danville. She enjoyed sewing and making quilts, flowers, reading and hummingbirds Survivors, including her husband, Ralph, are two children, Debbie Minks Stevens, Terry Eugene Minks and his fiancé, Dotty Chadwell; six grandchildren, 12 great-grandchildren and four siblings. In addition to her parents, she was preceded in death by three siblings. Walden Funeral Home with Bro. Stacy Wilson officiating. Burial in Parksville Cemetery. Memorial contributions, in memory of Mutt, to First Church of God on 3220 Harrodsburg Road, Danville, KY 40422. Martha has contributed many of her delicious recipes over the years to the Portland Anchor.



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Lenny Black, office manager

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Portland Cemetery. Please call our office.

Obituaries



Robert Alexander Stephens, 22, gained his wings July 3, 2023. He was born November 10, 2000 in Tuscaloosa, Alabama to Michael S. and Laura (Rutledge) Stephens. He enjoyed playing baseball, soccer, video games, and riding bikes with his friends. Robert was an intelligent young man, a people pleaser, and very nice. He was also very thoughtful as he would like to take apple's to his teachers at school. He will be missed by all who knew and loved him. Robert is preceded in death by his uncle, whom he is named after, Robert Alexander Stephens. Those left to cherish his memories are his loving parents, Michael S. & Laura Stephens; sister, Erica Stephens; half-sister, Samantha Stephens; grandparents, Halton Stephens (Vanessa), Debra Wise, Bruce Rutledge and Georgia Rutledge; several aunts, uncles, cousins and friends. A Celebration of Life will be held Sunday, July 30, 2023 from 2-4 p.m. at the VFW Post, 1202 E. Main Street, Petersburg, IN. Legacy Funeral Center-Schoppenhorst Chapel, Louisville, KY.



Good Shepherd Catholic Parish

MASSES

Mass Saturday 4 PM
Sunday 11 AM
Daily 7:30 AM

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Our dental team provides high quality care for all ages. We offer cleanings, extractions, fillings, X-rays, cosmetic dentistry, crowns, dentures, bridges, partials, gum care, veneers, root canals and preventative education.

Mental Health

Serving the Shawnee neighborhood and beyond, our providers use evidence-based guidelines to provide you with the highest quality care. Let our behavioral health specialists make a positive impact on your life. Virtual visits are available!

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As an established SCHC patient you have access to health education, insurance assistance, housing navigation, employment referrals, help quitting smoking, nutrition guidance and more!

School-Based

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Medical & Mental Health

Phone: 502-778-0001

Address: 234 Amy Avenue, Louisville, Kentucky, 40212

Website: <http://shawneechristianhealthcare.org/>

Dental

Phone: 502-774-2400

Address: 222 Amy Avenue, Louisville, Kentucky, 40212

Website: <http://shawneechristianhealthcare.org/>

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. 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!

- <http://www.fhclouisville.org/healthed>
- <http://www.womenshealth.gov/breastfeeding/>
- Metro Louisville WIC Program (574-6511)
- University of Louisville Hospital (562-6081)
- Norton Healthcare (899-6530)
- Baptist Health Louisville (897-8888)

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.

SAVE THE DATE For Habitat for Humanity's Love Your Neighborhood event

Habitat for Humanity's Love Your Neighborhood event is scheduled for Saturday, September 30. Be sure to save the date for a day of home repairs and neighborhood beautification. The boundary this year is from 26th to 30th Streets and between Slevin and Rowan Streets.

In addition to home repairs, Love Your Neighborhood will feature a free lunch and children's activities to help celebrate your Portland Pride.

Groups of volunteers can pitch in to help a neighbor with landscaping and light, exterior maintenance. Individual volunteers are welcome, too, to help with outreach and event-day logistics.

To volunteer, email Maria Price at mprice@louisvillehabitat.org by September 8.

Family Health Centers is offering free health classes!

Zumba, Yoga, cooking classes, and more are available in-person or online 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.

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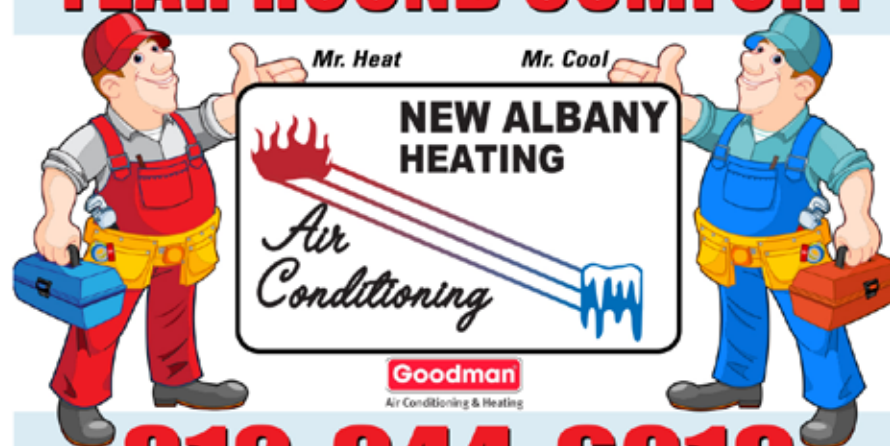
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Portland Festival Call for 2023 Vendors!

Posted by portlandadmin June 22, 2023 Leave a comment on Call for 2023 Vendors!
Call for vendors! The 47th annual Portland Festival is quickly approaching! Don't miss out on applying for a vendor space for the 2023 Festival on Friday, October 6th, and Saturday, October 7th. It is a great opportunity to showcase your merchandise. The Festival draws thousands of people to the historic Portland neighborhood every year featuring a parade, live bands, vendor booths, an entire block of kid zone entertainment and so much more. If you have any questions please email boothrental@portlandfestival.org or contact Gregg Whitt, Vendor Chairperson, at 502-901-1590.

You can pay for your booth space at this link:

<https://portlandfestival.square.site/shop/booth-rental/4>

Portland Festival Call for Volunteers!

Call for volunteers! The 47th (mostly) annual Portland Festival is rapidly approaching! We are in need of volunteers for:

Information Booth
Photo Booth
Parade
Festival Setup

Merchandise Booth
Trash Pickup
First Aid
Festival Breakdown

If you want to volunteer for a shift (or two or three!) for the 2023 Portland Festival, please attend our next Portland Festival meeting, at Festival Building, 3329 North-western Parkway. Go to Portland Festival website for next meeting date information:

portlandfestivalinfo@gmail.com

gregwhitt1978@gmail.com



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The Portland Bender Back before COVID when people actually worked downtown, the then Mayor sponsored a bike-to-work day--including a group ride from Shawnee Park to 4th Street Live. On this commute to downtown via Market Street, I came across a weird bend in the road. I didn't give it another thought. Now that I'm practicing Transcendental Meditation--for no apparent reason I'm wanting to explore this street aberration after all these years. Upon investigation I see Google has an organic grocery store and a set of raised garden beds as part of this funny bended intersection at Market and 23rd Street. But when I



actually snooped around on my bike all these years later, I saw this garden is defunct and taken over by 7 foot tall sunflowers...and the grocery store has morphed into a storefront for the organization reaching out to friends and family during the aftermath of tragic gun violence. (A "Lead abatement" initiative, I guess.) Catholic Charities is nearby and the corner is a relatively sleepy gateway to Portland from the south. But after reviewing Google Maps, I see that nowhere in the West End is there a wiggle in the road like this. WTH? Stop the bus!

Putting on my Investigator's hat, I see the road wiggle is so weird that it can be nothing other than (are you ready?)... a raw manifestation of the spirit of Portland. By observing that the wiggle/wrinkle/snake/bend is just one block away from the official US Highway 31, a light bulb goes on and starts flashing. It's almost as though the layout of Portland is saying, "The straight and long roads of you gobmt folk are not for us; we prefer the twisty hollers like back home where we can stash our stills." It must be conceded that for the most part, the powers-that-be do indeed make things straight, even, and true (vis a vis the US Govt)...but (may I be so bold as to say) Kentuckians like wiggles and twists to get lost in--always and everywhere. In this same vein, I bet the founders of the Commonwealth got a wry smile when they created the chaos of The KY Bend which borders TN and Missouri and the Ohio River in the most-western corner of KY. Crazy-making on steroids!

Aside: Seriously, we should just give the KY Bend to MO or TN (whichever wins the cage match)--seems ridiculous for KY to possess this tiny squiggly river-bubble peninsula--but I've little skin in this game so I'll let that go.

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Gary Watrous

\$45/hr. for Portland

Call 776-7007

My real investigative result is the wildly weird presence of the "US 31" on the street signs in Portland on streets east of 22nd street. Long ago, the street builders in Portland set up a "FreeMason-level" scenario to oust US 31 from our borders (e.g. "don't tread on me")...and apparently this scared the US Hwy dept so much that they split US31 in Louisville (like nowhere else from the Gulf of Mexico to the top of Lake Michigan; see map). The Feds got prepared for when Portland kicks out US31 and that time is now upon us. Only now has this hidden history come to light; we are invited to take the mantle of destiny and seek to rid US 31 from our blessed neighborhood borders. But you may be asking, "What has the US Hwy dept done to wrong us?"



The answer is in one word: POWER. Feds have control over their roads, and fiat SCOTUS can just overturn any road rule at will--whether we like it or not--no matter how long the rules of the road have been in place. This isn't about laws or bureaucracy... it's about Supremely nutty judges that take "crazy" to another level...that can directly and immediately impact everyone on the streets and byways. Once we take the "Federal" out of our roads, they don't have direct jurisdiction...whereupon we can all breathe just a little easier. (Isn't it true that there's so very much that we take for granted until it's "ungranted" upon us by numbskulls!?) e.g. SCOTUS has jurisdiction over US Hwy 31, and I'm not okay with that. The SCOTUS/Feds can run roughshod anywhere in the name of freeways and they own the sky and satellite orbits and land wars in eastern Europe--which is fine and apt, but leave the roads to us locals. Does the designation of "US Highway" mean that there are more trash cans per block--nope. We get nothing out of this. Amen? Please note that there are useful recent state legislature involvement in this discussion and it is summarized as the following: well...umm...crickets. (We are on our own.)

Before overcoming the Herculean/Athenian hurdle of removing a US highway designation, we will need to generate a public outcry. This is done by publicity events and colorful signage. To wit: --We should celebrate this Portland Bend...for instance, on the street corner put a huge coiled snake wrapped around an anchor. --We could use a landmark runestone to mark our spo--We could put a bell near the intersection and ring it on July 4th. Maybe don't ring it as hard as they did Philadelphia back in the day. --We could commandeered the raised beds and plant flowers that bloom in the shape of defiant fists in the air --We could put yard

signs all over, "Keep your US tarmac off my land." and "Say NO to 31".--Some could tear down the road signs that say US 31--how nice--but since this constitutes a federal felony, I won't be visiting such convicted perpetrators in prison cuz I'am not not a conspirator.Would Catholic Charities allow use of their property to create landmarks of a bell or anchor wrapped in a snake? Of course they would!Since the Feds seem to be doubling up on intrusive and unnecessary interventions into our lives, I say we need to do something counteractive and combative. Not everyone will agree with me, that's why I call our neighborhood "Portland folk"...and not "our Portland community", because the word community implies a certain level of like-mindedness, and that's just not the case in this patchwork part of the city....and I haven't even begun to discuss Highway US 150.

In short, our caring forefathers created a pathway to remove US31 from Portland by giving us The Portland Bend as a rune for divination, and it's up to us to fulfill their worthy dream. Sorry for the mental disruption; you can now go back to what you were doing and thinking before reading this article.

The Investigation goes on,
PortlandNate

#AmIAnti-AntiDisestablishment?

#TranscendentalMeditationIsDangerous

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.

Monthly Meeting

Tuesday, August 1st

Social Time 6:00 PM

Meeting Time 6:30 PM

Church of the Promise

1801 Portland Ave.

Side Door On 18th

We will have a guest speaker for Louisville Metro Department of Public Health and Wellness talking about LEAD at our next meeting.

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.

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.

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.

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.

Dare To Care
at St. Cecilia Campus
2519 St. Cecilia Street
the 3rd Tuesday of the month at 10 AM

Dare To Care
will be at Portland Avenue Community Trust (PACT) Parking Lot at the new location in the former Portland Christian School, 2508 Portland Avenue
1st Tues. 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.

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.

Portland Avenue Community Trust PACT

2508 Portland Avenue

Located in the Portland Depot, the former Portland Christian School

The Food Pantry and Clothes Closet are presently open every Thursday
11:00 to 1:00

Free Groceries / Free Clothes and Shoes for Adults and Children.

The Housing Partnership, Inc.

Provides free homebuyer education and financial counseling to residents and homebuyers on an ongoing basis. Enrollment is necessary. Please call (502) 585-5451 for more information. www.WeAreHPI.org.

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

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

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28th St. across from Salvation Army. Church. There is one gentleman that lives there that works. Washer and dryer provided. Includes utilities. Call me if you're interested, my name is Darrell. My number is 502-939-7618. There is a total of three people to live in the home.

Recipes from the Ladies of Baptist Tabernacle

It's August already? August comes in hot and humid, but toward the end of the month we turn our attention to a new school year. New clothes, school supplies, maybe, even a new school. Where did the year go?



Sweet and Sour Chicken

8 oz. Russian Dressing
6 skinless, boneless chicken breasts
1 pkg. dry onion soup mix
10 oz. apricot preserves

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

Cornbread Salad

2 pkgs. cornbread mix
1 lg. cucumber
2 med. tomatoes
3 c. salad dressing
1 lg. onion
dill pickle juice
1 lg. green pepper

Prepare cornbread according to directions on package. Cut vegetables into cubes. Mix salad dressing and pickle juice. Crumb cornbread into a large bowl. Layer vegetable on cornbread. Pour salad dressing mixture over top. Refrigerate for at least 15 minutes before serving.



Fried Green Tomatoes

1 egg, lightly beaten
½ cup all purpose flour, divided
½ cup buttermilk
½ cup cornmeal
1 tsp salt
1/2 tsp pepper
3 green tomatoes, cut into 1/3 inch slices
Vegetable oil

Mix egg and buttermilk, set aside. Combine ¼ cup all purpose flour, cornmeal, salt and pepper into a shall bowl. Dredge tomato slices in remaining ¼ cup of flour. Dip in egg mixture and dredge in cornmeal mixture. Fry tomato slices in ¼ – ½ inch in a large cast iron skillet, heat to 275 degrees. Drop tomatoes in batches into hot oil and cool 2 minutes on each side or until golden. Drain on paper towels.



Creamy Cucumber Salad

2 large cucumbers, sliced thin
½ cup finely sliced sweet onion
¼ cup sour cream
2 Tbsp mayonnaise
1 tabs white vinegar
½ tsp sugar
3 Tbsp minced fresh dill, divided
salt and pepper to taste

Salt the cucumber and onion and empty into colander placed over a bowl; drain for 30 minutes. Do not rinse; pat dry with lint free paper towels. Make dressing: Mix sour cream, mayonnaise, vinegar, sugar, 2 tbsp dill and salt and pepper to taste. Mix with the dried vegetable. Serve chilled with more dill on top to garnish

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!

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Annie's Pizza2520 Portland Ave. 776-6400

THE PORTLAND ANCHOR

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Call 775-6036 Today To Get Listed!



Scalloped Corn with Ham

1 can creamed corn
2 eggs, beaten
¼ c. chopped green pepper
1 c. diced cooked ham
2 Tbs. Margarine
½ c. Cheddar cheese
1 Tbs. Minced onion
2 tsp. Diced pimento
dash of salt
¼ c. cracker crumbs

Stir all ingredients in 1 quart casserole. Bake uncovered in 350 degree oven for 45 minutes. Let stand 5 minutes before serving.



Fruit Salad

1 can sliced peaches
3 or 4 bananas, sliced
1 can sliced pear, drained
2 can pineapple chunks, drained
1 apple, cored but ont peeled. Slice into chunks.

Mix the fruit. Refrigerate until ready to serve.



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