"Louisville's Oldest Neighborhood Newspaper"

Vol. 49, No. 12

December, 2021

46TH ANNUAL 1st DIVISION POLICE AUXILIARY

CHILDREN'S CHRISTMAS PARTY

December 11, 2021 11:00 am to 3:00 pm

Free pictures with Santa and Gifts for kids 12 and under

Molly Leonard Portland Community Center 640 North 27th Street Louisville, KY 40212

This is a community event, if you would like to donate, make check payable to First Division Auxiliary and send to First Division Auxiliary, c/o First Division Substation 416 N 29th Street, Louisville, KY 40212. Or if you would like for someone to pick up a donation, contact Matthew Brinson (502) 475-4579



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for a color view of the Portland Anchor



The Molly Leonard Portland Community Center, 640 North 27th Street, 40212.

Louisville Visual Art Announces New Children's **Fine Art Class at Portland Community Center**

Submitted by Grant Johnson

Louisville Visual Art, located in Portland at 1538 Lytle Street, is happy to announce a new Children's Fine Art Class for Spring 2022 at the Molly Leonard Portland Community Center (MLPCC). Since 1925, Children's Fine Art Classes (CFAC) have nurtured young artists to achieve academic and professional success. Starting January 18, experienced LVA instructor Marty Edlin will lead the new class on Tuesdays from 5pm-7pm in the MLPCC art room. The class runs for 10 weeks, and is offered at low cost (free/reduced lunch recipients may request a fee waiver). The Portland Community Center has convenient parking and great folks. Our hope is that the 5-7pm meeting time will work with many families' evening schedules. Another benefit of this particular offering is that Metro Parks will make "Kid's Cafe" meals available to qualifying participants prior to the start of class.

Students in 4th and 5th grade who have a recommendation from a professional educator, community leader, or artist familiar with their maturity and visual talent are eligible to register. Recommendations help ensure that all participants are motivated and able to work at a high level. Recommenders can visit: https:// www.louisvillevisualart.org/recommend-students to nominate a student. Those interested may also contact LVA Education Director, Annette Cable, at: annette@ louisvillevisualart.org for help or more information. LVA notifies newly recommended students' families that their student is eligible to register for a class, but a recommendation does not require them to participate.

(Continued on Page 5)

DEADLINE FOR NEXT ISSUE: DECEMBER 15, 2021

Look For Your Next Issue December 26 - January 5, 2022

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The Portland Anchor

December, 2021



Portland Now Christmas Caroling

Tuesday, December 7, 2021

"The annual Portland Now Holiday Party will be replaced this year with Christmas Caroling around the neighborhood!

We will assemble at Hand In Hand Ministries. 518 N. 26th Street, at 6pm on Tuesday, December 7th, and will leave to spread holiday cheer around 6:30pm.

Please feel free to bring candy canes or other small treats to hand out throughout the neighborhood as well as appropriate attire for the length of time that we will be outside."

2021 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery
January 2022	December 15	December 26 - January 5,
	* Dates are subject too o	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

Date

2021

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

I called Metro Call and put in a request for 2 traffic lights for North 22nd Street and Rowan Street also North 16th Street and Rowan Street. They will turn my request into Public Works

William Barnes

Family Health Centers is offering **FREE Health Classes!**

Family Health Centers is offering free health classes! Zumba, Yoga, Meditation, cooking class, family activities, 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

The Portland Anchor

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

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

The Portland Anchor Subscription Form

□ New	Change of	🗆 Name	□ Address
□ Renewal			

Please Print

If renewal, please print exactly as it appears on mailing label, or remit label.

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CITY_____STATE__ PLEASE INCLUDE ______ TELEPHONE #____ ZIP_ Beginning October 2021, Mail To: The Portland Anchor New & Renewal Rate Increase Subscription Department 1 year \$15.00 PO Box 2108 Louisville, KY 40201-2108 INCLUDE PAYMENT WITH SUBSCRIPTION

December, 2021

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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.



"Merry Christmas"

Merry Christmas from little Carmie and Grampa! Hope you had a good Thanksgiving and now you can look forward to Christmas. We all had our shots so maybe this year we can open last year's presents! Grampa told me if you got a roof over your head and got your health, you got everything. So just remember to be kind to one another; treat people the way you want to be treated, and be thankful for what you got. Happy Holidays. See ya on the water or in the field.



Merry Christmas & Happy New Year May 2022 be the best for us all. Rhonda Kave.

Happy Birthday

Happy Heavenly birthday December 13 to my nephew Chris Dunn. I do think of you everyday as many do! We all miss you. Love always, aunt Dee Dee.

Personal

Well, I'm happy you went to JADAC, then DLOP & write me 3 letters to tell me you was so sorry. To say you would make it all right. God is the key to sobriety! No man! You can't live evil and be right in Him! Peaches



Sat. 9:00 am - 3:00 pm

Closed Sunday and Monday

Christmas Dinner to Go

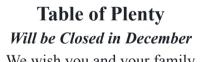
Saturday, December 18

12:00pm – 2:00pm

Will be passing out gifts while supplies last.



Portland Promise Center 1831 Baird Street



We wish you and your family Happy Holidays and look forward to serving you in the New Year!



How Can Oak Street Health Benefit Everyone?

We are excited to expand access to high-quality healthcare! Our mission is to rebuild Medicare healthcare as it should be. Oak Street improves Medicare patient experiences and outcomes by reducing wait times, providing longer visits with the care team, increasing quality time with their provider, same day or next day appointments, no required changes in specialists, 24/7 patient support line, personalized preventative care plans, dedicated van transportation to and from visits, delivery of pharmaceuticals, Medicare education and much more.

Oak Street Health is a network of value-based primary care providers for Medicare recipients. It has recently expanded to help more of the older and disabled members of the community in Louisville. The Preston Highway location is the first to open in Louisville and Kentucky. Don't worry, we have brand new wheelchair accessible vans for transportation. Oak Street anticipates opening a second location at 18th and Algonquin early in the new year. Since its founding in 2012, Oak Street has driven an approximately 51% reduction in patient hospital admissions compared to Medicare benchmarks, a 42% reduction in 30-day readmission rates and a 51% reduction in emergency visits.

We are more than just Medicare healthcare. Healthy living starts at the community level. We do, and LOVE hosting or joining your community events. Here are some of the things you can expect from us, or tell me what would best serve your existing community:

- 'lunch and learn' we can bring in educators (Medicare insurance, Medicare health, legal, etc.) and buy lunch;
- Support existing community events Thanksgiving, Christmas, pot lucks, post-church events, the sky is the limit;
- Partnering with food banks/drives;
- Ice cream socials;
- Movie Nights;
- Game nights;
- Grandparent/grandchild dances;
- gas ups' show your Medicare card get \$15 in free gas.

Just call Ruth (307) 272-1679, I can get your event scheduled, planned, I can answer your questions, and book your appointment personally. We are partnered with a wide variety of existing community resources and are always looking for additional ways to bring resources beyond Medicare healthcare into the community. We are here to improve the Medicare recipients' experience with healthcare.

The Neighborhood House Four Seasons Senior Program meets:

Monday, Wednesday and Friday from 9am-1pm. Bingo is on Wednesday.

You can contact Ms Janet Cherry, who is the coordinator of the Four Seasons program for senior adults, she plans field trips and parties, helps make sure basic needs are being met and connects our seniors to important resources. 774-2322.

NEED RENOVATION ASSISTANCE ? - ask Portland Architect -

Gary Watrous \$45/hr. for Portland Call 776-7007



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



Free Reading Program BOOKS & BASKETBALL

Tuesdays Starting November 30th 6:30pm – 7:45pm Boys & Girls Grade 1ST– 5TH

Individual Reading and Literacy Tutoring followed by Basketball instruction

Dinner Served Daily

DELTA Gymnasium 2508 Portland Avenue Must RSVP RSVP to: deltainc502@gmail.com

Merry Christmas Portland Neighbors!

The First Division would like to extend its happiest greetings for a wonderful Christmas and New Year to all!

Santa likes to deliver packages and surprises to all his children, sneaking in and sneaking out unseen. One thing that he doesn't deliver are large piles of trash, furniture, etc and drive off into the night. That would be suspects of illegal dumping. What can you do about illegal dumping? Take pictures of anyone suspected of illegal dumping, along with vehicle information (especially license plates) and forward the information to the TIP LINE 502-574-LMPD (5673) or if you actively watching someone who's you suspect of illegal dumping, call the non-emergency line at 502-574-2111. The penalties for such activity are *pretty severe*. Suspension of your license, a huge fine and confiscation of the vehicle used in the commission of the crime. Oh, and did I mention you also get to return to the scene of the crime and *clean your mess up!* I've personally taken action about 5 times or so on someone who has illegally dumped in either Russell or Portland and it's not a happy matter. This is YOUR neighborhood- don't let anyone come in and discard their trash like Portland doesn't matter! Report what you see and we will follow up ! We appreciate all the fantastic community of Portland does to help stop crime!

Remember too, time to check your outdoor lights and change the batteries in your smoke detectors. If you need a new smoke detector, our friends at the fire house usually have them in supply. Just to ask!

Have a great December and I will see you next year! As always, any questions, please feel free to call 502-574-7167 and ask for Sergeant Christina Beaven or my email at Christina.Beaven@louisvilleky.gov.

Louisville Visual Art Announces New Children's Fine Art Class at Portland Community Center

(Continued from Page 1)

Registration for the Spring 2022 term opens December 1. Recommendations are accepted any time up until classes begin, but the earlier a student is able to register, the better their chances of enrolling in the class of their choice.

Please spread the word about this uniquely effective program. Many CFAC students find mentoring guidance that sets them on a path to the career of their choice. Connections with like-minded peers can provide social confidence and often become lifelong friendships. Success studying and practicing a subject they are passionate about frequently translates into better academic performance in other areas, as students transfer skills of observation, concentration, open-ended critical thinking, and imaginative visualization.



The Portland Anchor

Obituaries

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Deborah Delphine Braden was born in Columbia. TN. November 6, 1958 to the late Mr. Willie A. and Evelyn Crawley Braden. She was one of 7 children. Known as Delphine to her Tennessee family and as Ms. D. or Ms. Deborah to her Kentucky family, moved to Louisville in 1985, bringing her children to a better life. Deborah became a caregiver to Steven Moore and lived in the home with his family to care for him. She is preceded in death by her son, Christopher Fleming; parents, Willie and Evelyn Braden: brothers, James Braden, Lucious Braden, and Edward Braden of Tennessee: and also her sister cousin, Joyce D. Duckworth Deborah leaves to cherish her memory, her children, Darnell Fleming (Tonya) and Darlene Fleming; 15 grandchildren; and 3 very special to her great-grand boys, they were her heart. She also leaves her devoted sister. Marcella Spence (Bruce) of Louisville, KY.; loving brothers, Raymond Lee Braden (Eunice) of Columbia, TN and William "Buck" Braden of Louisville, KY; 5 nieces; 3 nephews; many cousins and Steven Moore, a brother in Christ whom she spent the last 15 years taking care of.



Nathaniel Rocky Carrier, 66, passed away October 22, 2021. Rocky was a selfemployed painter. He was preceded in death by his granddaughter, Kaylee Lee; great-granddaughter, Sabra Amelia. He is survived by his children, Rocky Carrier, Barbara McCov. Tammy Busch. Sandy Miller, Joe Collins, Kim Carrier, and Dusty Westbay; sisters, Juanita Logsdon, Jo Karnes, and Linda Banet; brothers, Buddy Carrier, Bernard Carrier, and Tommy Carrier; 23 grandchildren. Memorial service will be 2 P.M. Friday, October 29, 2021 at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street. Memorial visitation until the time of service.



Jane Bailey Harrington, 92, of Louisville, passed away peacefully surrounded by family October 23, 2021. Jane was born the 4th of 13 children to Ollie and Mary (Toomey) Bailey in Louisville, KY on November 11, 1928 and lived in Portland her whole life. Jane was a devoted member of (Our Ladv's) Good Shepherd Catholic Church where she managed the cake wheel at church festivals for many years. She married Robert "Bub" Harrington in 1950 and what a beautiful life they had at home and at their camp on the Ohio River. She was forever grateful for her Catholic Irish heritage and Portland Roots. She is preceded in death by her parents, her loving husband, Bub Harrington, and her dear daughter, Iris (2012). Jane is survived by her daughter, Maureen Potter (Dennis) and sons, Pat Harrington (Mary) and Artie Harrington (Leslie), son-in-law Terry Goodman, two surDecember. 2021

viving brothers. Jim Bailev(Barbara) and David Bailey (Carol), sister-in-law, Mildred Bailey, and a brother-in-law, Eladio Leon. She was a proud Meemaw of 12 grandchildren, Denny (Angie) Potter, Bridget (Bob) Westerkamp. Colleen (Scott) Daubermerkl, Jason Goodman (Tara), Tarrah (Todd) Corbett, Brennan Goodman, Shane (Susan) Harrington, Ryan (Mandy) Harrington, Conley Jenny Harrington, Heather (Adam. deceased) Reid. Wesley Harrington (Tracy), Holly Harrington and 18 great-grandchildren. Father Joseph Fowler also survives Jane as her family's spiritual guide and mentor and permanent member of the Harrington family. A celebration of Jane's life took place at Good Shepherd Catholic Church, 3525 Rudd Avenue, Louisville, Ky. followed by Mass of Resurrection. Internment next to her loving husband at Portland Cemetery.



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Country-Wide and Southern Indiana Delivery

December, 2021

Obituaries



Georgetta Hudspeth, 68, passed away October 21, 2021. She was a retired Dietary Aide for Eastern Star Nursing Home. Georgetta was preceded in death by her husband, Arthur Hudspeth Sr.; sons, Ralph Goodman and Frankie Goodman. She is survived by her daughters, Angela Hudspeth and Melinda Goodman; sons, Ronnie Goodman and Arthur Hudspeth Jr.; brother, George Brumfield; 13 grandchildren and 12 great-grandchildren. Funeral services was at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street, with burial in Evergreen Cemetery.



Rebecca Lynn Huff, 58, passed away, November 4, 2021. She was born July 12, 1963, in Louisville, KY, to the late Thomas J. and Frances J. (Wise) Hunt. Besides her parents she is preceded in death by a son, Justin Huff; two sisters, Vickie Ranburger, Deborah Huff; and a brother, T.J. Hunt. She was a member of the old St. George Catholic Church, loved her family, loved to



cook and do crossword puzzles. Survivors include two daughters, Lilly Stein, Carmella Branch (Nick); sister, Rhonda Hunt; three grandchildren, Skylar and Penelope Huff, Zavden Cason: two great grandchildren. Ivorv

and Nevaeh Seav; companion, Eric Stein;

several nieces, nephews and cousins, Legacy

Funeral Center-Schoppenhorst Chapel was

David Ward Hutchinson. Sr., 60, passed away, October 20, 2021. He was born January 7, 1961 in Louisville, KY to the late Hubert and Norma (Probus) Hutchinson. David loved to do body work on automobiles, go to the flea market, and he enjoyed collecting coins and knives. Besides his parents he is preceded in death by his brother, Paul Hutchinson: and step-brother. Calvin Hazelwood. Survivors include his son. David W. Hutchinson, Jr.; daughter, Brittany Hutchinson; two grandchildren, Courtney Mudd and Cheyann Cinnamon; brother, Timmy Hutchinson (Mary); step-brother, Jimmy Hazelwood. Legacy Funeral Center-Schoppenhorst Chapel in charge of arrangement.



Peter "Pete" Leroy Miller, 71, a lifelong resident of Portland, passed away peacefully on October 23, 2021. He was a self-employed painter of 40 years or more. He was an avid reader and was amazingly knowledgeable. He was grateful to have been baptized at an early age. He loved following football, basketball, horseracing, his U of L Cardinals and wagering on their outcomes and Pete deeply loved his God and his family. He was preceded in death by his parents, Charles and Geneva Miller (Hurst); his brother, Randall "Randy" Lee Miller, and his dog "Petey". He is survived by his daughters, Rebecca "Becki" Bruce, Ericka Sutton (Benny), and Sara Jodrey (Josh): sister. Linda Morton: brother. Leonard "Butch" Miller (Diana); nephews, Randy Lee Miller and Tyler Miller; grandchildren, Andria Morrow, Trevor Morrow, Miranda Langley, Jordan Miller-Mattingly, and Joseph (JoJo) Mattingly; 6 great-grandchildren, a slew of life long loving friends, his companion of 25 years, Tammy Hattemer, and their dog "Stella Rosa" Funeral Services at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market Street.







Pamela "Pam" Sue Webb. 72, passed away November 15, 2021. She was born July 1, 1949 in Louisville, KY to the late O.B. and Clarice McCarter. Pam was a former owner of Cut-Rate Janitorial. She enjoved shopping for others and spending time with her family. They would take her to din-ner, go to "the boat", but she only played the slot machines. Her favorite entertainer was Elvis Presley, and she would honor her loved ones by always making sure their gravesites were decorated for holidays. Besides her parents she is preceded in death by her grandson, Jeremy Wayne Sneed; great grandson, Mason Wayne Wiseman. She is flving high with them in Heaven. Those left to cherish her memory are her four loving children, Patty Wolfe (Don), Tina Crawford. Tracy Berry, Chris Sneed (Cathy); four brothers, Wayne McCarter(Ann), Ronnie Allen, Larry Allen, Mike McCarter; sister, Nola Masters; twelve grandchildren; and twenty-two great grandchildren; and her best friend for over 40 years, Nancy McCelwain.



Flora "Flo" Wilson, 84, of Louisville, passed away November 13, 2021 at Baptist East Hospital surrounded by her loving family. She retired from Packaging Services after 36 years' service. She was preceded in death by her husband Bobby Wilson, her parents Henry Embry & Elsie Milam; sisters Thelma Meredith, Myrtle Goodman and Margie Griffey; brothers Oscar Embry, Junior Embry, Delmer Embry and Estell Embry. Flo had been a member of Pleasant Union Baptist Church. She so loved getting her family together for special holidays and the Derby. She was their pillar and guidepost! She was deeply loved, will be greatly missed, and will be forever loved. She is survived by her daughter Regina (Jim) Pence and son Gerald (Linda) Wilson, Sr.; grandchildren Tanya, Amanda (Tim) Muss, Gerald (Jamie) Wilson, Jr., Denver (Sydney) Wilson; great-grandchildren Zachary, Kara, Shayla, Carter, Trenton, Chandler, Emily and Bailey. Her grand dogs Harley & Lucky. Ratterman's Southwest, 4832 Cane Run Rd. was in charge of arrangements with interment in South Jefferson Cemetery.



The Portland Anchor

December 2021 Portland Branch Library Programs

Call 502-574-1744 for any questions!

Portland Library Hours

Monday – Wednesday, 10:00 AM – 8:00 PM Thursday, 12:00 PM – 8:00 PM Friday – Saturday, 12:00 PM – 5:00 PM Sunday, closed

Computer and Resume Help by Appointment

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

Family Storytime

Family storytime will offer opportunities for children and their families to engage with literature and participate in enrichment activities that build early learning skills. These storytimes feature engaging books which are accompanied by a variety of activities including: songs, rhymes, art activities, and creative play. Ages 3-8 Wednesdays @ 11:00AM – noon

Family

Health

Centers

Ornamentality 2021!

Ornamentality is back for the 2021 Holiday Season! Here's your chance to use paper, plastic, glue, glitter, fabric, and creativity to make your own uniquely crafted Christmas ornament! All Ages Saturday, December 4 @ 1:30PM – 3PM

Teen Art Smart Club

Express yourself! Draw, paint, sculpt, shape; cut, paste, design, create! Ages 12-18 Thursday, December 9 @ 5PM – 6:30PM

Crafternoon: Relaxation Jars

Everybody wants something that helps relax them, especially this time of year. Join us in making a nifty "Relaxation Jar" this holiday season. Materials will be provided. Adults only. Limit 10 participants, call 502-574-1744 to register. Friday, December 10 @ 2PM – 3PM

Movie Screening: A Christmas Carol (2009)

Jim Carrey stars adaptation as Ebenezer Scrooge in this 2009 adaptation of Dickens' classic holiday tale about the value of generosity and the true meaning of Christmas. Carrey also plays the ghosts of Christmas past, present and future. Ages 8+ Thursday, December 16 @ 4:30PM – 7PM

Outdoor Mindfulness

Need some space and a place to relax? Join us on the back lawn of the Portland Branch while we enjoy guided meditation and some simple mindfulness exercises. Mats will be provided for use. Will be held in Portland's auditorium if the weather is too wet or cold. Saturday, December 18 @ 2PM - 3:30PM

Read-What-You-Want Book Club

Book discussion group where each participant brings whatever book they want. Prompts and discussion questions will be provided by the moderator to facilitate discussion of each selection. Monday, December 20 @ 6:30PM - 7:30PM

We Got Game!

Put your speed, skills, and smarts to the test in a variety of exciting, fun-filled competitions, activities! Ages 12-18

Thursday, December 30 @ 5PM - 6:30PM



OUR SHOT TO END COVID

Family Health Centers is now offering COVID-19 Vaccines to anyone 12 years or older, boosters to anyone 18 and older. Current patients 5-11 years old may now receive a COVID Vaccine!

FREE! NO INSURANCE NEEDED!

Learn more at www.fhclouisville.org

Call 502-772-8110

to get an appointment or for information on same day walk-ins.

December, 2021

Loops Make Us All Loopy

Let's face it, it gets dark early these days, and even more so that (this dumb) Davlight Savings Time is upon us. In the past. I've jogged in a parking lot in the Portland neighborhood that is well lit and flat: but someone called the cops on me: cops were astounded that someone would be jogging at night. I've also jogged around the Portland Park at night, but found it to be way too dark for





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my liking. It'd be nice if there were a lighted path around the park, just as there is a path around the playground equipment--as of a couple of years ago--that was put in place by Coke and a nascar driver. The problem is that there's no place to jog at night that is safe and lit...and then it hit me: Kroger already has cops on the premises, so if I'm iogging along the edges of their property. they already see I'm there--thus I won't get harassed by them.



So that's it: Jogging around Kroger after dark has so many good features -- It is extremely well lit, cops/security are nearby, lots of foot and car traffic with eves that naturally scan the surroundings, there's flat grassy lawn for about half of the 1/3 mile loop, you can walk through the store and warm up if you get too cold during the jog. Those're a lot of good features. Since I'm the only person I've ever seen doing this, I figure folks aren't also doing this since they haven't been invited. I invite everyone in the neighborhood to join in, no matter the weather. There; all are invited. Gosh, we can all join a Strava run club for those with cell phones with Apps. If you're not a jogger, then just walk. There could be weekly times where there's an evening



jogging club if we wanted to run in a pack. Speaking of running in a pack, I noticed while jogging the other night that there is a biker-gang that rides together on 35th Street (Kroger's street), and makes a loop by turning to Bank, 22nd, and Market Street (sic). They just do this over and over, noisy with music and engines roaring. Hardly any exercise, just brotherly/sisterly camaraderie. The point here that the bikers make is that driving in circles while basking in togetherness is mighty fine. Jogging around Kroger over and over is all of that which the bikers are seeking--plus it's

But if we find over time that Kroger management is not all that appreciative of people using their property for activities other than buying their goods, then we have a quandary. The resolution to the quandary, in my mind, is to continue to jog at Kroger so much that the veins in the necks of managers start to bulge. Then a negotiated settlement can be agreed upon which includes putting lighting around Portland Park, with a path for walking/jogging. I don't feel bad about this; Kroger is the richest company in the world, and Metro Govt is one of the poorest metropolises in the lower 48 (thanks, Frankfort, once again).

Klein Bros. 1101 W. Broadway 587-6886 587-7950 Locksmiths **Door Closers** New and Used Safes

By manipulating large corporations to do the will of the people for the benefit of the people is almost Robin Hoodic. But we need droves of joggers who run around Kroger to generate the momentum we need. Will vou pledge in vour heart that you will do all you can to start jogging as many evenings this winter at Kroger as you possibly can?

All this is to say: While healthy activities are nice, what is also very important is practicing the power of collective action to influence the rich and powerful. Yes, we have income disparity, among other disparities, but we can practice our ability to collectively express our will--and perform actions towards our desired ends. This works best locally, since we can use our bodies to create imminent, felt reality. So far, cyber/internet collective action is only so-so effective in the main; let's practice using our bodies for expressing ourselves while keeping in shape. This is only one idea and tactic in a world filled with infinite possibilities. The future is endless, but maybe we should just start by jogging under floodlamps, under the watchful eve of our corporate cohabitants.

The parking lot is infrastructure, but how we use it is what I call our infraculture. Let's make every week "infraculture week"!

BTW, please don't even consider jogging at night in Portland when lighting isn't fabulous or when foot traffic is very light. Biking to Kroger to jog after dark, with helmet and lights, is fine. Happy Trails, PortlandNate #KrogerSellsHotCocoaToSweatyRunners? #GettingLoopyAfterDark #Kroger>NASCAR





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Villanova Returns for Community Engagement in Portland

Submitted by Luke Chase

Hand in Hand Ministries is so thankful to be a part of the Portland Neighborhood. We are thankful we get the opportunity to introduce our volunteer groups to West Louisville. We have been working primarily on projects focused on Safety and Accessibility for Homeowners in West Louisville. Wheelchair ramps, repairing damaged steps/railings, and installing privacy fences at daycares have been a few of the projects we have been able to complete in recent months with the assistance of volunteers, some who travel a long distance to stay with us.

One of those 'far away' groups we recently hosted for a week was a group of students from Villanova University. They showed up on a Saturday and left the next Saturday. The group was able to meet a lot of our neighbors, see some great spots in West Louisville, visit some historic places in our city, and learn so much about the place we get to call home. They were thrilled to be with us in this neighborhood!

We worked with DELTA at their Creation Space helping them to expand their outreach efforts to kids in our community. We worked with Church of the Promise one day and helped them fill a dumpster of unused, old storage material. Since we were working with the Church, we had to spoil them for one day so they were able to eat lunch at The Table. We worked in the Parkland neighborhood to install a wheelchair ramp and repair a family's front steps. One of the highlights for the group was visiting the Frazier Museum and touring the West of 9th Exhibit. They loved learning about the rich, and yet difficult, history of our community. They were thankful to be in a place that even though it has experienced much pain, they were encouraged and inspired to see so many organizations and community members working together to build a peaceful and just community.

If you would like to learn more about Hand in Hand Ministries, please visit us online: www.myhandinhand.org

Hand in Hand Ministries are now accepting applications for projects in 2022. If you have safety and accessibility challenges and you think we might be able to assist you in a project at your home, please give us a call, 502.459.9930.







December, 2021



1800 Portland Ave 502-439-0189

Worship Celebration Sunday - 11:00 a.m.

Celebrate Recovery Thursday - 6:30 p.m.

www.bethepromise.org

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Recipes from the Ladies of Baptist Tabernacle

This may be the Christmas we get back to whatever we remember as normal. I sure hope so! Anyway, to help us all get into the festive mood, let's make some goodies.



Classic Fudge

3 cups Semi-Sweet Chocolate chips 1 14 oz Sweetened Condensed Milk (NOT evaporated milk)

1/2 tsp vanilla

³/₄ cup chopped nuts (if you want)

Melt chocolate chips with condensed milt and a dash of salt. Remove from heat; stir in nuts and vanilla. Spread evenly into wax paper-lined 8 or 9 inch square pan. Chill until firm, about an hour. Turn fudge onto cutting board; peel off paper and cut into squares. Store covered in refrigerator.



1 bag caramels 1 (12) pkg chocolate chips ³/₄ c butter 1 pkg German chocolate cake mix 1 sm can evaporated milk 1 c chopped walnuts

Mix cake mix, nuts, butter and 1/2 can of evaporated milk together until moist. Pour $\frac{1}{2}$ of mixture into 13X9 inch pan. Sprinkle chocolate chips on top and bake at 350 degrees for 6 minutes. Melt caramels and remaining milk in saucepan. Pour over the chocolate mix. Add remaining mixture. Bake 15-18 minutes at 350 degrees. Refrigerate and cut into bars.

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Christmas Delights

 $1\frac{1}{2}$ cup powdered sugar 1 c cup flour 1 box lemon cake mix

1 stick melted butter 4 oz. Chopped nuts

Grated peel and juice of 1 large orange

Oven at 375 degrees.

Spray cookie sheet with non stick spray. Place powdered sugar in bowl and set aside. Combine cake mix, nuts, orange peel and iuice and mix at med, speed until well blended. Drop tablespoonfuls of dough 2 inches apart on cookie sheet. Bake 13-15 minutes or until bottoms are golden brown. Cool for 5 minutes on racks. Makes around 4 dozen.



- 1 c butter, melted 1³/₄ c graham cracker crumbs
- 2/3 c confectioners sugar

Peanut Butter

Cup Bars

- 1 c crunchy peanut butte
- 2 c milk chocolate chips

In a bowl mix butter, confectioners sugar, graham cracker crumbs, and peanut butter. Spread in the bottom of a 9 x 13 baking pan. Place chips in a microwave safe bowl and microwave 1 minutes, stir. Microwave 1 more minutes and stir. The chips will not look as if they are melted until you stir. Spread melted chocolate over peanut butter mixture and cool in refrigerator for 1 hour. Cut into 2 in. squares. Makes about 24 bars. Easy Peasy and absolutely no cooking (Unless you call sapping the chips in the microwave for a minute cooking.)

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Mini Buttered **Cereal Dough Nuts**

¹/₄ cup butter $\frac{1}{4}$ cup sugar ¹/₄ tsp vanilla 1 tsp cinnamon



4 cups dough nut shaped cereal (Cheerios)

Melt butter, add vanilla and stir. Add cereal and stir until cereal is well coated Transfer to bowl and add sugar and cinnamon. Toss to coat. Put in an air tight container, or start eating. Save recipe. You will want to make more

Cracker Fudge



1 sleeve of soda crackers, crushed but not too fine

 $\frac{1}{2}$ cup milk

2 healthy spoonfuls of peanut butter 1 tsp vanilla

Add sugar and milk. Bring to boil and remove from heat. Add crackers, peanut butter and vanilla. Stir until well blended. Let sit for 5 minutes, pour into buttered square pan. Don't be fooled by the name. It's good peanut buttery fudge. And, it's easy to make

Good Old No-Bake Cookies 2 cups sugar



3 cups oatmeal $\frac{1}{2}$ c butter (not margarine) $\frac{1}{2}$ c peanut butter $\frac{1}{2}$ c milk $\frac{1}{2}$ tsp vanilla 1 bag chocolate chips

In a large microwave bowl mix sugar, butter, milk and chocolate chips. Microwave on high. Stir occasionally to make sure chips have melted. Add peanut butter and stir until melted. Add vanilla, oatmeal and mix well. Place on wax paper by the spoonful and let set.

Note: an assortment of these goodies make a very nice gift.

To all the Portland Anchor readers, have a Happy and Blessed. Very Merry Christmas from the ladies of Baptist Tabernacle. And, remember why this time is joyful and who we are celebrating. The first Christmas is when everything changed.

2 cups sugar

Make a resolution for your health in 2022!

By: Kristin Munro-Leighton, Family Health Centers

Start the New Year by making a resolution for your health! *Eating well, staying active*, and being *smoke-free* can help you feel better physically and mentally – and will improve your health. Changing habits can be hard, but <u>you can do it</u> if you:

Know the recommendations. (Be sure to ask your health care provider for advice.) *Eating well* means:

- Eating a variety of foods each day, including fruits and vegetables (go to www.myplate.gov)
- Limiting foods high in fat, sugar, cholesterol, and sodium (try skim instead of whole milk, baked chicken instead of fried, and water instead of Coke)
- Limiting portion sizes (split your entrée, skip seconds, or use a smaller plate)

Being physically active means doing aerobic and strengthening exercises:

- Work up to doing 30 minutes of moderate aerobic exercises, 3 to 5 days a week (walking, swimming, biking, yard work – anything that works your heart and lungs)
- Work up to doing 8 to 10 strengthening exercises, 2 to 3 days a week (weight-lifting, water aerobics – anything that strengthens your muscles by making them work against resistance)

Start small!

Start where you are and take small steps for improvement – such as adding 1 piece of fruit to 1 meal each day, walking around your block twice after dinner 2 times a week, or cutting out desserts at lunch. Practice this step for 1 or 2 weeks to make it a habit. Feel successful! Then take the next small step toward your health.

Get support!

Make these changes with the help of friends, family, and your health care provider. Ask your family to change eating habits with you. Join an online yoga class for beginners. Do a Zumba video with your kids.

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What's your resolution for your health in 2022?



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