

# PORTLAND ANCHOR

VOL. 48, NO. 12

LOUISVILLE'S OLDEST NEIGHBORHOOD NEWSPAPER

DEC. 2023



**ART**

*Seeded in a Field of Noise* Opens at  
The Common Gallery

**NEWS**

Monarch Waystation at Louisville Grows

**PORTLAND NOW, INC.**  
**Monthly Meeting**  
**TUESDAY, DECEMBER 5, 2023**

**Social Time 6:00**  
**Meeting Time 6:30**

**Meeting held at Church Of The Promise**  
**1800 Portland Avenue**  
**Enter side door on 18th St.**

This will be a holiday gathering.  
 Please bring your favorite appetizer.  
 PNI will provide the drinks, games and door prizes.



**Letter to the Editor**

I will turn 71 on November 29th. I want to wish everyone Happy Holiday.

*William Barnes*

**Pot holes or problems**

Call Metro Call 311

**Street lights out**

Call LG&E 589-1444 or 489-3500



**HAPPY NEW YEAR**

**Portland Anchor**

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

**(502) 775-6036**

**Published Monthly By**  
**Portland Anchor LLC**

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*Cover: Shannon Delahanty*

**2023 Portland Anchor Deadlines and Publishing Dates**

Issue Month	Deadline	Subscription Delivery Date
January 2024	<b>DECEMBER 13</b>	December 29 - January 6, 2024
February 2024	JANUARY 17	January 26 - February 4, 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  
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 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 If payment isn't received with pictures, they will not be published.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**

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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**Beginning October 2021,  
 New & Renewal Rate Increase**

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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. Please contact Sherry Stewart for placing ads at 775-6036.

**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.

## Leo Magazine Best Roofer In Louisville

Mike Tappel, a long time Portland resident, has been named in the October 25, 2023 issue of Leo Magazine in their Readers Choice Awards, as the 'Best Roofer In Louisville'.

### HAPPY BIRTHDAY

Happy birthday to my nephew Jim Pence. You are one of the hardest working men I know and I respect and love you. Happy birthday Jim, we love you. Aunt Sherry & family.

Happy birthday to William Barnes on November 29th. If you see William out and about today, please wish him a happy birthday. Sherry Stewart

Happy heavenly birthday to my nephew Chris Dunn on December 13th. I miss you every single day. My life is not the same since you've been gone. I know if you were still here you would help me. I love you, aunt Dee Dee.



### "I said Turkey!"

Hello Portland, little Carmie and Grampa here. First let me say, I hope you had a happy Thanksgiving. I sent Grampa to the store to get a turkey and this is what he came back with! Like my Daddy always said, "If you want something done right, do it yourself!" (Just kidding). I love him. He went deer hunting and got one so that means he's making summer sausage with pepper jack cheese and deer jerky for Christmas Eve and you're invited! "See ya on the water or in the field"



## Shawnee Post 193 / Lumberman's Luncheon Club (No Dues- Just Booze)

*Submitted by Steve Trout*

We would like to take a moment to be especially thankful to the out-of-town group, Lumberman's Luncheon Club, which was in town for the International Hardwood Convention in early October. They contacted our adjutant several months ago about wanting a place to have a lunch while in town, have a drink or two and maybe get a little loud. For that they would make sure that we were happy when they left. We had no idea of what that meant. On October 5<sup>th</sup>, we opened our canteen at noon for them. Our neighbors, Galan's Meats, catered a lunch for the group of about 25-30. They did drink, get loud and have a good time. When they left, they made a very, very generous donation to our group, more than we could imagine.

You see they had done their homework and found out that we support our Veterans and our Portland Community. The things that made them want to donate to us are:

1. We support Veterans and are and active American Legion Post.
2. We support our community festival by working to raise money to keep it going.
3. We support our community by hosting a community breakfast each month.
4. We support our community by picking up food each Friday and dispensing it in our neighborhood.
5. We support our local Police, Firemen, Corrections, and EMT by our annual Awards Program. The next one will be December 12, 2023, 7 PM.

It fills us with great pride in our small group of veterans, auxiliary, SAL and 2800 Social Club that we are so involved in our community. Just think what we could do with more members. Thanks again to the Lumberman's Luncheon Club for the recognition and the donation. It will be put to good use.

## Good Shepherd Catholic Parish

### MASSES

Mass Saturday 4 PM

Sunday 11 AM

Daily 7:30 AM

Celebrate Christmas Eve Mass  
at Good Shepherd

Sunday, December 24, 2023

Masses at 4 PM and 10 PM

Join us for Christmas Day Mass  
Monday, December 25 at 11 AM

Good Shepherd Catholic Parish

3511 Rudd Avenue

502-749-9780

goodshepherdchurch.us

All are welcome!



## Portland Promise Center Presents BREAKFAST WITH SANTA

Saturday, December 2nd

From 9:00am until 10:30am

Join us for breakfast & bring your camera for photos with Santa and the Grinch. Hopefully the Grinch doesn't steal your plate or photo bomb you!



THIS EVENT IS FREE AND ON A FIRST COME FIRST SERVE BASES  
1831 Baird Street, Louisville, KY

### CHIT CHAT

To the family of Chris Hale, Becky and everyone of his family, I am so very sorry to hear of his passing. Many of us have tattoos to constantly remind us of him. Love, Dee Dee & family.

To the family of Mark Gibson, a terrible tragedy has hit you all. I had much respect for Mark for what he always did to help family. Prayers for you, from Dee Dee Mills.

To all my family and friends, Merry Christmas and Happy New Year. Rhonda Mills.



Merry Christmas and  
Happy New Year  
from Portland Anchor

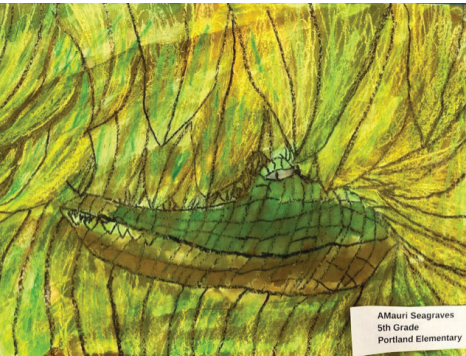
**Western Middle School for the Arts**  
from art teacher Amanda Thompson



Raegan Hobbs is a current 8th grader at Western Middle School for the Arts. Rae has participated in CFAC classes throughout her middle school career. Her excellent skills, dedication, and enthusiasm for art show in each artwork she creates.

Lily Tennyson is a 7th grader at Western Middle School for the Arts. While this is her first year at Western Middle, Lily quickly grasps art concepts and materials. Her artwork reflects her fun and energetic personality.

**Portland Elemenartary School**  
from Art Teacher Anita Fisher



AMauri Seagraves  
5th Grade  
Portland Elementary

AMauri Seagraves, 5<sup>th</sup> grade



Aubree Johnson  
4th Grade  
Portland Elementary

Aubree Johnson, 4<sup>th</sup> grade

(Portland Elementary Continued on Page 5)



Carmie Miller  
4th Grade  
Portland Elementary

Carmie Miller, 4<sup>th</sup> grade

*'Look for LVA CFAC classes at the Portland Museum serving Portland neighborhood children in 2024!'*

**Portland Promise - FREE Tax Prep Volunteers Needed**

Calling all compassionate souls! Volunteers are needed to help Portland residents keep the hard-earned dollars in their pockets.

- We will provide free IRS Tax training.
- We need greeters, tax preparers, and reviewers.
- We have lots of hours day and evening that you can help

**To Volunteer or with Questions:  
Reach out to Eurana 502 776-2635**

**Klein Bros.**

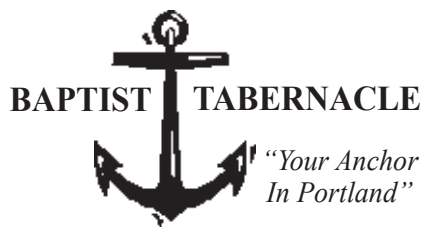
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**449-4444**  
Sun.-Thurs. 3 - 10  
Fri. & Sat. 3 - 11:30

2520 Portland Ave. Louisville, KY  
**776-6400**  
Sun.-Thurs. 3 - 10  
Fri. & Sat. 3 - 11:30

Home of the 28" Pizza

SCAN HERE FOR MENU

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PICK UP ONLY 4-7PM MON-FRI ONLY  
**1 LARGE 1 TOPPING PIZZA \$8.99**  
Extra cheese and toppings are at additional cost.

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Choice of Baked Spaghetti & Meatballs or Homemade Lasagna. Comes with Large Salad & 2 20oz Drinks  
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**3 MEDIUM 12"**  
3-Topping Pizzas  
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Limited time offer. Extra cheese additional. Coupon required.

**1 LARGE 14"**  
1 Large 14" Pizza  
The Works or All Meats  
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Limited time offer. Extra cheese additional. Coupon required.

**PICK UP SPECIAL**  
1 Large 14" 1-Topping Pizza  
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Before & after Happy Hour Special. Limited time offer. Extra cheese additional. Coupon required.

**2 MEDIUM 12"**  
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Order of Cheesy Bread Sticks & 6 Wings  
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Limited time offer. Extra cheese additional. Coupon required.

**2 LARGE 14"**  
2-Topping Pizzas  
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Limited time offer. Extra cheese additional. Coupon required.

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

**Portland Elemenartary  
School**

*from Art Teacher Anita Fisher*

## Holiday

### Hairstyles & Tanning

536 N. 26th St. - 776-7916

*Owner Donna Wilson*

### *Stylist:*

**Donna Wilson**

*Making Portland beautiful  
one head at a time!*

We have new Bulbs in  
our tanning bed.

### **Hours:**

Tues, Thurs, Fri. 9:00 am - 4:30 pm

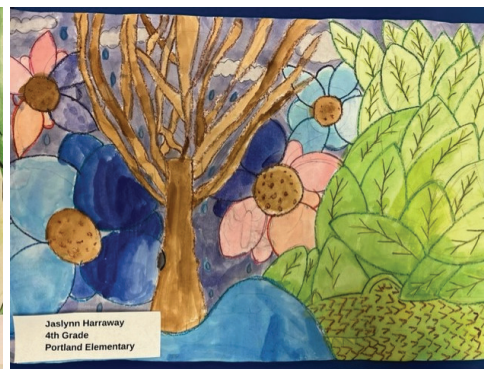
Wednesday - 9:00 am - 6:00 pm

Saturday 9:00 am - 3:00 pm

**Closed Sunday and Monday**



Georgia Rogers, 5<sup>th</sup> grade



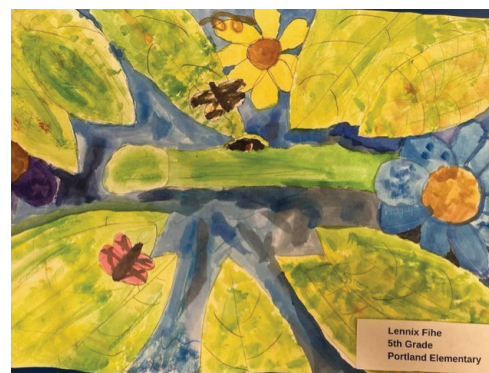
Jaslynn Harraway, 4<sup>th</sup> grade



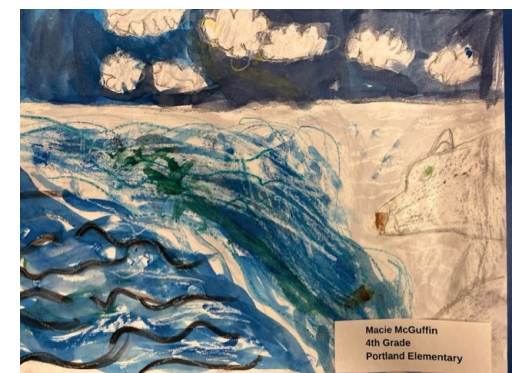
Kami Young, 5<sup>th</sup> grade



Weston Marrs  
4<sup>th</sup> Grade  
Portland Elementary



Lennox Fihe, 5<sup>th</sup> grade



Macie McGuffin, 4<sup>th</sup> grade

**WE WELCOME  
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## **PORTLAND DENTAL CENTER**

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**778-0999**

***Family Dentistry***

## Louisville Grows Installs Healthy House Habitat!

*Lisa Dettlinger, Executive Director Louisville Grows*

Louisville Grows has joined efforts of gardens all across the world as a registered Monarch Waystation! The Healthy House campus at 1641 Portland Ave. can now be spotted on the Monarch Pollinator Waystation map as an official landing point for migrating monarch butterflies. The pollinator garden is filled with milkweed, goldenrod, coneflower and a dozen other host plants that provide food for monarchs and other pollinators.

Maple leaves currently cover the area in front of and to the east side of Healthy House creating the perfect winter hibernation habitat for many other beneficial insects and small animals. Next spring the garden will be in full bloom with native plants, grasses, and vines that will protect and feed bees, milkweed bugs and of course, monarchs.

These efforts were made possible by a partnership with the Louisville Zoo's *Monarchs & Milkweed* program and a team of energetic volunteers who helped install the plants. Thanks to everyone who supported this effort!

Want to learn more and volunteer with Louisville Grows? Visit [louisvillegrows.org](http://louisvillegrows.org) or contact us at [info@louisvillegrows.org](mailto:info@louisvillegrows.org).

Healthy House 1641 Portland Ave. Louisville, KY 40203, 502.905.4342



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- Shelter
- Microbes

**LOUISVILLE SEED BANK**

**Deargrass Hunter**  
SMOKETOWN, LOUISVILLE, KY



## Neighborhood House News

### Senior Shopping Trip

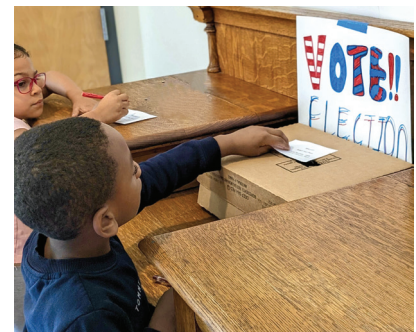
This past weekend, members of the Four Seasons Senior Program made a trip to the outlet mall! Seniors boarded the Neighborhood House van in the morning, made their purchases, then made a pit stop at Cracker Barrel for lunch before heading back to Neighborhood House.

### Leadership in Action

For Election Day, members of the Youth Development Program cast votes for Kentucky Governor! While schools were out, Neighborhood House children learned the importance of civic responsibility and making their voices heard.

### Family Engagement Nights

Join Neighborhood House and the Bounce Coalition for five nights of family engagement and programming. Programming for adults includes topics like self-care and resilience-building, while programming for kids includes social and emotional learning. Dinner and childcare is provided. A \$25 incentive is available for the first ten families that sign up. To learn more and to sign up, visit Neighborhood House at 201 North 25th Street.



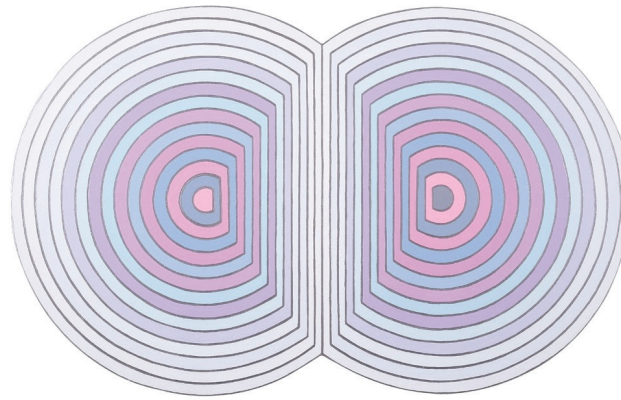
## The Common Gallery

*Submitted by Rebecca Norton*

Thank you to everyone that came out on Wednesday, November 8th to celebrate the opening reception of **Seeded in a Field of Noise** at The Common Gallery, 1512 Portland Ave. This was a delightful event and we want to extend our sincerest gratitude to the community for coming together to make it a special night for all involved.

Much love to all of the featured artists who brought the event to life by sharing their artwork and stories with our community. A big thank you to our team for making the night a success. Special thanks to Post Sex Nachos and Divine Sweater for sharing their musical talent in The Portal during the opening event.

**Seeded in a Field of Noise** is currently on view through January 6, 2024. Come by the gallery to view the exhibition during our open hours: Fridays & Saturdays from 11 am - 3 pm.



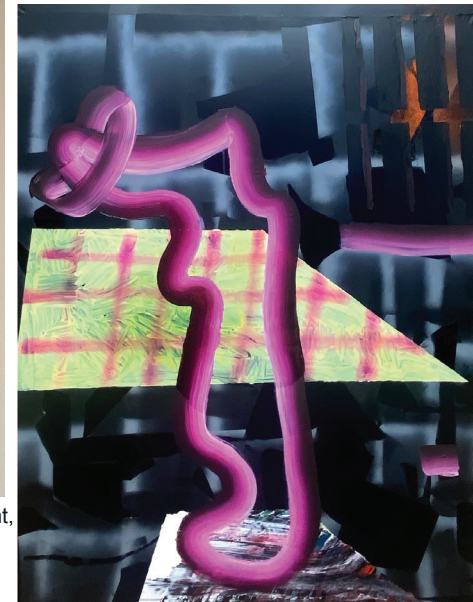
Gibbs Rounsavall, Transition 15, enamel on wood panel, 15 x 24 inches



Joshua Johnson, Chapel of Anticipation, acrylic on canvas, 24 x 18 inches



Paula Peatross, #3, oil, pearlescent and metallic paint, wax, wood, 26.5h x 22w x 3d



Megan Bickel, I Drive Fast and Talk Real Slow, acrylic on pleather, 37 x 49 inches

**PORTLAND  
MUSEUM  
HOLIDAY  
BAZAAR**

**A COZY LITTLE LOCAL ART & CRAFT FAIR  
DECEMBER 16, 12-4PM \* FAMILIES WELCOME!**

**Support Your**

**American Legion**

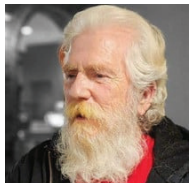
**Shawnee Post - 193**

2800 West Main - 776-8596

**HALL RENTALS**

FOR BIRTHDAYS, WEDDINGS, REUNIONS ETC

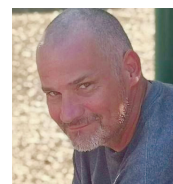
## Obituaries



**Michael Jerome Green**, went to his heavenly home on October 18, 2023 at the age of 66. Michael was preceded in death by grandparents Edith and John End, mother Maryann Bough, stepfather Herbert Bough, sister Carol Wright, brother David Green, brother Chris (Cristy) Green, grandson Christopher Francis. He is survived, by his two sisters, Mona (David) Fanning of IN; Joann (Matt) Ford of Louisville KY; wife Debra Green of Rockvale; 3 daughters, Angel (Adam) Green their son, 3 daughters and son in law, and 2 granddaughters and grandson. Mary Green her son, 3 daughters, 2 grandsons. Paula (Bobb)y Norwood and their son and daughter of Christiana TN. Son Lonnie (Patricia) Green their son, 2 son in laws, 2 daughters and 6 grandchildren. And many many nieces and nephews. Michael is a native of Louisville Kentucky. J. B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St. was in charge of arrangements.



**Mark Edward Gibson**, 53, passed away unexpectedly October 25, 2023, in Louisville, KY. He was born on April 8, 1970, to Marcell and Shirley Gibson in Louisville, KY. Two of his biggest joys in life were spending time with his best friend and loving wife Trish at the Ponderosa Boat Dock on Nolin Lake, and starting his own gutter business, Gibson and Son. In his spare time, Mark is preceded in death by his father, Marcell Gibson, and mother in law Oldie Duvall Left to cherish his memory, Mark leaves behind his loving wife, Trish Gibson; son, Doug Gibson; daughter, Meagan Duvall; 4 grandchildren, Braxton Pearson, Kaylor Duvall, Zaylei Gibson, and Ben Gibson; 5 brothers, Paul, Sammy, Tony, Donnie, and Frog; 3 sisters, Rhonda, Tina and Lou; mother, Shirley Thompson; in laws, Sandy and David; best friend, Christopher Lewis; many nieces and nephews; and a host of extended family and close friends. Funeral service as held at Legacy Funeral Center – Schoppenhorst Chapel, 1832 W. Market Street.



**Christopher Douglas Hale**, 48, passed away October 20, 2023, in Louisville, KY. He was born on December 2, 1974, to Wayne and Linda Hale in Louisville, KY. Christopher was a loving husband, father, son, brother, and grandfather. Christopher enjoyed riding his Harley-Davidson motorcycle, fishing, watching UK basketball, and traveling to Gatlinburg and Florida with his loving wife Becki. Christopher is preceded in death by his grandmother, Delores Blair; and a nephew, Robert Sears. Left to cherish his memory, Christopher leaves behind his loving wife, Rebecca Hale; 2 daughters, Brittani Arnold, and Jaycee Arnold; parents, Wayne and Linda Hale; 5 grandchildren, Jaxon McCue, Jayse Arnold, Jay'Liyah Melvin, Jay'Mia Melvin, and Jonah Dean; 3 siblings, Joey Hale, Tony Hale, and Stephanie Hale; mother-in-law, Debra Baker; brother-in-law, Roscoe Gassoway; and a host of extended family and close friends. Funeral service was held at Legacy Funeral Center – Schoppenhorst Chapel, 1832 W. Market Street, Louisville, KY



**Michael Steven Kidwell, Sr.** 73, died on October 18, 2023 at his home in Jeffersonville, IN. The son of Arthur O and Beatrice Olene (Lohden) Kidwell Mike was a member of the American Legion Shawnee Post 193 in Portland, and an avid Louisville Cardinals sports fan. In addition to his parents, he was predeceased by his son, Michael S. Kidwell; brothers, David Morton, and Carl Douglas "Dougie" Morton; stepfather Burnis Morton. Survivors, his daughters Sharon Youngblood (Corey) and Michelle Fox (Anthony); son Michael Kidwell (Angela); eight grandchildren, Danny Hornbuckle, Jessica Hayun, Christopher Caldwell, Tabitha Ferry, Haley Boone, Lucas Fox, Lucy Kidwell, and Benjamin Kidwell; thirteen great grandchildren; and three brothers, Donnie Kidwell, Burnis Morton, and Larry Morton; and many nieces and nephews. A service of remembrance was held at at Legacy Funeral Center- Schoppenhorst Chapel, 1832 W. Market Street - burial at St. Stephen Cemetery.



LEGACY FUNERAL CENTER  
— SCHOPPENHORST CHAPEL —  
A MEMBER OF SCOTT FAMILY SERVICES



LEGACY FUNERAL CENTER - SCHOPPENHORST CHAPEL

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Happy New Year!*

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8 AM - 5 PM Mon. - Fri.

8 AM - 3 PM Saturday



Country-Wide and Southern Indiana Delivery



## Obituaries



**David Anthony Lanham**, age 69 years, passed peacefully at his home on October 22, 2023. He was a native of Louisville and was a retired Supervisor at Dawn Food Products where he had worked for 34 years. David loved woodworking and was an accomplished wood worker leaving many fine pieces of furniture and craftsmanship for his family. He also loved fishing, playing his guitar, reading and of course horse racing. David's favorite day of the year was Derby Day and celebrating it with his family. He will be greatly missed. He was predeceased by his parents, Charles Angelo and Lillian Elizabeth Robbins Lanham, brothers, Charles Joseph Lanham and Kenneth Lanham, and his sisters, Linda Hicks, Debra Lynne Lanham and Patti Jo Thompson. Left to cherish his memory are his brother, Dennis Mike Lanham, sisters, Shirley Auter and Mary Sue Thompson, mother of his children, Lois Allen, and his daughters, Amy Grether (Steve) and Casey Jennings (Josh), his

grandchildren, Jeffrey Ellis Jr., Stephanie Grether Chelsey Colvin and Jacob Jennings and three great-grandchildren. Funeral Services was held at J. B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St.

**Allie Lee Lanham**, 96, passed away on October 20, 2023. Allie was Director of Senior Nutrition Center at Beechmont Community Center for over 30 years and was a member of Portland Avenue Presbyterian Church. She was preceded in death by her parents, Allie Fawnsdella and Joseph Lee Deaver; son, Paul Christopher Lanham. She is survived by her children, Cynthia Lee Clayworth, Michael Anthony Lanham (Annie), Thomas Alan Lanham (Martha), Katheryn Lynn Nestel, James Joseph Lanham (Janet), and Leslie Marie Ironfield (Ron) Her Memorial service was held at Portland Avenue Presbyterian Church, 3126 Portland Ave.



**Kenneth Dale Taylor**, 44, passed away October 22, 2023, at his home in Louisville, KY. He was born on November 7, 1978, to the late Geraldine Woodcock Cox in Louisville, KY. Kenny was a caring dad and grandfather. He enjoyed playing with his grandchildren, and taking his kids out to eat when they were younger. In his spare time, Kenny

enjoyed watching foot-ball, and his beloved UK Wildcats, listening to rock and rap music, and going on long walks. In addition to his mother, Geraldine Cox, Kenny is preceded in death by his stepfather, Robert Cox. Left to cherish his memory, Kenny leaves behind 4 children, Maddie Taylor (Kaine), Bree Taylor (Jasmine), Brandon Alvey, and Jordan Taylor; brother, Tony Woodcock; grandchildren, Aleena and Ava; best friends, Rob, Jessie, and Jay; and a host of extended family and close friends. A funeral service for Mr. Kenneth Dale Taylor will be held at Legacy Funeral Center – Schoppenhorst Chapel, 1832 W. Market Street, Louisville, KY.



## Merry Christmas



Thank you for  
your business  
and friendship  
throughout  
the year.



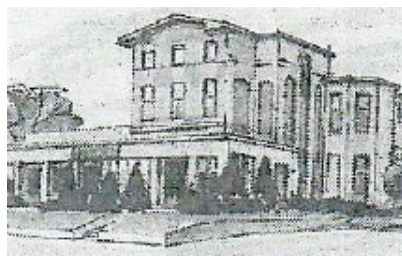
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We're your Shield. We're your Shelter.

## J.B. Ratterman & Sons

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Traditional Quality, Smart Prices*

Tony Ratterman, owner  
Lenny Black, office manager

We are looking to purchase one or two graves at  
Portland Cemetery. Please call our office.

## Here Comes the Portland Anchorman: Ride-along Journey with Charles Frick

By Elijah Humble

Every month, Charles Frick packs up his old sedan with fresh piles of Portland Anchors, most likely including the one you're holding in your hands right now. Recently I was able to join him on a Friday morning in October, as he made his rounds delivering the city's oldest community newspaper to more than a dozen Portland establishments. Frick has his routine down -- working the circuit since 1993 -- and sets aside three such days for delivery after picking up the bundles from the printing press at the News and Tribune in Jeffersonville. More than that, and it will start to feel like work, said the retired Frick, and besides, you won't have enough time to build and maintain these strong personal relationships that have developed over the decades. Otherwise, there are about 90 locations in the Portland area which need their monthly supply restocked.

"It doesn't have to be a land speed record," he said in between stops. "Then you're not leaving enough time for the people."

Frick has translated his background in social work home visits with the Portland Bridge Mission to become the ambassador of the Portland Anchor. He lived on Montgomery Street from 1975 to 2005; his front yard featured a tree transplanted from his father's general store on South Preston Highway. He used his G.I. Bill to complete a community development program at the University of Louisville, which led to his social work career, and then his role at the Anchor.

"I loved being behind the scenes," Frick said, reflecting on the earlier days of the Anchor with legendary editor Alma Wright. "I get to meet all kinds of people, which is something I'm good at. I like to do constructive things and wear different hats."

When it comes to delivering papers: "I've been doing it so long, I have instincts

of when to drop by and drop off." He noted how it could be a certain time of day, or he will notice certain parked, or not parked, outside before making a stop. And he's quick to gauge how many to leave and locations that may need a refill in a few days.

Very few locations I witnessed had remaining papers, which tells me that people do in fact love their Portland Anchor. And at least one, like the UHaul rental place on Portland Avenue kept stacks of recent issues, just in case somebody missed one from a couple months back.

After meeting at Cup of Joy on Bank Street, which has a wide menu and devoted following, Charles made effortless connections and personally laid Anchors into the hands of friendly guest as well as replenishing the supply. The first stop was the Table restaurant, which was just prepping to open up. Next was the Circle K on 22<sup>nd</sup> Street, whose friendly staff knew the drill, to the Crystal Bargain Outlet, where Charles boldly announced (the first of many times over the course of the morning); "got your Portland Anchor here!"

After that we hit Family Health Centers, up the elevator to the break room, where a lady quickly picked one up, even though she lived across the river in Indiana. Around the corner back on Portland Avenue was In & Out Dairy & Bait, which has walking tacos, in addition to a good selection of ice cream. A couple of young fellows watching the desk greeted us at our next stop at the Molly Leonard Portland Community Center.

"I see people's responses," he said. "I like to hang out in the place and have that verbal interaction. And then I monitor and go back to drop off more. I keep the same pattern. The best person is the one at desk. You have to have a PR human touch and make a con-nection. It's like a chess game. And it's not like I'm selling something."

We went back south to Mighty Small Homes and then Against the Grain, who quickly offered up a sample as Charles dropped off another stack of papers. Some locations only require five or ten copies, while others can get 50 to 100. The trunk is his beater of an Oldsmobile groans under the weight of all those papers.

One of the most memorable stops was the Cravens AC Private Club on Northwestern Parkway. Members Only, since 1971. Due to good timing (or Charles' superior instincts in this game), we arrived at the same time as Big Lou, who eagerly let us in -- revealing an impressive social establishment and likely scene of a lot of good times -- and was, like everybody else we encountered, familiar with the monthly visitor's routine. He mentioned a friend from the neighborhood who moved to Owensboro years ago, but still gets the Anchor delivered every month. He said he'd do the same if he ever left.

I heard more than one story about faithfully devoted out of town fans of the Anchor. Frick mentioned a lady who worked at Humana, who would take some papers, on her own, to put in waiting rooms in medical offices, thereby expanding Frick's work, utilizing a network of helpers to expand the reach. He said efforts like those led to around eight people from Ohio who have it delivered every month, mainly because they love the recipes.

There were still stops to be made at the U-Haul Neighborhood Dealer, CVS and Donna Lee's Hair Salon, and then down to Rudd Avenue and Good Shepherd Parish. He pointed out a building on the other end of Rudd, which I had taken note of before, as it looked like it had an interesting history. But at one time it was a bar, and Charles lived upstairs. His neighborhood roots run deeper still, as he has a sister-in-law who was born on Shippingport Island. He met his wife at the building which is now the Portland Museum.



Before finishing our journey, it must be said that if you talk to Frick for more than five minutes, he's going to mention his other passion -- outside of spreading good vibes in Portland -- which is karaoke. He has a history of performing in touring singing groups and has become a regular at karaoke spots around town including Jerry Green's on Broadway. He's currently a member of a group called the Silver Notes. Frick typically puts in another afternoon shift before calling it off mid-afternoon. But before breaking for lunch, among our final stops were the Portland Beer Depot and Bank Street Liquor, where, once again, we laid down a stack and somebody quickly picked one up.

"Whenever I'm out here thinking 'what am I doing? Why am I doing this?' Then you see that, a guy picks one up. That's what it's about. I like to savor the fruits of my efforts. I like to tell people, 'hey, there's good article in there.' Or 'tell me what you think.' I want them to know that I'm in their corner. Because I mix with people, that personal touch is important. It feels good that the Anchor is a valuable asset and part of the fabric of the community."

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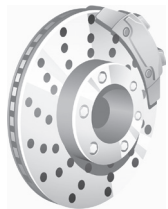
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## Outsider Art Museum & Gallery

*Alex Huninghake, Executive Director,  
Outsider Art Museum & Gallery*

Outsider Art Museum & Gallery recently had its grand opening on the 2500 block of Portland Avenue. On November 8th, OMG opened its doors to the public for its inaugural exhibition Mark Anthony Mulligan: Share A Little Of Things Of Yourself. The show features artwork by the legendary Louisville artist, honoring his memory on the one year anniversary of his passing. In attendance were members of Mark's family, as well as many of his friends and supporters. Mulligan's artwork is iconic for its lively, vibrant cityscapes. With an obsessive attention to detail and encyclopedic knowledge of Louisville geography, Mark's scenes include places real and imagined, references to friends, and an affinity for signs and logos. Despite the challenges of mental illness and frequent houselessness, Mark had an infectious cheerfulness and warmth and a singular vision of the world.

Share A Little Of Things Of Yourself includes drawings on paper, acrylic paintings, and audio recordings of Mark singing, mostly unheard by the public until now. On opening night, OMG presented a special screening of the documentary short Peacelands/Mark Anthony Mulligan, which offers a raw, intimate portrait of Mark as an artist that few people got to experience during his life. In addition to Mulligan's work, pieces from the nascent OMG permanent collection are on display. We also have a gift shop. The exhibition will be on view through January 2024. The Museum is open noon-6pm, Thursday - Saturday, and by appointment. We are very proud to be Portland's newest neighbor. Please stop by and say hello!



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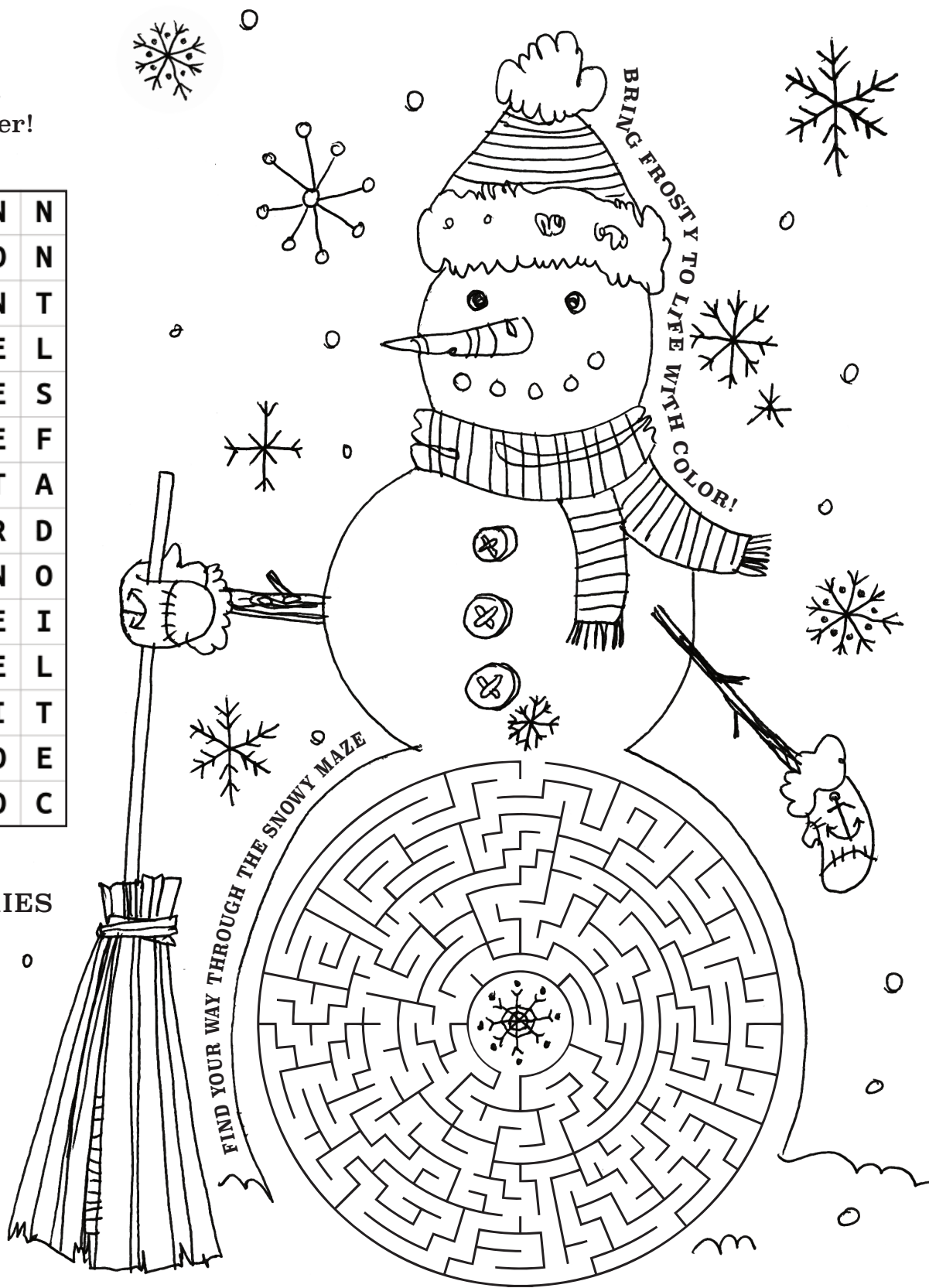
## SEEK AND FIND!

Happy Holidays from our family to yours -  
may the season be full of warmth and cheer!

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FAMILY  
LATKE  
MISTLETOE  
CANDY CANE  
TINSEL  
FEAST  
LANTERN  
CELEBRATION  
NEW YEAR



## We All Know Winter Is Coming

Now comes the darkest time of year—a time for festering and hibernating and yearning for better and brighter days. Humans aren't the only ones feeling these feelings. Insects, birds, and mammals lie low too, in general...if they haven't gone south. While humans have places to lay their heads, generally, also true is the paucity of hibernation spots for small mammals who try to live by the river between downtown and Chicasaw Park (I don't call them vermin). The maps show there is more continuous forest/wilds on Shippingport Island than anywhere on the KY side of the Ohio River in the city, and only Cherokee Park has more wild land in the northern part of the county. As such, I've seen wild animals along the river, see turkeys in Wharf Park photo, but no signs of anything on Shippingport Island. I once canoed to the north side of Shippingport Island before I knew this was illegal; what I found was a vast array of cor- morant bird nests in the treetops, but piles of discarded rail-ties and other forgotten supply dumpings (almost as unappealing as the partially submerged car chassis; see picture). This can be cleaned up since the RR is wealthy and tries to be seen as a good citizen, but only when called out. This island can be designated a State or Federal wildlife refuge/bird sanctuary.

But the small mammals need to know how to get to the island since the connecting bridge is nearly 1/2 mile of flat concrete. Even without designation as a refuge, any citizen can populate the island by trapping your pesky neighborhood racoon, possum, squirrel into a cage...and transporting them in your vehicle to the small-mammal happy hunting grounds. Hours of the bridge are until 5pm daily, so there's that to work around. There are eagle aeries on the island so you really can't overstock the rodent population on the island. Other ideas to get mammals on the island include catching fish and catapulting them over the canal to land on the island so as to attract scavengers, and perhaps getting funding for placing a raised-bed dirt trail along the bridge sidewalk to make migration more reasonable for the critters. Furthermore, perhaps mudball seeds of fruiting bushes and vines can be catapulted from Lannan Park to the island to make the iseland smell



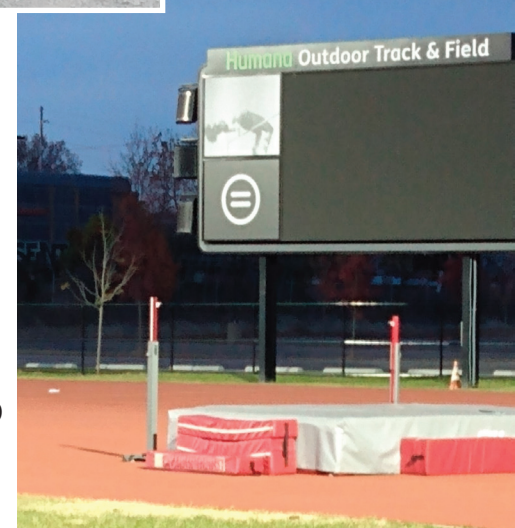
Many of these efforts can apply to Sand Island, which is also quite large, but is almost impossible to see from the mainland. On Sand Island, I did see a vigorous stand of Milkweed, so I know pirate seeding can occur with success on these islands. However, since Sand Island is downstream from the dam, the flood waters can get quite high, so swimmers and climbers would be the animals of choice to add here, such as squirrels,

beavers, and possums ... not like the mayhem of loud motored 2- and 4-wheelers rutting up their habitat on the mainland.

#As long as they don't allow humans on shippingport island, let's do this.

Humans don't generally always fester and hibernate to the extent of their mammalian cousins, so in order to stay active in the cold and dark, some options of things to do include working out at the Rec Center weight room or walking around the outdoor track at the Norton Sports Center which is well lit, has ample parking, free WiFi, and open daily until 10 pm (@28<sup>th</sup> and Market St; see picture).

Fellowshipping with the willing,  
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attractive to creatures looking for fermenting fruit. As part of phase IV park expansion, done in maybe a year, put telescopes in place so kids can watch birds and fauna on Shippingport Island--and also construct a giant slingshot to catapult these mudball seeds from the Waterfront Park Expansion to the island during daylight hours...when barges are not present.

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## Calendar of Events

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

*If your group information changes, please let us know.*

## PORTLAND NOW, INC.

### Monthly Meeting

**Tues, December 5<sup>th</sup>**

**Social Time 6:00 PM**

**Meeting Time 6:30 PM**

### Church of the Promise

1801 Portland Ave.  
Side Door On 18th

This will be a holiday gathering.

Please bring your favorite appetizer.

PNL will provide the drinks, games and door prizes.

### AMERICAN LEGION POST 193

**4th Tuesday of the month, 7 pm,**

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### AMERICAN LEGION POST 193

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**4th Tuesday of the month, 7 pm,**

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### 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.

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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.

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- 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.

## The Portland Anchor Man Between the Pages

*By Charles Frick*



### Happy Holidays!

This is the time of the year for caroling carols, singing songs, music, and spreading good cheer. To get our readers into the spirit of what is to come leading up to Christmas (which includes exchanging presents, overeating, connecting with family and friends, church services, and giving to the less fortunate). I'm offering this simple suggestion for kids from one to ninety three - let's get together in the weeks ahead and participate in a sing-along challenge!

In the space below is a list of well know works that leave out part of the words - can you and your children, guest, friends, neighbors, etc., helpers fill in the blanks!? I have started each one and you finish them! If you do, how much more can you sing . . . ?

1. Have yourself a Merry \_\_\_\_\_ . . . .
2. I'm dreaming of \_\_\_\_\_ . . . .
3. Rudolph the \_\_\_\_\_ . . . .
4. Jingle bells \_\_\_\_\_ . . . .
5. Frosty the Snowman \_\_\_\_\_ . . . .
6. All I want for Christmas is \_\_\_\_\_ . . . .
7. On the first day of Christmas \_\_\_\_\_ . . . .
8. I'll have a blue \_\_\_\_\_ . . . .
9. Silent Night \_\_\_\_\_ . . . .

My wish is that this effort brings a little more fun and togetherness to the residents of this city nestled along the banks of the Ohio River.

### 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

**1<sup>st</sup> Tues. of the month at 10 AM**

### Portland Avenue Community Trust PACT

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### The Housing Partnership, Inc.

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*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.*

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## December Recipes

This is the month of celebrations, family gatherings and food! Favorite dishes are proudly placed on the kitchen counter, dining room table, or that extra fold-out table that is brought out every year for the family feast. Here are some side dishes and goodies to make to help feed the relatives.

### Cornbread Dressing

- 1 prepared cornbread, crumbled
- 1 tsp dried sage
- 1/3 cup margarine
- 1/2 tsp pepper
- 1 cup chopped celery
- 3 cups chicken broth
- 1/2 cup chopped onion
- 2 eggs, beaten
- 4 slices of bread torn into pieces

Melt margarine in skillet. Saute celery and onions until tender. In a large bowl combine cornbread, torn bread, celery, onions, sage and pepper. Stir in broth and eggs. Mix until well blended. Pour into a well greased 9x13 baking dish. Bake 30 minutes at 450 degrees or until brown.



### A New Year's Tradition

#### Hopping John

- 4 slices bacon, crumbled
- 1 med. onion chopped
- 1 16 oz. Can black eyed peas
- 1 cup instant rice
- salt and pepper to taste

Place onions in the skillet bacon was fried in. Cook until onions are tender. Cook rice according to directions on box. Place rice into a serving dish and add the other ingredients. Mix well. According to Southern traditions eating Hopping John on New Year's Day will bring good luck for the new year.



### Sweet Potato Casserole

- 2 cups mashed sweet potatoes
- 1 cup sugar
- 2 eggs, beaten
- 3/4 stick butter or margarine
- 1 cup milk
- 1/2 tsp nutmeg
- 1 tsp cinnamon

Mix all ingredients and place in a 9x13 baking dish. Bake 20 min. at 400 degrees.

#### Topping

- 3/4 cups crushed cornflakes
- 1/2 cup chopped pecans
- 1/2 cup brown sugar
- 3/4 stick of butter

Melt butter. Mix rest of ingredients. Spread over potatoes and bake 10 more minutes

*Goodies to make for holiday get togethers.*

### Cheese Cake Puffs

- 16 oz cream cheese
- 3/4 cup sugar
- 2 eggs
- 1 tsp vanilla
- 24 vanilla wafers
- 22 oz. Cherry pie filling



Place cream cheese, sugar eggs and vanilla in a large bowl and beat with electric mixer until smooth. Line muffin tins with paper liner and put on vanilla wafer in the bottom of each liner. Fill 3/4 full with cese mixture. Bake for 10 minutes in a preheated oven at 375 degrees. Cool. Cover with pie filling. Approximately three cherries in each cup/ Chill until ready to serve.



### Apple Pecan Dessert

- 1 can apple pie filling
- 1/4 tsp nutmeg
- 3/4 cup water
- 1/4 chopped pecans
- 1 can biscuits

Mix pie filling, water and nutmeg. Pour into greated 9x13 baking dish. Sprinkle with pecans. Top with biscuits. Bake at 375 degrees for 35 minutes.



### Sweet Dreams Pizza

- A Refrigerated Sugar Cookie Dough
- 1 8 oz pkg cream cheese
- 3 cups powdered sugar
- 1 12 oz Cool Whip

Suggested toppings: M&M's coconut chocolate chips, nuts, Maraschino cherries, pineapple, blue berries Press cookie dough onto pizza pan. Bake for 12 minutes at 350 degrees. Let cool. Mix cream cheese, sugar and Cool Whip. Spread on cookie crust. Add toppings.



### Christmas Crack

- 2 sticks of butter
- 1 cup brown sugar
- 1-2 sleeves of saltines
- 1 1/2 bag of chocochips

Line cookie sheets with saltines crackers. Melt butter and sugar and boil for 3 minutes. Pout over crackers and bake in 350 degree oven for 7 minutes. Remove from oven and sprinkle with chocolate chips, spreading evenly over hot crackers. Chips should melt, if not place in warm oven that you have turned off. Refrigerate for 30 minutes to set chocolate. Break into pieces and store in air tight container.



### Peanut Butter Balls

- 16 oz. Cream Cheese
- 1 cup Peanut Butter
- 1 bag chocolate chips

Mix cream cheese and peanut butter. Scoop a spoonful of mixture and roll into balls. (If you have plastic gloves use them) Place on a cookie sheet lined with wax paper/ parchment paper. Place into refrigerator 1-2 hours. (until solid) Place chips into microwave and heat for 90 seconds at 30 seconds intervals. Stirring if needed. Remove from microwave when chocolate is completely melted. With a fork place peanut butter balls, one at a time in the the melted chocolate and cover completely. Place back into refrigerator to set chocolate.

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# Make a resolution for your health in 2024!

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 you can do it 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](http://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.

## Use local resources!

Try some of the many free and low-cost classes and services available to help you accomplish your health goals. Go to [www.fhclouisville.org/healthed](http://www.fhclouisville.org/healthed) for more information.

## 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](http://www.fhclouisville.org/healthed) for more information. Or, call Kristin at Family Health Centers (502) 772-8588.

## Molly Leonard Portland Community Center

640 North 27th Street • 502/776-0913

EDUCATE & ELEVATE AFTER SCHOOL PROGRAM

**READING TUTORING PROVIDED**

**THROUGH APRIL  
MONDAY - THURSDAY  
4:30-6:00 PM**

FREE for all students K-5th Grade

**SOCIAL SKILLS / LITERACY BASED  
SNACK / HOT MEAL**

**SOCIAL EMOTIONAL LEARNING  
ENRICHMENT EXPERIENCES  
RECREATION TIME**

502-714-2269

[sara@iwouldratherbereading.educa-](mailto:sara@iwouldratherbereading.educa-)

## Hoops & Homework FREE After School Program

**Monday - Thursday  
3:00pm - 6:30pm**

Boys & Girls 8 - 16 - Dinner Provided

- Homework Assistance
- Tutoring
- Basketball Skills Instruction
- Scrimmages
- Fun Activities

Delta Gymnasium  
2508 Portland Ave.  
Louisville, KY 40212



Must RSVP - [DELTAINC502@GMAIL.COM](mailto:DELTAINC502@GMAIL.COM)  
[DELTAFOUNDATION502.COM](http://DELTAFOUNDATION502.COM)

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

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### KIDS WINTER CAMP - FREE

Week 1 December 26-28th

Week 2 January 2-5th

8 am - 6 pm - Registration Deadline 12-20-2023

Join us for out of school time! A full week filled with activities, a not meal and fun! Limited space.



**November 30th, 6-8PM**

*Bring a canned good to enter*

Enjoy onsite activities such as basketball, air hockey and light refreshments.

## Good Shepherd Catholic Parish HALL RENTAL

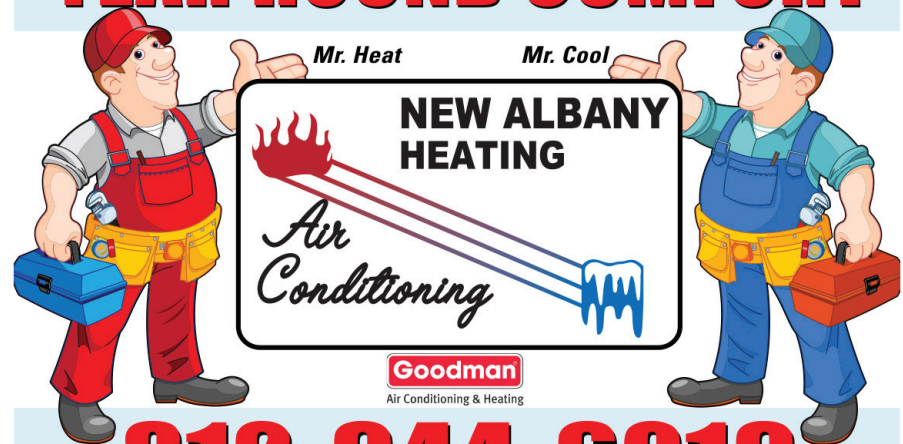
**Available to Rent for Clubs,  
Receptions & Reunions**

Lehmann Hall  
3525 Rudd Ave.

**(502) 749-9780**

[goodshepherdchurch.us](http://goodshepherdchurch.us)

## YEAR ROUND COMFORT



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