

PORTLAND ANCHOR

VOL. 48, NO. 6

LOUISVILLE'S OLDEST NEIGHBORHOOD NEWSPAPER

JUNE 2023



ART

Anchor Exhibit Opening Reception 6/23/23

NEWS

Ohio River Ranked 2nd on Most Endangered List

PORTLAND NOW, INC.

Meeting Tuesday, June 6th
Social Time 6:00 - Meeting 6:30
1800 Portland Ave. - Side Door
Church of the Promise

Come out and join Portland Now, your neighborhood association. Yearly dues are just \$1.00 and you can pay that evening. Become an active member of Portland Now, bring your ideas to the meeting & find a place where you can help in Portland. For those who come out and join PNI on June 6 there will be a drawing for a \$25 Kroger Gift Card. You must be present to win and have joined that evening.

Gift Card Donated by BerndowsEnterprise LLC

There Will Be Pizza At The Meeting During Social Time.
 Bring your own drink.



Letter to the Editor

Hello. I called Metro Call last month about the pot holes on Portland Avenue, North 35th Street between Bank and Northwestern Parkway. Portland Avenue and North 35th Street got repaved and Public Works did a fine job.

William Barnes

Portland Anchor

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

(502) 775-6036

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2023 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
July 2023	JUNE 21	June 30 - July 8
August 2023	July 19	July 28 - August 5
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.



Sunday, June 18, 2023

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

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

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

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

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

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

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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.



"Ax Man"

Hello Portland, little Carmie and Grampa here. Grampa said if I get good at it he might put me in a competition. His Grampa taught him, and he's pretty good. But he told me if I raise rabbits and a good garden I'll never go hungry. I think Grampa's living his childhood through me and that's ok, cause I love 'em. I know two things for sure, all I want to do is play with my frogs and go to the Portland Festival. See ya on the field or on the water!

Innovative Energy Company EightTwenty Volunteers Time and Skills at Portland Museum Portland Museum



William and the EightTwenty team after a hard day's work

Portland Museum was thrilled, honored, and thankful to receive the help of professionals from EightTwenty as part of their Earth Day volunteer community service program. The team, featuring Portland locals and out-of-towners alike, provided Portland Museum's permanent exhibit a facelift through rewiring old lights, and beautified its backyard through plucking pesky weeds and laying mulch. Portland Museum's staff wants to publicly share its appreciation for EightTwenty and its team for doing such a wonderful job, and for bringing a fun, kind energy to the museum while they worked. Thank you all, and we hope to see you again soon!

American Legion Shawnee Post 193 Essay Contest

Steve Trout

Shawnee Post 193 sponsors an Essay Contest every year for 6th grade students. Lloyd Hoagland is the Chairman of this program for us and as usual he does a great job. The students must write a 300-400 handwritten essay (we do allow typed now) on a topic that we choose. All winners receive and an appropriate American Legion Essay Contest Medal reflecting their winning place along with a check.

This year's topic was:

"Our American Flag & What it Means to Me"

1st Place	Piper Cullen	\$100.00
	Noe Middle School	
2nd Place	Isabelle Jones	\$ 75.00
	Noe Middle School	

Our thanks to all the students that participated in this program. From the looks of the essay's we have some great leaders in our future. We are looking forward to next year's program already.



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Shawnee Post - 193**

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Officer Cory Galloway



Officer Nick Wilt

1st Division Officers Of The Month Announced

The May officers of the month in the 1st Division are, Officer Cory Galloway and Officer Nick Wilt. They were the first two responding officers at the Old National Bank mass shooting on 10 April 2023. Sadly 6 staff lost their lives in this incident. Both Officer Galloway and Officer Wilt sustained gunshot wounds and Officer Wilt remains hospitalized. These officers's heroic and selfless actions saved the lives of many more people that morning, and reflect great credit upon themselves, the 1st Division and Louisville Metro Police Department.

Program Name:

Mind Your Money and Empower Your Future

Dates: Saturday, June 10

PROGRAM OPENING KICK-OFF BARBECUE –

To be held in the Park adjacent to the Portland Community Center
– Student families are welcome to attend.

Saturday, June 17 – July 22, 2023

Time: 10am – 1:00pm (Saturdays Only)

Location: The Molly Leonard Portland Community Center

One of the missions of the “A Hand Up Youth Financial Empowerment Program is to expose children who live in economically disadvantaged neighborhoods in our city to a resource that will help lessen the impact of poverty and hopefully help narrow the wealth gap. We believe that early interventions such as financial education initiatives are impactful when administered by individuals who are compassionate, knowledgeable, and relatable. During the seven (7) Saturdays that our financial empowerment program will run, it is our goal to help students reframe how they see their lives – in terms of money, wealth, career, and educational choices. We seek to empower youth to re-imagine their financial future and explore their increased possibilities. An increase in youth awareness and participation in community-based financial literacy programming that moves beyond just teaching across disciplines using common themes, topics, or issues yields more sustainable outcomes.

Along with the financial education and coaching each student will receive during the program, we will invite speakers to address gun violence prevention from various perspectives. Students will be allowed to ask questions and give input. Families are also invited. By inviting speakers who themselves have participated in violent activity or have been a victim of gun violence and have now created organizations and programming to address the issue, it is our hope that a pathway will be created for our kids that lead to other alternatives.

If you have a middle or high school student you would like to participate, please call 502-438-8102 or use the link on the bottom of the flyer. Someone will reach out to you with further information.

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

Support to LMPD 1st Division

Richard Meadows

On May 10th, the Gary Sinise foundation made a \$10,000 donation to the 1st Division in support of our first responders. The Gary Sinise Foundation serves our nation by honoring our defenders, veterans, first responders - like those of three 1st Division - and those in need.

“That \$10,000 is going to make a huge impact for our LMPD officers and their families,” Rebecca Grignon-Reker, executive director of the Louisville Police Foundation, said. She continued, “the donation will help support the organization’s mission.”

Major Shannon Lauder, Commanding Officer of the 1st Division said the money was donated to the Metro Police Foundation which will pay for training, equipment and other expenses to support police officers.



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Family Dentistry

Art Activities Aplenty for Kids at Louisville Visual Art's Center for Art and Creativity this Summer!

By Grant Johnson

LVA welcomes kids from elementary age on up to join the art-making fun at 1538 Lytle Street - now known as the *Center for Art and Creativity (CFAAC)* - throughout Summer 2023.

LVA is excited for the return of Cultural Pass - a summer tradition at our Portland location. This time around, participants will design and construct posable characters with hinged joints from materials of all kinds. LVA's Cultural Pass is open Monday, Tuesday, and Wednesday; June 5 - August 30; from 11am to 1pm (closed July 3-7). Find out about Cultural Pass registration and offerings to explore at other participating organizations by visiting: fundforthearts.org/culturalpass/. You may also call the Louisville Free Public Library at: (502) 574-1611 to learn more. And if you'd like to volunteer to help young people with their artistic adventure at LVA, visit this link: www.louisvillevisualart.org/youth-volunteer

Fee-based Summer Art Camps for students aged 13-17 at the CFAAC include Fiber Art and Manga. Both run 9am-12pm, with a cost of \$265 for five sessions. Fiber art is July 17-21, and Manga is July 13- August 4. Financial assistance is available. For more information and to register, visit: www.louisvillevisualart.org/youth-outreach

We are also pleased to offer a FREE outreach camp at the CFAAC this summer. The Art of Chess Camp was hugely popular last year, and returns for the week of July 24-28. This one runs 9am-4pm, and welcomes students aged 7-12. Free to students residing in West Louisville zip codes, this camp teaches basic principles of chess strategy in the morning, with campers spending their afternoons building their own chess sets with a range of art-making materials. Check: www.louisvillevisualart.org/outreach-camps for more info.

And for kids from middle school age up with an adult companion, LVA's Free Wall is an opportunity to experience the thrill of painting large-scale on the wall of a building. Part of the the Free Wall's purpose is to develop Louisville's community of mural artists by allowing them to refine designs and try new techniques. It also serves as an introduction to mural-making for young people with an interest in bringing their giant-sized vision to life. Minors must be accompanied by a responsible adult, and Free Wall sessions require advance registration, but it's easy. Visit: www.louisvillevisualart.org/lva-free-wall, or call (502) 584-8166 and ask for Free Wall Coordinator, Desmone Stepp.

LVA is thrilled to have completed the first phase of renovations to our building in Portland. These improvements allow us to offer expanded programming on site, and we can't wait to welcome all of our Portland neighbors to the CFAAC in the months ahead. Stop by 1538 Lytle Street between 10am and 4pm, Monday - Thursday and see what it's all about!



A young artist works on an image during a LVA outreach Summer Art Camp. (Photo by Annette Cable)

The Portland Anchor Man Reading Between the Pages

By Charles Frick



To me (and many others) Portland is more than a neighborhood. It is a community. If you pull this word apart, you get common and unity. Being united, or joined as a whole, the residents here are a joining of individuals, together government, non-profits, business and other groups for the common good of all. Motivated individuals can choose any of these various ways for supporting and par-

ticipating in improving the lives of others in this former city nestled by the Ohio River.

The Anchor provides an excellent way for change makers to identify issues in which to become involved. As you have seen, and read in the May publication of our special paper, changes have already taken place. Take some time to decide how you can best participate with your time, talents, or other resources at this pivotal time in this historical place. (I do mine delivering the Anchor one step at a time).

You who get involved now will be able to witness the fruits of your efforts become reality for the next decades ahead. Who knows, your accomplishments may be put on display in our beloved Portland Museum!! And you might even get your face on the cover of the Portland anchor! (Sorry - Rolling Stone Magazine not available).

ANCHOR MANAGEMENT
The Magic Behind Louisville's Oldest Neighborhood Newspaper

The Portland Anchor 
VOL. I, NO. I JULY, 1975 10 CENTS

The little continues against Portland junkyards. Monday, July 7th, the Zoning Adjustment Board ruled in favor of the residents of Portland and granted a... on the...

been alleged that this... has been a scrap yard since 1931. Local residents...

PORTLAND MUSEUM
Exhibit Opening Reception - Friday June 23rd, 5-7pm
2308 Portland Ave, Louisville KY 40212 www.portlandky.org



“Gordon's Corner”

By Gordon Brown

Can we predict the future? A little, maybe, but it's hit or miss. To hit a prediction takes a lot of luck. We can't really predict the future. What we can do is SHAPE the future.

If we think about shaping the future on a small scale like, let's say, our own yard where we live, we could plant an oak tree. By doing that planting we shape the future knowing that the oak tree will grow. Someday, the Oak will be big enough to provide shade for the yard and house. The shade will help with lowering energy costs. The tree will be a point of admiration to all who see it.

What about the whole neighborhood? If we could develop a shared vision with neighbors about what would make Portland even more desirable, then we

could shape the future of the neighborhood.

It is somewhat predictable to imagine what some elements of the shared vision might be. Safety for our kids and families would probably top the list. What else? Better services from the state and city so that Portland is not always last on the list for streets, curbs, garbage collection, control of illegal dumping, and highway cleanup and maintenance?

The Anchor, and your neighbors, would be very interested to hear from you. What would your hopes and dreams be for improving the Portland community? If you could wave the proverbial magic wand, what changes would you make? Remember, every accomplishment begins with an idea floating around in someone's imagination. Be creative, be practical, be exuberant, be excited, be all those things and let the ideas flow. Give some thought to how you would shape the future of your neighborhood. Then share your thoughts.

Wouldn't it be exciting to learn that the majority of your neighbors are wishing for the same things that you hope for? Again, let your light shine by sharing your thoughts. You can share with the Anchor by writing a letter to the Editor or even submitting your own article for consideration.

Lovin' Portland Gordon

Ohio River Ranked Second on American River's Most Endangered Rivers Report

By: Shannon Delahanty

The Ohio River, a lifeline for the Portland neighborhood, has recently been ranked second on the Most Endangered Rivers Report by American Rivers. This news carries significant implications for our community's cultural heritage and underscores the urgency of supporting local organizations dedicated to restoring the river's health. Unlike many waterways across the U.S. the Ohio River Basin, which covers 14 states, has not been federally protected. American Rivers is but one advocacy group calling for the need for federal investment so that people who are most impacted by the river's health can be protected.

The Ohio River holds immense cultural significance for the Portland neighborhood. For generations, it has been a source of livelihood, recreation, and inspiration, shaping the identity and sense of place of the community. Its flowing waters have witnessed the growth of industries, facilitating trade and transportation, and providing a backdrop for countless memories and traditions. However, the river now faces unprecedented challenges. The American Rivers' ranking serves as a call to action for the Louisville community and beyond. It highlights the critical need to address the threats that endanger the river's ecological integrity, including pollution, habitat loss, and outdated infrastructure.

To safeguard the Ohio River and protect its cultural legacy, it is crucial to rally behind local organizations like the Ohio River Way. They are but one non-profit helping to inspire care for our

land, water, and community. These organizations play a vital role in advocating for stronger environmental regulations, conducting scientific research, and implementing conservation initiatives. By connecting with the river, enjoying it, and being champions for its health, we can actively contribute to the preservation of our beloved river and ensure its sustainable future for generations to come.

The Louisville community can engage in various ways to support the restoration of the Ohio River. Participating in volunteer clean-up events, joining advocacy campaigns, and promoting sustainable practices are all impactful steps toward revitalizing the river. By working together, our city can amplify our voice and demonstrate our commitment to preserving the natural beauty and cultural significance of the Ohio River.

In other hopeful news, more people and organizations from across the 14 states impacted by the Ohio River Basin are coming together to advocate for the Ohio River to be added to the list of federally restored water systems. Led by voices from communities all along the river, the Ohio River Basin Alliance (ORBA), is developing a plan that is expected to be released this summer to highlight the problems and solutions that community listening groups have identified as priorities. It is ORBA's opinion that it is essential for members of Congress to support and fund this plan before the problems get worse and more expensive to solve.

As the Portland neighborhood responds to the news of the Ohio River's endangered status, it is important to remember that the river's health is intertwined with the well-being of the community itself. By recognizing the cultural significance of the river and rallying for its restoration, the residents of Portland can lead the way in safeguarding their shared heritage and creating a sustainable future for the Ohio River.

A HAND UP COMMUNITY RESOURCE CENTER PRESENTS

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Obituaries



Jim Roe Cockerell Jr., age 61 years passed peacefully at his home April 24, 2023. He was a long time resident of Portland and had been an Allied Van Lines Truck Driver for 16 years. He loved coaching Football, Basketball and Track for his children's teams. Going to flea markets and sometimes even hosting furniture booths at the flea market was a very favorite pastime. Jim's life was his children and his grandchildren. He was predeceased by his parents, Jim Cockerell Sr. and Arlene Stanton Cockerell, his son, Roger Ellis, his granddaughter, Taylor Gehm and the love of his life, his beloved wife of 39 years, Margaret Diane Campbell Cockerell. Jim is survived by his 2 daughters, Kelly L. Cockerell and Tiffany D. Pike (Cullen), 2 sons, Michael S. Cockerell (Jewels) and Bernard J. Cockerell (Eden), his sister, Patricia Redfern and 3 brothers, Timothy (Karen), DWayne (Diane), and Ernest Cockerell (Jenny). Many loving grandchildren also survive. Funeral Services held at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St.



William Franklin, "Billy", Franzell, age 61 years, passed peacefully at his home on May 15, 2023. He was a longtime resident of Portland, where he made friends quickly and was always easy to talk to. Billy was a positive part of every friends and family gathering. He was pleased to be the "cat-care-giver" for neighborhood cats and was quick to be a helping hand to anyone in need; anytime. Billy had attended Doss High School where he excelled in all Mathematics. He was predeceased by his parents, Eugene and Betty Jean Williams Franzell, his sister, Sue Barbee and nephew, Dennis Alvey. He is survived by his three brothers, Mark Barbee (Zetta), Steven E. Franzell and Jeffery L. Franzell, his sister, Carol Ann Mercer (Timothy), and three nieces, Julie, Kacy and Rachael. J. B. Ratterman & Sons Funerals & Family Cremation Care has been in charge of arrangements. A brief family gathering with music and prayers was held on Thursday, May 18, 2023 at the funeral home. Cremation is chosen.



Stephen Wayne Rizzo, age 20 years, passed peacefully at his home, surrounded by family, on April 24, 2023. He was a student at Churchill Park and he loved playing Baseball and Bowling, and listening to country music. He had been baptized Catholic as a baby and was a Special Olympics awards winner in both Bowling and Baseball. He really enjoyed watching cartoons, especially Sponge Bob, Red Panda and Moana. Stephen lived a full life; being loved by his home family, his Kosair family and by all who knew him. He was predeceased by his twin, Troy A. Rizzo, his father, Charles A. Rizzo and grandmother, Rose E Jutz his grandfathers, James S. Shouse and Larry Rizzo and his Aunt, Pattie L. Lee. He is survived by his mothers, Kathy L. Fox Rizzo and Sandria K Biszmaier, his brother, James R. Fox, sister, Madison N. Biszmaier, and beloved aunts, uncle, cousins and his dear grandmother, Patricia R. Biszmaier Warren. Funeral Services held J. B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St., Cremation is chosen.



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Paperview Zinefest to be held at Portland Museum Saturday, June 24th from Noon to 5:00PM

Printed Zine Louisville



As part of the Fund for the Arts' 2023 Arts in Neighborhoods program, community arts project Printed will later this month be hosting a zine festival at Portland Museum! A zine (pronounced "zeen") is a self-published, handmade work of original or rearranged words and images. They can feature original artwork of all mediums, written works of fiction or nonfiction like journalistic activism, coverage of movies or music (subcategorized as "fanzines"), or just silly things like photos of pets or furniture. A zine can be hard to define because there aren't a ton of rules, but the only real qualifier is that it's true to the voice of its author. Before the internet, zines were one of the only places where everyday people could make their thoughts and interests known without the input of sponsors or editorial boards. This practice continues to this day, and in a format much more interesting than looking at a screen. The driving force of zine creation has a lot in common with that of the *Portland Anchor* you're reading now, so if you're into this, you'll probably love zines.

Paperview Zinefest will be **the** place in Louisville for new and long-time readers to get a taste of what our region is up to creatively. Portland Museum's exhibit halls and acre backyard will be filled with tabling zinesters from near and far, all ready to chat with you and share their work! While you peruse the many tables, Portland Museum's back porch will produce the sweet sounds of Louisville underground music with live performances from three different bands. Also taking the stage will be a performance artist, and some of the fests' more poetic minds will stage live readings from their zines. If witnessing all this creativity ignites a creative fire in you, great news: Paperview will also feature multiple arts workshops for kids, families, and everyone in-between. Offerings will include letterpress printing, screenprinting, a collaborative installation piece, and of course, zinemaking! All of this entertainment will be 100% free and open to the public, so regardless of your budget make sure to come and visit, if only just to enjoy the artistic atmosphere.

Paperview Zinefest will be hosted at Portland Museum (2308 Portland Ave.) on Saturday, June 24th from noon to 5:00PM. For a full schedule of performances and workshops, and to see a list of vending artists, visit printedzine.com/fest online, or stop in at Portland Museum and ask any questions you've got in-person. Check out the exhibits too while you're there! Lastly, make sure to support the Fund for the Arts, as without their support this event wouldn't be free, or maybe even possible. Let's all show them some Portland love!



For Such A Time As This... in Urban Kentucky

Preface: I'm so sorry that this article isn't as creative as chatGPT could make it, but I'm still not giving in to the inertia...my human-power fastidiousness is like John Henry with his hammer--how quaint. First and foremost, I'm confessing that I've never read an article like the one I'm submitting now and when I read it (if they print it), it'll be the first I've read of any article like this. I can't wait.

If we had a Wittenburg Door nearby, I would post this:

Fortunately, or unfortunately, Portland is the most densely populated of all neighborhoods so this is our thing...(more on this later). To wit: Maybe you, like me, have been slapped in the face by tree and shrub branches while deep into texting while walking on the sidewalk. As of late, I've been tuning into this feature of our walkways

and since February things have been pretty reasonable on the paved paths. Same with roads. But in the first week in May, the branches and leaves have exploded all up in my face.

These new shoots grow so fast that there is no way the city or homeowners can keep up with this. We can either just live with continually being slapped in the face...or... we, as we traverse the byways, can nip the newbies in the bud (before the road/walkway becomes virtually impassable).

If you're on your bike, and you get kinda bored, the idea would be to just start ripping leaves off or breaking strategic branches as you go along. If you do this, you'll find out right

which branches come right off, which needs a twist/snap/jerk, which leaves come off but not the branches, and which don't come off at all (oaks). Whether on a bike or walking, one person doing this is just weird...but if the most densely populated neighborhood deputizes the passers-by to go ahead and trim away, then this becomes a reasoned and potent community project. If this gives you a reason to go for a walk daily...or walk into other areas of the hood, then good. Just be mindful to not throw your trimmings on the ground if you're not in a park...so maybe only grab a fistfull of greens when you see a public trash can up ahead--as a for-instance. (Trash cans: their abundance on street corners is an issue, but we'll not address that here.) The codes and ordinances say all overhead greenery should be no less than 9 feet in the air for walkways and 12 feet above the roadways and to not encroach on the sides at all, e.g. if it's in your face, it's out of bounds. I realize no one does this but me, so start small; if you want to be deputized as such, just go to #deputyofleafpatrol or #ambassadorofleafcontrol and find validation (if even self-validation). You can practice at our local parks if you're skittish about aggressive/possessive homeowners--we have many (both parks and so-said homeowners). Just be careful for poison ivy, which almost never hangs and dangles except for in Wharf Park.

Employing a deeper sensibility, this awkward and silly idea is a pathway towards



(see picture; it's almost surreal and beautiful in its horror. Definitely movie material.)

But the politicians would have a point though: By working together, albeit individually, we can get good things done without much individual effort--and this (fortunately or unfortunately, again) has the ability to empower a more perfect freedom/union.

#GreenHandsSyndrome #IHerebyDeputizeThee

You've loved reading this almost as much as I have,
PortlandNate

the idea of finding an active daily activity that involves fast selective decisions and physical vigor. The barrier to entry to this exclusive club is absolute zero. The action is done for personal and communal benefit. Because we live in warm and wet KY, the work is never done...and because we live in (densely-populated) Portland, the more people to do the work would decrease the individual effort in theory. Even if all able-bodied Portlanders trimmed 10 twigs a day, this would be impactful. **#10aday-makesadifference** Beware that one year after this **#catchesfire** then politicians will say, hey why not just 10 pieces of trash per person per day. But we all know this doesn't work in Portland. We expect full time hired people to pick up our litter for us...especially since maybe we can't see the beer cans in the street on account of the fact that all the beer's alcohol is cavorting through the bloodstream of the litterer.



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June is Men's Health Month!

Did you know men live sicker and die younger than women? Try this quiz:

- 1) Men are more likely than women to die from injury in the workplace. True or False?
- 2) Male high school students are less likely than female students to wear seat belts. True or False?
- 3) More men die from prostate cancer than from any other type of cancer. True or False?
- 4) Cancer is the leading cause of death in men. True or False?
- 5) Adults need get at least 1 hour of physical activity a week. True or False?

ANSWERS

- 1) True - In 2005, males accounted for 93% of all work-related deaths.
- 2) True - motor vehicle crashes are the leading cause of death for male teens.
- 3) False - more men die from lung cancer than from any other type of cancer.
- 4) False - heart disease is the leading cause of death for both men and women.
- 5) False - 1 hour is great, but adults should actually get at least 2½ hours of physical activity a week!

Men: Know How to Improve Your Health

- Be in the know
 - Know your family health history: It can influence your risk of heart disease, stroke, diabetes, cancer.
 - Know your numbers: Your blood pressure, blood sugar, cholesterol, and body mass index (BMI) tell you about your health and risk for diseases such as heart disease, diabetes, and obesity.
- Work with your doctor or nurse to stay healthy
 - Get check-ups even if you feel fine: Many diseases and conditions do not have symptoms.
 - Get vaccinated: Far too many adults become ill, are disabled, and die each year from diseases that could easily have been prevented by vaccines.
 - Pay attention to signs and symptoms: Discharge? Excessive thirst? Rash or sore? Problems with urination? Shortness of breath? If you have symptoms, be sure to see your doctor right away.
- Be active every day to improve your health
 - Get enough sleep: Adults should get 7-9 hours of sleep per night. Lack of sleep is responsible for motor vehicle and machinery-related accidents and can lead to diabetes, cardiovascular disease, obesity, and depression.
 - Eat what counts: Eat a variety of fruits and vegetables every day. Limit foods and drinks high in calories, sugar, salt, fat, and alcohol. Choose healthy snacks.
 - Get physical activity: Be active for at least 2½ hours a week. Include activities that raise your breathing and heart rates and that strengthen your muscles.
 - Be Smoke-free: Quitting smoking has immediate and long-term benefits for your health.
- Work safely
 - Use safety equipment. Get proper training. Use chemicals and hazardous substances with care.

Family Health Centers, Inc.

Kristin Munro-Leighton, MPH Health Educator

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Recipes from the late Doris Batliner

Doris Baliner and her sister Joan were born and raised in Portland. Over the years Doris wrote many articles for the Portland Anchor. Joan said Doris was a great cook and she wanted to share some of her recipes with us.



Parmesan Potato Salad

4 cups diced cooked potatoes
4 hard boiled eggs
1 cup sliced celery
1/3 cup chopped onion
1/2 cup chopped green peppers
1 tsp. salt
8 slices crispy bacon, crumbled
3/4 cup grated parmesan cheese
Miracle Whip salad dressing

Combine all ingredients together and add enough salad dressing to moisten. Makes 6-8 servings. We always used a little more potatoes in ours. I love this!



Chili Con Queso Nacho Dip

1 1/2 lbs. hamburger
1 onion
2 lb. box Velveta
2 cans chili beans
6 oz. tomato juice
3 or more jalapeno peppers

Brown hamburger in skillet and drain. Grate onion into browned meat and cook until tender (about 5 minutes). Add chili and tomato juice to mixture. Melt cheese and add sliced peppers and juice and mix together. Serve warm over nachos.



Hominy

3 cups water
3/4 cup grits
3/4 tsp. salt

Pour water into a pot and bring to a boil. Add salt and stir grits into boiling water and cook on low flame for 15 minutes.



Tropical Punch

4 cans ginger ale
2 pkgs. of Kool Aid
1 lge can pineapple juice
1 lge can orange juice
1 lge can tropical punch
sugar to taste

Mix all ingredients together and sweeten to taste. Serve cold.



Coconut Pudding

2 cups grated coconut
1 1/2 cups brown sugar
1 1/2 cups milk
1 tsp. grated lemon rind
1/2 cup butter
3 eggs beaten
1 tsp. vanilla extract

Cream butter and sugar together. Add eggs, vanilla lemon rind, coconut and milk. Beat vigorously. Raisins may be added also. Bake at 350 degrees for 1 hour.



Vegetable Pizza

2 cans crescent rolls
16 oz. cottage cheese
1 pkg. ranch dressing mix
finely chopped: cauliflower, broccoli, carrots, green peppers, and onions
marbled cheese for topping

Spread dough on cookie sheet and bake as directed. Mix ranch dressing and cottage cheese together. Cover baked crust with cottage cheese mixture. Top with finely chopped vegetables and top with shredded cheese.



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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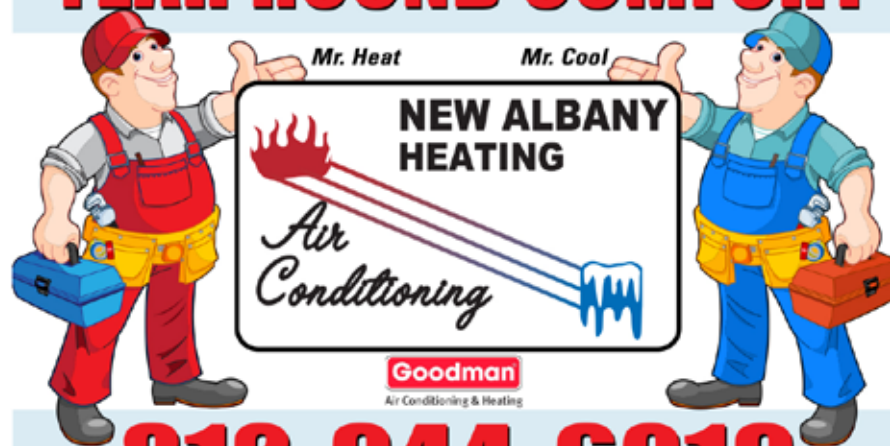
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June 2023 Portland Branch Library Programs

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



SUMMER READING starts June 1st! Stop by the library to sign up and get your Cultural Pass. You can also sign up online at <https://www.lfpl.org/summerreading/>.

Family Storytime

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.

Wednesdays @ 11:00AM - noon

30th & Market 778-4419



www.baptisttabernacle.com

Expression Through Collage

Come take part in a program putting together art by way of cut and paste, historically known as folk art. Materials will be provided but attendees are welcome to bring their own.

Monday, June 5 @ 6PM - 7:30PM

Terry Greenwell: Communities Excel Through Martial Arts

Join us for a fitness program consisting of exercises from the following disciplines: Kihon, Kata, Kumite and a little bit of reading as well. Improve balance, flexibility and posture, release stress, and increase literacy. Communities Excel Thru Martial Arts helps unite the mind and the body. Limit 20. Call (502) 574-1744 to register

Ages: 6-12

Tuesday, June 6 @ 4PM - 5PM

Crafternoon: Resin Tray

Let's get crafty with this beginner's resin project. Each participant will make a simple, but imaginative, tray from resin and added touches.

Adults only. Limit 10 participants, call 502-574-1744 to register.

Thursday, June 8 @ 3PM - 4PM

Introduction to Stand-up Comedy

Join Marty Polio, a professional comedian for over 30 years for this interactive and fun introduction to the world of stand-up comedy.

Monday, June 12 @ 6PM - 7PM

Rhythm Science Sound: Beat Making & Music Production with Job Corps

Join Rhythm Science Sound for a hands-on workshop that will guide you through the basics of making music using computers. Limit 20. To register, call (502) 574-1744. Ages 12-18. Friday, June 9 @ 3PM - 4PM

Juneteenth with Tiana

Princess Tiana teaches about the history of Juneteenth through storytimes and historical & cultural facts.

Wednesday, June 14 @ 11AM - 12PM

Father's Day Crafts

Let Dear Ol' Dad or Grandad know how much you love him... Create a special gift, just for him! Ages 5+

Thursday, June 15 @ 5PM - 6:30PM

Crochet Club

Come hang out and share your crochet projects with us. Beginners welcome. There will be supplies for crocheting during the program and some simple patterns available. Ages 18+.

Wednesday, June 21 @ 5:30PM-6:30PM

4H: Cooking Class

Students will learn culinary basics focusing on cooking terms, food cutting skills, and kitchen safety. Participants will also follow a recipe to prepare their own meal. Ages: 9-18

Friday, June 23 @ 2PM - 3PM

4H: Art Class

Learn the basic principles of art and how to use those principles to create your very own masterpiece! Ages 5-8.

Monday, June 26 @ 2PM - 3PM

True Crime Tuesdays Book Club

Love true crime, mystery, whodunits? Calling all true crime readers, amateur sleuths and arm chair detectives. Whether you're a long-time fan or new to the genre-this is the book club for you. Join us this month as we read *I'll Be Gone in the Dark: One Woman's Obsessive Search for the Golden State Killer* by Michelle McNamara. A masterful true crime account of the Golden State Killer who terrorized California for over a decade.

Tuesday, June 27 @ 6PM - 7PM

Evening Mindfulness

Join us at the Portland Branch while we enjoy an evening of guided meditation and some simple mindfulness exercises. Mats will be provided for use. Wednesday, June 28 @ 5:30PM - 6:30PM

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, June 29 @ 5PM - 6:30PM



Ladies of Good Shepherd Luncheon and Card Party for a Cause

Tuesday, June 13, 2023

Lehmann Hall, 3525 Rudd Avenue

Doors open at 10:30 AM

Admission \$8.00

Includes lunch and door prize ticket

50% of the proceeds will benefit: Women in Circle

Cake Wheel-Raffles-Pull Tabs

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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 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.

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 Tuesday of the month
10 AM**

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www.bethepromise.org



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www.fhclouisville.org  



Recipes from the Ladies of Baptist Tabernacle

Spring moves out to make way for summer in June. So, let's enjoy the warm weather with some cool salads and sandwich fixin's. It's picnic time.

Colorful Bean Salad

All of these canned vegetables should be rinsed and drained

1 can each:
 kidney beans
 cannoli beans
 lima beans
 black beans
 whole kernel corn
 1 green pepper, chopped
 1 sm onion, chopped
 ¼ c olive oil
 ¼ c vinegar
 1 minced garlic clove
 ½ tsp pepper
 ½ tsp cracked red peppercorns



Deli Style Pasta Salad

1 pkg tricolor spiral pasta
 1 sm cn sliced ripe olives
 1 med. Tomato, seeded and julienned
 ¼ c grated Parmesan cheese
 8 oz pkg salami, julienned
 1 8 oz bottle Italian dressing
 8 oz pkg provolone cheese, julienned
 1 sm red onion, sliced thin and separated into rings

Cook pasta according to pkg directions. In large bowl combine pasta and the other ingredients. Add dressing and toss to coat. Refrigerate overnight. Best Served with slotted spoon.



Party Chicken Salad

This is good as a salad, also as a sandwich

4 cps cooked, chopped chicken breasts
 2 ribs of celery finely chopped
 2 green peppers, thinly sliced
 ¼ c pickle relish
 ½ c red grapes cut in half

Dressing:

1 c fat free mayonnaise
 ½ tsp curry powder
 ¼ tsp black pepper
 ½ c chopped nuts

Combine ingredients in large bowl. In another bowl combine mayonnaise, curry powder and pepper. Pour over chicken ingredients and mix well. Refrigerate. Serve on a bed of lettuce leaves, or some baby spinach if you serve this as a salad. If you are making sandwiches, don't forget the buns.



Easy Peasy Cheese Spread

2 c of pimento cheese
 1 c chopped ripe olives
 1 c shredded cheddar cheese
 1 c chopped walnuts
 sm jar of pimento, drained

You might need to add a little mayonnaise. I suggest you use one spoonful at a time until you get the consistency you want.

In a bowl stir in all the ingredients. If you like a little 'bite' to you spread add a dash of hot sauce and a couple of dashes of garlic powder. If you want a little more color a dash of chives and/or dried parsley can be added. Blend all the ingredients well. This spread is delicious on Whole Wheat and Rye bread.



If we are planning a picnic, what about some deviled eggs

Boil as many eggs as you see fit. Crack the shells by rolling the eggs on the counter. Put the eggs in cold water. This helps removing the shells without damaging the eggs. Slice the eggs in half and remove the yolks. Place the egg whites aside. Smash the yolks with a fork. Add mayonnaise a spoonful at a time until you have a consistency you like. This will depend on how many eggs you boiled. You might want to add some mustard as well. Add pickle relish. A dash of salt, pepper, and chopped parsley. Mix well. If you want to get fancy cut a small corner of a plastic bag and place yoke mixture. Squeeze mixture into egg whites. If you are lazy like me just spoon the yoke mixture in the egg whites and be done with it. Sprinkle paprika on top. Refrigerate.

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