

PORTLAND ANCHOR



"Louisville's Oldest Neighborhood Newspaper"

Vol. 50, No. 11

November, 2022



The ribbon was cut Tuesday, October 18, 2022 to begin the \$50 Million Waterfront Expansion Project into Portland

During the ribbon cutting, Governor of Kentucky Andy Beshear said, "It's going to not only be an expansion of Waterfront Park, but a reimagining of it."

Mayor Greg Fischer said, "In two years, you're going to see hundreds of kids running around here on the playground, and people overlooking the Ohio River enjoying the beautiful natural environment that we have."

MSD has officially transferred the land above the massive sewer project covering 5-acre above 12th and Rowan Street for the expansion of Waterfront Park westward. MSD spent years to complete the 18-story project beneath Louisville to hold storm water and wastewater. "While MSD is working hard underground to protect our waterways and keep our environment cleaner and healthier, people

above ground will be enjoying world class amenities at Waterfront Park" Deborah Bilitzki, president of Waterfront Development Corporation, said. "It's so exciting because I've been working on this project for the last five years that I've been at Waterfront Park and our organization has been working on it since 2014." The park will bring more than 12,000 people within walking distance of the park."

Phase four brings it one step closer west, and will allow for the project between 10th and 14th streets, a 22-acre expansion to begin. It will feature a one-of-a-kind playground and a pier for observation, as well as space for events and vendors and so much more.

Construction of the project is expected to take up to 18 months. Bilitzki said the goal is to complete phase four of the Waterfront Park expansion by 2024.

**Follow us on  [Portland Now, Inc.](#) and [portlandlouisville.com](#)
for a color view of the Portland Anchor**

DEADLINE FOR NEXT ISSUE: NOVEMBER 16, 2022

Look for your next issue November 25 – December 3

PORTLAND NOW, Inc.

Monthly Neighborhood Meeting

Tuesday, November 1, 2022 - 6:00 PM

We will be meeting in the rear of
The Table Restaurant, 1800 Portland Ave.

Looking forward to seeing all y'all for this important meeting.
Bring a friend, get them signed as a member.

TAKES A NEIGHBORHOOD



2022 Portland Anchor Deadlines and Publishing Dates

Issue Month	Deadline	Subscription Delivery Date
December 2022	NOVEMBER 16	November 25 - December 3
January 2023	December 14	December 25 - January 3, 2022

** 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:

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

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

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

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

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

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



Letter to the Editor

I have been calling and putting in requests for 2 traffic lights in Portland. One at North 22nd Street at Rowan Street, and on at North 16th Street at Rowan Street. They are both pending at this time.

William Barnes



NOVEMBER 11, 2022

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

The Portland Anchor

P.O. Box 2108
Louisville, KY 40201-2108
775-6036

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The Portland Anchor Subscription Form

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Beginning October 2021,
New & Renewal Rate Increase

1 year \$15.00

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Louisville, KY 40201-2108

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.



"Pumpkins"

Hello Portland, little Carmie and Grampa just showing off our pumpkins we grew this summer. I just wanted to see if I could grow them. Not bad for my first time. Grampa said they're not the biggest, but they'll do for Halloween. You know that turkey day is just around the corner and I hope you can afford one! If not you know your welcome at my house. See ya on the water or in the field.

ANNIE'S Pizza is Portland Proud and Louisville strong

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- Home of the 28" pizza
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- Best tasting pizza at the lowest price
- Family owned and operated for over 30 years!
- Community supported and involved

There have been so many changes in the past few years related to the pandemic and the rising cost of living. We, as a small business, would like to thank the people of the Portland community for the loyal support given to ANNIE'S Pizza in these uncertain times.

ANNIE'S PIZZA 2520 Portland Ave
Louisville, KY 40212 (502) 776-6400
anniespizza.com Follow us on Facebook



Thanksgiving Dinner
Sunday, November 20th
2:00 – 4:00pm

Portland Promise Center
 1831 Baird Street
 776-2635



**Ladies of Good Shepherd
 Luncheon and
 Card Party for a Cause**

Tuesday, November 8, 2022

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

1st Div. Police Auxiliary

Cake Wheel – Raffles – Pull Tabs

For Reservations call 502-749-9780

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Sat. 9:00 am - 3:00 pm

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LMPD 1st Division Officer of the Month



Officer Jacob Fremow

On August 14, 2022, Officer Jacob Fremow responded on a report of a nine year old boy who ran away from home and was refusing to go home with his siblings who had located him. When Officer Fremow arrived on scene, the child was holding items, threatening to harm others and himself. Officer Fremow could tell the child was wanting to run away and began by reassuring him that officers would not come closer. Then, he starting building rapport with the child. In a calming tone he asked the child questions and within a few minutes convinced the child to drop the items in exchange for ice cream. They walked together to a nearby shop and attempted to purchase ice cream but the clerk realized what was happening and waved off the offered money.

This act of kindness alone was impressive but Officer Fremow still had not gotten to the bottom of the problem. He wanted to know why the child ran away and was refusing to return home. Officer Fremow took the child to the corner of the business and sat down next to him. While he ate his ice cream, the child disclosed his inability to read. He told Officer Fremow he feels stupid and is getting bullied for it by his siblings. Officer Fremow spent more than 20 minutes convincing the child he is not stupid and he has a bright future. Eventually, he was able to get the child to return home with his mother.

“While I have often been impressed with Officer Fremow, I was blown away when I saw the body camera video from this run”, said Major Shannon Lauder, CO of the 1st Division. In what could have been a negative interaction with the police, Officer Fremow's patience and compassion altered not only the outcome of this call for service, but likely this child's view of the police. He was able to convince a scared kid, ready to flee, to sit down and open up about his problems. Officer Fremow is truly one of the best and brightest LMPD has to offer. He has a gift for this profession and he sets an example for every other officer, regardless of their experience or years of service. Please join me in commending him for a job well done on this day, and every other day.

Neighborhood House Seniors Yard Sale

Saturday, November 5th

9:00 AM - 2:00 PM

201 N 25th St.

Stop by and shop. Seller tables are \$10.

Support our Seniors. For more info or to reserve a table, contact Ms. Janet, Senior Program Coordinator, at 502-774-2322.

Proceeds support the Neighborhood House Senior Program's holiday celebrations and trips around town.



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Annie's Pizza



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COMMUNITY INVOLVED!**

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2520 Portland Ave. ~ 776-6400
Portland & West End
Sun-Thurs 3pm-10pm, Fri & Sat 3pm-11:30pm

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

Hoops & Homework FREE After School Program



Delta Gymnasium - 2508 Portland Ave.

Must RSVP - deltainc502@gmail.com / deltafoundation502.com

We have a great FREE after school program at DELTA called Hoops and Homework where kids receive tutoring, homework assistance and basketball training at zero cost, I feel like many people in Portland don't know about this recourse and I would love for it to be in the anchor, I am attaching the flyer as well.

Monday - Thursday 3:00 pm – 6:00 pm

BOYS & GIRLS 8 - 16, DINNER PROVIDED

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



Say hello to your new Portland neighbor!

534 N. 20th Street. This property is a newly renovated home previously owned by The Housing Partnership, Inc. HPI's mission is to create affordable housing opportunities. This is done to encourage family stability, support communities, revitalize neighborhoods and empower local businesses.

The 3 bedroom, 2 bath house features a large porch, brand new appliance package, HVAC and roofing, partial fencing and upgrades throughout. This house was sold to a first-time homebuyer in late August. The owner is excited to be a homeowner and looks forward to living in the Portland Neighborhood.

If you're interested in learning more about HPI's housing opportunities, feel free to contact us at homesales@wearehpi.org or (502) 585-5451. Join HPI'S partnership with Portland Now, Inc. and help us work for future investments by contacting Gary Watrous, watrousoffice@aol.com.

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Phase 4 of the Waterfront Expansion Plan.

We will not have Table of Plenty in November, but will be open in December

Table of Plenty II

"Serving a free meal to all who come"

Thursday, December 8, 2022

12 – 4 PM

2222 W. Market Street

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

Menu:

Roast Beef, Mashed Potatoes,
Carrots, Green Beans
and Dessert

Meals will be served indoors

All are welcome!

Dates and times subject to change.



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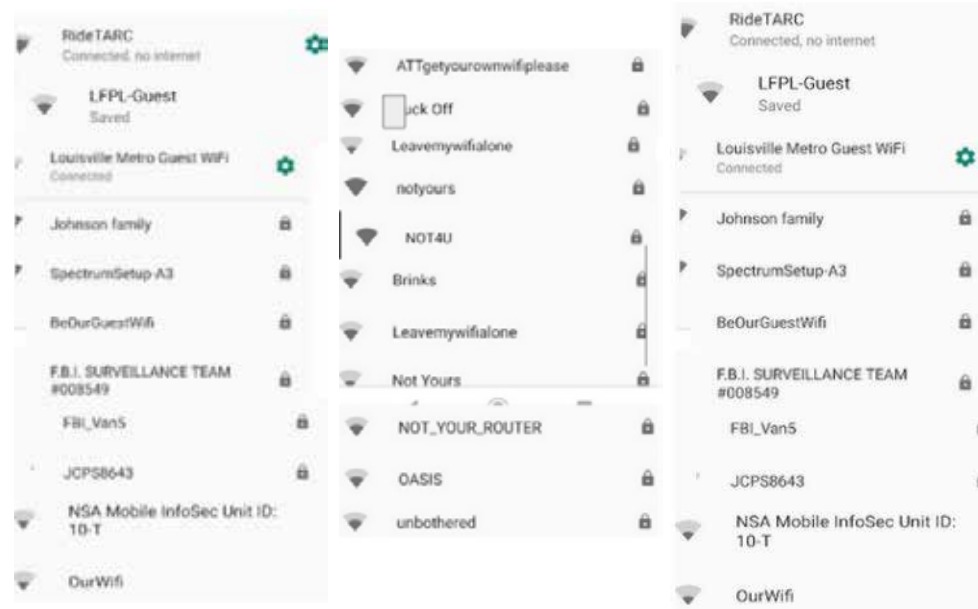
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Routers: Didn't Know But Now You Do

Before I get going: In the normal flow of life, I've been shocked in the recent past about the names of the wifi routers in our neighborhood, but I finally got around to learning how to easily take and save screenshots on my phone. I knew I needed screenshots to convey my shock and awe at some of the wifi names, so they are part of this article. But before the deep analysis begins, let's back up to the basics of what information really is. Ancient Greeks knew that reading pigeon entrails was as good as anything to assess transcendent omens. Nowadays we have sociological cyber data instead of spilling avian intestines. When in the course of normal human events, wifi data names just drop onto your phone, one naturally correlates wifi names to the flavor of the hood. Stupid not to...for better or worse. Therefore, if you are striving to be a serious Portland Influencer, please do read on--but please note that there might be some topics portrayed in which you will decry: "That's either above or below my pay grade... I'm not going there"--which is fine. Ready to be a Stranger in a Strange Land? Just as bird songs fill the air for us to aurally analyze and be inspired by, so likewise the weird stuff filling the wireless channels in the air around us.

Putting a sign on your lawn tells a little about who you are; so too do the T-shirts you wear and bumper stickers on your car. You are aware that you are sending messages non-subtly...but an unrecognized open secret (to date) has been your wifi router name. That stops here. Boiling down the myriad of wifi's coming across my screen as I refresh and move about our neighborhood, I see 4 trends. 1) a huge block of people don't care about their router name, so it stays with what the carrier gives them. The Great Unwashed. 2) Many routers espouse the idea of 'get lost' and 'don't tread on me'; historically union philosophy. 3) Government infiltration, whether free access or focus on tracking browser activity for criminals (or mocking this idea). 4) All things



spiritual, loving, or from the deep end (e.g. ASYLUM). Upon some analysis I'm gratified to not run into anything racist or threatening. When I think of the free messaging available to this unblemished canvas, a few of my favorites come up as such: HumansUnderConstructionWithoutPermit or YugeCrowdSize or ItsTheRouters! or NotTonight_MoonTime or my personal favorite... AllMenAreLiars. After this catches on, some early adopter realtors might want to pay \$1 per month for people to portray names like Hang 10 or WhatUpDude or AirGuitarHendrix.

It'd be fun if travelers would screenshot and post some good characterizations of other wifi neighborhoods around the state, nation and world when they travel. It could be a 'thing'!

Why all the wifi emphasis? because Elon Musk's into it, and he's my bro buddy. Special Note: Initial responses from early draft readers of this article are not suitable for reproduction but the gist is provided here for expanded potential reader catharsis... to wit: *How dare you say the things you do? Have you no shame? You're worse than low; when i get my claws on you, first i'm a gonna smack you then 'tack you then whack you. Get out!*

In summation--to no one's surprise--wifi analysis shows Portlanders are fiercely independent, supported and watched by the government, propped up by faith institutions, and mostly go along with whatever the data carriers offer them. BigData Nuance is the New Normal, PortlandNate



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Spring 2023 at Western Middle & Portland Elementary

New students must be recommended by an educator or other non-family member familiar with the student's interest and ability in visual art.

www.louisvillevisualart.org/cfac or (502) 584-8166 for more info

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It's not too early to ask for a recommendation!

(Many teachers in Portland are familiar with CFAC.)

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Obituaries



Crystal Dawn Alcorn, 30, passed away on October 13, 2022 in Clarksville, IN. Crystal was born on July 7, 1997 in Louisville, KY to Melinda Abbott and Donald "Mike" Wilson. Crystal loved to cook for everyone and was always there when you needed her. She loved spending time with her kids, niece, nephews and family. Crystal attended Floyd Central High School and went on to get her GED. Crystal is preceded in death by her daughter, Makayla Rosenberger, and her brother, Jacob James. She is survived by her parents, Melinda (Mark) Abbott and Mike (Becky) Wilson; her beautiful children, Sandra Elaine Rosenberger, and Jacob James Alcorn; 5 siblings, Matthew Abbott, Nikki Alcorn, Heather Abbott, Mark Abbott and Alex Wilson; 9 nephews and 1 niece. Legacy Funeral Center-Schoppenhorst Chapel, 1832 Market Street, Louisville in charge of arrangements.



Jerry Campbell "Mouse", 65, of Louisville, KY, passed away September 10, 2022, peacefully at his home. He was born June 4, 1957 to Alvine and Raymond Campbell. He was 1 of 8 children. He worked and retired from Levy Restaurants. He was a dedicated employee and enjoyed his job. Jerry enjoyed playing poker or cards with his family and friends, always being funny with his jokes and making people laugh. He loved playing dominoes, catching up with old friends on Facebook, and spending time with his grandkids and 2 boys Jerry and Jordan. He was preceded in death by his parents; siblings, Janet Spears, Judy Ridge and Joe Campbell; also, his long time love of his life and mother of his 2 children Diana Smallwood. Left to cherish his memory, his 2 sons, Jerry and Jordan; his 2 grandchildren Carissa and Zayden Campbell; siblings, Gary and Ronald Campbell, Susie Koenig and Joanie Chapin; and many nieces and nephews; his girlfriend

Debbie Willis, whom he cared deeply for and many friends. Jerry was cremated and our family and friends has a celebration of his life. He will be deeply missed.



Lawrence "Eddie" Collard, 54 passed away September 26, 2022 at Jewish Hospital. Eddie was a loving husband, father, and grandfather. He was all about his family and loved to play pranks on them too. He loved fishing, hunting, camping, and spending time with his family who will miss him dearly. Eddie was easily loved by all who knew him. He is predeceased by his mother Nell Elaine Collard Eddie is survived by his loving wife; Tracy Collard, Sons; Austin Thomas (Joselyn), and Bryce Collard, Daughter; Haley Faro (Michael), and two grandsons; Gabriel Thomas and Uhtred Faro. J.B Ratterman & Sons Funerals & Family Cremation Care was in charge of arrangements.



Deborah Lee Cummins, 71, passed peacefully at her home October 6, 2022. She was born in Louisville and had worked as a nurse's aide at Eastern Star Home for 10 years. She loved her family and was deeply loved by them. She was predeceased by her parents, Robert and Doris Johnson Lynch, her loving husband of 25 years, Thomas A. Cummins Sr., and her sisters, Janet Beech and Bonnie Smith. She is survived by two daughters, Wendy L. Norris and LeeLee Langford (Eli), her son, Thomas A. Cummins Jr., 4 sisters, Sue Hart (Otis), Diane Holley (Vernon), Connie Gann (Kenny) and Terry Haendiges, her brother, James Lynch, grandchildren, Christopher Logsdon, Brandon Hollon, Kirsten Cummins and Tristen Cummins and great-grandchildren, Bella, Olivia, Jasper, Colton, Cloe, Alan, Colton, Greyson and Mason. J. B. Ratterman & Sons Funerals and Family Cremation Care was in charge of arrangements with interment at Louisville Memorial Gardens West.



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8 AM - 3 PM Saturday



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Obituaries

Jordan Lacey Kelly, age 30, passed October 13, 2022. She had been a factory line worker and was a native of Portland. Her daughter, Shiloh, was her world. She was predeceased by her father, William "Cricket" Kelly, her Nana, Carletta Wilbert, her Papaw, Richard "The Kid" Wilbert, grandparents, James and Margie Kelly and brothers, Jaime Dewitt and Raymond Kelly. Jordan is survived by her dear daughter, Shiloh Horn, her long-time boyfriend, Tim Horn, her mother, Tina Dewitt, brother, Scott Wilbert (Carman Lord), Sister, Lisa Kelly, doggie, Gracie, and many loving nieces, nephews, cousins aunts and uncles. J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St. was in charge of arrangements.



Patricia Ann Crowe Lannan, age 84, passed at her home October 19, 2022; only nine days after her beloved Tommy had also passed. She was a member of Good Shepherd Catholic Church and a life-long resident of Portland. She truly loved The Great Smokey Mountains, the TV show, Yellowstone, and Orange Beach, Alabama. Most of all she loved her big family and her dear Tommy. Pat was predeceased by her parents, William W. and Lettie Albert

Crowe, and her devoted husband of 66 years, Thomas Robert Lannan. She is survived by her sons, William J. Lannan and Michael P. Lannan (Robyn), her grandson, Michael P. Lannan II (Erica), her brother, William P. Crowe, Brother-in-law, Charles Lannan and sister-in-law, Sherry Lannan. Many nieces and nephews also survive. Funeral Services will be held 11:00 am Tuesday, October 25, 2022, at J.B. Ratterman & Sons Funerals & Family Cremation Care, 2114 W. Market St. Internment Cave Hill Cemetery.



Thomas Robert "Tom" Lannan, age 87, passed peacefully October 10, 2022, at his home. He was born in and was a proud resident of Portland all his life. He was a member of Good Shepherd Catholic Church and was a U.S. Army veteran. He retired after 36 years as Superintendent and Manager of Cash Receipts at the Louisville Water Co. He was an avid softball and baseball player and coach and he loved U of K! But most of all Tom loved his loving wife of 66 years, their two sons, grandson and his many, many sisters, brothers, in-laws and friends. He was predeceased by his parents, Joseph Bernard and Dorothy Lamker Lannan, 3 brothers, Richard Lannan, John Lannan and Michael Lannan, 4 sisters, Kathleen Lucas, Anna Abell, Lois Healy and Doris Branch.

He is survived by his loving wife, Patricia Ann Crowe Lannan, sons, William, "Bill" Lannan and Michael P. Lannan Sr. (Robyn), his brother, Charles Lannan, grandson, Michael Patrick Lannan II (Erica), brother-in-law, William P. Crowe and sister-in-law, Sherry Lannan. Many nieces and nephews and dear friends also survive. J. B. Ratterman & Sons, Market St. was in charge of arrangements with internment in Cave Hill Cemetery.



Patricia Ann Matthis, 78, passed away October 1, 2022. She was born September 25, 1944 in Louisville, KY to the late Herman and Myrtle (Moore) Bush. Ann was a retired employee of The Pillsbury Company. She was a member of the "Mending Hearts" Group. Ann enjoyed traveling with her husband all over the United States. In addition to her parents she is preceded in death, by her sister and brother in law, Mae & Junior Armour; three sisters, Frances Curry, Sally and Theresa Bush; a brother, Frank Bush. Those left to cherish her memories are her husband, David G. Matthis, Sr.; two sons, Mike Coy and David G. Matthis, Jr.; granddaughter, Sara (Coy) Karnes (Josh); two grandsons, Chase and Bryce Matthis; two great granddaughter's, Rose and Jaelyn; niece's, Patricia D. "Deanie" Sheldon (Randy); Tossy "Kat" Matthis (Chris); nephews, Rex Curry (Pam) and Casey Matthis. Legacy Funeral Center-Schoppenhorst Chapel, 1832 W. Market Street was in charge of arrangements with burial in Louisville Memorial Gardens West.



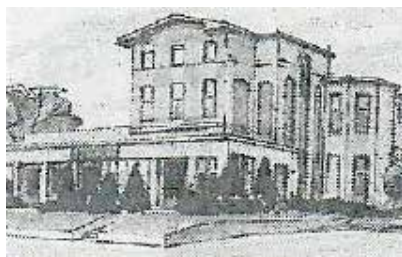
John Owen, Dec 11, 1959-Sept 6, 2022, of West Louisville passed quietly in his sleep after living a full life. He was born to John Mark Owen Sr and Pauline Parsley. He is survived by his dog Scrapy Doo. John was well known for having worked for the original Auto-Train (Louisville, KY-Sanford, FL) and for being a tireless advocate of rail and bus travel. He will also be remembered for his railroad preservation for saving the Seaboard Airline No. 6400, and the Pennsylvania Railroad Philadelphia County from scrapping. John was loved by all who met him and he was one who if you needed help would give you the shirt off his own back. John was involved in countless organizations such as the Portland Business Association, the Western Cemetery Preservation Group, and multiple radio stations. What he was most proud of was saving the Bluegrass Railroad Museum in Versailles, KY when they were threatened with eviction. John was happy to regale you in many of his stories of various antics. May he Rest In Peace. J. B. Ratterman & Sons Funerals & Family Cremation Care Market St. in charge of arrangements. John's remains will be buried in St. Michael Cemetery, and his contribution to Portland will live forever!



Evert "Scooter" Roarx, age 34, passed October 15, 2022. he was a native of Portland and was a polisher at Mees Tiles & Marble. "Scooter" was Christian by faith. He loved to draw and was accomplished at it. He loved to fish with friends, play Bunko and The Lottery, wear special hats and make collections of special items. Most of all he loved his son, Cason and his loving family and being with them. He is predeceased by his father, Evert A Roarx Sr. and cousin, Lisa "LeeLee" Hudspeth. He is survived by his son, Cason, his mother, Anita Hudspeth, brothers and sisters, Shannon Tunget (Dale Ober), Shawn Tunget (Hannah Cotton), Sandy Tunget, his twin, Melissa Leonhardt (Tammy Leonhardt), Timothy Roarx (Delaney) and Sissy Embry (David). Many nieces and nephews also survive. Funeral Services were held at J.B. Ratterman & Sons Funerals & Family Cremation Care. Cremation was chosen.

J.B. Ratterman & Sons

Funerals and
Family Cremation Care



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Lenny Black, office manager

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Portland Cemetery. Please call our office.



church of the
PROMISE

1800 Portland Ave
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**Worship Celebration
Sunday - 11:00 a.m.**

**Celebrate Recovery
Thursday - 6:30 p.m.**

www.bethepromise.org

Obituaries



Dallas Torrez, 33, of Louisville, KY, passed away October 13, 2022. Funeral services were held at Legacy Funeral Center-Schoppenhorst Chapel. Dallas loved the spotlight! From the moment she graced this large family with her presence she was a performer!! As a child putting on shows to pass the long summer vacation days to landing on the big stage at Connections as Annalisa Winters. Dallas was preceded in death by her sister, Starr Miguel; grandmother, Yvonne Torrez; nieces, Cynthia Rodriguez and Kristina Anderson; and nephew, Emilio Solis. Left to cherish her memory, her mother, Tina Torrez; siblings, Angelita Hiser (Daniel), April Astello, Gage Wright, Selina Wright (Juan), Erin Hernandez (Manuel), Christopher Roberts and Mary Agusti; cousins, Carmen Tomazin (Daymon), Esther Jakubowicz (Max), Manuela Cordoba (Juan), and Brian Cordoba; aunt, Robin Cordoba; uncle, Brian Torrez; and numerous nieces and nephews.



Doris "Teeny" Wakeland, age 94, of Portland, passed peacefully October 15, 2022 at home. She was a retired production worker at General Electric and a member of Good Shepherd Catholic Church. Teeny's heart of gold made her "Mom" to everyone in her Portland neighborhood. She loved good music and was a great dancer. In younger years she often joined friends of the Rat Race Club where she won many a dance contest. Teeny helped raise many a child who revere her now lovingly as their forever "like a Mom". She was predeceased by her parents, Loretta and William Robards and three brothers, John, Tommy and Wil Robards. She is survived by her daughter, Diane Patterson, and three sons, James Russell "Jimmy" Wakeland (Betty), Richard Avery "Dickie" Wakeland (Theresa) and John Michael "Mike" Wakeland (Stevie). Several grandchildren, great grandchildren and great-great grandchildren also survive.

Her good friends, Geneva Stewart, Sally Miller and Theresa Wakeland gave her special loving care in her final days as did her dear former husband and life-long friend, Russell Wakeland. Funeral service was held at J.B. Ratterman & Sons Funerals & Family Cremation Care. Cremation was chosen.



Maryann Willoughby, 78, of Portland, passed away October 6, 2022. She was retired from Jefferson County Public Schools. She was preceded in death by her husband, John Allen Willoughby Sr.; son, John Allen Willoughby Jr.; brother, James Moore; and her granddaughter, Amanda Willoughby. She is survived by her daughters, Anna Robinson (Robert) and Therese Willoughby (Billy); grandchildren, Josh (Billie Jo), Andrew (Vanessa), Kristal, Nikita (Brent), Vanessa (Brandon), Dillion, Brent, Mathew, and Logan; and great-grandchildren, Tyler, Hailey, Camron, Trevor, Michael, Brandon, Carissa, ZoeAnn, Bryleigh, Lucas, Adeline, and Waylon. Funeral and visitation was held at Heady-Hardy Funeral Home at 7710 Dixie Hwy., entombment at Evergreen Cemetery. Memorial donations in Maryann's memory can be made to WHAS Crusade for Children.



Good Shepherd Catholic Parish

MASSES

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

Good Shepherd Catholic Parish
3511 Rudd Avenue
502-749-9780
goodshepherdchurch.us

Recipes from Anita Griffin



Home Style Skillet Pork Chops

4 thick Pork Chops about 1½ lbs.
4 thick onion slices, you can use purple onions if you want too
1 - 16oz Campbells Pork and Beans with tomato sauce
2 tbs. ketchup
1 tbs. brown sugar
1 tsp. prepared mustard

In the skillet brown pork chops on both sides in shortening, if necessary pour off fat. Season with salt and pepper. Top pork chops with onion cover and cook on low heat for 30 minutes. Add remaining ingredients. Cook uncovered for 15 minutes more or until done. Stir occasionally. Makes 4 servings.



No Bake Peanut Butter Pie

1 - 8 oz. pkg. cream cheese
1½ cups confectioner sugar
1 cup peanut butter
1 cup milk
1 - 16 oz. frozen whipped topping
2 - 9" prepared graham cracker pie crusts
Beat together cream cheese and confectioner sugar. Mix in peanut butter and milk. Beat until smooth. Fold in whipped topping. Spoon into pie crusts. Cover in plastic and put in freezer until firm.

Vaccinating children can help keep them in school, daycare, and safely participating in sports, and other group activities.



Family
Health
Centers

www.fhclouisville.org

Call To Schedule
502-772-8110

Louisville Metro Spot a Tick

Just because the weather is cooling down, do not let your guard down. While playing in the leaves and enjoying the fall colors in the park, please be on alert to the presence of ticks, which can still be active in the cooler months.

Ticks are small parasites more commonly found in wooded, brushy and grassy areas. However, people can be exposed to a tick in their own yard. They can spread diseases to both dogs and people. Ticks can transmit a number of illnesses like Lyme disease and Rocky Mountain spotted fever (RMSF).

If you are bitten by a tick or discover one, the Louisville Metro Department of



Public Health & Wellness (LMPHW) is asking that you share it with us for identification purposes.

To submit a tick, place it in a small leak-proof container and cover the sample with rubbing alcohol or hand sanitizer. Label the container with your name on it, along with this completed form and drop off the sample to LMPHW at 400 E. Gray St. Monday through Friday between the hours of 8 a.m. and 5 p.m. Complete one form per tick or tick bite.

Here are the T-I-C-K rules of thumb:

- Take precautions and wear insect repellent.
- Inspect your body for ticks and rashes after being outdoors.
- Carefully remove the head and body of the tick.
- Keep monitoring your health for fever, body aches and rashes and seek medical attention if they develop.

Adoption fees are waived for approved adopters, thanks to the non-profit, Friends of Metro Animal Services (FOMAS) and the Pay It Forward Free Adoptions Program

Spay-Neuter, microchip, and vaccinations are included. Approved adopters can also foster-to-adopt eligible dogs. Adoption fees are waived but there is still a review and approval process. Jefferson County residents must also purchase a one-year renewable pet license, a requirement of the Louisville Metro Animal Ordinance. LMAS' Animal House Adoption Center is located at 3516 Newburg Road. Walk-ins are welcome from 12-6pm daily and Fridays until 7pm.

Redemption fees are waived for unclaimed pet. Owners can claim their impounded pet Monday-Saturday from 12-6pm, at the LMAS Harshaw Family Foundation Shelter, located at 3528 Newburg Road. Redemption fees will only be waived for pet owners with no previous violations, and cover microchipping, spay-neuter, licensing and vaccination fees. Court fees will not be waived. LMAS will work with owners who have outstanding balances and want to reclaim their pet.

To view adoptable pets or stray pets currently at the LMAS Shelter, visit louvilleky.gov/animalservices.

At the start of his administration, Mayor Greg Fischer pledged to replace the city's only open intake shelter, which had operated for decades as a high-kill shelter. Today, with the opening of a state-of-the-art Harshaw Family Foundation Animal Shelter in 2019 and Alley Cat Advocates headquarters in 2020, all the city's animal-related services are located on one campus on Newburg Road, where residents can adopt a pet, purchase or renew a pet license or take a stray pet. In 2017, LMAS qualified as a No Kill Shelter for time and space for the first time, achieving a 92.8% live release rate for animals that entered the shelter. LMAS' live release rate increased to 94.99% in 2021, and it continues its status as a No Kill Shelter for time and space.

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Portland Relatives - 1950 Census

By Deanna L Hopper

I mentioned in my last article that I was able to find one of my paternal great-grandmothers, Anna C Hopper Stewart and her second husband, John Claude Stewart in the 1950 Census because individual family records for that year are now available to the public. Now I turn a bit closer on the family tree to my parents and grandparents.

On the Indiana side of the river in the 1950 Census I found my mother, Martha Zirnheld, age 8, living with her parents on a farm of three or more acres 3 and 3/10 mile on the right on Crandall Rd, Franklin, Harrison Co., Indiana. The head of household was her father, Joseph B Zirnheld, age 70, place of birth KY, working as a finish carpenter 60 hours a week. Martha's mother is listed as Eva B Zirnheld age 40, POB KY, working 65 hours a week keeping house. Also residing in the household were my Aunt Ethel age 15, POB KY; My Uncle Charles, age 12, POB IN; and my Uncle Paul, age 10, POB KY. Both young boys had an occupation listed as farm helper, working 20 hours a week. (Can you imagine getting kids that young to work 20 hours a week? I can't!)

On this side of the river in the 1950 Census I found my father, Donald L Hopper (Jr?), age 11, living with his parents on 2703 St. Xavier St, Louisville, Jefferson Co., Kentucky. A word about interpreting Census data. Although the original census form contains the correct place of birth for my dad as Kentucky, the Ancestry transcription incorrectly has NY instead of KY. Just something to be aware of when doing your own research. The head of household is his father, Raymond D. Hopper, age 36, POB Indiana, working as proprietor of own business in the wire fencing distributor industry. Donald's mother is listed as Margaret L Hopper, age 36, POB KY, working 40 hours a week as an engraver at a commercial printing company. Also listed in the household are my Aunt Sharon R, and Uncle Sammy R, both 5 years old and born in Kentucky, as well as Margaret's mother, Bertha Cunningham age 57.

Now, how did this blessed union between my parents from two different states take place? According to the 1950 Census, a certain eight-year-old girl, Carol M Daily, lived at 2820 Garfield Ave. here in Portland with her sister Beverly and parents William and Lula. Carol and my dad became good friends in the neighborhood along with her next-door neighbor Nannie's grandson, Jimmy Hawkins. Within a few years, dad's family moved to Yenowine Ln in Edwardsville, Indiana. By then my mom's family had moved to the intersecting street of Corydon Ridge Rd. Dad became friends with mom's brother, the forementioned Paul Zirnheld. So at some point, Dad's new friend Paul hooked up with his good friend Carol Daily from the old neighborhood and eventually married. In the meantime, according to Dad, he walked out of his high school classroom one day and did a double take as a young lady walked by. He asked "Man, who does that pair of legs belong to?" Turns out they belonged to his friend Paul's baby sister, Martha.

I'm not sure how Uncle Paul felt about the match, but my dad joined the Air Force and in 1958 my sixteen-year-old mother, with her mother's permission, took the Greyhound bus out to California where my dad was stationed at Travis Air Force base. I had always assumed they were married near there. But one night at the Post 193 American Legion my dad came up to my sister Tracy and me after we had finished singing, *Do you know the way to San Jose?* He asked us why we always sang that song. It's just a song that was popular when we were kids and it's fun to sing. Dad said, "Do you know that's where me and your mother were married?" Turns out the minister who was going to perform the ceremony couldn't make it, so someone

found a minister in San Jose.

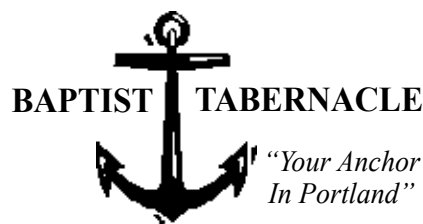
My dad moved us back to his old stomping grounds in Portland around 1967. Scanning these family names in the 1950 Census got me to thinking about the neighborhood. My parents needed a babysitter, so he sent me down to the house where he used to live on St. Xavier and told me to ask for Joyce. I did as I was told and was ushered into the living room by one of Joyce Vanmeter's children. I said, "My dad wants to know if you could babysit me and my sister." She looked up from the tv she was watching with her husband and said, "Well who in the h**l is your dad?" When I told her Donnie Hopper, she threw back her head and laughed. Dad had neglected to tell me that Joyce was his first love in the fifties.

One of the things that my sister Tracy and I had to get used to was the neighborhood stores where the shop clerks would follow you around then fetch what you wanted. Back then it seemed every corner had a tavern, store,

or church. Some that I remember, Shaheen's, Tapp's, Vicki's Variety. I had my first pre-teen crush on stockboy, Georgie Benfield, who worked at Gruber's Grocery on 28th and St. Xavier. It must have been pretty obvious because every time I went inside, the Grubers would get us both to blushing. Two of the businesses associated with my family that served Portland were my Grandpa and Grandma Hopper's Falls City Fence Company, and Willman's plumbing shop started by Grandma's people. Both businesses continue to serve the community.

One of the things we did for fun was go to Schmitty's where Julius Schmitt ran a garage by day on the back of the property at 2826 Griffiths which he turned into a movie theater on Saturday nights. His wife Hazel, who we called Hazelnut, served snacks from the concession stand. Well, that's my tour down memory lane. Stay tuned for my next article-Was Don Hopper born on a pool table?

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November 2022 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

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

Teen Art Smart Club

Express yourself! Draw, paint, sculpt, shape; cut, paste, design, create! Ages 12-18
Thursd., November 3 @ 5PM - 6:30PM



Movie Screening: "The Bad Guys"

In an effort to retain their freedom, a notorious group of criminals band together to boost their public image and prove their goodness to the community. Rated PG: Parental Guidance Suggested. Some material may not be suitable for children. Ages 6+
Saturday, November 5 @ 2PM - 4PM

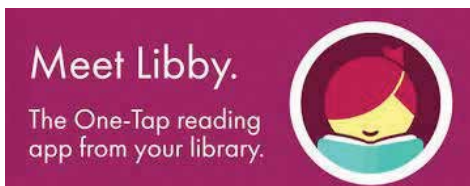
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Thursday, November 10 @ 4PM - 6PM

Weekend Family Storytime

Family storytime is an opportunity for families to bond over shared stories, songs, and creative activities. Storytime reinforces a lifelong love of learning. Ages 3-8 and their families. The theme for this storytime is Thanksgiving.
Saturday, November 12 @ 2PM - 3PM



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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, November 16 @ 5:30PM - 6:30PM

We Got Game!

Put your speed, skills, and smarts to the test in a variety of exciting, fun-filled games and activities!
Ages 12-19
Thursday, November 17 @ 5 - 6:30PM

Computer Basics Class

Computer literacy basics, absolutely no experience required.
Friday, November 18 @ 2PM - 3PM

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, November 30 @ 5:30 - 7PM



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Veteran's Day

On Veterans Day we honor all Who answered to a service call, Soldiers young and soldiers old Fought for freedom, brave and bold. Some have lived, while others died, And all of them deserve our pride. We're proud of all the soldiers who Kept thinking of red, white, and blue. They fought for us and all our rights. They fought through many days and nights. And though we may not know each name, We than all veterans just the same.

President Woodrow Wilson declared November 11, 1919, as Armistice Day to celebrate the ending of the Great War (World War I) a year earlier at the 11th hour of the 11th day of the 11th month of 1918.

"To us in America the reflections of Armistice Day will be filled with solemn pride in the heroism of those who died in the country's service, and with gratitude for the victory, both because of the thing from which it has freed us and because of the opportunity it has given America to show her sympathy with peace and justice in the councils of nations," declared Wilson.

Armistice Day has been known as Veterans Day to commemorate the heroism of our soldiers and dedicate a day to the cause of world peace.

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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. November 1st

Social Time at 6:00 pm

Meeting Starts 6:30 pm

Rear Room of The Table

1800 Portland Ave.

Looking forward to seeing

all y'all for this important

meeting. Bring a friend,

get them signed as a member.

TAKES A NEIGHBORHOOD

AMERICAN LEGION POST 193

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

AMERICAN LEGION POST 193 LADIES AUXILIARY

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

LEWIS/PARKLAND LODGE 638 F&AM

Meets first and third Fridays, 7:30 pm, at The Masonic Lodge at 2nd & Kentucky Sts. Gary Elder, Master 937-3384; Virgil T. Larimore, Secretary, 339-7640.

HELP US HELP OTHERS!

All we need is one hour of your time to help a senior citizen in your neighborhood!

Meals-on-Wheels is looking for volunteers to deliver lunchtime meals to homebound senior citizens. There are many senior citizens living in the Louisville Metro area that are unable to receive meals on wheels due to a severe shortage of volunteers.

Qualifications:

- Complete an application, including police record check
- Provide own transportation

Meals are picked up around 10:00 - 10:30 am and delivery takes about 1 hour. Training is provided. Call 574-6420 to volunteer.

SUPPORT GROUP MEETING FOR PARENTS OF CHILDREN WITH LEARNING DIFFERENCES AND ATTENTION DIFFICULTIES

Meets the third Thursday of each month at 7:00 - 8:30 pm. Learning Disabilities Association of KY, Inc. 2210 Goldsmith Lane #118. Louisville, KY 40218. LDA Office at (502) 473-1256, for additional information.

ADULTS WITH ATTENTION DEFICIT DISORDER

Support group meets on the fourth Thursday of each month, from 7 - 8:30 pm at the offices of Learning Disabilities Association of KY, Inc. 2210 Goldsmith Lane #118, Louisville, KY 40218. LDA Office at (502) 473-1256, for additional information.

LEARNING DISABILITIES ASSOCIATION OF KENTUCKY, INC.

Volunteers needed for general office work, special events, and tutoring. Tutors will help students of average to above average intelligence who learn differently. Please call our office at 502-473-1256.

WEST JEFFERSON COUNTY COMMUNITY TASK FORCE

Meets the 3rd Tuesday of every month, 6 - 8 pm, 3rd floor Conference Room, The Nia Center, 2901 W. Broadway. We are an Environmental Group and we need more Portland residents to participate. Contact Carl Hilton at 852-4609 for information.

NEIGHBORHOOD HOUSE NUTRITION PROGRAM FOR SENIOR CITIZENS

201 N. 25th Street. 774-2322. Meals and activities daily from 9 am to 1 pm. 60 yrs. and up donation suggested.

HOUSING PARTNERSHIP

Meeting dates: Mondays 6 pm and Wednesdays 10 am or 2 pm, Downtown, 333 Guthrie, Room 404, Lou., KY. Must call for enrollment. Phone (502) 585-5451, fax (502) 585-5568.

CONSOLING PARENTS

A support group for parents who have lost a baby through miscarriage, stillbirth or newborn death, 6:30 pm. Tuesday at First Lutheran Church, 417 E. Broadway. Information 629-2103.

Dare To Care

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**

BIRTH PARENT SUPPORT GROUP

For those considering placing a child for adoption and for those who have placed a child. Sponsored by Adoptions of Kentucky, Inc. Call (502) 585-3005 for additional information.

CONSOLING PARENTS

A support group for parents who have lost a baby through miscarriage, stillbirth or newborn death, 6:30 pm. Tuesday at First Lutheran Church, 417 E. Broadway. Information 629-2103.

MANIC DEPRESSIVE & DEPRESSIVE ASSOCIATION OF LOUISVILLE

6 pm Sunday at the Urban Co. Government Center, 810 Barret Ave. Separate meetings for clients and their families are available. Information: 897-9717.

THYROID CANCER SURVIVORS

The ThyCa Louisville Support Group (for survivors of Thyroid Cancer) will meet from 10 - 12 pm monthly at Norton Audubon Hospital, Louisville, KY. Call for times and dates; also directions and other details about ThyCa Louisville. Contact group facilitator Pamela Pringle at (502) 394-0354. All ThyCa Survivors' Support Groups are free and open to anyone diagnosed with thyroid cancer, their families, friends and colleagues.

Portland Avenue Community Trust PACT

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AA meetings in Portland

Grace Community has AA Meetings

Family Health Center
2215 Portland Ave., 4th Floor

Tuesday night at 8:00 PM

For more info call (812) 557-0823

Does someone's drinking bother you?

AL-ANON

District 1 Al-Anon meeting Louisville's West End

When: Tuesday, 6:30 p.m.

Where: YMCA

930 W. Chestnut St.

7th Floor

For Friends and Family member who are troubled by someone else's drinking.

Break the Chains of Addiction

Reformers Unanimous Faith Based Addiction Program

**Reformers Unanimous Ministries -
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Reformers Unanimous Ministries exists to help anybody worldwide who wishes to experience a life of victory over difficulty. This victory is obtained and retained not through an experience of ongoing effort, but through a once in a lifetime decision to accept Jesus Christ as their personal Savior and a subsequent dedication to developing a dynamic love relationship with him.

Reformers Unanimous Addiction Program

"We Help Addicted Adults Find Freedom"
Reformers Unanimous Addiction Program exists to help adults find freedom from addictive behavior. We accomplish this by assisting them in gaining and maintaining consistent communication with the Highest Power. This power is not a higher power chosen by them, but a Holy Power that has chosen them. Usefulness in life is then attained with community service through good local churches.

Shawnee Baptist Church

2214 Bank St., Louisville, KY 40212

Meets every Friday 7-9pm

For Information call 502-741-9961

The Housing Partnership, Inc.

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

Recipes from the Ladies of Baptist Tabernacle

November is the month we give thanks for all our blessings -- and eat! Here are some traditional and maybe some not so traditional recipes for November. Here is wishing all of the Portland Anchor readers a blessed Thanksgiving.



Honey Glazed Carrots

1 lb. Carrots
Dash of cinnamon
¼ cup water
1 Tbs. Honey
1 tsp. Margarine
¼ cup Chopped nuts

Wash and peel carrots, slice ½ inch thick. Microwave carrots and water in a covered 1-quart casserole dish for 10-15 minutes, or until tender, stirring once. Drain. Stir in margarine and cinnamon. Drizzle with honey. Mix gently. Sprinkle nuts on top. Microwave on high for 30 seconds.



Broccoli Sauté

A simple dish to add color to a Thanksgiving meal.

1 cup chopped onion
1 ½ cups water
1 cup julienned sweet red pepper
3 tsp minced garlic
¼ cup olive oil
salt and pepper to taste
12 cups fresh broccoli florets

In a large pot, saute onion and peppers in oil until crisp-tender. Stir in broccoli, water, garlic salt and pepper. Cover and cook over medium heat until the broccoli is crisp-tender. About 5-6 minutes.

If you are expecting a big family crowd for Thanksgiving here is a recipe sure to please.



Mac & Cheese

2 16oz pkg of elbow macaroni
3 quarts milk
1 ¼ cups butter, divided
3 lbs sharp cheddar cheese, shredded
¾ cup flour
1 ½ cups dry bread crumbs
2 tsp salt

Cook macaroni according pkg directions. Melt 1 cup butter in large pot. Stir in flour and salt until smooth. Gradually stir in milk. Bring to boil. Cook, stir until thickened. Reduce heat. Add cheese, stir until melted. Drain macaroni and add to sauce. Transfer into 13X9 baking dish (you may need more than one dish) Melt remaining butter and toss with bread crumbs. Sprinkle over casseroles. Bake, uncovered, at 350 degree oven until golden brown.



Cornbread Sausage Dressing

1 lb. Sausage
1 cup chopped celery
*6 cups crumbled cornbread
1 Tbs. Poultry seasoning
1 cup chopped onion
Turkey or Chicken broth
melted butter

Fry sausage until done, break into small pieces. Remove from skillet. Put onions and celery into skillet with drippings and cook until soft. Into a large mixing bowl combine sausage, onions, celery, along with drippings, and crumbled cornbread. Mix well and add enough melted butter and broth to moisten to taste. (Some like a dry dressing, others like it more moist.) Put mixture into a 9X13 casserole and bake in an oven at 350 degrees for 30-40 minutes.

*If you wish you can replace 2 cups of cornbread with 2 cups of white bread. You know what your family likes.



Sweet Potato Casserole

1 (20 oz.) can sweet Potatoes
1/2 cup brown sugar
2 Tbs. Butter or margarine
½ cup of pecans, chopped
juice of one orange

Place potatoes in a greased casserole. Melt butter and add orange juice and brown sugar. Add mixture to potatoes and blend well. Sprinkle pecans over top. Bake in a 350 degrees oven for 30 minutes.



5 Cup Salad

1 cup miniature marshmallows
1 cup mandarin oranges
1 cup sour cream
1 cup shredded coconut
1 cup maraschino cherries

Mix ingredients together and refrigerate until time to serve. For variety add a cup of grapes instead of cherries, or as well as the cherries. Who says you can't have 6 ingredients in 5 cup salad?

About now the family is saying, "What, for dessert?" Well, buy two pecan pies at your favorite grocer's. But, do it quick, they go fast around Thanksgiving. Ask someone to bring a dish of Apple Crisp. Tell them you'll furnish the ice cream. While you are shopping for grocery's, buy a large turkey and following cooking directions.

Remember: Thank God for all your blessings and don't eat too much.



Happy Thanksgiving!

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New Albany Heating, A/C & Electric New Albany (812) 944-6019

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How can I protect *myself*?

WASH YOUR HANDS!

Wash your hands *after* you sneeze or cough, and *before* you eat. It sounds simple, but it works! Use warm water and soap and rub your hands together for at least **20 seconds** – the amount of time it takes to sing “Happy Birthday.” OR use gel or foam hand sanitizer.

Also make sure to:

- Cover cuts and scrapes until healed; avoid touching your mouth, nose, or eyes.
- Disinfect telephones, door knobs, banisters, counters, and work surfaces.

How can I protect *others*?

COVER YOUR COUGH!

Never cough or sneeze into your hands! Instead, cough or sneeze into your **upper sleeve** or **elbow** OR use a **tissue** to cover it then throw the tissue away and wash your hands. **Stay home from work or school if you are sick!** Stay home until you have been free of fever for at least 24 hours without fever medicine.

Why get a seasonal flu vaccine?

PROTECT YOURSELF AND OTHERS!

Everyone over 6 months old should get a seasonal flu shot every year to help avoid the flu. This is especially important for people who have a high risk for flu complications, such as:

- Children age 6 months to 23 months
- Pregnant women
- Senior citizens (age 65 or older)
- Nursing home patients
- People with asthma, diabetes, heart disease or other chronic illnesses
- People who work with or live with any of these groups

Can I get the flu from the flu shot? No! The flu shot is made of *killed* or *weakened* virus strains. The most common side effect is soreness at the injection site for 1 or 2 days.

Where can I get a flu shot? Flu shots are available at Family Health Centers. Call 774-8631 for more information.

FOR MORE INFORMATION:

Go to www.cdc.gov/flu or call the Centers for Disease Control Contact Center: 1-800-CDC-INFO (1-800-232-4636).

Family Health Centers is offering free health classes!

Zumba, Yoga, cooking classes, family activities, and more are available in-person or online on your phone, tablet, or computer. Go to www.fhclouisville.org/healthed for more information. Or, call Kristin at Family Health Centers (502) 772-8588.



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