

PORTLAND ANCHOR

VOL. 48, NO. 9

LOUISVILLE'S OLDEST NEIGHBORHOOD NEWSPAPER

SEPT. 2023



ART

'Made in Portland' to Exhibit Heavy Hitters!

NEWS

Portland Art & Heritage Fair Celebrates 10yrs

PORTLAND NOW, INC.
Monthly Meeting
TUESDAY, SEPTEMBER 5, 2023

1800 Portland Ave.

Church of the Promise, Side door on 18th St.
Social Time 6:00 - Meeting Time 6:30

There will Be PIZZA during social time.

ALL PORTLAND RESIDENTS ARE ENCOURAGED
 TO ATTEND AND BECOME ENGAGED IN
 NEIGHBORHOOD ACTIVITIES.



Letter to the Editor

Hello, this would be a better community if people would see crime and call Police at 574-7167.

Pot holes or problems

Call Metro Call 311

Street lights out

Call LG&E 589-1444 or 489-3500

William Barnes



Portland Anchor

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

(502) 775-6036

Published Monthly By
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*Front and back cover art
 courtesy of Richard Sullivan*

2023 Portland Anchor Deadlines and Publishing Dates

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

** Dates are subject too change if needed.*

**WE ARE A CONTRIBUTOR'S PAPER
 AND WE WELCOME YOUR MAIL!**

The Portland Anchor welcomes writing and photographs!

Please send them to:

Portland Anchor
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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 If payment isn't received with pictures, they will not be published.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.

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

Portland Anchor Subscription Form

New Change of Name Address
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Please Print

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Officer Richard Barrett

1st Division Officers of the Month

On the evening of June 16, officers with in the 1st Division received information about a missing young child. He was missing from the area of S. 28th Street and Elliot Avenue. When his mother had reported him missing the evening prior she indicated that he had made threats to harm himself. There was a large response to this event in an attempt to locate the missing child.

After spending 20 minutes canvassing the area of his last known location, Officer Richard Barrett located the child in the 2700 block of Elliott Avenue. The child attempted to run from Officer Barrett and said he did not want to go home. Discussions with witnesses in the area let officers know that the child had been running in front of vehicle traffic. Officer Barrett talked with the child and then transported him to Kosair Children's Hospital for further evaluation and treatment.

It is the dedication of Officer Richard Barrett, the quick response and training that directly led to the safe outcome of this situation. The actions of Officer Barrett reflect great credit on the 1st Division, the Louisville Metro Police Department and the officer.

Habitat for Humanity of Metro Louisville

Submitted by Maria Price

Habitat for Humanity of Metro Louisville's 7th Annual Portland Love Your Neighborhood event is set for Saturday, September 30. JB Atkinson Academy, 2811 Duncan St, serves as event headquarters. Locations have been chosen for light home repairs and beautification projects involving homeowners from streets surrounding the school. In addition to home repairs, drawings for prizes and children's activities mark this year's event. Children's activities will take place at JB Atkinson Academy between 10AM and 2PM.

They include –

- Assembling and painting birdhouses then delivering them to neighbors
- Face painting
- Activities hosted by Norton Children's Prevention and Wellness team, include give-away items such as bicycle helmets
- Dolly Parton's Imagination Library sign-ups for children under 5 years old
- Firetruck demonstration (if available)

Norton's Healthcare will conduct free blood pressure and glucose screening for adults as well as scheduling mammograms. The League of Women Voters will offer voter registration, or renewal for households that have moved, just in time for the fall election.

YMCA of Greater Louisville, the Portland Promise Center and Norton West Louisville Hospital will be on hand with activities, sign-ups and give-aways.

Prizes for Portland residents will be drawn during the free, catered community lunch, with dessert donated and served by members of Good Shepherd Catholic Church. Prizes include gift cards from Annie's Pizza, Lowe's, Cup of Joy and Habitat's ReStore. Two LG&E HUGS will be given away, each valued at a \$100 credit on your utility bill. A coupon for a free dog or cat spay or neuter will also be drawn.

To volunteer on a home repair in support of your Portland neighbors, contact Sunny at ssmith@louisvillehabitat.org. Direct other questions to Maria at mprice@louisvillehabitat.org. Join us on September 30!

WE WELCOME

NEW PATIENTS

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ETNA BETTER HEALTH and WELLCARE OF KENTUCKY

Most Dental Plans & Dental Insurance Welcome

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We now accept major credit cards

PORTLAND DENTAL CENTER

26th & Bank Street

778-0999

Family Dentistry



47th (mostly) Annual Portland Festival 2023

BAND SCHEDULE

Friday October 6th

5:30pm-7:30pm Jeremy Sharpe
8pm-11pm Honky Tonk Rewind

Saturday October 7th

1:30pm-2:30pm Central High School Marching Band
2:30pm-4:30pm Beast of Bourbon
5pm-7:30pm Lindsey Lane Band
8pm-11pm Stone Groove

The next meeting of the Portland Festival is **August 29, 6pm** at the festival building at 3329 Northwestern Pkwy.

Call for volunteers! The 47th (mostly) annual Portland Festival is rapidly approaching!

We are in need of volunteers for:

Information Booth	Merchandise Booth	Photo Booth
Trash Pickup	Parade	First Aid
Festival Setup	Festival Breakdown	

If you want to volunteer for a shift (or two or three!) for the 2023 Portland Festival, please attend our next Portland Festival meeting, Tuesday, August 29th, 6pm at Festival Building, 3329 Northwestern Parkway, or sign-up below:
<https://www.signupgenius.com/.../10c084faaa92aa7ffc07...>
<https://www.signupgenius.com/go/10c084faaa92aa7ffc07-parade>
<https://portlandfestival.org/.../24/call-for-volunteers-2/>

Calling all vendors! Portland Festival is October 6th & 7th this year. Get your application in as soon as possible. You can also pay through the square. Click the link below to download your application and payment option
<https://portlandfestival.org/.../22/call-for-2023-vendors/>

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.

HAPPY BIRTHDAY

Happy 14th birthday Kameron on September 2nd. I am so proud of you and all you do. Your a perfect gentleman! Granny loves you!

Happy 5th birthday to Annabella on September 10th. Your so sweet and beautiful. I love you, Granny.

Happy birthday little one on September 23rd Your so smart and funny! I love you Aubrey, Granny.

HAPPY BIRTHDAY

Happy birthday on September 26 to my son Danny! You do for 8 as a dad that I've never seen another do. Love, provide & give them what you did not get from your dad. You keep them dressed head to toe with what they love. Keep them involved in sports & fun times. I am proud of you keeping them fed and a roof over their head. They adore their dad. I love you and than you for all the things you have done for me too, your Momma

Special thanks to the Embry family, Stacie & Eddie, Mike & Charlotte, Kathy & Willie, Amanda K., couple of ladies I have worked for, my friends from Michigan & great church people for what you have done for me in the last 2 years to show me you care. I get so down & people have listened. I've been hungry & been fed. I been broke down & help provided. Friends like Jimmy and Timmy H. helping with labor in car & around the house. As I am still struggling, I am no pity pot & always grateful. God bless you all & the band too for making me feel special. Thanks to my cousin Angie for showing me truth & being a great family member in my life. Dee Dee.

Have a great Labor Day weekend friends. Dee Dee.

To my son Johnny, you are very unique! You are hard to the core in your feeling yet love too hard too! You have hurt deep over Chris like nothing I have ever seen. Yet you need to find the best in yourself, climb the mountain & succeed. You are artistic, great with tile, drywall, painting and with electrical whatever. Do the best for yourself. love Mom.

Hey brother! Hardest worker I know! Greatest family provider always. Sinner to Holy Ghost filled christian man. Loves his 3 children & grandson to the fullest. Great hunter. Loves to meditate listing to word or reading the scripture. Has given to many in need &

out of heart. The emotions in him are controlled from Blood of Christ. I try year after year to go support when he gets the tree put up. Hardest things I've seen him tolerate was our Dad and mother dying. Making his best friend's funeral. Kind of man to take harsh words and false acquisitions & let them roll off knowing God will deal with it. He is a disciple of Christ & he is human and we have learned from our mistakes. I thank him for sacrifices he's made for me with his time. Effort and kindness he has shown to many coworkers and strangers. I know I am his favorite sister. I've cleaned his house when he's been out of town as a gesture from heart. Love you love bug!



"School Time"

Hello Portland, Little Carmie here, just sporting my new outfit for school. Grampa's sleeping in today, he needs it. I was just remembering all the fun I had this summer like playing when Grampa wasn't working me, (LOL). I raised turtles, frogs, rabbits, went fishing, swimming and raised the best garden ever and oh yeah went rock climbing and gave a piano concert. But now it's time to hit the books. I just hope I'll be a Grampa like the one I got! See ya on the water or in the field.

SEPTEMBER FEST


to benefit
Good Shepherd Parish
 in the historic Portland neighborhood
SAT. SEPT. 9, 2023 4-10PM

Chicken Dinner | Booths | Pull Tabs | Silent Auction
 Cake Wheel | DJ | Children's Booth | Beer

CHECK THIS OUT!

Online Raffle registration

OPEN NOW!

Sales continue through
 the event closing at 10:00pm
 Winner Drawing
 Sun. Sept. 10, 2023
 1:00pm on Facebook Live on our
 Good Shepherd Church Portland,
 KY. page. 

<https://event.gives/2023gsseptemberfest>

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The importance of Community

By Della Logsdon

Community support is essential for our physical and mental health, our sense of belonging, and our ability to thrive. When we feel supported by our community, we are more likely to be happy, healthy, and resilient.

There is a growing body of research that shows that social connection is essential for our physical and mental health. People who have strong social ties are less likely to suffer from chronic diseases, such as heart disease, stroke, and depression. They are also more likely to recover from illness and injury more quickly.

Our sense of belonging is also closely linked to community support. When we feel like we are part of a community, we feel more connected to others and more confident in ourselves. This can lead to a number of benefits, including improved self-esteem, reduced stress, and increased happiness.

Finally, community support can help us to thrive. When we have people who care about us and who are there for us, we are more likely to reach our goals and to live our best lives. Community support can provide us with the motivation, encouragement, and resources we need to succeed.

My greatest strengths are normally optimism and faith but due to a recent unfortunate event involving my teenage son and our law enforcement right here in Louisville I had to carry a lot of distress and didn't know what to do to seek support outside of using the Internet search engine. I felt unheard. We didn't know who to trust. I could feel my energy depleting, depression was trying to set in and my faith was suffering as well.

Then a friend who heard our story referred me and my son to Gospel Missionary Church. From the moment I walked in I could feel the warmth and love from the folks at the table meeting. Other moms who understood our situation offered encouragement, hugs and prayers. Elder Lorenzo Tucker took the time to listen and assured us right away that we are not alone anymore and they will help us. We connected with super good people at the Voice of Louisville Civil Rights Association, including the Inspector General and finally got the encouragement and support we so desperately needed. My trust is being restored in our local police department and spiritually I can even feel my faith getting stronger than it was before.

If you or someone you love is faced with a difficult legal situation and you need to know your civil rights or you just need people who will understand and help direct you, I highly recommend this church. To donate or volunteer with their ministries contact bishopdvlyons@gmail.com.

They're doing so much good in our city and deserve the same support they give.

"WHEN I WRITE I HOPE THAT I
INSPIRE. I SPARK CREATIVE
EFFORTS. I TAKE THE WORDS
OUT OF PEOPLE'S MOUTHS.
THEY ARE SPEECHLESS NOW."

—CAROLINE, AGE 13



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



1915 Gruber Kids

Submitted by Paul Gruber

Photo taken in front 436/438 No. 28th Street. L-R: Jim, Gertie, Buzz (Anna Louise), George, Paul and (babysitter). Check out their pet dog posing for the photo. The house on the left was their home and the store on the right would later be their place of business "Gruber's Food Store". Due to health reasons, they closed the store after 74 years.



The Portland Anchor Man Reading Between the Pages

By Charles Frick

As you open this monthly issue of your paper and scan the topics that are highlighted remember this – a positive anything is better than negative nothing. We all should use this publication to express our ideas, suggestions, opinions, and look at for ways to enact them in a constructive, beneficial way.

Instead of reacting later with I could have, would have, should have, use the Anchor as a gathering place to express our fresh ideas, new solutions, and partnerships not thought of before. This way the synergy created make one plus one = three.

Various non-profits, church's, schools, musuems, American Legions, and busin-esses could become a source of untapped experiences to make the task required ahead a little easier to complete. You yourself could become the missing link to getting more done in a rewarding way. Let's all of us be known as ones who love and support this former city nestled along the Ohio River.

*The phrase "a positive anything is better than a negative nothing" was gotten from a scene in the movie Jerry Maguire. I'm not smart enough to think of it first, but is is very true!



"Gordon's Corner"

By Gordon Brown

In most European cities the gathering place for villages, towns and neighborhoods in larger cities is the Plaza or town square. Usually, the square is anchored by the main church and all around the square are stores, pubs, and restaurants. Most importantly, the square had a very important social function. It was a gathering place, usually in the late afternoon, before dinner, for catching up on news, strengthening friendships, and providing an opportunity for children to play together.

In reflecting on Portland, I wonder if there is something similar to the town square? In times past local churches were prominent gathering places, first for worship, but also for catching up with what was going on in the neighborhood. There were also schools, before busing, where children from various parts of Portland attended their local school by simply walking to school each day. PTA meetings and school events also provided the opportunity to meet with neighbors and catch up on the news of the neighborhood. Oh yes, there were also legendary bars where mostly husbands and fathers might stop after work for a cold beer where the conversation was mostly jovial, occasionally braggadocios, and almost always involving the ups and downs of favorite sports teams.

I have a question for you. Where is the gathering place for Portland residents today? Has it gone digital? Does Portland have such a place for connecting, face to face, where you get to know your neighbors and get updates on the goings on in the community? I hope someone out there is stimulated by this question. Please feel free to respond to the Anchor with any comments.

Loving Portland, Gordon

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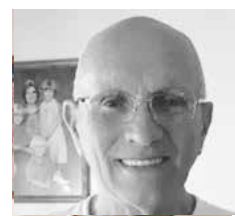
Obituaries



Carol Ann Bennett, age 57 years, passed peacefully July 20, 2023 at her home. She was born in Paris, Tennessee to her parents, Ruben Gerald Bennett and Frances Joyce Preston. Carol did upholstery work for her family business in Paris for many years. She was a resident of Portland and was a grateful member of AA. Carol was also a proud alumni of Ladies of Promise. Carol loved doing arts and crafts in her free time, including making bracelets, windchimes, ceramics, and paintings. Carol is predeceased by her parents, Ruben Gerald Bennett and Frances Joyce (Preston) Bennett. Left to cherish her memory are her daughter, Lisa Ventrice; son, Duane Almond; and brother, Stephen Bennett (Beverly). J.B. Ratterman & Sons Funerals & Family Cremation Care is in charge of arrangements. Cremation was chosen.



Bryan Keith Hack, 22, of Vine Grove, KY, passed away July 27, 2023 at University of Louisville Hospital surrounded by his beloved family. He was born on February 14, 2001 in Louisville, KY, son of Jason and Julia (Turner) Hack. Bryan was a great mechanic and enjoyed everything about the outdoors; going to the lake, riding dirt bikes and had a talent at fix anything, and loved his family. He is survived by his parents, Jason & Julia Hack; Fiance, Alexis Dexter; sisters, Megan Hack (Nicholl), Amber Hack (Landon Tillery); ex-brother-in-law, Donald Sheroan; nephews, Xavier Sheroan, Braxton Tillery; niece, Elaina Dexter; grand-parents, Karen & Glenda Hack; uncles, Steven & Mark Hack; aunt Christy Hack along with a host of cousins, great aunts & uncles. He is preceded in death by his grandparents, Robert & Corlis Turner; uncles, Bobbie & Paul Turner; and aunt Roberta Dewitt. Legacy Funeral Center Schoppenhorst Chapel was in charge of arrangements.



Clyde Mitchell Hatfield Jr. on August 2, 2023, at the age of 78. He passed away peacefully at his home after a battle with cancer. Clyde leaves behind his wife Joyce Hatfield, his 3 children Karen Gunselman (Wayne), Sharon Dunn (Bob), and Sonny Hatfield (Stephanie), sister Doris Bates, and 4 grandchildren Nicolas Gunselman (wife Amanda), Autumn Smith (Jeremy), Brandon Gunselman (Lauren), and Blake Hatfield. Retiring from the Old Fitzgerald Distillery, Clyde was a jack of all trades; full of knowledge and know-how. His true passions were working with his hands, buying cars (though never driving them), and visiting all the flea markets. He was a Mason who worked his way to the 32nd-degree; eventually becoming a Shriner. A memorial service to celebrate Clyde Hatfield's life was held at J.B. Ratterman & Sons Funerals and Family Cremation Care. He was laid to rest at Louisville Memorial Gardens.



Delphia Lee Wilson Parks, 100, of Louisville, KY, passed away August 8, 2023, at Park Terrace. She was a native of Grayson County, KY, and was born on May 23, 1923, to the late Henry and Emma Hardy Wilson in Hawesville, KY. Delphia was Baptist by faith, and the loving wife of the late Shelton Parks. She was a dedicated former employee at Carton Craft for over 43 years. Delphia was a loving and devoted mother, grandmother, and great grandmother. She enjoyed spending time with her family, and ballroom dancing. In addition to her parents, Delphia is preceded in death by her loving husband, Shelton Parks. Left to cherish her memory, Delphia is survived by her son, Bobby Parks (Dean); grandson, Kevin Parks; great granddaughter, Destinee Parks; several nieces and nephews; and a host of extended family and close friends. Legacy Funeral Center - Schoppenhorst Chapel, 1832 W. Market Street. Burial at Richland Cemetery.



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8 AM - 5 PM Mon. - Fri.

8 AM - 3 PM Saturday



Country-Wide and Southern Indiana Delivery

Obituaries



John "Dougie" Douglas Poteet Jr., age 21 years, passed away July 21, 2023. He was a loving son, brother, uncle, and friend. Dougie entered into this world on January 18, 2002 in Louisville to Bridget Barnes and Doug Poteet. His real and abiding passions were spending most of his time with close friends and family. Dougie often went fishing with his Uncle Eric as a hobby. He is preceded in death by his grandfathers, Vernon Hattermer, Brent Poteet, and Pete Miller and grandmother, Collen Hattermer. Left to cherish his memory are his mother, Bridget Barnes (Mike); father, Doug Poteet; grandmothers, Tammy Hattermer and Diana Poteet; grandfather, Steve Barnes; sisters, Alisha Poteet (Sam), Brooklyn Anderson, and Alexis Poteet (Robert); nieces and nephews, Avery, Macey, Lakyn, Sam, Nhyla, Noelle, Raeleigh, and Kayson; uncle, Eric Barnes and several close friends. Funeral Services will be held by J.B. Ratterman & Sons Funerals & Family Cremation Care, at 2114 W. Market Street Louisville, KY 40212. Final Resting Place will be concluded at Cave Hill Cemetery.

John Kenneth Spiels, age 87, passed peacefully at his home July 22, 2023. He was born in Dallas, Texas and attended Flaget High School and later on, Bellarmine University. John was a food inspector for Jefferson County Department of Health. In his free time, he loved to play golf. Left to cherish his memory are many family and friends whom miss him dearly. J.B. Ratterman & Sons Funerals & Family Cremation Care is in charge of arrangements. Direct cremation was chosen with a graveside service at Calvary Cemetery.



Karen Denise Stevenson, also known as mom dukes, born August 11, 1959, to the late Delores "Sheppard" Williams (mom) and Squire Stevenson Jr. (dad) at General Hospital in Louisville, KY. The lord above called Karen home at a young age of 63, just 3 days shy of her 64th Birthday. She was loving, caring, outspoken, loyal, and respected. Karen grew up in the West End of Louisville on Riverpark, where she was respected and loved by many, no matter how big they were. She always dressed nice, hair always done, and always smelled nice. Today she will be meeting her brother, Tony Sheppard; nephew, Tony Stewart; mother,

Delores "Sheppard" Williams; and son, Steven Stevenson. Karen leaves behind three brothers, Lavelle, Brian, and Jeffery Sheppard; three sisters, Terri and Rhonda Sheppard, and Michelle Carter; brother-in-law, Darryl Hane II; 2 daughters, Rea and Lashaun Stevenson. She will be watching over her nine grandchildren, Briana, Kianna, Desiree, Amonti Stevenson, Chris Cameron, and Te-Kaiza Jones. Four great-grandchildren Sari Stevenson, Serenitae Taylor, Anthony Taylor III, and Kayson Kinslow. A funeral service for Mrs. Karen Denise Stevenson was held at at Legacy Funeral Center - Schoppenhorst Chapel, 1832 W. Market St.



Charles Michael Wilson, age 60 years, passed away peacefully on July 20, 2023 at UofL Mary & Elizabeth Hospital. He was born in Louisville to Charles Wilson and Ruth Gross. As a child, he attended St. Cecilia School and in his earlier years, he was a roofing carpenter. He loved to gamble and go watch the horses at the race track. Charles was a UK fan and loved to watch their games. He is preceded in death by his parents, Charles Wilson and Ruth Wilson Gross, and brother, William Gillon. Left to cherish his memory are; brothers, Robert Gillon and Jerome Wilson (Diane); sister, Mary Bowman (Ronald); sister-in-law, Tammy Gillon and companion, Vickie Rigo. Several Nieces and Nephews are also left to cherish his memory.



In Memory of Lloyd Hoagland

In Memory of my dear special friend, Lloyd Hoagland, who passed away peacefully at the age of 95, on May 22, 2023. Lloyd was a life-long resident of Portland and an very active participants in veterans and civic affairs. He was very proud of the American flag that he displayed in his front yard. He was a proud veteran who served in the victory of World War II. Lloyd was a retired member of Teamsters Local 89, and he worked for 20 years as a Shipping Clerk for Furniture Showrooms. He was also a shipping clerk and furniture maker at Mengel's Furniture Co. for 20 years. Lloyd was a long time member of Shawnee Baptist Church, Shawnee American Legion Post 193, where he served many years on it's executive board, Shawnee VFW Post where he was Past Commander and the 2902 7th Street Road VFW Post. We shared many good times together over the past 13 years, and I will miss him dearly.

Myrtle Dodson



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

All are welcome!

NEED RENOVATION ASSISTANCE ?

- ask Portland Architect -

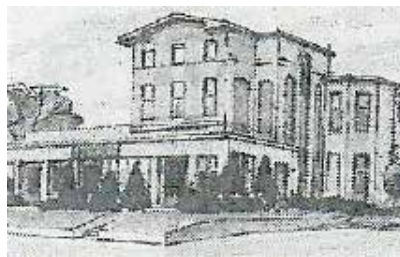
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Lenny Black, office manager

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Portland Cemetery. Please call our office.



A heaping thanks to our intern, Duncan Jordahl! While spending time with the #mightyLGteam over the past few months, Duncan not only helped us canvass, plant trees, and work in the greenhouse, but he improved our campus composting system. Anyone who has visited Healthy House during the past year would agree our composting was not up to par. Using his knowledge and skills, Duncan rebuilt and sorted our bins and added a new one. We are now on our way to properly layering our brown and green materials to make some nutrient rich soil! We are so grateful Duncan chose to spend his summer with Louisville Grows. #composting #sustainability #ZeroWaste

Louisville Grows is searching for an Urban Forestry Manager! We have reopened this position and are looking to hire. Qualified candidates should submit their resume and a cover letter to info@louisvillegrows.org. Please share.

#GrowingGreen #urbanforestry

Healthy House has received some much needed love and care thanks to our amazingly devoted urban ag intern and newest board member, Gary Michael! Our guests are now welcomed by a variety of pollinators in the front and along the side of the building. Stay tuned as we prepare to announce a special partnership with the Louisville Zoo for this area to grow into an educational space for our community!

#urbanag #pollinators #monarchbutterflies #louisvillezoo

FALL 2023

**SEEDS &
STARTS
SALE!**

Sunday, Sept. 10

10am-3pm

1639 Portland Ave.

\$2/SINGLES
\$5/MULTI-PACKS



COVER CROP
INFO.



FREE SEEDS



**LOUISVILLE
grows**

www.seedsandstarts.org



Louisville Grows Lions Mane
\$25.00

Louisville Grows Phoenix Oyster
\$25.00

Have you missed out on our mushroom sales this spring? Well, now here's another opportunity. We are partnering with Metro Mushrooms once again to offer grow kits available for pick up during our Fall Seeds & Starts Sale on Sept. 10 for \$5 off the regular price! Pre-order is now open through Sept. 1st at <https://www.metromushroomsfarm.com/louisville-grows-pre...> #SeedsandStarts #urbanag #mushrooms #growyourownfood



Good Shepherd Cornhole in the Courtyard Inaugural Session Cornhole Tournament

Good Shepherd Catholic Parish, 3525 Rudd Avenue, held a corn hole tournament that played out over several Tuesdays beginning July 25th and ending on Tuesday, August 1st. The overall winners were, first place, Not Pros, John and Nate Hack award of \$60.00; second place to The Garcias, Shannon and Roy Garcia award of \$30.00 and Who Dey, Bob and Janet Woosley and Eric and Madison Lauer award of \$30.00. We had an average of 10 to 11 teams to participate each week, which was a pretty good turnout for our first time. We want to thank all those who participated in the tournament, as well as all those who showed up to cheer on their teams. We hope everyone enjoyed themselves and made some new friends. Thanks to the Men of Good Shepherd for providing refreshments and all the volunteers who helped to make the tournament run smoothly. A special thanks to Fr. Deo for allowing us to host this event at Good Shepherd. A very extra special thanks to Patsy and Buz Unclebach for organizing and setting everything up! Well done! Look for this to become an annual or semi-annual event at Good Shepherd, where all are welcome!

First place: Team Not Pros – father/son team of John and Nathan Hack



Second Place: Team Garcia – Shannon and Roy Garcia

Third Place: Team Who Dey – Bob Woosley and Eric Lauer (and their counterparts, Janet Woosley and Madison Lauer).

Special thanks to Patsy and Buz Unclebach who organized this inaugural event.

Good Shepherd Catholic Parish HALL RENTAL

Available to Rent for Clubs,
Receptions & Reunions

Lehmann Hall
3525 Rudd Ave.

(502) 749-9780

goodshepherdchurch.us



Support Your



American Legion Shawnee Post - 193

2800 West Main - 776-8596

HALL RENTALS

FOR BIRTHDAYS, WEDDINGS, REUNIONS ETC



Looking Back at Ten Years of the Portland Art and Heritage Fair

Danny Seim, with contribution from Gary Watrous

As we look forward to celebrating the 10th annual Portland Art & Heritage Fair, it is important for us to remember how this whole shebang began. We checked in with event founder Gary Watrous for a recap of the first annual Portland Art & Heritage Fair:

“As stated by the organizers Mary Turner and Gary Watrous, the Goals of this Fair were (and still are) to:

1. Show a positive image of the Portland Neighborhood as a good place to live and work.
2. Provide a positive experience for guests to the neighborhood from other parts of the Louisville region.
3. Show the neighborhood as Historic and Friendly – especially to artists.

This fun, public, cultural event featured:

- A juried art show with the theme “The Ohio River” held in the restored historical Marine Hospital.
- A Trolley Loop taking guests to events for all ages at new Portland venues such as the Faulkner Gallery, Nelligan Hall Gallery, and the Louisville Film Society as well as sites of historical interest such as the Portland Museum, the Squire Earick House, Portland Canal, etc.
- Craft booths, children’s art activities, and an Art Car Show in the huge Faulkner Gallery space.”

Thanks for the flashback Gary! We at Portland Museum are honored to carry on this rich neighborhood tradition at Portland Museum on Saturday, September 23. We hope you will stop by to enjoy the creative energy that has only escalated since Gary and Mary first set those goals a decade ago. A special thank you to not only those two, but also to Kerrie Clifford, Jehri Cummins, Maria McGary, Kacie Chase, Judy Schroeder, Katy Delahanty, Portland Now Inc, and all of the countless volunteers who have helped this event run smoothly and safely over the years. And especially, thank you dear neighbors for always making us art freaks and history nerds feel welcome and supported here!



What You’ll Find at This Year’s Portland Art and Heritage Fair!

Portland Museum

Ten years of the Portland Art and Heritage Fair! Can you believe it? We at Portland Museum are endlessly indebted to every individual, organization, and neighbor who’s helps us along the way. This year we’re pulling out all the stops and aiming to make this our best fair yet! An anniversary like this only comes once, and we want the people of Portland to be able to celebrate it with us. So, make sure to come on out to Portland Museum (2308 Portland Ave) on Saturday, September 23rd for a whole day of art, heritage, and community. What does that entail exactly? Read on to get a first look at this year’s schedule of events!

The day’s activities kick off at 9:00AM with the Portland Almost 5K Fun Run! For only \$4.99 (or almost \$5) participants get a bib, custom printed shirt, and chance to start their morning off right with a scenic trip starting at Lannan Park, continuing over the bridge to Shippingport Island, and circling back round. Whether you shoot for a new personal best time, or enjoy a relaxing walk with the family, the Fun Run is for you!

Keeping up the physical morning will be a free yoga class from the Kentucky Yoga Initiative, which will kick off in the front yard of Portland Museum at 11:00AM. We’re thrilled to welcome back KYI after a successful session at last year’s fair and encourage you to either come after the 5K or start your day with some yoga!

Also launching at 11:00AM is the fair’s full-day activities! Running until 5:00PM will be tabling Portland vendors selling arts, crafts, clothes, and sharing information about initiatives! Some of the highlights include Squallis Puppeteers, who’ll be running their beloved finger-puppet workshop, and the Louisville Academy of Music, who’ll be showing off their instrumental petting zoo! There will also be food and drink of course, including the Hip Hop Sweet Shop, Haitian Exotica, and Shippingport Brewing, yum! Inside the Portland Museum will be the debut of *Made In Portland*, our newest arts exhibition featuring work exclusively from artists with roots, a studio, or a home in Portland. Featuring artists both nationally recognized and locally loved, this’ll be an exhibit to remember.

At 2:00PM this year’s signature act will take place: a live performance from the Louisville Leopards! This group of talented kids is sure to knock your socks off with their percussion skills and fill Portland Museum’s backyard with some beautiful rhythms and tunes. Don’t miss it! And this isn’t even everything this year’s fair will have to offer! I didn’t even mention the free letterpress activity! Check out portlandartfair.com for more information, and we’ll see you at the fair!



YOUNG AUTHORS
Greenhouse

We are thrilled to announce that Jim James will be performing a solo acoustic concert with special guest, Kiana Del, to benefit Young Authors Greenhouse!

Young Authors Greenhouse is a nonprofit that inspires young people to recognize the power of their voices and stories through free writing and publishing programs. This event will also feature readings by our young authors in our community!

Thank you to WFPK for sponsoring this event!

You can purchase tickets by scanning the QR Code. Proceeds will help us continue to deepen and grow our programs.



JIM JAMES SOLO ACOUSTIC
WITH SPECIAL GUEST KIANA DEL



A BENEFIT FOR YOUNG AUTHORS GREENHOUSE
WEDNESDAY, NOV 22ND 2023
BROWN THEATRE-LOUISVILLE, KY

91.9 WFPK
From LOUISVILLE PUBLIC MEDIA

HOOPS & HOMEWORK

FREE AFTER SCHOOL PROGRAM



STARTS
AUGUST 21

MONDAY - THURSDAY
3:00p.m. - 6:30p.m.

BOYS & GIRLS
8 - 16
DINNER PROVIDED

-HOMEWORK ASSISTANCE
-TUTORING
-BASKETBALL SKILLS INSTRUCTION
-SCRIMMAGES
-FUN ACTIVITIES



DELTA GYMNASIUM
2508 PORTLAND AVE.
LOUISVILLE, KY. 40212

MUST RSVP - DELTAINC502@GMAIL.COM
DELTAFOUNDATION502.COM

We're starting our 5th year of our DELTA Hoops and Homework after school program tomorrow. We have spots available please contact deltainc502@gmail.com if interested

2508 Portland Ave., Louisville, KY 40212 (502) 609-1731



Shipping Port Brewing Company OKTOBERFEST SEPTEMBER 2nd

Y'all, we're gonna oompa our faces off on Saturday from 2-10 pm, 9/2.

We've got amazing new beers on tap, competitions with amazing prizes, more sausages than you can shake a stick at and MUCH, MUCH MORE!! Mark your calendars, dust off or improvise yer lederhosen n dirndl, and get ready to party with us!!!

German beers by the liters

Releasing Liebesnest! Festbier AND Raven's Wing Schwarzbier

Liter-holdin' Competition @ 4pm

Best dressed Oktoberfest with CASH prizes @ 7pm

ALL the sausages

AND MORE!!!

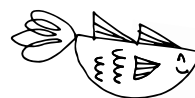
PORTLAND PUZZLES

SEEK AND FIND!

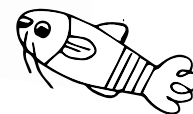
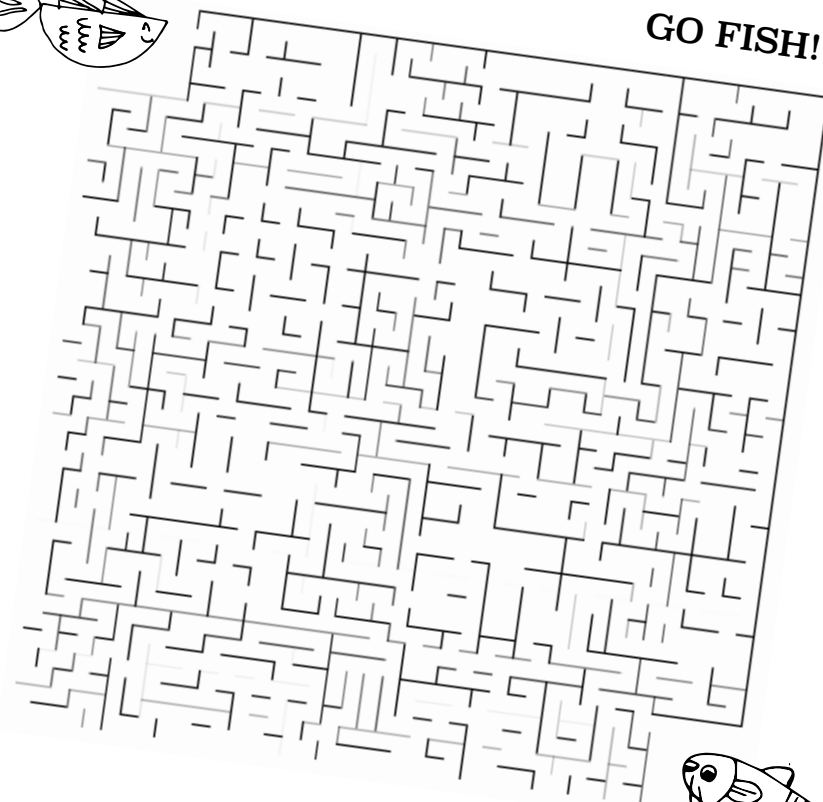
Portland Art & Heritage Fair Edition

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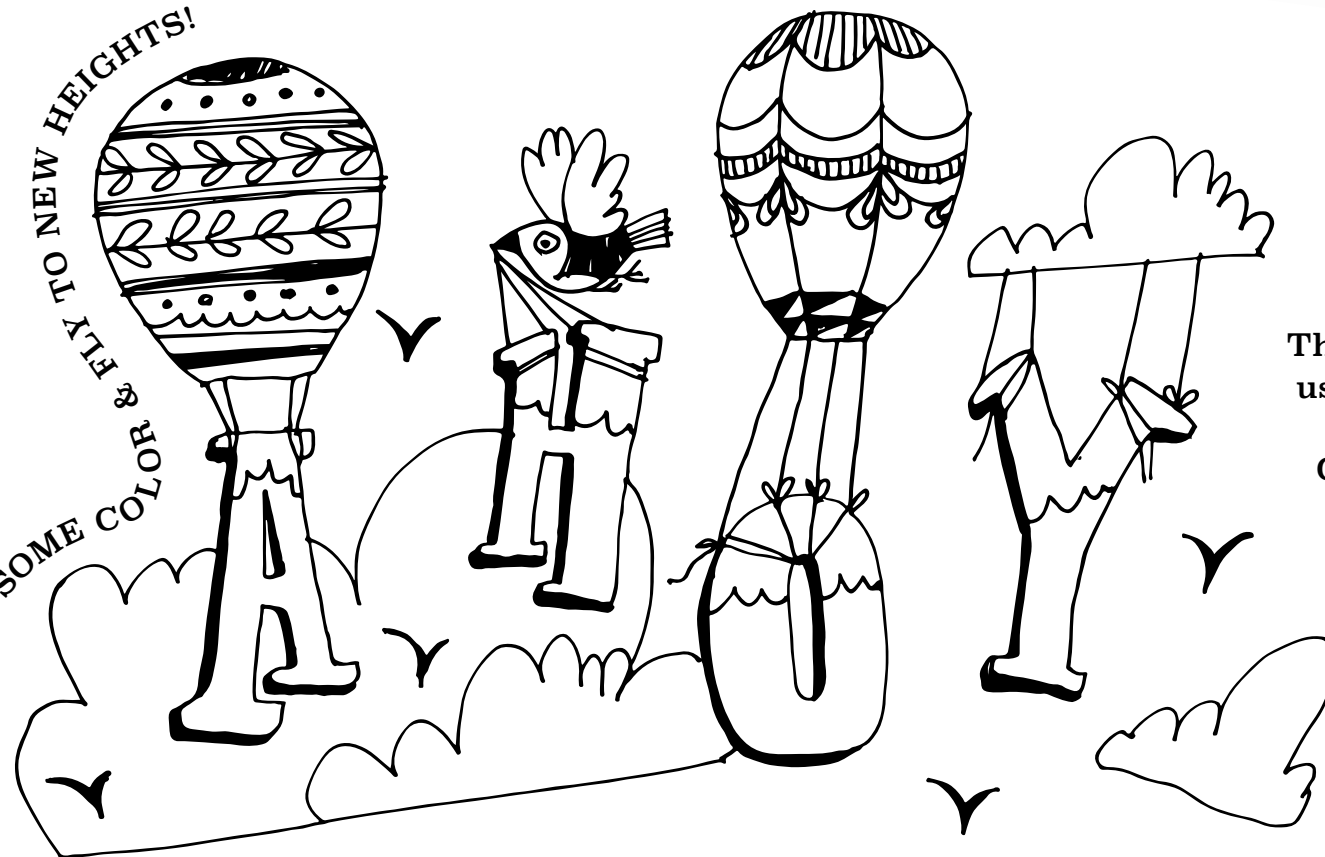
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FREE
COMMUNITY
FUN RUN
FOOD TRUCK
AHOY
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GO FISH!



ADD SOME COLOR & FLY TO NEW HEIGHTS!



Did you know we narrowly missed using “ahoy” over “hello” when answering the phone?

Thomas Edison urged people using his phone to say hello, while his inventor rival, Graham Bell, thought ahoy was a better greeting. “Ahoy” had already been used for 100 years longer at that point and Bell continued to use it for the rest of his life!



September 2023 Portland Branch Library Programs

Call 502-574-1744 for any questions!

Portland Library Hours

Monday – Wednesday, 10:00 AM – 8:00 PM

Thursday, 12:00 PM – 8:00 PM

Friday – Saturday, 12:00 PM – 5:00 PM

Sunday – closed

Closing for renovation at the end of September!

The Louisville Free Public Library is so excited to begin the much-needed renovation and 4,500-square-foot expansion of the Portland Library (architect's rendering above). The final construction drawings are now complete and the construction manager has released the request for bids to subcontractors. Since it will take several weeks to receive and review the bid responses, the **Portland Library will now remain open through the end of September** (we will not close on August 31, as previously announced). While regular library services will be available, programming will not be offered during this time. For more information on the Portland Library Project, please visit LFPL.org/PortlandRenovation.



Meet our Cover Artist – Richard Sullivan

Shannon Delahanty

As I ventured back to my home state of Kentucky, one of the first welcoming faces I encountered was that of Richard Sullivan. A skilled draftsman, Richard's portfolio extends far beyond the equestrian and baseball themes shown on his website. Stepping into his workspace, I found a world of tender observations animated through vivid illustrations of life's colors and movements. During our initial meet-and-greet, he guided me through his art studio, where among the watercolors and drawings, we delved into the hidden layers of effort behind each canvas--dedication, introspection, and all the lessons that come with a slice of humble pie. In his Portland studio, I found a friend with the open heart of an artist and the disciplined spirit of an athlete.

Living and working in Portland, Richard's work is a testament to a life that bridges the realms of sports and art. As a native of Louisville, his journey is one of embracing

duality, where his time was split between the baseball diamond and the art studio. This innate connection led him from Ballard High School to Savannah College of Art and Design (SCAD) where his identity as a left-handed pitcher molded with his emerging artistic career. Balancing roles as an athlete on SCAD's baseball team, Richard navigated two distinct worlds that demand steadfast commitment. Despite the contrast between sports and art, Richard excelled in both, a feat that speaks to his drive and work ethic. His skill led to a draft by the Atlanta Braves during his junior year of college, opening the doors to professional baseball, where he honed his skills for six years in the minor leagues. At 26, Richard shifted gears, retiring from the pitcher's mound to embrace a new life dedicated to the arts.

Returning to SCAD, Richard pursued a Bachelor of Fine Arts in illustration, a transformative period during which his artwork came alive in the form of vibrant, washy homages to athletics- both players on the diamond and the dynamic jockey-horse teams of the racetrack. His pieces capture athletes in motion, encapsulating their raw energy and focus. Drawing from his own experience in the world of sports, Richard has an ability to channel their spirit to paper. His achievements resonate not only on a national level – with esteemed collections such as the National Baseball Hall of Fame, the Yogi Berra Museum, the Atlanta Braves' SunTrust Park, as well as gracing the walls of dozens of Major League players – but also on a local scale, where his impact is deeply felt within his community.

The forthcoming 'Made in Portland' exhibition at the Portland Museum will be an opportunity to see Richard's work in the flesh. Set to debut on September 23rd as part of the Portland Art and Heritage Fair, this showcase unites Portland-based artists who share his level of determination and passion. The exhibition will not only shine a spotlight on Richard's ability but also support the artistic community that thrives within our neighborhood.

To learn more about Richard and his work, visit www.richardsullivanillustration.com.



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3 Steps for Your Health

By: Kristin Munro-Leighton and Liz Edghill, Family Health Centers

Have you ever left the doctor's office feeling a little confused? You might leave wondering...

- What time of day do I take my new medicine?
- What did that word she used mean?
- When am I supposed to make a follow-up appointment?
- Are my lab results good, okay, or really bad?
- I haven't exercised in years – how am I supposed to lose 30 pounds?
- What will happen if I don't do everything we talked about?

Here are 3 things you can do for your health:

1. Ask Questions

Asking questions is the best way to make sure you leave your health provider's office knowing about your health and what the plan is to improve it. Ask these questions during your visit and take notes about the answers:

- a) What is my main problem?
- b) What do I need to do?
- c) Why is it important for me to do this?

And, when you search for health information online, use reliable websites! We recommend: www.medlineplus.gov.

2. Know Your Medicines

Make sure you know what you are putting in your body, why you are taking it, and how to take it. If you aren't sure, ask your health provider or pharmacist!

3. Sign Up for Health Insurance

You and your family may be eligible for free or reduced cost health insurance. Go to <http://kynect.ky.gov>, call 1-855-459-6328, or come to Family Health Centers for help applying for Medicaid or other discounted health insurance.

Your health is worth the effort!

Kristin Munro-Leighton, MPH Health Educator Family Health Centers, Inc.
2215 Portland Ave. www.fhclouisville.org p 502.772.8588



THANK YOU FOR YOUR HARD WORK

MONDAY, SEPTEMBER 4, 2023

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



Portland Anchor

Oldest Community Newspaper in the Louisville Area

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Classified Ads - .20 cents per word, a phone number counts as a word.

Late Fee: A 1 1/2% Late fee will be added monthly to all late outstanding balances.

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1/16 Page - 2.47" wide x 2.37" deep	\$25.05
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“The Seinfeld Article”: about nothing.

AS USUAL, I had my ears piqued to neighborhood things this month, but nothing found purchase per se. My conclusion: Forget the easy button...that ship has long sailed. Please be aware that what you are about to read below is banned in Texas and Florida...so don't bring this paper with you on your next road trip to the Deep South without bringing sizable bail money.

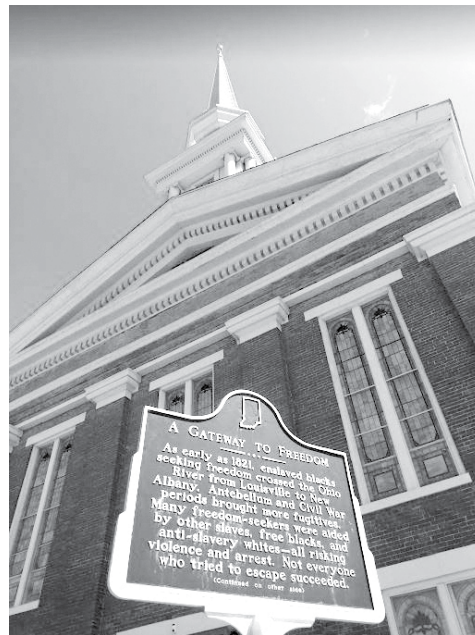
NOTHING #1: Please know that I am writing this article while wearing female clothes...and I offer this to you as a PSA to protect influenceable kids from reading any more of my seemingly unethical and besmudgeable words on account of my fashion choices.

NOTHING #2: Also I'm dancing while writing...and we know dancing leads to movie going which leads to honky tonking and hanky panky. Dangerous... is an understatement. Reading also is a dangerous affair according to various circles. But yet we persist, don't we!

NOTHING #3: I got over to New Albany by non-motorized device recently (in recent times I've actually biked across all 4 bridges to Indiana, but I'll never admit it cuz I'm not dumb.)

I was deeply impressed. Eli Lilly has made so much money in Indiana that it's the least they can do to pay back Indiana cities from proceeds of all the cheap-to-make-expensive-to-buy insulin they sold for decades. The city center road is being totally redone to look like Boulder or Aspen. Wow. I was inspired to stop

along my excursion and take a picture of the spire where so many blacks swam/canoed to freedom a couple generations ago (see inspiring photo). Who is the Portlander to help free the most slaves in their moment of drowning danger? Old Spirituals talk about crossing the biblical river Jordan but they really meant the Ohio River. Why don't we all know this?



NOTHING #4: New Albany has a few golf courses, but a little Par 3, 9 hole (Fuzzy Zoehler GC) only costs \$10 and is surprisingly pristine except for rampant poison ivy in the deep rough. If you just pitch a few wiffle balls in any park, you can save yourself the green fee--without losing the balls in the deep grass of most parks. But in fairness to the course, I see they use a lawn flattening roller (see picture) to mask the persistent gopher/ground hog mound builders.

NOTHING #5: The world-class unevenness of many of Portland's parks need to be highlighted as a contrast here. It's not gophers but rather rubber tires



that undulate the fields of our many parks to the point that they are unusable for any of the team sports that might come to mind. I've gained new appreciation for how many types of games require a flat field. So could we borrow the Fuzzy Golf Course flattening roller to go over our fields monthly? Or do we just learn to live with bumpy fields? I say yes to the latter. There is a local sport about a thousand years old that used to be played in wild and unkempt forest and fields; the game of Lacrosse has been played by Native Americans right here where we sit today (see picture) as a means to prepare for hunting and war. Let's go "native"! Since you are reading this now and not several hundreds of years ago, I'd say ankle wrapping is critical for keeping exasperation at bay in the form of stretched ligament injury convalescence. We sit on our tushes, we ambulate on totally flat surfaces, and don't use our ankles like we can and ought to. Maybe after several months of practicing running in crazy fields we can lose our strong



ankle supports, but not any time sooner. Since the Rec Center now has Pickleball racquets, maybe we could ask Parks to buy some Lacrosse sticks too. (Too soon?)

GENERALLY, I'm hoping for more easy access to New Albany by means of a construction-free (toll-free) freeway, a walking/biking option via K&I bridge, or free bus rides for anyone showing ID with Portland zip codes. But alas, the tolls are coming and fare-free TARC is a pipedream. Nevertheless, New Albany has the money and fun infrastructure... we need to get them to come to Portland to buy our stuff...and we need to use their waterfront (see pic) and chill atmosphere to restore and re-invigorate. If we choose to just stay in Portland (and not engage in interstate travel), getting good at Lacrosse might be the newest head-turner trend in our (Happy Hunting Ground) zip codes.

As always, thank you so much for your time,

PortlandNate
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#just_say_youre_dancing

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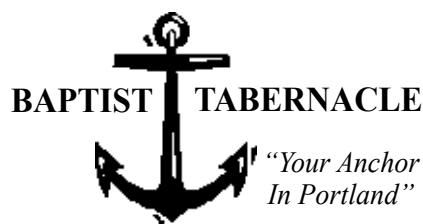
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Calendar of Events

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

Tuesday, September 5th

Social Time 6:00 PM

Meeting Time 6:30 PM

Church of the Promise

1801 Portland Ave.

Side Door On 18th

ALL PORTLAND RESIDENTS ARE ENCOURAGED TO ATTEND AND BECOME ENGAGED IN NEIGHBORHOOD ACTIVITIES.

AMERICAN LEGION POST 193

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

AMERICAN LEGION POST 193 LADIES AUXILIARY

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

LEWIS/PARKLAND LODGE 638 F&AM

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

HELP US HELP OTHERS!

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

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

Qualifications:

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

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

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

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

ADULTS WITH ATTENTION DEFICIT DISORDER

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

LEARNING DISABILITIES ASSOCIATION OF KENTUCKY, INC.

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

WEST JEFFERSON COUNTY COMMUNITY TASK FORCE

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

NEIGHBORHOOD HOUSE NUTRITION PROGRAM FOR SENIOR CITIZENS

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

HOUSING PARTNERSHIP

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

NEIGHBORHOOD HOUSE NUTRITION PROGRAM FOR SENIOR CITIZENS

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

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

Dare To Care
will be at Portland Avenue Community Trust (PACT) Parking Lot at the new location in the former Portland Christian School, 2508 Portland Avenue
1st Tues. of the month 10 AM

BIRTH PARENT SUPPORT GROUP

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

CONSOLING PARENTS

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

MANIC DEPRESSIVE & DEPRESSIVE ASSOCIATION OF LOUISVILLE

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

THYROID CANCER SURVIVORS

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

CONSOLING PARENTS

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

Portland Avenue Community Trust PACT

2508 Portland Avenue

Located in the Portland Depot, the former Portland Christian School

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Break the Chains of Addiction

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**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"
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Recipes from the Ladies of Baptist Tabernacle

September already! There is, or will be soon, a change in the weather. We will put our sweaters and flannel shirts in the wash and get ready for glorious autumn. Also, our taste buds will crave something different. So, here you go.

Fried Green Tomatoes

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



Mix together egg, and buttermilk, set aside. Combine ¼ cup flour, cornmeal, salt and pepper in a shallow bowl. Dredge tomato slices in remaining flour, dip in egg mixture, and dredge in cornmeal mixture. Pour oil to a depth of ¼ to ½ inch in large cast iron skillet. Heat to 375 degrees. Drop tomatoes in batches into hot oil and cook 2 minutes on each side or until folder brown. Drain of paper towel or rack. (If you like a little more zing to your tomatoes, put a dash of cayenne pepper to cornmeal mixture

Apples and Pork

1 lb pork sausage
½ c sugar
2 cups of sliced apples
4 Tbs butter



Cut sausage into 1 inch patties and fry. In separate skillet melt butter. Place apples into skillet and add sugar. Stir apples to keep from sticking. Remove from heat when apples are tender. (Some apples mush up when you fry then and some stay in slices. Either way it's good.) Place patties on a platter and the apples can be either place around sausage patties or in a separate bowl. Depends on how many dishes you want to wash.



Had to get my apple recipes in there. Humor me, please. Now, what speaks of autumn better than a pot of delicious soup.

Potato Soup

2 stalks celery, chopped
¾ tsp seasoned salt
1 med onion, chopped
½ tsp thyme
2 Tsp margarine/butter melted
½ tsp rosemary
6 med. potatoes, peeled and cubed
dash garlic powder
2 carrots, chopped
dash pepper
3 cups water
2 cups milk
3 chicken bouillon cubes
1 cup shredded cheddar cheese

Saute celery and onion in margarine in dutch oven until tender. Add next nine ingredients, cover and simmer 20 minutes or until vegetables are tender. Remove from heat and mash vegetables. Add milk and cheese. Return to heat stirring constantly until cheese is melted.



Cornbread Casserole

3 Tbsp. Butter
2 Tbsp. ketchup
1 med onion, chopped
2 tsp. chili powder
1 green pepper, chopped
salt and pepper to taste
1 lb. Ground beef
1 tsp sugar
8 oz. Can tomato sauce
9 oz. Jiffy Cornbread Mix

Brown ground beef and onion together, drain. Mix in other ingredients, except cornbread mix, in favorite casserole dish. Prepare cornbread mix according to pkg. directions and put on top of casserole. Bake according to cornbread mix instructions.

This next recipe can either be a side dish or a simple dessert. Either way it will add flavor to your meal.



Pineapple Casserole

2 cans (20 oz.) pineapple chunks
(drain juice, but reserve 6 Tbsp)
1/3 cup sugar
5 Tbsp flour
1 cup shredded Cheddar cheese
¼ cup butter, melted
1 sleeve Ritz crackers, crushed

Pre heat oven to 350 degrees. Mix sugar, flour and reserved pineapple juice. Add pineapple chunks and toss to combine. Spoon mixture into 8x8 casserole dish and top with cheese. Combine crushed crackers and melted butter. Spread topping evenly on top of pineapple mixture. Bake for 30 minutes.



Oatmeal Cake

1 cup oats
1 ½ cups sifted flour
1 stick margarine
½ tsp salt
¼ cups boiling water
1 tsp soda
1 cup sugar
1 cup light brown sugar
1 tsp cinnamon
½ tsp nutmeg
2 eggs
1 tsp vanilla

Mix oats and margarine. Pour water over and let stand until margarine has melted. Cool. Mix remaining ingredients. Bake 35 minutes at 350 degrees in 13X9 pan.

Icing:

¼ cup evaporated milk 1 cup coconut
1 cup light brown sugar ½ cup pecans
½ stick margarine

Mix ingredients and heat until sugar is dissolved. Pour over cake in pan after cake has cooled 5 minutes. Put under broiler until icing bubbles. Leave in pan and cut as desired.

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