

COMMUNICATOR

A quarterly publication of the
Upper Highlands Neighborhood Association

December 2010



Residents clean up Upper Highlands

A small group of "good citizen" Upper Highlands residents recently spent hours cleaning streets and walks



Frances Adams, Dwayne Adams and Anna Sea showed their Upper Highlands community spirit by cleaning up debris and cigarette butts along Gardiner and Sunny lanes.

Sidewalk cleaning is residents' responsibility

With winter fast approaching, it is important to remind Upper Highlands residents of the following:

Louisville Metro Ordinance 97.112 states that maintenance and repair of sidewalks in Louisville Metro are the responsibility of the adjoining property owner.

In the most basic terms, this means that residents are responsible for cleaning snow and ice from sidewalks along public roadways in front of their homes.

If you have any questions, contact MetroCall at 574-5000 or 311. You may also refer to louisvilleky.gov/NR/rdonlyres/2E3E42CB-36F1-49EA-9DC9-9576BB1D8E57/0/ORD195streetsside-walks2005.pdf

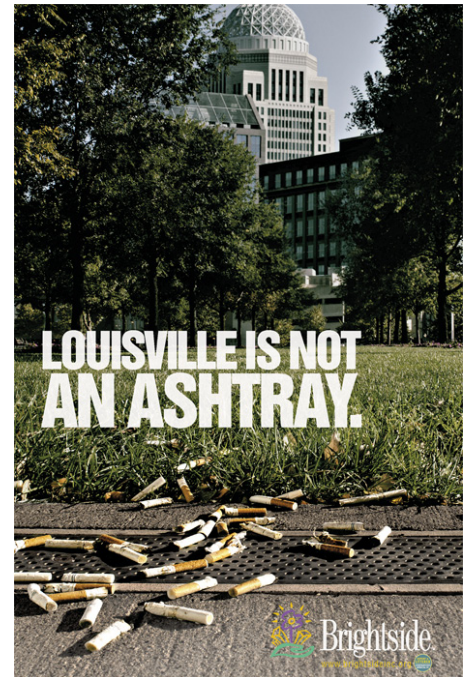
of debris and cigarette butts.

Bob Kotheimer, Lois Minter and Paul Schuhmann worked multiple weekends cleaning up between Gardiner Lane and the Watterson Expressway. This included expressway exit and entrance ramps and the medians where too many thoughtless smokers flick cigarette butts out their vehicle windows.

Residents would be amazed at the large number of butts that are scattered along the roadway. Either the guilty smokers have no concern for others or they simply do not realize how this litter mounts up along the road. And the filters do not biodegrade, like some think.

During Brightside's Community-wide Cleanup in late October, the residents mentioned above were joined by Frances Adams, Dwayne Adams and Anna Sea, who cleaned up along Gardiner and Sunny lanes.

Not only is it important that



residents avoid littering but you might consider filling a garbage bag during your walks through our neighborhood. You would be amazed at how good you will feel, contributing to the beautification of our wonderful city.

And, if you are a smoker, please use your vehicle's ashtray before tossing that butt out your window.



Congratulations

Bob Kotheimer and Irma Raque were given the annual Upper Highlands Neighborhood Association award at the September neighborhood association annual meeting. Both have been diligent in documenting neighborhood history and Bob was instrumental in expanding the *Festival In The Upper Highlands* by adding "green" attractions.

Share your neighborhood history with Communicator readers by emailing it to schuh2901@yahoo.com.

Shooting was false report

Several months ago there was a reported shooting along Gardiner Lane near Heine Brothers Coffee. Residents should be relieved to hear that the actual shooting happened at another location. The victim apparently first claimed it happened in our neighborhood but later admitted that he was shot elsewhere.

To clarify, this is not the same as the fatal shooting incident of a young man that happened on November 11 on the section of Gardiner Lane across Bardstown Road from the Upper Highlands.

Need a baby sitter?

Upper Highlands and Falmouth Drive resident, Abbey Faile, 15, is available for occasional baby sitting. Experienced in caring for multiple children, seven months and older. Pay what you are able. 749-0739.

If you want to be listed in the Communicator, email to schuh2901@yahoo.com

Cherokee Park programs

Join Olmsted Parks Conservancy for these Saturday programs in Cherokee Park

- | | | |
|----------------|---------------|--|
| Dec. 4 | 9 am - Noon. | Save Our Natural Areas |
| | 1 - 4 pm. | Help Restore Our Trails |
| Dec. 11 | 10 am - Noon. | Wreath-Making With Invasive Vines |
| Dec. 18 | 9 am - Noon. | Preserve Our Urban Woodlands |

For more information, visit www.olmstedparks.org or call 456-8125.

Copy machine needed

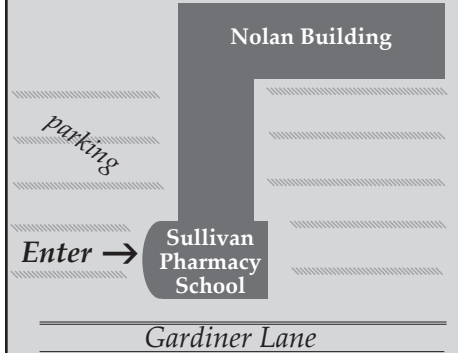
The Upper Highlands Neighborhood Association needs a workable copy machine in order to conduct its business and would prefer not to have to purchase one. We can no longer get parts for our former machine.

We are conservative with our funds and would appreciate it if someone has one they could donate.

UHNA monthly meetings

January 19 • March 16
7 p.m.

Sullivan Univ. College of Pharmacy
(See map below)



*Residents are encouraged to attend
and participate at our meetings
on the third Wednesday
of every other month.*

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Cooks Corner

Former Communicator editor and Upper Highlands resident Ellen Schuhmann was well known for her wonderful meatloaf.

Even if you have never been a meatloaf fan, give this recipe a try and it might change your mind. And you will be rewarded with an enjoyable meal.

Ellen passed away in late October after an eight year struggle with Alzheimer's Disease. Her husband Paul continues to produce our newsletter and now does so in Ellen's memory.

Ellen's Meat Loaf

- 1 1/2 lbs. ground beef
- 1 onion, chopped
- 1/2 can (8 oz) tomato sauce
- 1 egg, beaten
- 1 1/2 tsp salt
- 1/4 tsp pepper
- 1 cup fresh bread crumbs

1. Preheat oven to 350 degrees.

2. Mix ingredients together, form into a loaf and place in a shallow baking pan. Put meatloaf in the oven.
3. Start baking at 350 degrees while preparing sauce.

Meat Loaf Sauce

- 1/2 can tomato sauce
- 2 tbsp yellow mustard
- 1 cup water
- 2 tbsp vinegar
- 2 tbsp brown sugar or molasses

1. Mix sauce ingredients and pour over meatloaf.
2. Bake meatloaf for 1 hour at 350 degrees.

We hope you will take the opportunity to share a favorite recipe with Upper Highlands residents through the Communicator.

Email: schuh2901@yahoo.com
or mail to: **Cook's Corner**
2901 Falmouth Dr.
Louisville, KY 40205

Upper Highlands Neighborhood Association
website: www.neighborhoodlink.com/louisville/uh

Newburg Road sidewalks

Louisville government will possibly construct sidewalks on Newburg Road from Trevillian Way to I-264.

Construction probably would not begin until at least 2012. Although nothing has yet been designed, it is likely that sidewalks would be placed along the Upper Highlands neighborhood side of Newburg Road because of the dense concentration of housing.

It is safer to place sidewalks where people don't have to cross the street.

Metro government would try to keep the sidewalks in the right of way easements on the affected properties.



Metro government help
and information line
574-5000 or 311

Strathmoor Presbyterian Church

(Corner of Bardstown Road and Hawthorne Avenue)



**Christmas Eve
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4 p.m.**

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Sunday Worship • 11 a.m.

451-5185 strathmoorpresby@bellsouth.net

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LEE HUMPHREY

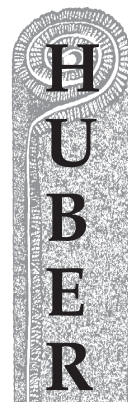
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Identity Theft is a Growing Threat!

*Information provided by
Louisville Better Business Bureau*

The Better Business Bureau encourages residents to destroy or shred any documents that contain bank account numbers, social security numbers, birth dates or pin numbers.

Identity theft is a growing problem. The number of victims in the

Curb Replacement

The March issue of the *Communicator* announced sidewalk and curb replacements in our neighborhood as part of the American Recovery and Reinvestment Act.

Sidewalk work is complete.

The 1600 block of Dunbarton Wynde and the 1600 and 1700 blocks of Sutherland Drive were supposed to receive curb replacements but this part of the project may be in jeopardy due to higher costs associated with sidewalks throughout the city.

More sidewalk funding was needed so they would be compliant with the Americans with Disabilities Act.

U.S. reached 11.1 million last year, a 12.5 percent increase over 2008.

Threats abound both online and offline and no one is completely safe.

There are steps you can take to protect yourself against identity theft to limit the damage.

- Do not keep your Social-Security card in your wallet or purse
- Do not put bills or checks in home mailbox for pickup
- Check credit reports, bank statements and credit-card statements often for irregularities
- Shred all documents with personal information
- Never provide personal information on the phone, internet or email.
- Do not store your credit-card num-

bers on shopping websites

More tips can be found at www.ProtectYourIDNow.org.

Fighting identity theft is a constant battle and we are all potential victims, so be very careful.

Thieves have been ramping up their efforts to steal personal information through electronic devices.

Consumers can also remove their data before properly disposing of an old cell phone. For instructions on how to erase data, go to www.recellular.com/recycling/data_eraser/.

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Preparing plants for winter

By Donna L Michael
Jefferson County Extension Horticulturist

Cold weather is not only hard on us but our landscape plants as well. To help plants survive winter temperatures, gardeners need to understand what hardiness in plants means.

Initial stages of cold acclimation are controlled by shorter daylight followed by a gradual temperature drop.

During this period plants go through physical changes.

Helping others

Again this year Highlands Community Ministries will be helping needy Highlands households with food and gifts this Christmas.

The goal is food and two new gifts (valued at \$25 each) for each person in the household.

If you can help, call 451-3695.

Some plants avoid ice formation by generating solutions that act like anti-freeze to prevent damage.

Shoots are more tolerant of cold temperatures than roots. Roots left above the ground will be killed at 32 degrees F. Proper planting is critical. Rootballs should never be left above ground and just covered with mulch.

If exposed to consistent low temperatures over time plants survive the winter. Unfortunately, in our area temperatures vary, delaying a plants capability to develop a dormant state.

This is a condition where a plant will not grow even if the environmental conditions are favorable to do so.

It is also important to select plants that are cold hardy for this region.

Gardeners are often a plant's worst enemy. Trying to have the perfect landscape, gardeners manipulate their plant's internal mechanisms with fertilization, watering and pruning.

When these practices are carried into late summer and fall it short circuits the plant's chemical receptors and stimulates late season growth, making the new growth vulnerable to cold injury.

Where lawn, trees and shrubs coexist, plants should be in the cold acclimation process before fertilizing, usually in mid-November.

Pruning should not be done when leaves are changing color and falling.

Watering is extremely important but high moisture levels in early fall might reduce cold acclimation.

Evergreens continue to need water during the winter. Therefore, following sound irrigation practices is essential.

Check water needs of plants prior to a predicted cold snap and water if necessary. Moist soil absorbs more heat, helping to maintain an elevated temperature around plants. Mulching the base of plants helps to retain moisture.

For landscapes to remain beautiful year-round, accurate and timely plant care is critical to winter survival.

Sound Barrier Update

The proposed I-264 sound barrier adjoining the Upper Highlands neighborhood is in the design stage.

State Representative Mary Lou Marzian found out just recently that the cost of the barrier would be twice as much as first estimated -- \$1 million to \$2 million.

Because \$1 million was the budgeted amount, Rep. Marzian is pursuing the issue within state government.

Next junk pick-up May 30, 2011



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Grasshoppers Distribution is proudly organizing its third CSA program. With local fruit and produce, protein and dairy share options, our CSA supports not one, but several Kentuckiana farmers.

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decpaint1989@yahoo.com, 459-7150
Paul Schuhmann (4) Vice President
schuh2901@yahoo.com, 458-0475
Leslie Cissell (1) Secretary
lesliecissell@aol.com, 473-7862
Rick Shuster (3) Treasurer
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Mike Kolb (1) Festival Director
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Kevin Scanlan (2)
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Dwayne Adams (3)
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Lois Minter (3)
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debraerose@yahoo.com, 459-4707
Kathy Magee (6)
smilekathymagee@gmail.com, 485-0958
John Roemer (6)
roemja@netscape.com

Important Phone numbers

Louisville Police (LMPD), 574-7111;
Fifth Division, 574-7636
MetroCall, 574-5000 or 311
(City government help / information)
Louisville Gas & Electric
Customer Service, 589-1444;
Power outage, 589-3500
Transit Authority of River City
(TARC) Customer Service, 585-1234
Metro Animal Services, Service
Requests and Licensing, 361-1318
Metropolitan Sewer District
(MSD) Customer Service, 540-6000
Board of Elections, 574-6100
Metro Council District 8, Tom Owen,
574-1008

Holiday Gift Idea

Upper Highlands Neighborhood Association t-shirts.

Adult \$6 – M, L, XL, 2XL
Youth \$5 – S, M, L, XL

Contact Leslie Cissell at 473-7862
or lesliecissell@aol.com

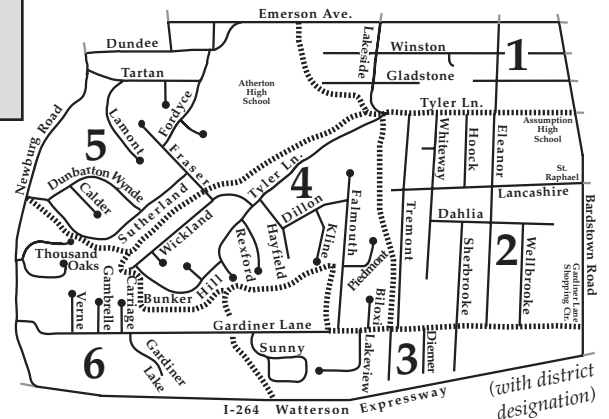
Please contact the representative for your district with any comments or questions about the Upper Highlands neighborhood.

These representatives are here to help.

Communicator article submissions are welcome and encouraged. For information and for advertising, contact Paul Schuhmann at schuh2901@yahoo.com or 458-0475.

Welcome to Our Newest Members

Linda & Erv Klein, Diemer Ln.
Juliet Donahue, Dahlia Ave.
John & Kathy Magee,
Gardiner Lake Rd.
Steve Moorhead, Emerson Ave.



Join your neighborhood association TODAY!

Mail to: Upper Highlands Neighborhood Association
2836 Whiteway Ave. Louisville, KY 40205

For more information, call:
Bob Kotheimer, 459-7150

Upper Highlands Neighborhood

Membership Information (Please write clearly)

Name(s): _____
Address: _____
E-mail: _____
Phone: _____

Major neighborhood concerns:

- ☐ Traffic ☐ Crime ☐ Beautification
☐ Noise ☐ Future Development ☐ Other: _____
☐ Drainage ☐ Litter _____

December 2010

- ☐ Household membership (\$7)
☐ Business membership (\$25)
☐ New
☐ Renewal
☐ I can distribute *Communicator* in my neighborhood.
☐ I would like to serve on the Board of Directors.
☐ I would like to serve on a committee concerning: _____