

Watterson Park Word

VOLUME XVII, ISSUE 1



A PUBLICATION OF THE CITY OF WATTERSON PARK, KENTUCKY



WINTER 2017

FROM THE *Mayor*



My first year serving as Mayor...

I was appointed as Mayor of Watterson Park in December 2015 and was elected to the position in November 2016. Listed below are highlights from my first year.

- I am very proud to report that our taxes were lowered from 9.5 cents to 8.3 cents per one hundred dollars (\$100.00) of assessed valuation – a 13% reduction.
- We appointed two Councilmembers – Tiffany Woodson and Lanette Douglas – to fill vacancies left by the resignations of Mary Ann Liebert and Scott Frisch.
- Improved street lighting was installed on Conaem, Annshire, Vineyard, Milldaun, and Regina.
- Decorative street signs have been installed on residential streets.
- Illuminated signage and guardrail markers were installed on Stober Road.
- The Bellarmine University sports complex development located on Newburg Road in Watterson Park is underway.
- Several businesses have expanded their operations or relocated to Watterson Park.
- Milldaun Road was paved and speed humps were installed.
- Your Mayor, Council, and several residents participated in two Neighborhood Walks with the LMPD Sixth Division Officers.
- Watterson Park is now connected on Nextdoor – a social networking service for neighborhoods. If you haven't joined, please do so, as there is some good information provided on this site.
- The City-sponsored trip to Bernheim Forest was held in May and was a huge success.
- The annual community yard sale was held in September.
- We participated as a team in Operation Brightside spring and fall clean-ups for the fourth consecutive year.
- Two concrete benches are now in place on The Lillian Wild Walking Path; we may add another in the spring.
- Your Mayor and Council have done a meet-and-greet with several of the businesses located in Watterson Park, and we plan to do more in 2017.
- Bids were obtained and contracts were awarded for sanitation, road work, lawn care, tree maintenance, and snow removal.
- We continue to work with JCPS Administration regarding middle and high school assignments for our students. *(Ongoing)*
- We attended monthly LMPD Sixth Division Citizens Advisory Board meetings to ensure a good rapport with the officers assigned to our area, which is Beat 3. *(Ongoing)*
- We attended District 10 Advisory Board meetings in order to stay informed on what is happening in our District. *(Ongoing)*

My first year has been very busy and it did come with some challenges; however, I try to look at challenges as opportunities. What we have accomplished could not have been done without our Council, Treasurer, and Clerk working together as a team. They continually strive for the betterment of our City, and we are all committed to making Watterson Park a City to be proud of.

Please visit our City website, WattersonParkKy.com, where we post minutes from our Council meetings, treasurer's reports, ordinances, and updates on what is going on in Watterson Park.

As always, we welcome your questions and/or suggestions.

Linda Chesson

Linda Chesson, Mayor

YOUR HEALTH: *Taking Out the Trash*

It's the little things we do (or don't do) that have the greatest impact on our health, not only now, but in the next 10 to 20 years. We all thought sleep was a luxury, not a necessity. Recent research studies are telling us that getting enough sleep helps our brains "take out the trash." We don't even have to check out the recycle/yard waste calendar for this trash pick-up!

How much sleep is needed?

Most people need an average of seven to eight hours of sleep each night.

Why is sleep so important?

During sleep:

- The glymphatic system is activated. This system "takes out the trash," so to speak. It flushes out toxins that accumulate in the brain during the day. Elevated levels of certain toxins are linked to diseases such as Alzheimer's.
- Hormones are regulated that help control appetite, mood, blood sugar, and blood pressure.
- Memories are stored.



How do I know if I'm getting enough sleep?

Create a log of your Zs for a week or two. You may not be getting as much sleep as you think. If you aren't quite getting eight hours a night, try bumping up your bedtime 15 minutes earlier each week until you feel refreshed in the mornings.

Having trouble falling asleep or staying asleep?

Lights out. Electronics off. No food or alcohol three hours before bedtime. Limit screen time one to two hours before bedtime.

Getting eight hours a night and still feeling tired?

You may have a sleep disorder. One common sleep disorder is Obstructive Sleep Apnea. Symptoms include snoring, gasping for breath, and/or being told that you stop breathing during the night.

Obstructive Sleep Apnea occurs when the airway relaxes during sleep and blocks the airway. Untreated sleep apnea can cause heart rhythm disorders, high blood pressure, depression, mood changes, weight gain, brain fog, memory problems, and daytime sleepiness. Treatment options include Continuous Positive Airway Pressure (CPAP), dental devices, positional devices, and hypoglossal nerve stimulators. A physician will need to order a sleep study to diagnose sleep apnea. This can be done overnight in a sleep lab or at home using a home sleep study. Contact your primary care physician if you think you may have a sleep disorder.

~ Submitted by Jackie Bourke, Sleep Medicine Associates

Large Trash Pick-up

**SATURDAY,
APRIL 15, 2017**

Have items at the curb no later than 6 a.m. No tires, paint, batteries, or any items that contain Freon will be picked up.

Cold Weather Tips

PLEASE KEEP YOUR VEHICLES OFF THE STREETS WHEN SNOW AND/OR ICE IS FORECAST.

Parked cars are an obstacle to properly clearing the streets and also pose a hazard that plows, as well as other vehicles, must maneuver around. Your street will be cleared more thoroughly if there are fewer cars parked on it.

Also, keep your sidewalk shoveled and ice-free so your postal carrier can deliver your mail safely and efficiently.

At Your Service...

Do you have a pothole on your street? Is the drainage ditch in front of your house stopped up? Would you like to participate in our next Operation Brightside clean-up? Do you need a copy of your tax bill? Would you like to list your business on our website?

Answers to these questions and many more can be obtained by contacting the Councilmember or Officer who is in charge of the City-related services listed below. If you have a question or concern about something that is not listed, you can check our website [WattersonParkKy.com], call 502.458.7613, or send an e-mail to info@WattersonParkKy.com.

Business Liaisons

Linda Chesser, Mayor – 502.458.7613

Tiffany Woodson, Councilmember – 502.498.0542

Events (Spring Trip; Operation Brightside Clean-Up; Yard Sale)

Marlene Welsh, Councilmember – 502.459.5244

Tiffany Woodson, Councilmember – 502.498.0542

Finance (Budget; Audit; Tax Bills)

Jerry Wild, Treasurer – 502.744.7177

Lawn Maintenance; Tree Maintenance; Forestry Program; Tree City USA; Arbor Day

Lanette Douglas, Councilmember – 502.819.7274

Gina Garrett, Councilmember – 502.454.6669

MSD; Street Lights; Pest Control

Helen Arnold, Councilmember – 502.452.6913

Property Issues (Maintenance; Parking Violations; Illegal Signs; Tall Grass and Weeds)

Linda Chesser, Mayor – 502.458.7613

Road Work; Signs; Potholes; Speed Humps

Linda Chesser, Mayor – 502.458.7613

Steve Fortwengler, Councilmember – 502.533.9466

Sanitation

Linda Chesser, Mayor – 502.458.7613

Website; Newsletter; City Records

Aggie Keefe, Clerk – clerk.wattersonpark@gmail.com

WE'VE ADDED BENCHES!

If you've had the chance to take a stroll around our Lillian Wild Walking Path, you may have noticed we added a couple of concrete benches. This convenience can ease the pain of your six laps (which equals a mile), or give you the opportunity to tie a shoe, make a phone call, or even eat your lunch.

Please enjoy!



Spring Trip

- Our Events Committee is planning a field trip this spring as part of our community forestry program. Watch for updated information in our spring newsletter and on our website, WattersonParkKy.com.

CITY OF WATTERSON PARK COUNCIL AND OFFICERS

Mayor.....	Linda Chesser
Councilmember	Helen Arnold
Councilmember	Lanette Douglas
Councilmember ..	Steve Fortwengler
Councilmember	Gina Garrett
Councilmember	Marlene Welsh
Councilmember	Tiffany Woodson
Clerk.....	Aggie Keefe
Treasurer.....	Jerry Wild

Welcome...



to the newest member of our City Council: **LANETTE DOUGLAS**. Lanette has been a resident of Watterson Park for five years. She is married to Jason Douglas and has two children, Autumn and Isaiah. Lanette is looking forward to serving the Watterson Park community.

CITY OF WATTERSON PARK
P.O. Box 35334
Louisville, KY 40232



PRSR STD
U.S. POSTAGE
PAID
UNITED MAIL

Address any comments or suggestions regarding this newsletter to:

Aggie Keefe, Editor • City of Watterson Park • P.O. Box 35334 • Louisville, KY 40232 • WattersonParkInfo@att.net

PAGE 4

WATTERSON PARK WORD

CITY OF WATTERSON PARK SANITATION SERVICES GUIDELINES

♦ ♦ ♦ Containers must be at curb by 6 a.m. on service day. ♦ ♦ ♦

TRASH – Every Friday. Put bagged trash in cart provided by ID and place at curb – NOT on the street. Place with wheels in the back facing the house and at least three feet from mailboxes, cars, landscaping, or any obstruction.

COMPOSTING – RESIDENTIAL HOMES ONLY – Every other Friday. Includes grass, leaves, limbs, vines, small shrubs, and weeds. Environmentally friendly, biodegradable/compostable bags are the only types of bags permitted. Residents may use self-enclosed containers, carts, and cans marked Yard Waste Only. Tree limbs and branches: maximum six inches in diameter, no longer than four feet. Must be tied and bundled – not thrown loose at the curb.

RECYCLING – Every other Friday. Put items in recycle bin provided by ID. Acceptable materials: aluminum and metal cans; glass bottles; plastic #1 and #2; plastic bottles with a neck (soda bottles, laundry product containers, etc.); newspaper and magazines (please bundle or tie); corrugated cardboard/box board (i.e. cereal/soda boxes and similar packaging).

Note: Composting and Recycling will occur on the same alternating Fridays each month.

JUNK – Remaining scheduled semi-annual large junk pick-up dates are: April 15, 2017; October 21, 2017; and April 21, 2018. No tires, paint, batteries, or any items that contain Freon will be picked up. In addition, ID will collect one junk item from a residence weekly as long as the resident has called ID in advance to schedule the pick-up. Additional charges MAY apply.

HOLIDAYS – If a scheduled service falls on an observed holiday (New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Day), service will be the day following the holiday. All services for the remainder of the week are also delayed one day.