



City of Middletown

The Heart of Louisville

City Officials

2020-2022

Mayor J. Byron Chapman

Commissioner Mark Stigers

Commissioner Ron Wolf

Commissioner Amy Oliver

Commissioner Paul Hayden

True strength is keeping everything together when everyone expects you to fall apart.

Important information about our newsletters!!

Effective with this issue, the city is going to produce four newsletters per year.

Two will be digital and two will be mailed.

The next issue will be mailed.

From the Desk of Mayor J. Byron Chapman

I, like many of you are looking forward to next year. 2020 has tried all our patience. It has been long and hard for all of us in Middletown, but we are a people that do not give up.

Next year please spend more time helping our fellow residents and continue to support the local businesses. I am positive that with each other's assistance 2021 will be an improvement.

I do want to report that the city is strong and heading into another year with a newly elected commissioner, Mr. Paul Hayden.

We need to thank Paul Zimmerman who decided not to seek reelection after 10 years of service as a Middletown Commissioner. Paul, many thanks and be safe.

Remember we want to serve our residents and businesses therefore call City Hall at 502.245.2762 and let us help.

Sincerely,

J. Byron Chapman, Mayor

Newest Officers to MPD

All of these experienced and high-quality Officers are retired from or come from LMPD. You may have already seen them patrolling your neighborhoods and businesses, now we would like to introduce them to you.

Sgt. Jeremy Coleman

Sgt. Coleman's law enforcement career began in 1998 with JC Sheriff's Office, then he joined LMPD in 2001 as a patrol officer. During that time, he trained new officers as a Police Training Officer and received LMPD's Police Training Officer of the Year in 2007. In 2012 Sgt. Coleman was promoted to a Sgt in the 6th Division (late watch & daywork) in various positions. He is a Kentucky Law Enforcement Council Certified Law Enforcement instructor in areas of Leadership, Police Training Officer Program, Police Mountain Bicyclist and General Patrol duties. He is recognized by the Kentucky Law Enforcement Council's career development program as an Intermediate and Advanced Law Enforcement Officer and Law Enforcement Supervisor. Sgt. Coleman retired from the Louisville Metro Police Department in August 2020.



Sgt. Steve Kaufling

Sgt. Kaufling held numerous positions within the Louisville Metro Police Department. These positions included being assigned as a patrol officer, a narcotics detective, and a division detective in the old LMPD 4th District. In 2006, he was promoted to Sergeant and held positions supervising a patrol platoon, a division narcotics unit, and a division detective unit in the LMPD 4th Division. In 2012, he was promoted to Lieutenant and held positions as the commander of a patrol platoon in 1st and 4th Divisions. In 2016, he became part of the Major Crimes Division where he was the commander of the LMPD Robbery Unit and the Financial Crimes Unit. Sgt. Kaufling was also a member of the LMPD SWAT Team for approximately eight years. He retired from LMPD in August of 2020 with 24 years of service.



Officer George McMillan

George began his career with the Louisville Metro Police Department as a patrol officer in the Sixth Division from 2013 to 2017 and as a Division Resource Officer from 2017 through 2020. Officer McMillan served as a member of LMPD's Hostage Negotiation Team and as a certified Critical Incident Team officer specializing in critical mental health response. Officer McMillan joined the Middletown Police Department on October 12, 2020.



Officer Holly Rogers

Officer Rogers's Law Enforcement career began with the Jefferson County Police Department in April 1999. She was assigned to Baker District and then the 7th Division after merger. In 2005, Off. Rogers became a division detective in the 7th Division. She transferred to the Homicide Unit in July 2009 and remained until she was promoted to sergeant in January 2011 and transferred to the 3rd Division as a patrol sergeant. In September 2012, Off. Rogers transferred to the newly created Crime Information Center where she supervised crime analyst and detectives. In October of 2017, she transferred to the Court Liaison office, where she remained until retiring on August 1, 2020.



What You Need To Know about MPD's Dispatch

The Jefferson County Sheriff's Office is the City of Middletown's point of contact for your police and emergency services.

Their Communications Center is located in downtown Louisville and staffed 24 hours per day, 7 days per week. (This includes all holidays and weekends; they never close!)

Dispatchers are required to attend a 164-hour Telecommunications Academy in Richmond, KY at the Department of Criminal Justice Training to obtain certificates and specialized training to work as State- certified 911 Dispatchers. After the academy, continuing education is a requirement, with a mandatory class of at least 8 hours yearly to be completed.

Among the 20 Dispatchers employed, their experience adds up to an estimated 110 years, and the two Directors of Communications share a total of 54 years of experience between them!

The most important thing to know when you call 911, or for non-emergency 574-5471, is your location. Dispatchers will ask questions to assess the situation and to determine your exact location so the proper responders may be sent, so please be patient; this is for your safety as well as the safety of Responders.

What Dispatchers would like for the community and visitors of Middletown to know is that you are in good hands if you need police or emergency services. We hope the need does not arise, but if so, Dispatchers are ready to take your call!

If you or someone you know is interested in a career in Law Enforcement or 911 Dispatch, please reach out to your Middletown Police Department or to the Jefferson County Sheriff's Office Career Development Department at 502-574-5400.



Emergencies dial: 911
Non Emergencies: 574-5471



The Pandemic, the Holidays, and ... Is Your Unforgiveness Killing You?

By Warren P. Lesser, DBA, MBA President, Middletown Chamber of Commerce

Today I was reading an email from a friend who shared the idea that one day, 2020 will be the catchphrase for everything messed up and bad. "How was your day?" ... "A total 2020!" ... "Say no more!"

In times of stress (e.g., virus pandemic, economic downturn, civil unrest, business failure, job loss, political chaos, media distrust, social isolation, physical fitness decline, etc.), we see plenty of examples of how some people point fingers of blame at others. Worse, some folks nurture a spirit of unforgiveness and resentment towards others, including family members who historically have been closest and most loved. All too often, we witness family strife at gatherings during the holidays; strife that results in hard feelings that can endure for days, weeks, months, or even years. In our own extended family, I have two nephews who have not spoken with their father in over 15 years. Thing is, my nephews are not perfect human beings, either.

One can search Google Scholar and find dozens of scholarly articles regarding the connection between unforgiveness and physical/mental health. For example, in one compelling study, Harvard University and Luther College researchers determined a positive psychology variable correlation ($p < .001$) between unforgiveness, and high blood pressure, myocardial infarction (heart attack), tachycardia, and arteriosclerosis. The study involved 43,093 subjects who were evaluated over a 12-month period [National Epidemiological Survey on Alcohol and Related Conditions (NESARC); Toussaint & Cheadle, 2009]. Subjects were asked: "Most of the time throughout your life, regardless of the situation or whom you were with: 1) Are you the kind of person who takes a long time to forgive people who have insulted or slighted you?" [and] 2) Have there been many people you can't forgive because they did or said something to you a long time ago?" The researchers concluded that within a 12-month period, unforgiving tendencies are associated with increased odds of experiencing a cardiovascular health problem.

In another interesting article from the *Director of Mood Disorders Adult Consultation Clinic* at Johns Hopkins Hospital, Karen Swartz M.D. (2020), stated that regardless of whether one has a simple spousal spat or a long-held resentment toward a family member or

friend, unresolved conflict can affect physical health. However, researchers have found that the act of forgiveness can reap enormous rewards including: lowering heart attack risk, improving cholesterol, facilitating sleep, and reducing pain, [blood pressure](#), anxiety, depression, and stress. Furthermore, researchers determined that the forgiveness-health connection *increases*, as one ages.

Dr. Swartz also stated that true forgiveness is more than saying words but is a process of letting go, the negative feelings towards another person, whether the person deserves mercy, or not. By releasing anger and resentment, one can begin to feel empathy, compassion, and sometimes even affection. People who hang on to grudges, however, are more likely to experience severe depression, [post-traumatic stress disorder](#), and other health conditions. Dr. Swartz emphasized that *forgiveness is a choice*, where one offers compassion and empathy to the person who wronged you.

Independently, but affirmingly, clinical psychologist, life coach, and renowned author, Dr. Suzanne Gelb, stated: "Forgiving someone doesn't mean their behavior was 'OK.' What it does mean is that we're ready to move on. To release the heavy weight. To shape our own life, on our terms, without any unnecessary burdens. Forgiveness is pure freedom—and forgiveness is a choice."

From your Middletown Chamber of Commerce this holiday season, we realize that many of you have experienced hard times in your business and personal lives. We have shed tears with some of our local chamber business members who have struggled, and even failed. However, regardless of what we have been through in 2020, we stand united, ready to help the businesses and citizens of this wonderful community. As we continue in this holiday season, we hope you will choose to lighten your burdens by offering the balm of forgiveness, which may just result in substantially greater heart, mind, and body health for you in 2021.

Gelb, S. (2014, October 14). *Forgiveness is a choice*. <https://gomcgill.com/forgiveness-is-a-choice-by-dr-suzanne-gelb/>

Johns Hopkins Medicine (2020). *Forgiveness: Your health depends upon it*. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/forgiveness-your-health-depends-on-it>

Toussaint, L., & Cheadle, A. C. (2009). *Unforgiveness and the broken heart: Unforgiving tendencies, problems due to unforgiveness, and 12-month prevalence of cardiovascular health conditions*. Walker (Eds.), *Religion and psychology*. New York, NY: Nova Publishers.

Trash Recycle Yard Waste

Rumpke Contact Information

Phone—800-678-6753 or
502-568-3800 Ext. 3 Customer Service
Website: www.rumpke.com



If you have a large item to be picked up such as a mattress, you must call Rumpke to schedule the pick up. All mattresses must be wrapped in plastic. In addition, cloth furniture items must also be wrapped in plastic.

Christmas trees will be picked up at the curb. If the tree is larger than 6' it must be cut into 6' lengths.

RECYCLE PICK UP

North of Shelbyville Road

Thursday, Dec 31
Thursday, Jan 14
Thursday, Jan 28
Thursday, Feb 11
Thursday, Feb 25
Thursday, Mar 11
Thursday, Mar 25
Thursday, April 8

South of Shelbyville Road

Thursday, Dec 24
Thursday, Jan 7
Thursday, Jan 21
Thursday, Feb 4
Thursday, Feb 18
Thursday, Mar 4
Thursday, Mar 18
Thursday, April 1

Historic Middletown

Early Middletown Schools

COMMISSIONER MARK STIGERS

Early schools were often built of logs and clay and was often one room with no floor. The curriculum consisted of the three R's - reading, riting and rithmetic. Spelling was considered of prime importance. There was not a great deal of writing at school because of the shortage of paper and the scarcity of writing slates, Blackboards did not exist at the early schools.

After providing for the security of their families the founding fathers of Middletown set their sights on the provision of worship and education. Middletown's first preacher and teacher were the Reverend James Vance who opened a school before 1799. In 1805 the trustees of the school were: William White, Martin Brengman and William Chambers. It is not known where the first school's session was held but on July 19, 1805 the trustees leased for ninety-nine years the "meeting house" of the Presbyterian Church. At least two of Middletown's schools were institutions of higher learning, Hope Seminary and Jefferson Female Academy were famous beyond the confines of the

town. Hope Seminary was organized in 1819 by Richard Chew, Dr. Joseph Glass, Benjamin Lawrence, and Lawrence Young as trustees.

The two-story school was located on Lot 14 consisting of two- and one-half acres with the Saint Paul's Lodge No. 32 to occupy the second floor. There are records of a number of early schools. Before 1830 a school held sessions on the second floor of the Head, Hobbs, and Lawrence General Store with another on the site of the old Methodist Church, believed to be at or near the present intersection of Watterson Trail and Main Street. From about 1860 to 1870 a school was in a stone building on the Benjamin Head property, located between the house and the Henry Percy's store, now Chandler's Upholstery.

About 1855 the Jefferson Female Academy was founded as a boarding school for girls at the location of the First Baptist Church. The school closed in 1878 and was eventually remodeled for a private day school for boys and girls.

The private day school served the children until a free public school was opened in 1909.

The new school was a two-room frame building on Harrison Avenue and still stands as a private residence today.

In 1918 the two-room school was closed after the opening of the new two-story red brick with eight rooms on the Middletown-Anchorage Road, North Madison Avenue, from 1916 to 1920.

Middletown had a one-teacher high school that was held in the auditorium of the Masonic Lodge. When the new high school was completed the Middletown students were enrolled in the Anchorage High School.

Several other schools existed outside the town limits in the Middletown area and we have information on many of these at the Middletown Museum located at 11700 Main Street. Please stop by once we re-open after the pandemic and follow us on Facebook at Historic Middletown Inc/ Middletown Museum.

CITY

CALENDAR 2021

January

- 1 City Hall Closed for New Years
- 14 City Meeting @ 6:00 p.m., City Hall, 11803 Old Shelbyville Rd.
- 18 City Hall Closed for Martin Luther King Day

February

- 11 City Meeting @ 6:00 p.m., City Hall, 11803 Old Shelbyville Rd.
- 15 City Hall Closed for Presidents Day

March

- 11 City Meeting @ 6:00 p.m., City Hall, 11803 Old Shelbyville Rd.

*PLEASE CONTACT CITY HALL OR CHECK OUR WEBSITE FOR ANY CHANGES TO CITY MEETINGS

TO THE GOOD PEOPLE OF MIDDLETOWN

Thank you for allowing me to serve as a Middletown Commissioner for the past ten years. I am grateful for the opportunity to serve on the Commission and help steer the city's progress. When I first ran for office, I had the expansion of Wetherby Park as my primary goal and I am proud to have been a part of making that happen. Due to my declining health, I did not seek re-election this year but my interest in the city's welfare continues. Again, thank you all for giving me this honor.

Paul Zimmerman

School News

EASTERN HIGH

Fall 2020 has been one for the record books. Though we were not able to meet in person for classes, we have persevered. We are very proud of our numerous award winners.

Solyana Mesfin, a junior has been selected as the first active public-school student to hold a seat on the Kentucky Board of Education.

Tristan McGorty, a senior was named a 2020 National Merit Semifinalist.

Teacher Elena Kamenetzky is the 2021 [American Council on the Teaching of Foreign Languages \(ACTFL\)](#) National Language Teacher of the Year! She teaches Japanese.

Teacher Jami Allen was named winner of the 2020 Kentucky History Teacher of the Year by Gilder Lehrman Institute of American History. She teaches U.S. History.

In addition, we continued our Holiday Care-A-Van tradition of providing a food basket to members of our Eastern community in need of food assistance. This tradition dates to 1965!



Visit our website www.easterneagles.org or follow us on Twitter @easternhsmedia or @athleticsehs

Please visit our calendar for complete list of available events: www.easterneagles.org/calendar

Museum Moment

Middletown Museum 11700 Main Street

The Museum unfortunately continues to remain closed. Many areas in our lives also remain changed such as businesses, schools and churches. All of us must do what we can do to stop the spread of this virus. We are living in historic times. As soon as possible, we will open the Museum providing a safe environment for our visitors and volunteers.

Let us hope it will be very soon! In the meantime, we still provide information to those calling seeking clarity on different historical questions. We can be reached at the following phone numbers: 245-0113 and 643-7393.

Museum Hours When we reopen

Thursday: 10:00 a.m.—3:00 p.m.
Saturday: 1:00 p.m.—4:00 p.m.