



The Colony Newsletter

Neighbors,

These are extraordinary times unlike any I've ever seen. With the initial novelty of the pandemic quickly over, I believe we are now facing the sobering reality of an extended health crisis and all the hardships that go along with it. I hope you and your families are all keeping well and finding ways to make this time less burdensome. I'm heartened that so many in our community are helping others in ways they can. Numerous neighbors have contacted me offering to help those who need assistance. In fact, it's my observation that those wanting to help are abundant, while it's more difficult finding individuals and families asking for the assistance they need. I think most people want to be independent and are reluctant to impose on others for help. But I've always thought that asking a friend or neighbor for help is a gift, because it gives that individual the opportunity to share their generosity. So, if you are having a hard time, let one of our wonderful neighbors lend a hand.

Please enjoy this spring issue of the Colony Newsletter and consider submitting an article of your own for a future one.

Stay well,

Jerry Weisenfluh

AS THE CLIMATE CHANGES SO DOES GARDENING

by Jane Madden

The Industrial Revolution of the mid 1800's brought many good things to daily life but concomitant with the benefits came increased atmospheric CO₂ levels, which have risen from about 280 ppm then to over 400 ppm now. If you remember biology class, plants use CO₂ for photosynthesis so this increase would not seem to be a problem. But the plants that best capitalize on this phenomenon are often the fast-growing, weedy or invasive types, e.g., Euonymus and Japanese honeysuckle. Additionally, CO₂ traps heat and with more of it, the earth's temperature increases and it is projected that the average global temperature will increase by up to 3.8° F by the middle of this century. The consequences of this temperature rise are essentially twofold, higher winter temperatures and more weather extremes. A good analogy to help understand this is that of walking a dog up a hill, the trajectory is steadily up, but the dog may be running both up and down as it ascends the hill.

Increased winter temperatures may lower our heating bills, but they also allow insects to live through the winter instead of being killed off by "normal" cold temperatures. A normal die off usually means that next season's crop is of normal size, instead of just adding to what is already there. In addition, invasive and destructive insects that never ventured this far north may now find the climate here to be hospitable and the plants tasty. Depending upon the seasons in which they occur the consequences of temperature fluctuations can be devastating. Plant growth in autumn may not harden off gradually and can be killed by a sudden cold snap. Warmer winters lengthen the growing season. Buds may appear earlier than normal and may try to open, leading to the risk of being nipped by a cold snap. Our winter in the Colony has been notable for temperature fluctuations, e.g., 60° on Sunday and 20° on Tuesday. Buds that "beat the gate" in February may be killed off in April leading to loss of blooms. Marginally hardy plants like some Japanese maples may not leaf out well, and fruit crops could be affected. Warmer temperatures also influence weather patterns, such that both extreme drought and extreme rainfall are probable. It has been postulated that climate change may alter the stability of the jet stream so that extreme events like a polar vortex will become more frequent.

So what is a gardener to do? Going back to the dog walk analogy, if the dog were well trained and just went steadily up the hill, our yards could be filled with lush tropical plants, but unfortunately, the dog runs in extreme directions and, as mentioned above plants respond to extremes not averages. So now gardeners have to become risk managers. We can plant a diversity of species. Native plants are adapted to this climate and may hold their own even during a change in the climate

and as an additional benefit they provide food for insects and thus birds. We can introduce some warmer growing zone plants to see what thrives (or not). Annuals and perennials planted after the last frost can keep a garden looking good during a longer, warmer growing season. With respect to precipitation extremes, a plant either likes or tolerates lots of water or it doesn't. So right plant, right site becomes important. If there is a section of yard that tends to remain soggy, a rain garden can be attractive and help soak up water that might produce a messy nuisance.



Mulching the soil around plants will also buffer against extremes. Mulch conserves moisture and reduces weed growth. It can also lower summer soil temperature by as much as 20° F. In the winter mulch insulates plant roots and prevents frost heave. A mulch ring starting several inches away from the tree trunk out to the canopy edge promotes tree health by reducing competition from the turf for water and nutrients, thereby allowing a stronger root system. It also keeps mowers and string trimmers away from tender bark.

So what else can gardeners do the help mitigate the problem not just in their own yard but also for everyone else. First, maintain the existing trees, shrubs and plants. They are already out there working. Plant new trees and shrubs. Fast growing trees capture carbon quickly and do have a place in a beautiful landscape, but they don't last as long as slower growing ones like oak, maple, and beech and other Kentucky natives. Increase organic matter in the soil. Grind up autumn leaves with a mower instead of raking them into a bag for the trash to haul away. Even waiting to do this in spring allows leaf matter to decay into the soil over the winter as well as being a cheap source of mulch.

Limit excessive lawn fertilization. According to Fine Gardening magazine, the typical 4 treatment annual fertilization program offered by many lawn services “applies the equivalent of 160 pounds of nitrogen per acre, or roughly the same amount that Midwestern farmers apply to an acre of corn.” Each pound of synthetic nitrogen fertilizer release about 6 pounds of CO₂. More fertilizer, more grass, more mowing, more money. A push mower, while undeniably the best way to avoid carbon pollution, is really impractical for most of us. However, one can add more garden beds and tree rings to reduce the lawn size.

To eliminate grass in preparation for a new garden bed and avoid the back-breaking work of lifting the sod, put down cardboard or a layer of newspapers and cover it with soil or mulch. The grass underneath will decay and nourish the soil as it does. When planting in an existing garden bed, avoid tilling or excessive soil turnover, it releases carbon stored in that soil. Use mulch and organic matter as amendments. If practical, set up a compost pile or get one of the many types of storage bins offered in garden catalogs that hold food scraps and small amounts of yard waste. With a little care and ingenuity our gardens will continue to thrive and delight.

Some helpful references:

The Living Landscape. Rick Darke and Doug Tallamy. Timber Press 2014.

Bringing Nature Home. Doug Tallamy. Timber Press 2014

THINGS YOU PROBABLY DIDN'T WANT TO KNOW ABOUT YOUR SEWER LINE

by Jerry Weisenfluh

This winter we had a minor drain clog that mushroomed into a major sewer line replacement. Through the process of diagnosing the problem, I learned a lot about our local septic system that I thought I'd share with neighbors. It all started when the plumbing company suggested sending a camera through our lines to evaluate their condition. Almost immediately, he had problems passing the camera through the pipe, and he says, "it looks like you have Orangeburg pipe here, and it's as bad as I've seen". I had never heard of this product, so I had to look it up.



Orangeburg is a non-metallic sewer pipe made of wood fiber and petroleum pitch. It was made in Orangeburg, New York from the late 1800s until about 1970. It was especially common in residential installations during and after World War II, when metal was scarce and expensive. The material can last for 50 years, but its lack of strength eventually results in pipe collapse, apparently what our plumber was observing. When I dug a hole at the point where he couldn't pass his camera, I found a transition

from the Orangeburg to modern PVC pipe. That really puzzled me, so I went to the city sanitary sewer tap on desk to find out what they knew.

It turns out that the sewer mains in the Colony were installed in 1985. Prior to that time, everyone was on septic fields. Residents had 5 years from 1985 to tap on to the main. Those of you who were here at the time probably remember all of this. In our case, some of the original Orangeburg pipe that led to the septic field was underneath a stone patio and wall, so the owners only replaced half of the line when they tapped on in 1991. I surely understand why.

I took the time to pass this along, because I assume that Orangeburg was widely used when the Colony homes were constructed. Don't panic! Our situation was probably more complicated than usual. For most households, it's likely that the entire line was replaced with Schedule 40 PVC after 1985 (our PVC was in perfect condition after 30 years). If you do have drain problems, you can have your line inspected like we did with a camera to determine what the problem is. If you need a new sewer line, there are companies that do trenchless replacement that minimizes disturbance, providing that the existing line doesn't have any dips along its path.

I know, more than you wanted to know.

RECYCLING: A FEW TIPS

by Frankie Daniel

In recent months we have had confusing messages regarding recycling. This is an ever-evolving situation but below is an outline of how and where to recycle.

Paper Products

Currently, paper recycling is available to those who have Rumpke Services. Others who want to recycle newspapers and other paper products may do so by taking them to the city yellow bins. The closest yellow bins for paper recycling can be found at these locations:

Masterson Station Park, 3051 Leestown Rd.
Lexington Recycle Center, 360 Thompson Rd.
Good Foods Coop, 455 Southland Drive



Electronics

Electronics Recycling Center accepts residential only electronic waste Monday through Saturday at 1306 Versailles Rd.

Plastics

Kroger has a service - "Be a Zero Hero!" <https://www.kroger.com/home-tips/cleaning/be-a-zero-hero> Inside the doors of Kroger stores find large yellow containers for the following:

- Grocery and retail shopping bags (remove receipts and hard plastic handles)
- food and storage bags (i.e. ziplock, produce bags, bread bags, dry cleaning bags, newspaper sleeves and bags, plastic cereal liners.)
- Outer package wrapping from toilet paper, napkins, paper towels, diapers, and case stretch wrap from bulk snacks and water bottles, etc.
- Shipping materials, shipping envelopes with labels removed if possible, bubble wrap, air pillows (deflated)

Hard Plastic Lids

If left on juice, milk, medicine, detergent bottles, etc. the container cannot be recycled as expected when we do deposit them in our curbside recycle bin. Some schools accept these lids and participate in a project to produce benches. St. Raphael's on Parkers Mill collects them for this purpose. Many of you in the past year have collected bags of these lids and have left them at the Daniel's house at 1272 Standish Way. (Thank you!) These go to Hunter Presbyterian Church and then are delivered to Winburn and Bryan Station High School where students have such a bench project using the lids!



For more information on recycling in Lexington, please visit:

<https://www.lexingtonky.gov/recycle>

Want to know how recycling works in Lexington?
Watch this brief video.

https://www.youtube.com/watch?time_continue=1&v=oqZLIYhH8TM&feature=emb_logo

PRESTON'S CAVE SPRING PARK

By Jerry Weisenfluh

There are an amazing number of city parks in Lexington, many of which you probably have never heard of or seen. Since I've been doing stream restoration work, I've visited some of these that are very close to our neighborhood. This is the first article in a series describing some of the features of these local getaways.

Preston's Cave Spring Park is just a short drive down Versailles Road from the Colony. Most know and have visited McConnel's Spring Park, accessed from Old Frankfort Pike. If you have, you've seen the place where McConnel's Trace sinks below the land surface. That underground stream returns to the surface about a mile west at Preston's Spring and meanders along the surface through this woodland park. Once a farm, the property was deeded to the city and remained undeveloped. During this period, the woods were overcome with invasive plants like the ones we removed from Wildcat Chase. For the last decade or so, a number of groups, mainly under the auspices of Friends of Wolf Run, have been restoring the woodland to improve water quality in the stream.

Preston's Cave Spring park is considered a natural area by LFUCG and has no facilities or even well marked trails. It's a wonderful place to take a walk in the woods on a nice day. The linear park is under a mile long and there are trails that have been established by work crews. It's a smart idea to bring good footwear, because there are cut stumps throughout the park that can be a tripping hazard. Of course, you will see the incredible Preston's spring near the entrance, as well as a number of smaller springs and associated wetlands. You will also see active restoration areas with flagged native plant installations, as well as mature



hardwood trees typical of a bluegrass streamside forest. You might spot a deer early in the morning or see a box turtle. There are discussions underway about establishing a mountain bike trail, but no work has begun at this time.

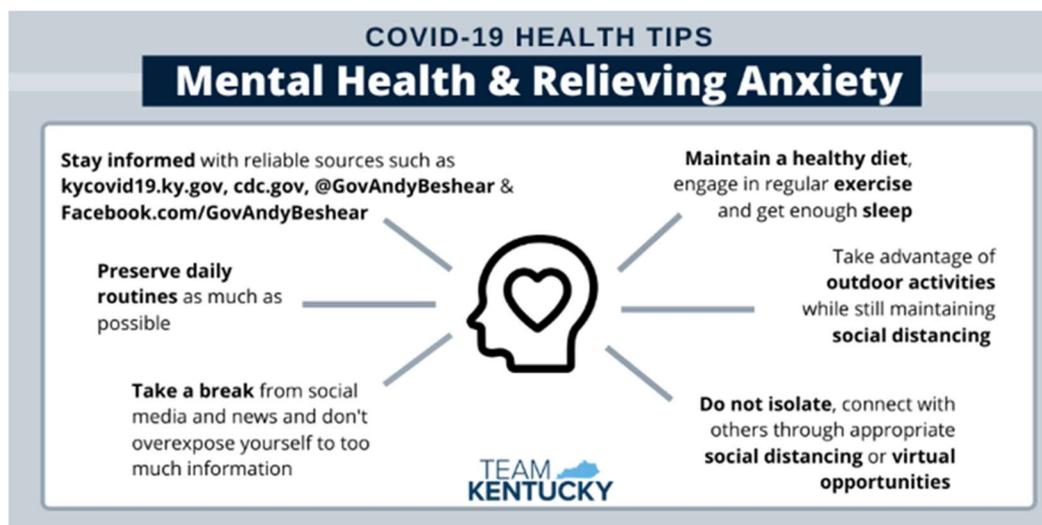
The entrance to the park is located adjacent to the Iglesia Puetra Del Cielo Church at 1935 Dunkirk Dr. Turn left from Versailles Road at Oxford Circle, continue straight on Londonderry Dr. until you reach Dunkirk. Turn left until you reach the church and park along the street. Follow the greenway down the slope and proceed to the rear of the clear area. The trail head will be at the left. There are multiple paths you can take through the park, but I suggest staying on the high side trail to avoid walking through the wetland areas. Because it's a secluded area, there have been homeless encampments from time to time. It's recommended to visit in groups, if safety is a concern.

COVID-19 INFORMATION

I hope each of you is following the guidance on social distancing and supporting our fellow Kentuckians in the fight against COVID-19 by staying home.

Governor Andy Beshear invites all Kentuckians to make a tax-deductible donation to the Team Kentucky Fund. As you know, many people have had to cease working or have been laid off during this crisis. The fund will provide assistance to Kentuckians who have been severely financially impacted by the COVID-19 emergency. <https://secure.kentucky.gov/formservices/PPC/KYCOVID-19Donate>

Reliable sources for COVID-19 Updates: <https://govstatus.egov.com/kycovid19> and <https://www.cdc.gov/>.



Neighborly Welcome



1232 Standish Way: Bleik Pickett and Nicole Breazeale and family

1244 Standish Way (tenants): Taylor Bolin and John VanHook

1248 Standish Way (tenant): Francis Morales

4004 Mayflower Lane: James and Kelly Meulendyke and family

4021 John Alden Lane: John (J.R.) and Danyelle Baker

4028 John Alden Lane: Brian and Cynthia Pulito and family

Neighborly Reminders and Safety



There are always concerns in The Colony about speeding motorists. We've tried several approaches to managing this issue: adding speed bumps and tables, signage, reminders, and getting police assistance. Yet the problem persists. This is especially true of those travelling from the new Colony along John Alden Lane, who are regularly seen running the stop signs along that road at high speeds. During this current coronavirus crisis, there are a lot more walkers about and many children riding bikes and scooters along the roadways. **Drivers** - we urge everyone to slow down and stay alert. **Pedestrians** and families outside - remain aware and make sure your children are knowledgeable about safe play in our neighborhood. Let's all do our part to keep everyone in The Colony safe.

From the kitchen of Brigitte Prather

I dug up a few recipes that seem timely for all of us at home—a couple quick and easy, a couple comfort food dishes. They're budget friendly with staple ingredients. I'd also love to encourage neighbors to reach out to me via email (brigittecooks@gmail.com) if you need recipe suggestions using what you have in your pantries!

Tomato Soup with Grilled Cheese Croutons

3 tbsp olive oil
 1 medium onion, diced
 1 rib celery, diced
 1 tsp dried basil
 3 (14.5 oz) cans diced tomatoes
 1 bay leaf
 1 Tbsp brown sugar
 3 slices white bread, cut or torn into cubes
 2 cups chicken stock
 Salt and pepper, to taste

Grilled Cheese Croutons

8 slices wheat or white bread
 8 slices American cheese
 4 tbsp butter, softened

Heat 2 tbsp olive oil in a medium stockpot over medium-high heat. Sweat onion and celery until softened and translucent, about 3-4 minutes. Add dried basil, tomatoes, bay leaf, sugar, and bread. Bring soup to a simmer and cook; during this time, the bread should begin to fall apart. Remove pot from heat, remove bay leaf, and add remaining tbsp olive oil. Using an immersion blender, puree soup until smooth. Strain soup if desired and bring back to a simmer, add chicken stock, and season with salt and pepper. Serve with grilled cheese croutons.

To make grilled cheese croutons, assemble four sandwiches with 2 slices cheese each. Butter the outsides of the sandwiches and grill over medium low heat until very crisp and well browned. Remove from heat, trim the crusts, and cut sandwiches into small ½ inch squares.



Dilly Egg Salad



- 1 dozen eggs
- 2 ribs celery, finely diced
- 1 scallion, white part only, minced
- 1 tbsp yellow mustard
- ¾ cup mayonnaise
- ¼ cup pickle relish or chopped pickles
- 2 tbsp chopped fresh dill (or 2 tsp dried dill)
- Pepper, to taste

Hard boil the eggs by placing them in a saucepan and covering with cold water by 1 inch. Bring to a boil, cover, and turn off

the heat. Leave eggs for 12 minutes, then drain off the hot water and shake the pan vigorously to crack the eggshells. Plunge into a large bowl of ice water and peel.

Chop or dice the eggs (a pastry cutter works beautifully) into a large bowl and add the remaining ingredients, stirring to combine. Serve with crackers or on sandwiches.

Black Bean Lentil Soup

- 1 tsp olive oil
- 1 small onion, diced
- 2 cloves garlic, minced
- 1 tsp chili powder
- 1 tsp cumin
- 1/2 tsp paprika
- 6 cups vegetable or chicken broth
- 2 tbsp tomato paste
- 1 cup red lentils
- 1 can black beans, rinsed, drained, and mashed

In a large pot, heat the olive oil over medium high heat and sauté the onion and garlic until soft. Add the chili powder, cumin, paprika, broth, tomato paste, lentils, and black beans. Simmer until lentils are tender. Season with salt and pepper and serve garnished with cilantro.



Sour Cream Noodle Bake



- 1 lb ground beef
- 1 small onion, diced
- 1 large or two small carrots, finely diced
- 3 cloves garlic, minced
- 1 14.5 oz can tomato sauce
- 1 tsp Italian seasoning
- Garlic salt and pepper
- 1/2 lb egg noodles, cooked to al dente
- 3/4 cup sour cream
- 1 cup cottage cheese
- 2 green onions, sliced
- 2 cups grated cheddar cheese

In a large skillet over high heat, brown and crumble the ground beef. Add the onion, carrots, and garlic and cook for 1-2 minutes. Add the tomato sauce and Italian seasoning, then season to taste with the garlic salt and pepper. In a large bowl, combine the cooked noodles with the sour cream, cottage cheese, and green onions, then

season with garlic salt and pepper. Place half of the noodles at the bottom of a large baking dish, followed by half of the meat sauce, and half of cheese. Repeat layering and bake at 350 degrees until brown and bubbly, about 20-25 minutes.

Bourbon Salt Chocolate Chip Cookies

- 2 sticks unsalted butter, softened
- 1/2 cup raw or turbinado sugar (substitute with 1/2 cup granulated sugar)
- 1 1/4 cups brown sugar
- 2 eggs
- 2 tsp vanilla
- 3 cups self-rising flour
- 1 1/2 tsp bourbon salt or sea salt, lightly crushed if granules are large (if unavailable, substitute with 1 tsp regular kosher salt)
- 2 cups dark chocolate chips



In the bowl of a mixer, cream the butter and both sugars until fluffy. Add the eggs and vanilla and beat to combine. Add the flour and salt and combine to form a soft dough. Add the chocolate chips and gently stir. Refrigerate for 30 minutes, then scoop dough onto parchment lined baking sheets. Bake at 350 degrees for 11-15 minutes, depending on size, to slightly underbake. Cookies will be a pale golden brown and will set up as they cool.

NEIGHBORHOOD EVENTS UPDATES

Given the COVID-19 pandemic and social distancing guidance, we have decided to cancel the early summer neighborhood garage sale. We will consider hosting this fall, if possible, and if neighbors' express interest.

Please continue to Save the Date for the annual neighborhood meeting on May 12. We are anticipating having to forego the event but will send final decisions and communications at the end of April.

Finally, expect positions on the board to be vacant this year. If you are interested in joining please email us at the link below or reach out to one of the current members. We welcome new faces and fresh perspective.

Do you want to recognize a neighbor's good deed or have a story to share?
Do you have questions, ideas, suggestions for the neighborhood?
Is there anything you'd like to see featured in upcoming newsletters?
We'd love to hear from you! Please email us anytime at:
thecolonyboard04@gmail.com

For the last neighborhood information, visit <https://www.the-colony.info/>