



Fence Talk

University Heights Association, Inc.

April, 2000

JOIN US AT THE ANNUAL MEETING

Hello Neighbors! I encourage you to attend this year's U-Heights Annual Meeting, **Tuesday April 25, 2000**. It is a great chance to meet your board members, Trustees, & neighbors as well as voice your ideas and opinions regarding our neighborhood.

This year we are lucky to have Eric Sandweiss, a third generation U-Citizen, University Heights neighbor since 1994, and Director of Research at the Missouri Historical Society as the featured speaker. Eric will be giving us some insight into the history of U-City and its importance as an early American suburb. The meeting will be held at the University City Public Library Main Meeting Room, Second floor, on Tuesday, April 25th at 7:00pm. Refreshments will be served beginning at 6:30pm, and the Board Treasurer will be available for you to pay your Annual Dues, please see attached form.

In addition to learning more about our historical city we will vote to elect new Board Members and get an update on the status of the physical neighborhood from the trustees. The trustees will also discuss the Neighborhood Indenture, and the possibility of raising our Neighborhood Assessment.

We will need to fill eight positions on the board this year, including alternates – stop by to cast your vote! It is an energetic group with exciting plans for 2000 and provides a great opportunity to meet new friends of all ages and give something back to this unique and wonderful neighborhood that we live in. If you are interested in getting involved with the more social aspects of the neighborhood and are not included in this following list, I

invite you to call either Liz Lewis (863-2102) or myself (721-2032) to be added to the ballot. The following neighbors have already been nominated to join the board:

Theresa Biggs – Theresa, her husband Henry and three children Jack, Laura & Charlie joined the neighborhood in 1999 and live on Amherst. Theresa showed up at a board meeting last year and was enthusiastically voted in as an alternate – we would love to have her as a permanent member.

Jim Cartwright – Jim, his wife Cindy and their cat Dakota, live at 771 Radcliffe. They also have two grown step children Stephanie and Lisa. Jim is an Architect with Christner Inc. and has lived in the neighborhood for 3 years.

Tammy Jennings – Tammy has lived in the neighborhood for 5 years with her husband John, a trustee. They share their home with 1 year old baby Claire and dog Tessa. Tammy lives on Yale and is loving staying home with Claire this year.

Jeff Massey – Jeff has lived in the Heights on Dartmouth with wife Jane since 1990. They have 3 young children with whom they've spent a lot of great play time at the "dog park" or the "school park". By day, Jeff works at Elite mattress in South City. He believes that after 10 years living here and having great neighbors do all the work, it's finally time to offer his service.

Bryan Phillips – Brian would like to renew his membership to the board this year. He was a great help to us last year as he took charge of the Luminaria. Brian, his wife Mia and two daughters Hallie and Hilary have lived on Harvard for two years.

Hope to see you on the 25th!

Angela Feddersen Heinze, U Heights Board President

Spotlight On Health

By Dr. John Thomas

Two Legs, or Four

In past articles, I have spoken on the importance of exercise and proper nutrition. In this article, I will speak on the effects of arthritis and what can be done about it.

Arthritis is a number of diseases that cause inflammation and degeneration of joints. I will explain the common types of arthritis, and then tell you what can be done about them.

Rheumatoid Arthritis..... Characterized by intense pain. An autoimmune process where the body attacks itself. Usually it occurs on both sides of the body simultaneously. If your hands are involved, both hands are involved. If the hips are involved, both hips are involved. See your MD for new drugs, which block the process of destruction.

Osteoarthritis... Characterized by occurring on only one side of the body. If your hands are involved, only one hand is involved. If your hips are involved, only one hip is involved. Caused by normal or abnormal wear and tear on a joint. Many of my patients have this disease. I regularly place them on a food supplement containing Chondroitin Sulphate and Glucosamine Hydrochloride. This food supplement supplies the exact food needed by the cartilage of the joint. If you have any cartilage left in the joint, try this. It is available at any nutrition store or at Walgreen's. It costs very little. Many veterinarians in the St. Louis area have found that this supplement is highly effective for animals that have osteoarthritis. As the cartilage grows, the pain subsides. This supplement and periodic workouts on a stationary bike will get you up and going fast.

Please note that osteoarthritis can occur on both sides at the same time, but usually does not. It is also possible to have osteoarthritis and Rheumatoid arthritis at the same time.

Gout.....Characterized by a painful big toe, thumb, or elbow. Gout is a crystal deposition disease. The body deposits purine crystals in the joints. These crystals erode the joint and cause swelling and sporadic pain. Caused by the inability of the body to handle the waste products of meat. To stop gout, simply stop eating red meat. Avoid the purines that meat contains.

Deer Tick Fever.....Some deer ticks carry a parasite which causes Rocky Mountain spotted fever. A target rash characterizes this disease. If you have contracted this disease and have a light complexion, you will notice a large red circle on your back. The circle has a center that looks like a (bull's eye) target. This disease is very debilitating and can last for years if not diagnosed. The end effect of this disease is a type of painful burning arthritis. Always be aware of ticks and other pests when in wooded areas. If you develop the target rash, see your MD as soon as possible.

Summer Art Instruction for children or adults at Amherst Studio

Alaine Peaslee-Hinshaw offers individualized art instruction in her home studio. Unlike other programs in the area my instruction is designed around individual interests, abilities and schedules. Learn to draw (people, animals, still life, comics), paint, print, sculpt, pot, make paper or create stained glass panels or garden stones or cement birdbaths. Claymation is also available. For children, we could meet 1-3 hours a day, or every other day, for a week or two to explore a theme like "animals" in a variety of media, including drawing at the zoo. Adults can explore a variety of media or concentrate on one. Call 721-8231 for information.

Don't Shop at Schnucks or Wild Oats Until you Read This...

Schnucks and Wild Oats are both great supporters of our wonderful neighbor - Delmar/Harvard grade school. They support this great school with an easy-to-use gift certificate program - familiar to many of you already.

The program is a snap to use and five cents of every dollar you spend at Schnucks or Wild Oats using the gift certificates goes directly to the Delmar-Harvard PTO. In the last three year, this program has raised over \$8,000 - money that was used for the new playground and other improvements to the school.

The gift certificates are used just like cash and can be purchased from Eileen Pheiffer (720 Radcliffe, 725-7067) or Amy Ziegler (711 Yale, 727-3985). The gift certificates cost you nothing extra and are available in denominations of \$10, \$20, \$25 and \$50. They are redeemable at any Schnucks or Wild Oats store.

This is one of the easiest and best fund-raisers ever used by Delmar-Harvard! Please call Eileen or Amy for more information or to schedule a time to pick up some certificates. Thank you for your support of Delmar-Harvard!



U Heights Garden Club
4th Annual Perennial Plant Swap
Judy Baernstein (793 Yale)
and her neighbor Ruth Cobb (797 Yale)
will host the Garden Club's
Perennial Plant Swap.

APRIL 15, 3:00 pm

Bring a plant or two to exchange
and a dish to share!

FOR MORE INFORMATION CALL JUDY HARMON AT 863-6159.



CALENDAR

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| APRIL 1 | Arbor Day |
| April 2 | Daylight Savings Time Begins |
| April 4 | Election Day |
| April 9 | U City Sculpture Series opening 3pm City Hall |
| April 15 | U Heights Garden Club Perennial Plant Swap |
| April 22 | Earth Day Recycling at Heman Park Rec Facility |
| April 23 | Easter Sunday |
| April 25 | U Heights Association Annual Meeting |
| April 30 | UCRS House Tour noon-5pm |
| May 5 | U City in Bloom Perennial Plant Sale Heman Park |
| May 21 | Fair in the Square U City Loop |

FENCE TALK CLASSIFIEDS

BABY SITTERS

Terec Wilson 721-8157
Jenny Phillips 725-4567
Cayla Damick 863-7106
Andrea Johnson 726-5452
Lauren Taylor 863-2020
Matthew Daughaday 863-3008
Cassie Phillips 725-4567
Evan Pheiffer 725-7067
Emily Patterson 862-5293
Alison Damick 863-7106
Anne Johnston 726-5997
Ben Scrivner 721-0921
Allison Scott 725-0893
Brandon Bloom-Ellis 727-1362

PET SITTERS

Ryan Patterson 862-5293
Cayla Damick 863-7106
Allison Scott 725-0893
Jenny Phillips 725-4567
Evan Pheiffer 725-7067
Bradley Land 725-0785
Ben Scrivner 721-0921
Brandon Bloom-Ellis 727-1362

COMPUTER HELP

Orion Trotter 863-0483

ESTATE SALES

Ruth Cobb 863-2144

CLEANING

Maria Beckman 832-4578

LAWN MOWING

Justin Vail 727-9149
Evan Pheiffer 725-7067
Evan Johnston 726-5997
Bradley Land 725-0785
Drew Bloom-Ellis 727-1362

HOUSE SITTING

Mary Jo Maroney 727-8554

WRITING/PUBLISHING

Myra Vandersall 725-1059

PAINTING

Dan Diekneite 863-7258
Patrick Beckman 862-0383

WATER PURIFIERS

Michael Williams 726-5644

FENCE TALK UNCLASSIFIEDS

INTERPRETER WANTED by philatelist (stamp collector) - French, Arabic & Portugese. "pay U.S. Mint Postage"
Also, fellow philatelists. Foreign issues only. Call before 11am daily. S. Stein 862-1857.

FOR SALE Nils Hinshaw 721-8231 has great stuff, some new & unopened for sale: Erector Set;
Solar model airplane kit; Spawn: The Game (board); Money Wrapper machine; Electro-
magnetic minilab science kit, kaleidoscope kit.

FOR SALE Firewood & Mulch, Dean Blechle, Rt. 4 Box 443A, Perryville, MO 63775, 573-547-2217.
His services come highly recommended by Debbie Schwartz on Princeton

FOR RENT Garage/Storage Space for rent. Ideal for boats (18'x10') \$25/month Dave Gardin 721-6476.

HEALTH CARE Chiropractic and Alternative Health Care, Dr. John Thomas 721-8829

FOR SALE Upright freezer \$150. Call Angela at 721-2032.

HELP! If anyone has information or experience turning an outdoor gas lamppost into electric or
about repairing stained glass windows, can you please call Liz Lewis at 863-2102.

DRESSMAKER Custom Dressmaking, Fine Alterations, Home Furnishings, Bridal. Sara Káhn Shapiro 862-7976

ART FOR THE HOLIDAYS Hand Painted Glass and Decorative Ornaments for Birthdays and Other Special Occasions
By Rebecca Pace. Studio at 777 Yale. 721-1350.

FOR SALE A pair of hip boots; stell toes; men's size 11. \$10 Call Renners 727-2547

TREE TRIMMING Call Christopher Galarnyk for limb removal and tree trimming of trees on your property (not tree
lawn trees). 863-6288.

PERSONAL TRAINER Interested in getting/staying in shape? Call Tambra Galarnyk, certified personal trainer. She
would like to organize and lead a morning walk/workout in the neighborhood. 863-6288.

FOR SALE Sofa & Love Seat, Chippendale Style, \$550 for both, or will separate; 72" Buffet, \$150 negotia
42" laminated wood buffet \$50; Record Cabinet, sliding doors \$50; Metal Book Shelves with
Planter top \$25; Other pieces available, all excellent condition, "just straightening out the hous
Shown by appointment, call 863-1473.

**To Place or Change a Classified or Unclassified Ad, Contact Janet Schaper at 726-5352
(e-mail janetschaper@planetstl.com)**