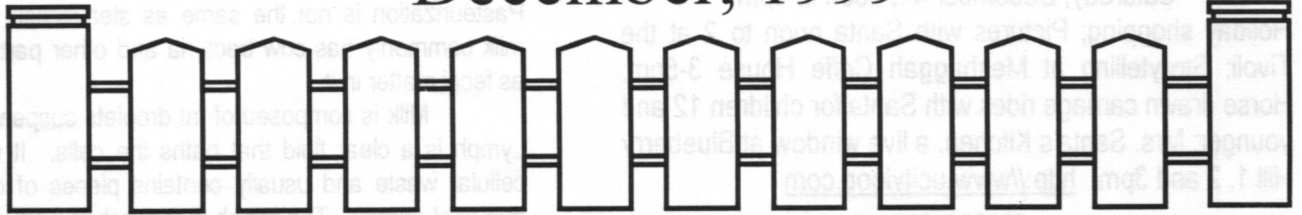


# Fence Talk

## University Heights Association, Inc.

### December, 1999



#### U HEIGHTS BOARD MEETING

The University Heights Board is in the process of updating the University Heights Directory. If you have not been contacted by a board member for updated information, please call Sara Hyman at 862-8193.

The Board will be sending out reminder notices to anyone who has not paid their current year dues of \$10. Yearly dues support activities in the neighborhood—luminaria glow, picnic, garage sale, welcome packets, FenceTalk.

There will be several openings on the board that will need to be filled at the next annual meeting in April, 2000. If you are interested in getting to know some more of your neighbors and in helping plan the neighborhood activities, please consider serving as a board member. Meetings are open to all residents. The remaining board meetings are:

- January 11 Alyssa Royce's 752 Trinity
- February 8 Joe Wilson's 733 Harvard
- March 14 Blueberry Hill in the Loop



#### LUMINARIA CELEBRATION

The 19<sup>th</sup> annual University Heights Luminaria Celebration will be held Sunday, December 19<sup>th</sup> at 6:00 pm. To welcome winter and brighten one of the longest nights of the year, we line our sidewalks with traditional Mexican luminarias and invite everyone to take a winter stroll and enjoy our beautiful neighborhood by candlelight.

Luminaria supplies (bags, sand and candles) will be sold by the University Heights Association on Saturday and Sunday at the Trustee's garage on Harvard at Dartmouth. Sets of 5 will be sold for \$2; 5 sets of 5 will be sold for \$8.

Sale Hours: SAT 10am to 4pm; SUN noon to 4pm

Lighting time is 6pm

The neighborhood looks best when there is a continuous line of lights on each street, so please participate and urge your neighbors to participate. If you have a neighbor who is elderly

or infirm who would like to participate, please offer them your assistance.

Our luminarias are a tradition borrowed from Mexico. They consist of paper bags illuminated by candles. Sand is used to weight the bag and keep the candle in place. We place them 3' to 5' apart along the sidewalk in front of our homes and light the candles at 6pm. You may also line your driveway, walk or porch if you wish. The candles sold by the association last about 12 hours and burn out in the sand.

#### RAIN DATE FOR LUMINARIA IS DECEMBER 31



#### 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 years, 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 support in helping keep Delmar-Harvard a great school!

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## LEAF CLEANUP

The city's last curbside leaf collection has past. If you still have leaves to get rid of you can bag them in the large brown bags and put them at the curb. In December only, it is not necessary to have a sticker on your bags of leaves. Watch for information in the newspapers or from City Hall about curbside Christmas tree recycling!

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## LOOP HOLIDAY WALK

Saturday, December 4<sup>th</sup>, noon to 4pm

Holiday shopping; Pictures with Santa noon to 2 at the Tivoli; Storytelling at Meshuggah Coffe House 3-5pm; Horse drawn carriage rides with Santa for children 12 and younger; Mrs. Santa's Kitchen, a live window at Blueberry Hill 1, 2 and 3pm. <http://www.ucityloop.com>

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## Spotlight on Health...By Dr. John Thomas

### The all American.

My neighbor inspired the following text. She remembered that in one of my articles I stated that I did not drink milk any longer and queried as to why. In the following text, I will expand on my response to her.

Being a baby-boomer and having grown up with TV, I saw numerous commercials showing a child, sitting at the table with a bowl of cereal in front of him. I watched TV from the age of seven years to the present. In all those years, the message in the commercials changed not one bit. Repeatedly the message was the same, "Drink Milk." Being a true baby-boomer, I generally believed what I was told about diet and health. I bought the message, I drank milk and I drank a lot of it. At the age of 26 years, I was drinking more than one gallon of milk weekly. Along with drinking milk I ate other dairy products and cooked with it. Milk was as wholesome as any thing could possible be.

In chiropractic school, I met Tim Coiner. Tim was to inherit a beef farm in Idaho. He did not want to follow in his father's footsteps and was fulfilling his dream to be a physician. We had attended the big New Years Eve party on Yale. Having thanked our host for a fine evening, we made our way across the icy street to my house. For some strange reason, I asked this question of Tim, "do you bring cattle inside when it rains?". After a short pause, Tim said, "There is no way to bring 900 cows inside. They stay outside night and day, rain or shine. Usually they just stand in the same spot. They will stand there in the mud until their hooves rot off. We had a big problem with hoof rot about seven years ago. We started giving the cows iodine and that seemed to take care of the problem." I was stunned by his remarks and I thought that he was being less than truthful to me, after all, if he couldn't take his 900 cows inside, how on earth could he take them to the Vet to get them treated with iodine. At times, living in the country keeps you from seeing the natural wisdom that city

people have. Tim also said that on the farm the farmer is the Vet. He found that Iodine worked well but too large of a dose made the cows fall over.

Many years have passed since I last saw Tim. I have heard that he is doing quite well in Boise as a chiropractor. In Public Health class I learned that pasteurized milk could legally have up to 50,000 bacteria per deciliter of milk and that milk sample was still legally fit for human consumption. The process of Pasteurization reduces the number of bacteria in a sample of milk down to a level thought to be safe (50,000). Pasteurization is not the same as sterilization. Pasteurized milk commonly has cow bacteria and other particulates, such as fecal matter in it.

Milk is composed of fat droplets suspended in lymph. Lymph is a clear fluid that bathes the cells. It washes away cellular waste and usually contains pieces of dead bacteria and viral agents. The lymph fluid washes away the left overs of the white blood cells. Most of us have seen lymph. It drains from your wounds and is the clear fluid that collects under your blisters. The breast combines lymph fluid and fat to make milk.

When a mother nurses her child, the child consumes a small portion of the mothers cellular debris contained in the milk. This cellular debris gives the child's immune system a head start and the child picks up some of the mother's immunity. Milk is high in fat and contains some minerals. Milk is the perfect food for newborns and young children. Physiologically speaking, there is no reason for the consumption of milk after weaning. Children are fully capable of getting their nutrition from available foods. Cows don't drink milk. They get their calcium and nutrition from plant foods.

I don't drink milk because I don't need the fat in it. I don't drink milk because I am far past having been weaned. Most of all, I don't drink milk because I know that it contains waste matter from cows. Along with this cow waste comes the residues of drugs and hormones that are given to cows. Every substance given to that cow ends up in the milk that little Johnny and Suzy consumes. I don't care what people eat or drink. I don't think many people will change their dietary habits after they read this article. We are creatures of habit and I guess it will remain that way. It is important to realize that Milk is a special food that a mother gives her babies. When cow milk is given to cows, it gives certain immunities to that cow. When human milk is given to humans, it gives certain immunities to that human. It should seem clear that cow immunities to things like Hoof and Mouth disease and Bovine Tuberculosis are of little use to humans. Cow milk is best left to baby cows. It might serve us better if we found something else to float those sugarcoated flakes in our bowls. Happy Holidays to you all. See you in February 2000

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## JUST A REMINDER

When snow is predicted, please move your cars off the street so the snowplow can clear as wide a path as possible!

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## 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** Electric Frigidaire dryer. Bought 11/97 but not used since last May. Paid \$300 asking  
\$175 obo. Call Theresa at 727-8435 if interested.

**ART INSTRUCTION** Adults or children Alaine Peaslee-Hinshaw offers one-on-one and group art instruction in  
her home studio at 6921 Amherst. Learn to paint, pot, print, sculpt, make paper or create  
stained glass. Call 721-8231.

**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.

**FOR SALE** King Size Featherbed & Cover \$35. Call Diana Blanchard 726-5737 before December 15th.

**NEEDED** Reader for person with visual impairment. Clear diction desired. Rate \$8/hr. Call 863-5499

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

**BOTTLED WATER** Put a spring in your home! Free 2 weeks, no cost, no obligation 100% spring water-bottled  
water at your fingertips. Call Kathy @ Tyler Mountain Water 524-6320 or home 726-2416.

**SEAMSTRESS** Custom Dressmaking, Fine Alterations, Home Furnishings, Bridal. Fara Kahn Shapiro 862-7976

**ART FOR THE HOLIDAYS** Hand Painted Glass and Decorative Ornaments for Thanksgiving, Hanukkah, Christmas,  
Birthdays.... By Rebecca Pace. Studio at 777 Yale. 721-1350.

**FREE OAK FIREWOOD** Dry wood, stored in garage. Pick up a bundle or two, or the whole face cord. Clinton Green  
6954 Amherst. 862-4229

**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 Tandra 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 negotiabl  
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 house  
Shown by appointment, call 863-1473.

**To Place or Change a Classified or Unclassified Ad, Call Janet Schaper at 726-5352.**

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## CALENDAR

December  
1999

4 Saturday	HANUKKAH Loop Holiday Walk 12pm - 4pm Holiday Drop & Shop at Community Center
11 Saturday	Holiday Drop & Shop at Community Center
18 Saturday	Holiday Drop & Shop at Community Center
19 Sunday	University Heights Luminaria Glow
20 Monday	City Council Meeting 7:30pm, City Hall
25 Friday	CHRISTMAS DAY
31 Friday	NEW YEAR'S EVE last day of 1999 Rain date for Luminaria

### IMPORTANT PHONE NUMBERS

*Fence Talk* Editor: Janet Schaper, 726-5352

University Heights Assn Board President: Angela Fedderson-Heinze 721-2032

Block Homes: Marilyn Cathcart, 862-2644

Contractor File: Shane Calkins, 725-3058

Welcome Packets: Suzanne Loui, 721-2204

Trustees: Ron Scott, 725-0893 6942 Amherst

Paula O'Keefe, 862-6296 6919 Columbia

Police (non-emergency): 725-2211

