



Fence Talk

University Heights Association, Inc.

November, 1999

U HEIGHTS BOARD MEETING

Warm weather, great neighbors, laughing kids, yummy food and fun music made this year's annual picnic another huge success. If you left a serving bowl or utensils, please call Angela Fedderson-Heinze, 721-2032—she may have picked them up for you. Thank you very much to all the Board members and neighbors who helped to set up and break down the picnic tables. As always, we look forward to next year.

Correction to previous Fence Talk.... The University Heights Neighborhood Association Annual Meeting will be April 25th, 2000.

A notice to the neighborhood, to keep your items locked up inside and out. An adult's red mountain bike was stolen at the beginning of October off the porch of 6975 Columbia. The week of October 18th a car was stolen on Yale. If you saw anything suspicious, please call the police at 725-2211.

TRUSTEE UPDATE

Neighborhood Assessments are going to be delivered to each household this month. If you can not pay, please contact one of the Trustees to discuss a payment plan. Remember these funds are used to maintain a safe and beautiful neighborhood..

FROM THE ARCHIVES

Following are some interesting excerpts from old issues of FENCETALK:

July 12, 1965 The speed limit in the subdivision is 20 MPH. If you went 60 MPH you could not save one minute of time because of the small distances involved, but you could easily hit a child or plow into a car!

December, 1975 HISTORICAL ODDS & ENDS

University City had plans to rename Delmar Blvd and call it Lewis Place, in honor of the City's founder, Edward G. Lewis.

In 1906, the property taxes for University Heights were levied at 1½ cents on the dollar. Electric lighting cost 3½ cents per kilowatt hour, and trolley fare to downtown St. Louis was a nickel.

University City had the first motorized fire department west of the Mississippi River.

February, 1976 QUIZ TIME

Q: Where is the fourth busiest intersection in St. Louis County?

A: Big Bend and Millbrook with about 29,000 per a 12 hour period.

June, 1976 FIRST IN WALKERS

According to the county Highway and Traffic Department, the busiest pedestrian intersection in St. Louis County turns out to be the one at Delmar and Kingsland with an average of 74 pedestrians an hour. Many remember the pedestrian underpass that used to be there. A terrific bit of pedestrian advocacy, filling in that thing.

It's also interesting to read that the Millbrook-Big Bend intersection didn't even make the top ten in vehicular traffic this year. That's enough to make a traffic engineer make a mess in his blueprints.

COLUMBIA PARADERS The '76 Bi-Cen was celebrated briefly but noisily in the Heights with midnight parade led by Don Jeffries. There was a trumpet, a drum, the COLUMBIA dancers and chorale, a decorated baby stroller and a dog. Don twirled his baton. There hasn't been anything like it in the Heights since Nixon quit.

September/October 1976 HELP WANTED

Editor for a neighborhood newsletter. No experience necessary. 35 word vocabulary max. Applicant should know his readership is made up of more than a dozen published authors and a bunch of English teachers. Typos and bad spelling mostly tolerated but not ordinarily appreciated—especially phone numbers, addresses, etc. Apply at October 11 University Heights board meeting.

SPOTLIGHT ON HEALTH

By Dr. John Thomas
The Skinny on Fat

At a much younger age in life, I found I had fallen love with Hydrox cookies. No matter how people talked about Oreo cookies, nothing could possibly replace the super deep black chocolate halves and the crisp, stark, coolness of the vanilla filling of a Hydrox cookie. A handful of Hydrox and a glass of milk...Paradise found!

The days of Hydrox have long passed. The fear of hydrogenation and cholesterol are upon us. With the holidays approaching, I felt a need to give you accurate information on fat.

Every meal that we ingest is processed in the stomach and absorbed into the blood stream by the small intestine. This mass of carbohydrates, proteins and fats goes directly to the liver. If the body needs energy, the liver converts our food directly into glycogen, which is burned in the cells for energy. If there is no need for energy, the liver converts everything into fat. This fat is absorbed by the fat cells of the body. What all this means is that if there is no need for energy, everything that we eat is converted into fat. Vegetables, meats, carbohydrates and everything that is food to us is turned into fat and stored as body fat.

Fat is very important. Body fat allows us to survive times of famine when there is no food. Body fat also allows us to store food energy when food is plentiful. In a way, fat rounds things out. Before you decide to "get the fat out" of your family's diet, remember that dietary fat is also needed to maintain the health of the nervous and hormonal systems. Almost 90% of your brain is composed of fat. The insulating surface of the nerves is composed of fat. On a molecular level, the cell membranes are composed of fat. The body uses lipids (a type of fat) to move substances around the body. Both good cholesterol and bad cholesterol are fats. The hormones that control the bodies' functions are all fat based substances. Two fat based hormones are estrogen and testosterone, the sex hormones. A fatty substance that coats our lungs allows the lungs to properly inflate. After reading these lines, you can see that to avoid becoming a brainless, nerveless, sexless person that can't breath, don't take all of the fat out of your diet. Many of us get comfort in knowing that you can get just as fat by using fat free products as you can by using the regular ones. Remember this; non-fat in.....fat out Fat in...Fat out. A need for energy makes the difference. Although I no longer drink milk, I still justly find delight in a few fine Hydrox cookies. This is the Skinny on Fat.

POO POO ON YOU

This is a story about poop. Poo. Doo-doo. Whatever you want to call it. This specific story is about poop on my foot, and the morning that led up to it. I woke up, a beautiful day like so many others this fall. My darling daughter was reading books to herself in her crib and I smiled at the sound of her voice. I went to get her, and, lo-and-behold, poop. Lot's of it, but she's cute, and I love her, so she can get away with it. We put our sweaters on and walked the 2 dogs (she likes to hold one of the leashes.) As we were walking, sure enough, poop. A few more steps and, you got it, more poop. But, they are my dogs and I love them, so I happily insert my hand into an old grocery bag and pick up the warm gooey mush. Yup, I've only been awake an hour and already, 3 separate poops. I figure, my baby, my dogs, their poop is my responsibility. That's what I think, anyway. So, as I take my little girl and put her in the car to go to school, I have my fourth poop incident, and, excuse the pun, this one pissed me off. Someone has left a giant pile of dog poop in the tree-lawn in exactly the place I need to stand in order to put my daughter in her car seat. Not knowing there was poop there, assuming other people also clean up their dog-poop, I stepped right in it. Listen people, this is gross, rude, impolite, obnoxious, disgusting, mean and terribly irresponsible. If you want to litter your own lawn with your dog's doo-doo, then by all means, it makes fabulous fertilizer and that is your choice. But, it is about time that people act responsibly and decently and clean up after your dogs. I know I am not the only one who has been bothered by people's indecent disposals. I am happily speaking on behalf of all the other people who, odd as it may sound, feel that it should be safe and clean to walk with our families in our own neighborhood. PLEASE CLEAN UP AFTER YOUR DOG!

Thank You

-Alyssa Royse

GETTING READY FOR WINTER

Here are some suggested steps to take before winter weather arrives:

- Make sure all outdoor faucets are turned off and drained. Remove, drain and store garden hoses.
- Check for adequate heating for water pipes in your basement or crawl space..
- Allowing a faucet to run a small stream will help keep a pipe from freezing until you can insulate it (but don't be too wasteful with water).
- Check your smoke detectors and install new batteries.
- Clean out roof vents. Birds love to nest in them, but clogged-up vents reduce the effectiveness of insulation—may even damage it.
- Reset programmable thermostats.
- Drain the gasoline from the lawn mower and other power tools. Be sure to store tools in the garage, not your house.
- Clean your gutters.
- Inspect the fireplace chimney for creosote buildup, deterioration or blockage. Watch the way it draws when you build the first fire of the season. If it doesn't draw properly, call a professional to inspect and repair it.
- Have your heating plant serviced. If you have radiators, bleed them to prevent banging and clanging and to keep hot water running smoothly through them.

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
Melanie Kemp 725-4570
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

PAINTING

Dan Diekneite 863-7258
Patrick Beckman 862-0383

ESTATE SALES

Ruth Cobb 863-2144

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

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.

CLEANING Best maids for thorough cleaning in your home. Call Maria Beckman, 832-4578, 6949 Cornell

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

MISC HELP Orion Trotter will pet sit, dust, clean windows, do lawn work. Call him at 863-0483

COMPUTER HELP Call Orion Trotter 863-0483

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 negotiable; 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.

CALENDAR

November

1999

- 1 Monday Leaf Collection Week-University Heights
- 5 Friday First Day of Holiday Exhibit-Craft Alliance (thru 12/30)
- 8 Monday City Council Meeting 7:30pm, City Hall
- 9 Tuesday University Heights Board Meeting @ Pat Kieley home
6975 Cornell
- 11 Thursday VETERANS DAY HOLIDAY
- 15 Monday Missouri Recycles Day
- 22 Monday City Council Meeting 7:30pm, City Hall
- 25 Thursday THANKSGIVING DAY HOLIDAY
- 26 Friday Holiday Drop & Shop at Community Center
- 27 Saturday Holiday Drop & Shop at Community Center
- 28 Sunday Holiday Drop & Shop at Community Center
- 29 Monday Leaf Collection Week-University Heights

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

MUCHAS GRACIAS

Many, many thanks to the many volunteers who lovingly cared for our lamppost planters all summer long, hauling water in our hot summer months. Special thanks to Judy Harmon who did backup watering, fertilizing and trimming of the planters all summer long, and special thanks to Judy Harmon and Becky Ballard who watered and cared for the lovely plants at our entrance sign. THE FLOWERS WERE BEAUTIFUL!!