

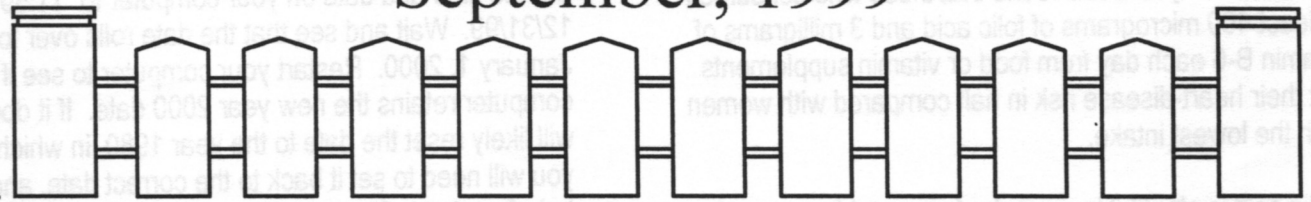


Fence Talk



University Heights Association, Inc.

September, 1999



IT'S PICNIC TIME!

Sunday, October 3, 1999

(Rain Date: October 10, 1999)

PARADE

Begins at 3:30 pm

At Yale/Cornell/Princeton

Come join the parade! PRIZES FOR COSTUMES & DECORATIONS! Decorate your bike, your big wheel, yourself, your dog, your Mom & Dad, whatever, and meet us at the corner before 3:30. The U Heights 'once a year' marching band will make an appearance, and is looking for participants. Please bring your musical instruments, kazoos, washboards, drums, harmonicas, pots and pans and join the music makers.

POTLUCK PICNIC

After the parade there will be just enough time to go home and get your goodies for the picnic and return to Lewis Park. The U Heights Association provides hot grills, cold beer and soda, name tags and other amenities. Each household is asked to bring a pot-luck dish (salad, vegetable, casserole or dessert) big enough to service 10-12 people. You also need to bring your own main dish, plates and utensils. If you bring your own drinks, please remember that glass containers are not allowed in the park. There will be extra tables in the park, but many people prefer to bring their own picnic blanket or chairs.

Entertainment will be provided by Mo Jo Workout

The picnic is not just for kids, and not just for families. It is for all U Heights residents - old, young, single, married, new neighbors, oldtimers, former neighbors--everyone!

Come and join the fun!

BIG TRASH DAY

University City's bulky item collection will be **Thursday, September 16**. Here are the rules:

1. Place no more than three large items or seven small bulky items within one to three feet of curb or street pavement for collection.
2. Put items out after 4pm on the evening before (September 15) and before 6:30 am on the 16th. Bulky items placed out at any other time will not be collected.
3. Place only household items out for collection, including appliances and furniture. The following items will not be collected: regular bagged or boxed refuse, construction waste, building debris, business or commercial items, railroad ties, tree logs, tree stumps, tires, batteries, drum containers, chemicals.
4. Be sure that access to the items is not blocked by parked cars, trees or poles.
5. Wrap glass doors, windows, mirrors and glass tables with cardboard for mechanical pickup. Remove freon from refrigerators and air conditioners.

For more information, call 863-3208 ext 302

The next Big Trash Day is December 16.

Welcome New Neighbors

We have several new neighbors to welcome:

Henry & Theresa Biggs @ 6955 Amherst

Randall & Zareena Koch @ 6945 Dartmouth

Grace H. Lee @ 6960 Dartmouth

Joel & Maryann Schwartz @ 6925 Delmar

Michael & Marcia LaCour-Little @ 22 Princeton

Please contact Suzanne Loui @ 721-2204 if you know of a new neighbor, or if you are a new neighbor and have not yet received a "Welcome Packet"

Spotlight on Health ... By Dr. John Thomas

Folic acid, B-6 may protect the heart.....Both women and men could substantially cut their risk of heart disease by consuming twice as much folic acid and vitamin B-6 as is currently recommended, a new study suggests.

Harvard University researchers tracked 80,000 healthy nurses for 14 years and found that those who consumed at least 400 micrograms of folic acid and 3 milligrams of vitamin B-6 each day from food or vitamin supplements cut their heart-disease risk in half compared with women with the lowest intake.

Folic acid is plentiful in green leafy vegetables, orange juice, whole-wheat grain products, fortified cereals, beans and liver. Vitamin B-6 is found in most meats, soybeans, bananas, oatmeal and potatoes. Based on this research, the U.S. Public Health Service advises women of child-bearing age to consume 400 Micrograms of folic acid—about twice the RDA. And under order of the Federal Food and Drug Administration, food manufacturers must begin fortifying bread, flour, pastas and other brain foods with folic acid by this years end. To get the needed amount of folic acid, a person would need to consume a packet of oatmeal, an eight-ounce glass of orange juice, a half-cup of boiled spinach and a half-cup of broccoli, corn or cauliflower or take a vitamin-B supplement.

The study also suggests that consuming one or two alcoholic drinks per day can reduce heart-disease risk. Nurses who had both high folic acid intake and moderate alcohol consumption reduced their heart-disease risk by 80 percent compared with nurses who had the lowest vitamin intake and didn't drink.

Bio: Dr. Thomas is a Chiropractic Physician in private practice in St. Louis. He has lived in University Heights for 12 years and is a former trustee intern and president of the University Heights Association.

Fortune Cookie Wisdom

He who makes no mistakes does not usually make anything.

One who is slow in making a promise is most faithful in the performance of it.

He who is ashamed of asking is afraid of learning.

Don't fish for compliments—you never really catch anything.

Y2K Hints for your PC

Both the Windows 95 and Windows 98 operating systems are 'almost' Y2K compliant, but do have a couple of issues that could cause problems (one apparently has to do with leap year). A fix is available free via the internet.

<http://www.microsoft.com/downloads/>

Here is a simple test you can perform on your PC to see if you are going to encounter problems on December 31: Set the time and date on your computer to 11:59 pm on 12/31/99. Wait and see that the date rolls over to January 1, 2000. Restart your computer to see if your computer retains the new year 2000 date. If it does not it will likely reset the date to the year 1980, in which case you will need to set it back to the correct date, and seek help for what is likely a BIOS problem prior to January 1. An e-mail has been circulating warning users of an impending problem with the default setup in the Control Panel Regional settings. It suggests that if the setting is not changed from a 2 digit to a 4 digit date format, in the year 2000 the computer will revert back to the year 1900. The logic of that e-mail is flawed. The setup is merely cosmetic. In either the 2 digit or 4 digit display, the entire date is kept correctly 'behind the scenes'.

Anticipating Y2K problems in software applications is more difficult. Financial software and spreadsheet applications that perform date calculations are the most susceptible to Y2K problems. Help is available on the internet:

<http://home.netscape.com/y2k/>

<http://www.microsoft.com/downloads/>

<http://www.harlend.com/y2k>

PICNIC BUTTON CONTEST

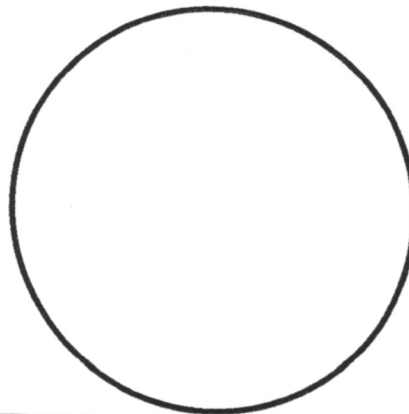
In case you've lost last month's paper (or want to enter again), here is an extra entry form for the picnic button contest:

Send entries to Paula O'Keefe 6919 Columbia by Sept 13th

Name: _____ Phone _____

Address: _____ 2 colors:

Background: _____ Design: _____



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

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

PAINTING

Dan Diekneite 863-7258
Patrick Beckman 862-0383

ESTATE SALES

Ruth Cobb 863-2144

HOUSE SITTING

Mary Jo Maroney 727-8554

LAWN MOWING

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

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 Comell

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 Debbiew Schwartz on Princeton

COMPUTER HELP Call Orion Trotter 863-0483

FOR SALE 1986 Chevrolet Celebrity; 27,500 miles, air conditioning, power steering, new radiator, distributor, practically new tires. Good running order \$3,550. 726-5608

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

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

**Is Fence Talk Getting Boring?
Are you tired of seeing the same old things?**

Then Help!

We need some fresh ideas and people to write articles. Call Janet Schaper at 726-5352 to volunteer today!

CALENDAR

September
1999

6 Monday	Labor Day Holiday League in the Loop Tailgate Sale 8am-2pm
7 Tuesday	Refuse collection for Monday routes
13 Monday	Deadline for Entries Picnic Button Contest
14 Tuesday	University Heights Board Meeting 7:30, 6965 Columbia
16 Thursday	Big Trash Day
24 Friday	U City in Bloom Bulb Sale Market in the Loop 10am-6pm
25 Saturday	U City in Bloom Bulb Sale Market in the Loop 8am-4pm U City in Bloom Bulbs Workshop U City Library 9:30am

Don't forget the Neighborhood Picnic Sunday, October 3 (rain date: October 10)

IMPORTANT PHONE NUMBERS

Fence Talk Editor: Janet Schaper, 726-5352
University Heights Assn Board President: Angela Fedderson-Heinze 721-2032
Block Homes: Marilyn Cathcart, 862-6244
Contractor File: Shane Calkins, 725-3058
Welcome Packets: Suzanne Loui, 721-2204
Trustees: Ron Scott, 725-0893 6942 Amherst
Kathy Sorkin, 725-2953 6940 Columbia
Paula O'Keefe, 862-6296 6919 Columbia
Police (non-emergency): 725-2211
City Hall: 862-6767
U. City Library 727-3150



Miss MARPLE, STREET WARDEN (by NAOMI Lebowitz) stands
firm AGAINST ETHNIC CLEANSING in UCH !!