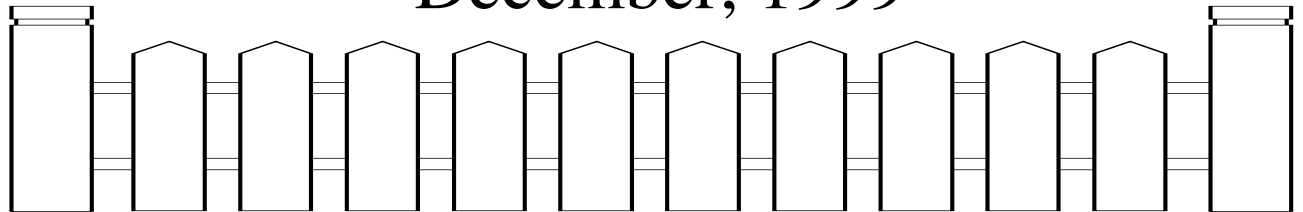


Fence Talk

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 19th annual University Heights Luminaria Celebration will be held Sunday, December 19th 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!

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!



LOOP HOLIDAY WALK

Saturday, December 4th, 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>



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



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!