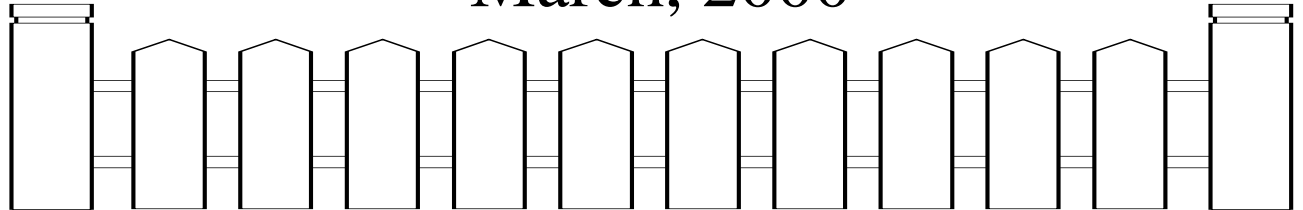


Fence Talk

University Heights Association, Inc.

March, 2000



U HEIGHTS BOARD MEETING

The Annual Meeting is scheduled for April 25th. Eric Sandway, a neighbor that lives on Trinity will be the featured speaker at the meeting. Eric is the Director of Research for the Missouri Historical Society, and will speak about the history of our neighborhood. This should prove to be a very fascinating presentation.

At that meeting we will elect eight new board members. If you are interested in getting involved in the neighborhood activities and getting to know more of your neighbors, please consider becoming a board member. It's a great way to have fun and help your community. For more information, contact Liz Lewis (863-2102) or Angela Feddersen-Heinze (721-2032).

The next Board meeting will be held on March 14th 7:30 at Blueberry Hill Restaurant in the Loop. Come join the board for a fun evening (and learn what's going on in your neighborhood, too!).

TRUSTEES REPORT

The Trustees are getting the ornamental lights RE-LIT. After numerous attempts to get AmerenUE do the work when they became "un-lit" after the streetwork, the Trustees have now contracted to have the work done. The Trustees have ongoing negotiations with the City of University City about the parking and safety concerns on Trinity Avenue. The Trustees will give us updates on these items at the annual meeting in April, and will discuss the matter of amending our subdivision indenture. They will explain the wording in the indenture for amendments, and present some alternatives.

UNIVERSITY CITY HOUSE TOUR

The annual University City House Tour, sponsored by the University City Residential Service, will be held on the last Sunday of April (April 30) from noon to 5:00pm. Once again, a University Heights house will be on the tour. This year, it is the house at #1 Yale, owned by Boyd and Sondra Dunn. The house was extensively redone a couple of years ago.

A former University Heights resident will have her new house on the Tour as well. Mary (Wingate) McKenny, formerly of 6975 Cornell, will have her new home at 7333 Wellington open for the tour.

There will be a total of 9 houses on the tour, plus City Hall and an apartment in the Loop.

We are looking for volunteers to staff the houses during the tour. There are two shifts available, noon to 2:30 and 2:30 to 5:00. Immediately following the tour, there will be a wine and cheese party for the volunteers at the UCRS office from 5-7pm. The volunteers also receive a free ticket to the tour (\$12 value). Please call a friend and schedule some time that Sunday!

Volunteers should call Mary Walls, Executive Director of UCRS, at 726-0668. Please call by March 30, so we will be able to schedule everyone.

We look forward to seeing you on the tour, either as a volunteer or as a "tourist", or both!

Thanks for your help again this year.

Richard Sorkin

President-University City Residential Service

Resident-6940 Columbia

Spotlight On Health

By

Dr. John Thomas

Osteoporosis is a silent crippler of both men and women. Many times, we are unaware of its presence until we suffer a hip fracture and find ourselves of the floor.

Our skeleton is composed of living tissue. The skeleton provides protection for our organs. It also gives structure and aids our mobility. In youth, the skeleton is strong and pliable. Its structure adapts itself to the workload that we place on it. As we age, the skeleton usually loses its strength and pliability. It no longer adapts itself to the workload and fails to heal properly after injury.

In the United States, approximately 30% of seniors who suffer a hip fracture, will die within five years. These are rather gloomy statistics. Many of these deaths could be prevented with better education and better nutrition.

The legs, arms and sternum are called long bones. Their function is to give structure to the body and also to manufacture red and white blood cells. When a long bone is broken, its contents of mature and immature blood cells are released into the blood stream. Fat is also released from the bone. This fat follows the blood stream until it gets stuck in the small vessels of the lungs or of some other organ. Once stuck in an organ, the fat forms an embolism and hinders normal blood flow. Many seniors die from lung embolisms, stroke or other organ failure after a long bone is broken. Postmenopausal women are particularly vulnerable to Osteoporosis.

Good nutrition and exercise is needed to keep our bones healthy. Our diet should include an ample supply of green leafy vegetables. These veggies will supply the calcium, which is needed. Exposure to sunlight produces the vitamin-D, which is needed for proper calcium absorption. Taking supplements is another way to get the vitamin-D and calcium that you need. I like food more than pills, but I use both. Please avoid drinking cola or other soft drinks that contain phosphoric acid. This acid causes the bones to lose their calcium.

The last link to healthy bones is exercise. Many scientific studies have shown that exercise causes the skeletal system to increase its density. When a load is placed on the body, the body responds by increasing the density of

the bones. To maintain our skeleton, we must exercise with a load placed on it. This load could be small free weights (lifting a large can of peaches) or walking with a loaded backpack. The combination of loaded exercise and proper diet is a winning combination that all of us can handle.



A PERFORMANCE BY OUR NEIGHBOR

U Heights resident, Marcia LaCour-Little plays the role of Lillian Cornwall in the upcoming Kirkwood Theatre Guild production, and invites you to attend:

Isn't It Romantic

by Wendy Wasserstein

(Pulitzer Prize: The Heidi Chronicles)

Performances

Friday - March 10 - 8 PM

Saturday - March 11 - 8 PM

Sunday - March 12 - 2 PM

Thursday - March 16 - 8 PM

Friday - March 17 - 8 PM

Saturday - March 18 - 8 PM

Performances held at :

Robert G. Reim Theatre

Kirkwood Community Center

111 S. Geyer Road

Kirkwood, MO 63122

(Lindbergh to Adams to Geyer Road)

tickets, info, reservations: (314) 821-9956

<http://www.ktg-onstage.org>

Director - Susan Baum

Assistant Director - Joan Dolan

as Lillian Cornwall - Marcia LaCour-Little

("an impressive, handsome, executive whose demeanor commands respect")

Synopsis

Set in mid-eighties New York, "Isn't It Romantic" explores the post-college careers (and dilemmas) of two former classmates: a short, slightly plump, would-be writer named Janie Blumberg, and her tall, thin, gorgeous Gentile friend, Harriet Cornwall.

Both women struggle to escape from lingering parental domination, while seeking to establish their own lives and identities through romantic fulfillment.

Told in a series of funny, inventive, and fast-moving scenes, the play explores the women's parallel stories with uncommon wit and wisdom.

WHO DOES WHAT

There has always been some confusion about who is responsible for what here at University Heights Subdivision. This information (condensed from our welcome packets) should help clarify it for everyone.

- U HEIGHTS TRUSTEES** are responsible for maintaining:
 - streets
 - lights in the middle of the streets
 - signs (metal signs and entry markers)
 - curbs and sidewalks
 - treelawns and trees in treelawns (between sidewalk & street)
 - driveway aprons (between sidewalk & street)

You pay an annual assessment for the maintenance based on the front footage of your property. It is a required fee and is due December 31 of each year. Late payments are subject to interest and missed payments become a lien against your property. If you have a problem with any of these areas, call one of the Trustees: Ron Scott 725-0893 or John Jennings 726-4690. First check to see if it might be the concern of one of the following:

UNION ELECTRIC maintains street lights located in the treelawn (not those in the middle of the street). UE maintains the utility poles on treelawns and between houses, and does the tree trimming to keep the electric, telephone and cable TV wires clear. UE will provide temporary blankets on wires that run close to your house or garage if you need to paint or do other work near the wires. Just call 342-1000.

METROPOLITAN SEWER DISTRICT maintains the storm sewers, including River Des Peres. Their emergency number is 768-6260. The nonemergency numbers are 728-6200 and 728-6211.

THE CITY OF UNIVERSITY CITY provides:

- Weekly refuse Pickup (on Mondays)
- Brush (sticks) Pickup (must be tied in bundles)
- Bulky Item Pickup 4 times per year
- Streetside Leaf Vacuuming 3 times in the fall, one time in the spring
- Weekly recycling pickup: Newspapers, glass, aluminum, plastic and cardboard.

These services are paid for by the Refuse Service Charge you are billed for twice/year.

Last year, University City voters approved the set up of a fund to pay for replacement of sewer laterals (the connection from your house to the main sewer line underneath the street). Previously, these replacements

were at the homeowners expense. Contact the City for additional information. Town Hall Phone # 862-6767

THE UNIVERSITY HEIGHTS ASSOCIATION is a voluntary organization of residents. It collects voluntary dues of \$10 per household every April. It holds an Annual Meeting at the library in April, and monthly meetings at board members homes. All meetings are open to residents. The Association is dedicated to making life in University Heights more pleasant. It has done some special one-time projects like building the entry marker at Yale and Delmar (which is maintained by the Trustees), building the flower bed around the marker (maintained by resident volunteers), installing flowerpot holders on the light posts, Historical District Plaques and Certificates, etc. Following are the projects the Association sponsors on a continuing basis:

- | | |
|----------------------------|------------------------|
| Fence Talk | Annual Garage Sale |
| Block Homes | Annual Luminaria Night |
| Annual Parade and Picnic | Welcome Packets |
| Neighbors Watching Program | Car Stickers |
| Telephone Directory | Trustee Intern |
| The Great Pumpkin Awards | Contractor File |
| Halloween Night Safety | Light Post Plants |

The vacant lot on Radcliffe at Columbia is owned and maintained by the Association for the enjoyment of residents. It is a place to play ball, throw frisbees, fly kites, pick clovers within an urban neighborhood.

The Association welcomes your participation. The current President is Angela Fedderson-Heinze 721-2032.



Tuesday, March 29 from 7:15 to 9:15 is the date to Meet the Candidates at the University City Library. Candidates for Mayor, City Council and School Board will be there to meet and discuss the issues.



There is a rumor circulating that Smith's Hardware is closing. I'm sure all of use have visited there often buying pieces and parts to patch, fix and spruce up our homes. What will we do?



- MARCH 14 U Heights Board Meeting at Blueberry Hill
- MARCH 16 BIG TRASH DAY
- MARCH 27-31 Spring Leaf Collection East Area
- APRIL 2 Daylight Savings Time (Spring Forward)



Stories, News Items, Classifieds, Jokes, any other information for APRIL'S FENCETALK: By March 26, e-mail (janetschaper@planetstl.com) drop off (6974 Dartmouth) or call 726-5352. JANET SCHAPER, editor.