



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 goeey 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.