



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: _____

