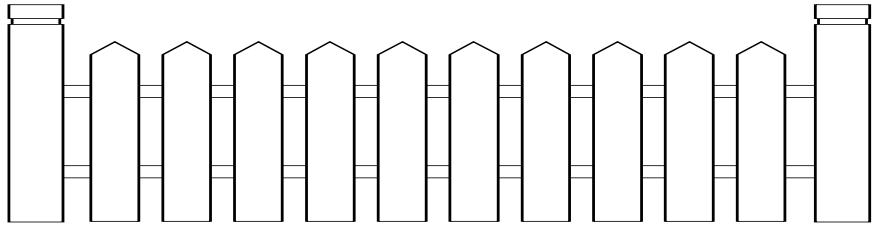


FENCE TALK

FEBRUARY, 2003



NEW BOARD MEMBERS

At the annual meeting in April, the members of the University Heights Association will hold an election to fill several vacancies on the Board of Directors. Members must reside in University Heights, and must have paid the annual membership dues of \$10.

If you are interested in becoming a board member, or if you would like additional information about the duties and responsibilities of board members, please contact the current president of the board of directors, Jeff Massey at 726-1250. This is a great opportunity to have some fun, meet neighbors, put your ideas into action and be an asset to your neighborhood!

Any member is qualified to run for the open positions on the Board of Directors, provided their association dues are paid, and provided the annual assessment payment to the Trustees has been made. The main duty of the Board of Directors is planning the social events of the neighborhood, such as the annual picnic, holiday luminaria and neighborhood garage sale. However, the board also has a say in directing the focus of the neighborhood, and acts as a liaison group to the subdivision Trustees. The Board meets 10 times during the year, and the meetings are held at various director's homes (on a volunteer basis, of course!).

MESSAGE FROM THE TRUSTEES AND NEIGHBORHOOD ASSOCIATION

A number of residents have written notes to the Trustees with their assessment payments concerning the names and spelling of their names at that address. The **Trustees** generally get their information from the title companies when property changes hands. The **Trustees** only gather the names of the legal property owners, but DO NOT record who is actually

living at the property. If your assessment has erroneous or missing information about the legal owner of your property, please contact Ron Scott at 725-0893 with the correct information.

The neighborhood **Association** (not the Trustees) publishes the Neighborhood Directory approximately every two years. The directory lists residents and family members at each address (& phone #s if you care to share them). If you have a change or correction to the current subdivision directory, you may submit your name information with your dues payment at the **Association's** annual meeting in April, or via mail (A form for this information will be included with the April FenceTalk.). The changes will not appear until a new directory is published, but at least the **Association** will have the correct data on record.

When contacting the **Trustees**, name changes, and any assessment or maintenance questions or comments should be directed to Ron Scott. Contact Trustee Paul Schoomer with any other Trustee related complaints that you may have.

UNIVERSITY CITY SCHOOL NEWS

Delmar-Harvard test scores on the rise

Once again, students at Delmar-Harvard Elementary School are showing continued improvement on the Missouri Assessment Program tests, the state's mandated testing program. Results of the spring 2002 MAP tests show that students in grades 3 and 4 at Delmar-Harvard scored in the top two levels (proficient and advanced) in all four core areas of the MAP tests—math, science, social studies, and communication arts. Scores also showed the number of students scoring in the lowest levels (step 1, progressing, and nearing proficient) decreased. The goal is to reduce or eliminate scoring in the two lowest areas and increase scoring in the top two areas. Phyllis McClure, a Washington, D.C. educational consultant who worked with Delmar-Harvard staff and parents when the school was part of the Successful School Program said, "The progress that Delmar-Harvard students have made over the past five years is very impressive. In many ways, getting movement at the bottom end of

the distribution is harder than moving students to proficient." Principal Victoria Gonzalez-Rubio added that results of the Terra Nova tests were also very good.

D-H, WU begin 'community book study'

Students and staff at Delmar-Harvard, as well as at Washington University, are partnering in a "community book study" project that looks into the life of Martin Luther King Jr. and celebrates Black History Month. A book entitled, "Martin's Big Words," is at the center of this project. In January, those participating in the study were each given a copy of the book (courtesy of the Parkview Gardens Association comprised of Loop area property owners). Throughout the month of February everyone will read the book, and then discussion and activities about Dr. King will take place in the classroom. Students will hear from classroom visitors about how Dr. King positively influenced their lives. Also, students will create books to include their own "big words." It all culminates on March 14 when D-H and WU will meet the book's illustrator, Brian Collier. He will talk about his experiences as an illustrator and give personal insights into the creation of the book.

RECYCLE AND HELP YOUR NEIGHBORS

Recycle junk mail, paper, cardboard at the green and yellow bin located on Harvard by Delmar Harvard School. Proceeds from the recycling benefits Delmar Harvard School.

Plastic grocery bags and empty egg cartons can be delivered to Joyce Daughaday at 727 Yale. She takes them to Trinity Episcopal Church's food bank. Joyce will also pick up if you call her at 863-3966.

Wire clothes hangers for recycling as craft. Please tie into one direction bundles. Thank you, Claire Hyman. I will pick up 727-2250 or you can deliver to porch at 739 Harvard Ave.

(If you have a recycling or other project you would like to add to this column, please contact Janet Schaper at 726-5352 or janetschaper@fusz.com.

NEIGHBORS NEWS

-Welcome to new neighbor, Claire Jenks Guest, newest member of the Guest family (Liz, Jim and brother Andrew) on Radcliffe, born January 6th.

-Garrett Samuel Heinze is the name missing in the last edition of FenceTalk (son of Angela and David Heinze on Dartmouth).

-The Butlers (Elizabeth, Mac, Wallace and Abbott) are saying goodbye to the Heights after not quite a year in residence. They have a wonderful opportunity to return to Chicago and therefore will be moving this spring. They have done a lot of work to their wonderful home at 6939 Columbia Ave and are sad to say goodbye both to it and to this wonderful neighborhood. If you know of someone interested in a great home in the Heights, contact them.

FOLK DANCE WORKSHOP

March 14-16

This year, the International Folk Dance Association of University City will be featuring Croatian style circle and line dances at the Church of the Holy Communion at Jackson and Delmar in University City. An Internationally famous Croatian dance teacher, Zeljko Jergan, will be teaching. This workshop receives support from the Regional Arts Commission. For more information, contact Barbara Uhlemann at Buhlemann@aol.com, 314-726-5838 or Diana Blanchard at Diana.blanchard@att.net, 314-726-5737, or check the website at www.siue.edu/folkdance/.

A Year of Health

By Julie Lazaroff, RD, LD

Every January as we ring in a new year, millions of people resolve to start eating better, lose the extra pounds and start exercising. I have noticed over the years that my gym tends to be packed the first few weeks of January. Usually by the end of the month, the regular gym crowd continues to come, but many of the new faces have disappeared.

This year, instead of resolving to "eat better, lose the extra pounds and start exercising," set one resolution for each month throughout the year. You may find it easier to focus on one goal a month and there is a chance that that these small changes will turn into new and healthy habits. Wishing you all a sweet, happy and healthy new year!

January

Try eating one (or more) meatless meal(s) a week. This will help reduce saturated fat and cholesterol. Plan menus that include bean dishes, pasta dishes, soy protein dishes, a variety of fruits and vegetables, and whole grains. Try making a vegetarian chili with tofu or soy crumbles. Soy crumbles resemble ground beef and can be found in your frozen food section of the grocery store.

February

Be good to your heart. Eat fish at least twice a week. Salmon, mackerel, trout, sardines and herring contain omega-3 fatty acids, which have been shown to reduce the risk of heart disease.

March

Celebrate National Nutrition Month® by increasing your fruit intake. Try having at least 2-3 servings of fruit a day. A serving of fruit includes 1 medium size fruit like an apple (about the size of a baseball), ¾ cup of juice, or ¼ cup of raisins (about the size of a large egg). Make fruit easy to reach for by placing a bowl of fresh fruit on the kitchen counter or your desk at work.

April

Make snacking between meals a valuable part of eating during the day. Instead of high fat, high sugar snacks like candy bars and sodas, try these easy, convenient and healthful choices.

At home stock the fridge and pantry with low-fat yogurt, fruits, cut-up raw vegetables with low-fat dip or hummus, whole-wheat graham crackers, and oat bran pretzels. Stash healthy snacks at work in case of late or busy working days. Pretzels, boxes of raisins, soy nuts, snack size cereal boxes, baby carrots and fresh fruit make great snacks.

May

Spring is in the air and it is time to get moving. Try to fit thirty minutes of physical activity into your life every day. This may seem like a daunting task, but remember to start slowly and gradually build up the frequency and length of activity. Go for an after-dinner walk with your family or a neighbor. Park your car at the far end of a parking lot for a longer walk. Use the stairs instead of elevators. Walk around your building – inside or outside – during your lunch or coffee break. Skip the drive-thru car wash and wash the car yourself.

June

Increase your vegetable intake to three to five servings a day. Eat a variety of types and colors of vegetables. Add steamed, sliced vegetables such as broccoli, bell peppers, and zucchini to your favorite pasta dish. Add lettuce, tomato, and cucumber to your sandwiches. Make your own pizza with vegetables. One of our personal favorites is spinach leaves, artichoke hearts and tomatoes.

July

Increase your fiber intake by starting the day with a bowl of high fiber cereal. Look for cereals with 5 grams of fiber or more per serving. Experts recommend consuming 25-30 grams of fiber daily for health benefits. For children (starting at age 2) and teens, remember this guideline: add their age plus five to determine how much fiber they need. Increasing your fruits, vegetables, beans and whole grains will help increase your fiber intake.

August

Trim the fat from your diet. Reduce the amount of fried foods and opt for baked or steamed dishes. Order your next salad with the dressing on the side and add it sparingly. Choose lean cuts of meat (loin and round cuts have less fat) and low-fat or nonfat dairy products.

September

Keep your bones strong by getting plenty of calcium-rich foods. These include dairy products like milk, yogurt and cheese (choose the low-fat or nonfat options), calcium fortified soymilk, dark-green leafy vegetables, some tofu (check the label to see if it was processed with calcium), beans, salmon and sardines with the bones.

October

Limit you salt intake. Start by tasting your foods before salting. Choose low sodium or no added salt versions of canned vegetables, soups and soy sauces.

November

The holiday season has begun. Take a look at your favorite recipes and see if you can modify them to make them

healthier. Use lower fat cooking methods like broiling, stir-frying, and steaming, rather than frying. Use herbs, spices, or lemon juice, rather than salt to flavor your food.

December

The holidays can be a wonderful time of year but they can also be a stressful time of year. Try to take a few minutes throughout the day to breathe. Seems simple, right? Most of us are oxygen-deprived because we don't take the time to focus on our breath. To relieve anxiety and stress and improve your concentration, try the following: Sit in a chair with both feet on the floor. Breathe through your nose. Relax your stomach and inhale deeply filling your lungs completely. Exhale, allowing the breath out through the nose. Repeat this 4 more times or more if time permits.

EDITOR'S NOTE: Due to the late publication date of FenceTalk, we'll need to follow the both the January and February advice in February!!

2002-2003 University Heights Association Board		
Ashlea Clark	6900 Cornell	721-2755
Julie Lazaroff	6955 Cornell	862-2871
Dan Martin	740 Trinity	721-2907
David Smith	765 Yale	725-4974
Sarah Wolf	#3 Princeton	862-1973
Leslie Futral	780 Yale	863-8697
Zareena Koch	6945 Dartmouth	721-3881
Linda Strassburger	#4 Princeton	721-6476
Victoria Thomas	6936 Columbia	721-2036
Joe Wilson	733 Harvard	725-1484
Theresa Biggs	6955 Amherst	727-8435
Judy Baernstein	793 Yale	725-8530
Fawn Diaz-Granados	728 Trinity	862-7357
Jeff Massey	6941 Dartmouth	726-1250
Jim Cartwright	771 Radcliffe	725-9739

IMPORTANT DATES		
March 11	Board Meeting	6955 Amherst
March 20	BIG TRASH DAY	U Heights
March 24-28	Leaf Collection	U Heights
April 22	Annual Meeting	U City Library

UNIVERSITY HEIGHTS TRUSTEES		
Ron Scott	6942 Amherst	725-0893
Paul Schoomer	#7 Princeton	862-8426
Joyce Daughaday	727 Yale	863-3966

FENCETALK		
Janet Schaper	6974 Dartmouth	726-5352
janetschaper@fusz.com		

CONTRACTOR FILE

Shane Calkins 769 Harvard 725-3058

WELCOME PACKETS

Julie Lazaroff 6955 Cornell 862-2871

FENCE TALK CLASSIFIEDS AND NEIGHBORHOOD INFORMATION**WEB DESIGN/DEVELOPMENT**

Anodesyne web design/development and graphic design firm provides web business strategy, development, design and marketing services to business clients Matthew Tillstrom 265-6620 or matthew@anodesyne.com.

CATERING

AFFORDABLE CATERING. FABULOUS PARTIES. Relax and enjoy your holiday party this season! Tre Sorelle Catering will take care of it...and we're right in the neighborhood! Call Jessica Jackson or Karen Borchert at 314-725-8475.

HAND MADE GIFT ITEMS

Hand painted gift & personal items. Make great gifts. Wooden beads and necklaces with options to upgrade. Candle holders, too. Call Rebecca Pace @ 721-1350

FOR SALE

-Sturdy, wooden bunk bed set, L-shaped, with matching 3-drawer chest, and 2 mattresses. \$100. Call Margaret Rissman, 863-6296.

-'91 Mercury Tracer. runs, but needs serpentine belt. new alternator! \$250 cash and carry. Liberty Bishop at 727-2325

-White Oak Dining Table seats 6, has leaves to seat 10, pedestal style \$250 Liberty Bishop 727-2325.

WANTED

-Garage space to rent for motorcycle. Call Margaret Lawter 863-1499

-READER for person with vision problem. 2-3 hours/week, \$8/hr. Call 863-5499, leave message.

TUTORING

Former teacher available for tutoring. Call Kerri Rendelman at 721-7293

BABY SITTERS

Brandon Bloom-Ellis	727-1362
Chundra Cathcart	862-2644
Cayla Damick	863-7106
Anne Johnston	726-5997
Lexi Land	725-0785
Austin Pheiffer	725-7067
Evan Pheiffer	725-7067
Sarah Schwartz	725-1677
Rachel Schwartz	725-1677
Allison Scott	725-0893

PET SITTERS

Brandon Bloom-Ellis	727-1362
Chundra Cathcart	762-2644
Cayla Damick	863-7106
Becky Ferber	727-2634
Bradley Land	725-0785
Lexi Land	725-0785
Evan Pheiffer	725-7067
Anna Pheiffer	725-7067
Austin Pheiffer	725-7067
Jenny Phillips	725-4567
Alison Scott	725-0893
Martha Yentumi	726-5348
Arthur Yentumi	726-5348

HOUSE SITTING

Lexi Land	725-0785
Jenny Phillips	725-4567

LAWN MOWING

Drew Bloom-Ellis	727-1362
Bradley Land	725-0785
Austin Pheiffer	725-7067
Evan Pheiffer	725-7067
Justin Vail	727-9149
Arthur Yentumi	726-5348

TREE TRIMMING

Chris Galarnyk	863-6288
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WATER PURIFIERS

Michael Williams	726-5644
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MOTHER'S HELPERS

Anna Pheiffer	725-7067
Becky Ferber	727-2634
Wesley Johnson	726-5452
Martha Yentumi	726-5348

CHIROPRACTIC HEALTH CARE

John Thomas	721-8829
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CLEANING

Maria Beckman	832-4578
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ESTATE SALES

Ruth Cobb	863-2144
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PAINTING

Patrick Beckmann	862-0383
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WRITING/PUBLISHING

Myra Vandersall	725-1059
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