



*October 4, 2024*

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## HomeServe Sewer Line Program Update for University City Residents

The City of University City partnered with the National League of Cities in 2020 to launch in University City the sewer line insurance program offered by Service Line Warranties of America, doing business as HomeServe USA, offering financial protection against costly repairs. Last week several residents advised us of a letter each received from HomeServe USA indicating that the sewer line insurance program was being cancelled. Through our investigation, we learned HomeServe USA was cancelling the original sewer line insurance program that was launched in 2020 because of the expense but was offering a different program to our residents wanting to maintain their coverage.

For residents wanting to maintain their sewer line insurance coverage with HomeServe USA, please click on the HomeServe Site icon below, or call HomeServe customer service at 1-844-257-8779. We were told that if the initial customer service representative is not able to assist you, please request to speak with a supervisor. Furthermore, HomeServe plans to follow-up with an additional letter to insured residents informing them about alternate sewer line insurance program.

[HOMESERVE SITE](#)

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## UCFD News

*National Fire Prevention Week 2024*

Next week marks National Fire Prevention Week, a

time to raise awareness about fire safety and prevention. The theme for this year, “Serve Up Fire Safety in the Kitchen!”, focuses on the importance of preventing kitchen fires—the leading cause of home fires in the U.S. Simple steps like staying in the kitchen while cooking, keeping flammable items away from the stovetop, and knowing what to do in case of an emergency can make a huge difference. Let's work together to protect our families and homes by practicing fire safety every day!



VIEW MORE

## Smoke Alarms at Home

**SMOKE ALARMS ARE A KEY PART** of a home fire escape plan. When there is a fire, smoke spreads fast. Working smoke alarms give you early warning so you can get outside quickly.

### SAFETY TIPS

- Install smoke alarms in every bedroom. They should also be outside each sleeping area and on every level of the home. Install alarms in the basement.
- Large homes may need extra smoke alarms.
- It is best to use interconnected smoke alarms. When one smoke alarm sounds, they all sound.
- Test all smoke alarms at least once a month. Press the test button to be sure the alarm is working.
- Current alarms on the market employ different types of technology including multi-sensing, which could include smoke and carbon monoxide combined.
- Today's smoke alarms will be more technologically advanced to respond to a multitude of fire conditions, yet mitigate false alarms.
- A smoke alarm should be on the ceiling or high on a wall. Keep smoke alarms away from the kitchen to reduce false alarms. They should be at least 10 feet (3 meters) from the stove.
- People who are hard-of-hearing or deaf can use special alarms. These alarms have strobe lights and bed shakers.
- Replace all smoke alarms when they are 10 years old.



### FACTS

- ❗ A closed door may slow the spread of smoke, heat, and fire.
- ❗ Smoke alarms should be installed inside every sleeping room, outside each separate sleeping area, and on every level. Smoke alarms should be connected so when one sounds, they all sound. Most homes do not have this level of protection.
- ❗ Roughly 3 out of 5 fire deaths happen in homes with no smoke alarms or no working smoke alarms.



**NATIONAL FIRE PROTECTION ASSOCIATION**  
The leading, authoritative and knowledge resource on fire, electrical and related hazards

Your Logo

[nfpa.org/education](http://nfpa.org/education) CNFPA 2018

## Lithium-Ion Battery Safety

Lithium-ion batteries supply power to many kinds of devices including smart phones, laptops, e-scooters and e-bikes, e-cigarettes, smoke alarms, toys, and even cars. If not used correctly, or if damaged, these batteries can catch on fire or explode.

### The problem

- These batteries store a large amount of energy in a small amount of space.
- Sometimes batteries are not used the right way; batteries not designed for a specific use can be dangerous.
- Like any product, a small number of these batteries are defective. They can overheat, catch fire, or explode.

### Safety Tips

- Purchase and use devices that are listed by a qualified testing laboratory.
- Always follow the manufacturer's instructions.
- Only use the battery that is designed for the device.
- Put batteries in the device the right way.
- Only use the charging cord that came with the device.
- Do not charge a device under your pillow, on your bed, or on a couch.
- Do not keep charging the device or device battery after it is fully charged.
- Keep batteries at room temperature when possible. Do not charge them at temperatures below 32°F (0°C) or above 105°F (40°C).
- Store batteries away from anything that can catch fire.

### Signs of a Problem

Stop using the battery if you notice these problems: odor, change in color, too much heat, change in shape, leaking, or odd noises. If it is safe to do so, move the device away from anything that can catch fire. Call 9-1-1.

### Battery Disposal

- Do not put lithium-ion batteries in the trash.
- Recycling is always the best option.
- Take them to a battery recycling location or contact your community for disposal instructions.
- Do not put discarded batteries in piles.

### Charging an E-bike

Charge your battery in a flat, dry area away from children, direct sunlight, liquids, tripping hazards, and in a location where the e-bike is not at risk of falling.



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[nfpa.org/education](http://nfpa.org/education) CNFPA 2022



## World Mental Health Day is October 10th!

October 10th marks World Mental Health Day, a global initiative to raise awareness and promote mental health well-being. This year's theme highlights the importance of making mental health a priority for everyone. Taking care of our mental health is just as crucial as physical health, and there are many resources available to support those in need.

Let's come together to break the stigma, encourage open conversations, and support one another. For more information and resources, visit the link below and take steps toward a healthier mind and community.

[VIEW MORE](#)

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## Recreation Updates

# FITNESS CLASSES

## STRETCH & STRENGTHEN WITH ESSENTRICS

**TUESDAYS, 9:30 - 10:30 A.M.**

FEES: Member \$50; Res. \$55, NonRes \$60  
Participants: min. 10 / max. 20

This low impact, full body workout improves flexibility, mobility, balance and posture while increasing core strength. Essentrics is suitable for all ages and fitness levels and includes both standing movements and floor work. The Essentrics fitness program will unlock what is tight, strengthen what is weak and tone what needs shaping!

## XTREME HIP HOP STEP CLASS

**THURSDAYS, 6:00 - 7:00 P.M.**

FEES: Member \$45; Res. \$50, NonRes \$55  
Participants: min. 10 / max. 20

Xtreme Hip-Hop® classes have three elements that, when combined, provide a fun, safe and full body workout. Classes typically range from 45 mins-1hr.. Each Xtreme Hip-Hop® class includes the following: Xtreme Hip-Hop Warm-Up, Strength/Toning, Cardio with the Steps and a Cool Down. Enjoy the class with or without the step equipment.

## TOTAL BODY & TONE

**MONDAYS & WEDNESDAYS, 9 - 10 A.M.**

FEES: Member \$50; Res. \$55, NonRes \$60  
Participants: min. 10 / max. 20

Build and tone muscle while using a variety of fitness equipment. This is a full body workout aiming to improve balance, resistance, speed and endurance. The structure of the class will change from week to week to keep your workout fresh and fun. All fitness levels welcome.

## TAI CHI

**THURSDAYS, 10 - 11 A.M.**

FEES: Member \$45; Res. \$50, NonRes \$55  
Participants: min. 10 / max. 20

Tai Chi is a low-impact form of exercise that consists of slow, relaxed, continuous movements. When practiced consistently and mindfully, tai chi can improve health, balance, strength, and suppleness, while relaxing the mind and reducing stress. It is a form of "moving meditation" that can be practiced, studied, and enjoyed by anyone at any age.

## ZUMBA

**MONDAYS, 6:30 - 7:30 P.M.**

FEES: Member \$45; Res. \$50, NonRes \$55  
Participants: min. 8 / max. 20

Zumba is a fusion of Latin and International music/dance that creates a dynamic, exciting, and fun workout. The classes move between high and low intensity dance moves designed to get your heart rate up and boost cardio endurance while shaking off the stress and stirring up the fun! Levels are from beginning to advanced.

## BELLY DANCING

**TUESDAYS, 6:30 - 7:30 P.M.**

FEES: Member \$45; Res. \$50, NonRes \$55  
Participants: min. 5 / max. 20

Get ready to move your body in exciting new ways through the art of Middle Eastern dance aka Raqs Sharqi aka Belly Dance. Each class will focus on posture, basic torso isolations, arm carriage, technique drills, and some basic traveling steps. These elements will then be strung together into a simple yet fun combination to help students apply what they have learned. This is a general, all-levels class that doesn't follow a specific style or format & is open to students of all ages, genders, and skill levels. No experience required.

314.505.8625

**SEPTEMBER 9 - OCTOBER 31**

UCITYMO.ORG



## JOIN US FOR BIKETOBER!

October 13th  
11:00 AM

University City Centennial  
Commons

This non-competitive bike ride is free for all ages and skill levels, making it a perfect way to enjoy a beautiful day outdoors. The event will be held in the West Pool parking area at 7210 Olive Blvd., University City.

Be sure to register online to secure your spot. Bring your bike, bring your family, and get ready for an exciting ride!

[VIEW MORE](#)

## Free Tree Distribution

**Saturday, October 19  
9:00-11:00am**

**The Green Center**  
8025 Blackberry Ave, St. Louis, MO 63130

- Improve University City's flooding by planting a tree
- 150 trees will be available with planting resources
- Tour The Green Center

Trees can mitigate flooding!

Scan to reserve your free tree!

Or visit [moreleaf.org/events](http://moreleaf.org/events) | 314-533-5323

Brought to you by:

State Farm, Forest ReLeaf, Arbor Day Foundation, The GreenCenter

## FREE TREE DISTRIBUTION TO HELP MITIGATE FLOODING

October 19th  
9:00 AM

The Green Center  
8025 Blackberry Ave.  
St. Louis, MO 63130

Join Forest ReLeaf, State Farm and Arbor Day Foundation for a free tree giveaway on Oct 19 at The Green Center. Pre-register at [www.moreleaf.org/events](http://www.moreleaf.org/events) to choose your tree and help reduce U. City floods!

[REGISTER HERE](#)



## HISPANIC HERITAGE MONTH

In tribute to the rich culture and contributions of the Hispanic community, the City of University City is proudly showcasing the Hispanic Heritage Flag throughout the duration of Hispanic Heritage Month.

Recognizing the significance of this celebration, the City aims to honor this historic time in St. Louis.

Save the Date  
University City Trunk or Treat  
Oct. 25, 5 - 7p.m.

*\*Candy Donations are being accepted at Centennial Commons during regular business hours and at the UCPD police station, M-F, 9 a.m. - 4 p.m.\**

**WE WANT YOUR TRUNKS!**  
**UNIVERSITY CITY TRUNK OR TREAT 2024**  
hosted by University City Recreation Division and  
the University City Police Department

**FRIDAY OCTOBER 25TH 5-7 PM**  
**SET UP TIME - 3:30 PM**  
**HEMAN POOL PARKING LOT, 7210 OLIVE BLVD**  
Get ready for a frightfully fun and family-friendly Trunk or Treat  
extravaganza! Show off your creative side as you decorate  
your cars and trunks  
and hand out candies to eager "trick or treaters!"

**LET YOUR IMAGINATION RUN WILD!**  
Don't miss this opportunity to showcase your decorating skills and  
spread some "kid-friendly" Halloween joy.  
Let's make this Trunk or Treat the most "fang-tastic" one yet!  
**AND WE HAVE SPOOKTACTULAR PRIZES OF  
TROPHIES AND  
MOST IMPORTANT "BRAGGIN' RIGHTS" FOR  
MOST CREATIVE, MOST SPOOKIEST  
AND THE GRAND PRIZE FOR  
BEST OVERALL- DECORATED TRUNK**  
To participate, please contact  
Recreation Supervisor, Merric Meehan  
by or before Friday, October 18, 2024  
314.505.8613 or mmeehan@ucitymo.org

DEPARTMENT OF  
PARKS RECREATION  
AND FORESTRY  
UNIVERSITY CITY

POLICE  
UNIVERSITY CITY

Unable to participate - that's ok,  
We are accepting candy donations at Centennial Commons, 7210 Olive Blvd., M-F 5:30 am-8pm,  
Saturdays 8 am-8pm and Sundays 10 am-8pm until Friday, October 18, 2024

UPCOMING  
EVENTS



Traffic Commission  
Meeting

Tue., Oct 8 @ 6:30 p.m.

Trials

Wed., Oct 9 @ 6:00 p.m.

Arts & Letters  
Commission Meeting

Thu., Oct 10 @ 7:00 p.m.

U City in Bloom: Ride the  
Parks & Gardens

Thu., Oct 13 @ 11:00  
a.m.

[View the full listing of  
U City events here](#)

[More U City News](#)

[Explore U City](#)

[U City Schools Peachjar Flyers](#)

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us your stories!*

[SEND US YOUR IDEAS](#)

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