

Tower Grove Heights Gazette

Volume 2, Number 3

December 16, 1989



NEW EXECUTIVE BOARD ELECTED

The first annual election of executive officers of the Tower Grove Heights Neighborhood Association is now history. On November 19, 1989, you, the members of the TGHNA, elected several new executive officers to represent our organization for the upcoming year. The turnout for the election was good with 65 members casting their votes (either in person or by absentee ballot). The positions voted upon included the offices of President, President-Elect, Treasurer, Secretary and Assistant Secretary. According to our Association's constitutional bylaws, executive officers are elected to serve for one year terms with the exception of the President and President-Elect who will serve the Association for a period of 2-3 years. The President moves into an advisory position as Past-President at the completion of

his/her first year and the President-Elect subsequently serves his/her second year as President and third year as Past President. The election which just took place is the first and only time the office of President will appear on an election ballot. To be elected to a particular office, a simple majority is required.

The role of the Executive officers is that of managing the affairs of the TGHNA, to make policy decisions and to oversee the activities of the association.

And now for the election results:

For President: DON HARDIN of the 3800 block of Hartford

For President-Elect: BENJAMIN CHU of the 3800 block of Connecticut

For Treasurer: JAMES LYNN of the 3800 block of Utah

For Secretary: DAVE DIFANI of the 3700 block of Wyoming

For Assistant Secretary: BRUCE HINTERLEITNER of the 3600 block of Hartford

Jean Iezzi will serve as Past-President for the next year. The newly elected executive officers officially assumed their positions on December 1, 1989. On behalf of the Gazette staff, CONGRATULATIONS!

Finally, as we welcome the new executive officers, we would like to extend our thanks to Jean Iezzi, Rich Iezzi, Steve Telford, Leslie Coriell, and Jack Hurov for having worked so hard and having accomplished so much for our neighborhood over the past two years.

-Keely Cook

FROM THE EDITORS

Soon we will be saying good-bye to another year...and a new decade will soon be upon us. In this flurry of last minute shopping activities for the holidays, I thought it would be nice to sit back and reflect on what a great year this has been for the Tower Grove Heights Neighborhood Association.

In 1989, the membership grew from 150 (in 1988) to 220. In the Spring, Operation Brightside was a great success with over 75 people turning out to make Tower Grove Heights sparkle. Block parties and progressive dinners were more numerous than ever, with many blocks holding these activities for the first time. Attendance at the bi-monthly association meetings continues to grow, attracting both members and non-members. In August, National Night Out proved that the residents of TGH are concerned about their neighborhood. Many residents participated

by turning their porchlights on. Others attended block parties and ice cream socials that emphasized keeping our neighborhood safe. All these activities epitomize the growth in community spirit and pride that makes Tower Grove Heights one of the best neighborhoods to live in the City.

We are an association that's really on the move. In the last month we held our most successful promotional activity to date - "The Art of City Living." And in a story on p.5 Anita Barker tells us about it. The neighborhood association will again hold its annual lighting competition on Monday, December 18. Cindy Lazzari gives us a run down on this year's activities (p. 4) which will be bigger and better than ever. 1989 also saw the first elections of officers to the Tower Grove Heights Neighborhood Association. If you haven't heard about it yet, Keely Cook explains the

election in detail on p. 1. The election of officers, of course, means a new Executive Board. Their goals for the year are set out in an article on p. 3. Jean and Rich Iezzi reflect on their past year serving the neighborhood (p. 4). And if all the activity in the neighborhood hasn't got your head spinning yet, don't forget that you still have to go out and finish your last minute Christmas shopping. No need to fret, however, because Mike and Judy Johnson give us a run down on all the great places to shop (p. 8) right down the street on Grand South Grand. So sit back and enjoy this end of the year, holiday issue of the Gazette. And from the entire staff at the Gazette, we want to wish you and yours a safe and happy holiday season.

Janice Nesser
Janice Nesser

Tom Booth
Tom Booth

The Tower Grove Heights Gazette

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The Gazette is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Janice 776-5780 or Tom 776-6270.

Your letters and comments are always welcome at the Gazette. Mail them to:

The Gazette/TGHNA
P.O. Box 22174
St. Louis, MO 63116

ON GRAND

In each issue of the Gazette, this column will include information about current event on Grand South Grand and a highlight of one of the area businesses.

Plans are underway for a progressive shopping and dining excursion on Grand South Grand that will include several of the neighborhoods in our area. Watch for further details as they become available.

On October 2nd Dan Shelton and Jon Davis celebrated the grand opening of RED 4 HAIR, an exciting new hair salon at 3208 South Grand. Their celebration was preceded by a lot of hard work. Dan and Jon did most of the renovation themselves, and the results were spectacular! Stepping from the exterior to the interior of this architecturally interesting building is like traveling decades in time. The decor is done in black, grey, red, and white. Track lighting is suspended from the tin ceiling. Two of the original ceiling fixtures were refurbished and make a bold statement of old juxtaposing with new. The walls are covered with contemporary artwork, which is for sale. The hi-tech furniture, especially the custom made red couch, complete the look, while intense contemporary music fills the air. I talked with owner/stylist Dan Shelton and stylist Michelle Baker, who described their specialty as offering the contemporary professional look to their customers. Dan studied with Sassoon Salons in London. Jon Davis (a silent partner) is the art director for St. Louis Magazine. Three stylists are presently available with plans to add more. RED 4 HAIR reaffirms the diversity that makes Grand South Grand a unique experience in our city. Operating hours are 10am to 9pm Monday through Thursday, 10am through 6pm Friday, and 9am through 5pm Saturday.

-Don Hardin



Missouri Botanical Garden

Everyday is special at the Missouri Botanical Garden. Floral displays, concerts, films, lectures, festivals, exhibits, performances and more are planned for your education and enjoyment. Call 577-5125 for information and schedules.

NEW EXECUTIVE BOARD SETS GOALS

In less than two years the Tower Grove Heights Neighborhood Association has grown from an idea to a reality. A reality that is the envy of other neighborhood organizations. There are as many reasons for our success as there are residents of the Heights. We have a great wealth of talent and a great wealth of people who are willing to give the gift of their time and ideas. We've come a long way in a very short time, and your new board of directors' main goal will be to continue and accelerate this momentum.



GOAL #1:

Increased emphasis of fundraising. The Fund Raising Committee needs additional members. Cindy Lazzari, with the help of others, has done a great job. With more help and ideas, even more will be accomplished.

GOAL #2:

Formation of a Social Committee. This committee would develop the "fun" programs that would involve the whole neighborhood and all of its residents.

GOAL #3:

Formation of a Neighborhood Improvement Committee. This committee would be responsible for organizing Operation Brightside activities, monthly street cleanings and annual plantings. They would interact with the ConServ office concerning derelict cars, buildings and dumpsters.

GOAL #4:

Election of heads of committees. Those committees that have not recently, from within their membership, chosen a committee head need to do so. This link between the committees and the board of directors is vital in keeping the lines of communication open.

GOAL #5:

Compile a list of committees with the goals, objectives, and responsibilities of each committee. A list of this nature would define the function of each committee. This definition will clarify, to the residents, what a particular committee does and also help them decide whether or not to participate in a committee.

GOAL #6:

Additional members for the Publications (Gazette) Committee. The Gazette needs more members in order to keep it's enviable level of quality at it's present peak.

GOAL #7:

Additional members for the Skill and Barter Committee. This committee is seeking a new chairperson and additional members. With some fresh ideas, it can provide a useful service to our residents.

These goals will be presented at our first board of directors meeting. We are looking forward to any input and additional ideas. Our neighborhood organization is very young but at the same time very mature. The board of directors plan a policy of empowerment of the committees. New ideas and freedom to grow and adapt will keep these committees vital and functioning effectively. This will be another exciting year for Tower Grove Heights, if we work together, plan together and make a commitment to continued success.

Don Hardin, President

Benjamin Chu, President-Elect

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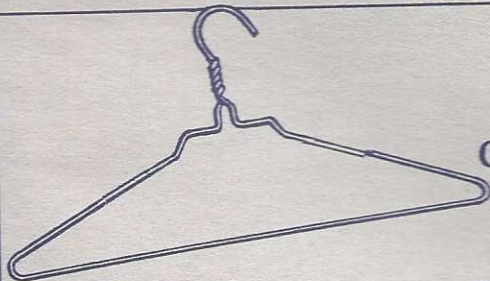
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REFLECTIONS ON THE PAST YEAR

A Letter to the Residents

As exiting President and Vice President of the Tower Grove Heights Neighborhood Association, Rich and I remember the Association's humble beginnings. We stumbled over by-laws and made frantic calls to other neighborhood groups asking "How?" We remember the thrill the first time we saw the impressive Tower Grove Heights logo created by Joyce Mellow and the initial flyer introducing the Association with the eye-catching graphics of resident Roy Smith. We fretted over money, finding an acceptable meeting place, and were insomniacs for days wondering who would show up at the inaugural open house in March 1988. We weren't disappointed then and aren't now.

From the beginning, we discovered that the greatest asset of the Association was the people who decided to make Tower Grove Heights their home and were willing to work to develop its potential. From the Block Captains who take to the street to maintain

personal contact with all residents, to the people who show their support with memberships, to the residents who help with the street blitzes and alley sweeps, to the Executive Committee which keeps the Association moving ahead, it is the people of Tower Grove Heights who make the Association work. We want to thank all residents for the success of Tower Grove Heights with an extra special thank you to a few.

One of the biggest contributions our Association has given to the neighborhood is communication. The general meetings provide a forum to voice neighborhood and City issues and help bring us all together. The Tower Grove Heights Gazette has been providing information to our neighborhood for 16 months and is widely known and respected. Our thanks goes to Janice Nesser and Tom Booth, and their staff, for putting out a quality publication from the very first issue.

During the inception of the Asso-

ciation, we felt it was vital to market the neighborhood from within. We knew no one could advertise our Tower Grove Heights better than residents who glowed about it from the heart. Our first promotional event, The Art of City Living, utilized this marketing technique. In two days, hundreds of people experienced the friendliness, sincerity and style of our neighborhood. Our hats go off to Tricia Heliker, Susie Gudermuth, Jan Hurov, Pat Linebach and Dana Winter for an outstanding job on our largest project.

Actually, a directory would have to be written to thank all who have done so much for the neighborhood. Please let it suffice to know that Rich and I appreciate all the support given to us in the last two years.

Rich and I are delighted to see that Tower Grove Heights has acquired a positive momentum and look forward to watching others discover our neighborhood. We feel that we all have responsibility to restore the glitter to this "magic city within a city". As for Rich and I, we're home in Tower Grove Heights.

-Jean Iezzi

-Rich Iezzi

HOLIDAY LIGHT COMPETITION

The second annual "friendly" Christmas Light Competition between Tower Grove Heights and Tower Grove/Alfred Place will take place on Monday, December 18. The 3600 - 3700 and 3800 block of Hartford will again be the Tower Grove Heights entry. Participating judges will decide on the overall outstanding block, as well as honorable mentions for some individual homes.

This year the competition will be expanded to honor other homes in the Tower Grove Heights area. Several homes will awarded the honor of having the most lights, best door decorations, best overall effect, best effect with the least number of lights, or the best yard display.

During the evening of December 18, residents of Tower Grove Heights will also be caroling throughout all fourteen blocks of the area. If you wish to participate in the caroling, plan to meet on the corner of Spring and Wyoming at 6:30pm. At that point, four or five

groups will form to cover the entire neighborhood. Later in the evening the entire group will join together at Spring and Utah for a few more carols.

Canned goods and other nonperishable food items will be collected by The Tower Grove Heights Neighborhood Association carolers during the evening for the Five Church Association food pantry. Cookies can also be donated for the Grand Oak Hill senior citizens program or other needy groups. Last year, residents of Hartford donated nearly 60 dozen cookies to Grand Oak Hill.

Plan to join your neighbors on this night to share your Christmas spirit throughout the neighborhood. If you can't join the group caroling, remember to leave your porch light on so the carolers will be sure to share a tune with you and have your canned goods and cookies ready for collection.

-Cindy Lazzari



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ART OF CITY LIVING A GREAT SUCCESS

The late art connoisseur Bernard Berenson once said, "I wonder whether art has a higher function than to make me feel, appreciate and enjoy natural objects for their art value?"

On November 4 and 5, the Tower Grove Heights Neighborhood Association provided an opportunity for such inspiration by hosting the neighborhood's first art show appropriately entitled "The Art of City Living." The event, as rich as its title in its implications, was held to salute neighborhood artists as well as spotlight the "treasures" of Tower Grove Heights: its quality housing, interesting surroundings and active, creative residents.

The show took place at the newly renovated home at 3724 Utah Place. The various types of artwork, including photography, paintings, serigraphs, and collages, were displayed on every wall in every room of the first two floors of the house including hallways and bathrooms.

The fifteen artists featured were

Richard Bernal, Chad Carroll, Robin Faszold, Roberta Hudlow, Claire Immer, Deborah Moellering, Janice Neser, Ruth Paddock, Sean Ruprecht-Belt, Mary K. Schroeder, Roy Smith, Charles Snowden, Tom Tobias, Kathryn Zellich, and Anthony Zingre.

Biographical information on each artist was compiled into a brochure that also provided a description of the Tower Grove Heights neighborhood. A limited edition of posters signed by the artists was also available.

The show opened with a Benefit Champagne Reception that lasted from 7pm until 10pm Saturday night. The over 350 people who attended were treated to a night of elegant socializing with the artists. While flute music played, guests browsed through the rooms admiring both the artwork and the house.

On Sunday, the exhibit was open to the public from 1pm to 5pm free of charge. Organizers reported that the flow of visitors was steady throughout the day.

"We couldn't have been more pleased with the final result", said Tricia Heliker, head of the show's organizing committee. "The cooperation of the organizers and artists was wonderful - it was great to have everything come together so well." Heliker was also impressed by the turnout which was a "good mix of people from various neighborhoods - city and county."

Susie Gudermuth, chairperson of the Promotion and Marketing Committee of the Tower Grove Heights Neighborhood Association and the property re-

novator responsible for the work done on the host home, echoed Heliker's remarks. "The show's success exceeded our expectations. Considering the fact that we were able to break even, we got a lot of publicity for the neighborhood at no cost to the Association."


The publicity generated was substantial. On November 5, the St. Louis Sun had a full page feature article on Tower Grove Heights as an exciting place to live. The November 22 issue of the Bugle News also reported on the event and its promotion of the neighborhood. In addition, an interview with organizers Jan Hurov and Dana Winter was aired November 2 on KDHX.

At the November 19 meeting of the Tower Grove Heights Neighborhood Association, President Jean Iezzi praised the event and reported receiving several phone calls from people interested in the neighborhood just on the basis of the news coverage. "The show definitely achieved what it had set out to do", said Iezzi.

And what about future art shows? Given the show's success, organizers agree it will probably be an annual event. "Maybe next year, we'll even be able to manage a little profit," said Gudermuth. "Funds raised could then be used to further improve the neighborhood."

The Art of City Living was a truly inspirational event which showcased fine works of neighborhood artists, a beautiful example of the "polishing" occurring on the many gems in Tower Grove Heights, and the creative efforts present in the neighborhood and its ever-active association. A special thanks to all responsible for its tremendous success.

-Anita Barker



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The Plants of Christmas

The Christmas season is upon us and many of us will begin to decorate our homes with various plants that have come to symbolize the holiday season. Many of the plants used are associated with legends that date back to primitive times.

The pine tree and its boughs, so commonly used, is said to have concealed the Holy Family as they were pursued by Herod's soldiers. After the soldiers had passed by, the Christ Child blessed the pine, and the imprint of his hand may be seen if a pine cone is cut lengthwise.

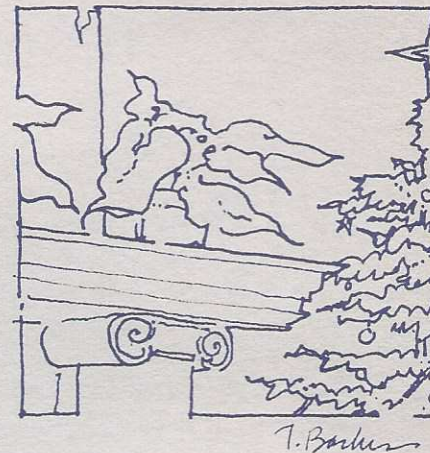
The fir, the traditional tree of Christmas, was once considered sacred, and was referred to as the Tree of Knowledge of Good and Evil in the Garden of Eden. According to legend the fir once bore blossoms and fruit until Eve picked them. Since that time the tree grew needles only, but on the night that Christ was born, it bloomed again.

In the Middle Ages, juniper was burned to ward off demons. Junipers were also planted at doorways as protection from witches. Wreaths of juniper were meant to suggest life and

hope, and the circle, a universal symbol of eternity.

Holly, a plant held sacred by the Druids, was often hung over doorways, in windows and by the chimney to prevent witches from entering. Formerly considered pagan by Christians it was later thought to have sprung up under the footsteps of Christ. Its thorny leaves and red berries represented His sufferings. The crown-of-thorns was said to be made of holly, and the white berries turned red with Christ's blood.

Mistletoe, also held sacred by the Druids, was considered a magical healer and had the ability to ward off witches and sorcerers. Condemned for centuries by the Church as evil, mistletoe was finally incorporated into Christmas through a ritual during the holiday season. The priest would initiate a holy kiss of peace and pardon by passing mistletoe throughout the congregation. The white berries of mistletoe are often called Frigga's Tears for the Norse goddess who grieved for her son, killed by an arrow made from mistletoe. The gods took pity upon her and brought her son back to life. So

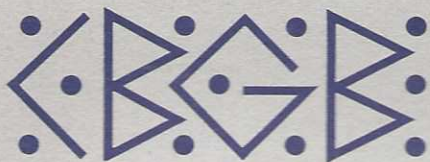


grateful was Frigga that she decreed mistletoe the plant of peace and those who passed under it should exchange a kiss.

The herb rosemary, used in many Christmas wreaths is an ancient symbol of remembrance. It was used in medieval England as a garnish at the traditional Christmas feast. Legend holds that the tiny blossoms of rosemary changed from white to blue after Mary hung the clothes of the infant Jesus on a rosemary bush to dry during the flight of the Holy Family to Egypt.

As we decorate our homes with these plants of Christmas keep in mind the spirit of their legends and have a joyous Christmas and a Happy New Year.

-Benjamin Chu



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HEARTY, HEALTHY HOLIDAY FARE

Get an early start on a resolution for a healthy life-style in the new year through sensible holiday eating. Learning simple substitution tricks will allow you to prepare and enjoy many of those traditional yuletide favorites while watching and reducing your caloric and fat intake.

Recipes which call for sour cream, like the ubiquitous party dip, can be made more healthful by substituting low-fat, or even better, non-fat yogurt. Many who claim to have an aversion to the cultured stuff are surprised to discover that the dip (or other dish) they are requesting the recipe for contains the dreaded milk product! Another twist for a similar result uses 1 cup of low-fat cottage cheese or part-skim ricotta with enough yogurt or buttermilk (yes, buttermilk!) to achieve the desired consistency, or combine the cheese with two tablespoons of skim milk and one tablespoon of lemon juice. Or for the purest who thinks sour cream ought to have something sour in it, you can whip 1/2 cup of chilled evaporated milk (the skim variety) with 1 tablespoon of white vinegar to equal 1 cup of sour.

For those readers who might still be wondering why a health nut like this author would ever utter (no pun intended!) the word buttermilk, well contrary to popular belief buttermilk is actually low in fat! Yes, that's correct Silvia, it's made from skim or 1-percent milk.

Another dairy case decision that can save you the post-holiday battle of the bulge and reduce your intake of saturated fat involves that popular and seemingly innocent ingredient, cream cheese. Blend one cup of low-fat cottage cheese with 1/4 cup of a good polyunsaturated margarine and you might fool even Julia Child in a fancy cheese cake or other holiday dessert.

Other smart decisions include reaching for a can of evaporated skim milk when the recipe call for heavy

cream, and using only the whites or a commercial egg substitute instead of whole eggs. Two egg whites may be used in most recipes in place of each whole egg. The additional cost will reward you in long-term benefits.

If there is a chocolate dessert in your holiday menu planning consider this substitute, cocoa plus a little vegetable oil will do the trick.

Your grocery shelves are, more than ever, becoming havens for healthy substitutes as the food industry begins to respond to the demands of a more health conscience America. You may find many reduced calorie and low-fat items if you take the time to read the labels and to compare. Examples are: part skim cheeses and light mayonnaise.

Making a conscience decision to adopt a low-fat healthful eating plan is like making an investment in your future. It will make it easier for you to control your weight, and if you are overweight, loose those extra pounds. And most importantly, it will help you keep your heart healthy by maintaining low blood levels of cholesterol and fat.

For more information on smart diets for healthy living and other health tips call the St. Louis University Health tapes line at 531-7859. You may also call the St. Louis Chapter of the American Heart Association at (314) 45-HEART.

For those cooks who like to read, I recommend the following sources of healthy eating recipes and ideas (they make good Christmas gifts too): *The Jane Brody Good Food Book*, published by Norton, available in paper and hard cover; and *The American Heart Association Cookbook*, published by McKay.

-David Wagner

David Wagner is a certified physician assistant and a professor at St. Louis University School of Allied Health Professions.



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HOLIDAY RECIPES

CRAB SPREAD

One loaf white fresh bread, buttered and torn into small bits.

Dice 1 large onion and add to bread. Cover and let stand on the counter overnight.

Next morning, add:

1 cup chopped celery
1 can crabmeat
2 cans small shrimp
5 hard-boiled eggs
3 cups mayonnaise

Keeps well in the refrigerator. Can also be frozen. Great to have on hand during the holidays.

-Tricia Heliker

CHOCOLATE-FILLED SNOWBALLS

1/2 lb. unsalted butter
3/4 cup granulated sugar
1 tbs. brandy
2 cups all-purpose flour, sifted
1 cup chopped pecans or walnuts
1 bag (8 oz.) chocolate kisses
Confectioners sugar, for decoration

In a bowl, cream the butter, sugar and brandy together until light and fluffy. Add flour and stir in nuts. Gather the dough into a disk and wrap in foil or plastic. Refrigerate for at least 30 minutes.

Preheat oven to 350 degrees. Remove foil from kisses and wrap each one inside a ball of dough about 1 inch in diameter. Take care that each kiss is surrounded by dough. Bake cookies on ungreased baking sheet for about 12 minutes, until just cooked through. Sprinkle with confectioners sugar while still warm.

-Judy Johnson

If you have any recipes you would like to share with your neighbors, send them to:

Recipes/The Gazette
P.O. Box 22174
St. Louis, MO 63116

GRAND HOLIDAY GIFTS

So what if there are only nine more shopping days till Christmas! With all of the stores right here on Grand Avenue only minutes away, it's hard to get too worried about it. I mean, just because Aunt Celeste had her shopping done two months ago, there's no reason to rush into something as important as choosing the right gift for everyone on your Christmas list! Still, maybe it wouldn't hurt to start shopping today and avoid that awful rush on Christmas Eve.

The Grand South Grand business district is just minutes away from anywhere in Tower Grove Heights. You can park your car once and walk to a virtual smorgasbord of shops and restaurants whose merchandise will please even the most persnickety person on your gift list. One warning though... be sure to bring a LARGE shopping bag!

In addition to stores in the Grand South Grand business district, we've also added a couple of shops elsewhere on Grand that we thought might be of interest.

Inside & Out, 2310 So. Grand, specializes in interior design. However, they carry a good number of items worth considering as gifts for the person whose tastes lean to the eclectic. There are young peoples' books and crafts and unusual toys, unique ceramicware, terra cotta and small statuary pieces, glassware, and a potpourri of other gift items.

For the look and feel of a warm, old-fashioned holiday, check out the selection at Botanicals, 2237 So. Grand. The shop has two Christmas trees that are just loaded with different types of craft and glass ornaments. For a very special gift, you might want to talk to the owner about a custom-designed centerpiece. Or how about a custom-designed silk flower arrangement for year-round use? Botanicals also carries a variety of ceramic and glassware, figurines, and decorative terra cotta pieces for the home. All this and Tower Grove Heights notecards, too!

Red 4 Hair, 3208 So. Grand, is a new-



ly-opened hair styling salon for men and women. They offer gift certificates which would cover all of their hair care products and cuts, perms, styles, etc. What a nice way to pamper someone you love!

Elaine Viets, a Tower Grove Heights resident and tongue-in-cheek columnist for the Post Dispatch, has just penned a new book which would be a delightful gift. It's called *Viet's Guide to Sex, Travel, & Anything Else That Will Sell This Book*. Elaine will donate a percentage of the book's cost (\$19.00) to the Tower Grove Heights Neighborhood Association. Call Cindy (771-0343) if you'd like to buy a copy, and ask about a special personalized autograph.

For the romantics on your list (or for yourself!), consider a gift certificate from B & D Stables of Tower Grove Park. Carriage rides for 2 to 4 people lasting a minimum of one-half hour can be purchased with this certificate. Call Sandy at 353-7273 to get the details.

Dickmann's Bakery, 3139 So. Grand, carries a large variety of holiday delicacies, many of which are thoughtful hostess gifts. Yule log cakes, decorated cookies, old-fashioned German sprin-gerle cookies and Christmas sheet cakes are just a few of the many different items you'll find. The honeycake house would brighten any child's eyes - or adult's, for that matter! We dare

you to walk in and manage to leave the aroma behind without making a purchase.

If you find pizza lovers on your shopping list, no problem. Domino's Pizza at 3107 So. Grand has gift certificates available in \$5.00 denominations.

Shenandoah Coffee Company, 2300 S. Grand, carries a wide array of coffee, tea, and other gourmet goodies. They have a coffee or tea of the month package which can be sent 4, 8 or 12 times per year to a friend or business associate with a gift card reminding them of its giver. Also available are gift boxes with an assortment of coffee, a coffee scoop, or candy. They also carry that perennial gift favorite - the coffee mug - in an unbelievable assortment of styles, including a fantastic-looking pink flamingo mug!

For an international flavor, we recommend that you check out: Mid-Eastern Market at 3201 So. Grand. They have cheese and thyme pies, spinach pies, meat pies, and a delicious (we tried some) assortment of Arabic pastries. Jay Asian International Foods, 3182 So. Grand, for all sorts of Southeast Asian food items and supplies. In early December, the Jamaican Market will be opening at 3212 So. Grand. They will carry various island fruits and juices.

Faru, 3111 So. Grand, is the place to find truly unique handcrafted gifts. The shop stocks sweaters, jewelry, rugs, tapestries, belts, and shawls. They also carry a selection of pottery, crystals, and more.

Star Video at 3117 So. Grand stocks a variety of new and used movies for sale. Gift certificates may be purchased in \$5.00 and \$10.00 denominations and can be used for movie rentals, which range from \$1.00 to \$3.00 per movie.

Mangia Italia, 3145 So. Grand, has a large stock of Italian cooking items as well as gift certificates. They also carry a supply of Italian and California wines, regular and decaf espresso beans, and for the gourmet on your gift list, a wide variety of fresh pastas.

New Dawn Natural Foods, 3175 So. Grand, is the place for health food, natural cosmetics, cookbooks, and many other items. You'll find subliminal persuasion tapes to help your friends stop

smoking, learn how to take exams, bone up on time management, and improve their memory. A Celestial Teas sampler box is available. Custom arrangements can be made to your personal specifications in any price range.

Becker's Delicatessen, 3183 So. Grand, has a huge assortment of German and other imported gifts. They carry a large assortment of Hummel figurines. Delft china, handmade German dolls, sausages, cheese, and imported beers and wines are also in great abundance. Old-world style nutcrackers, beer stein, and hand-blown glass ornaments delight the eye. Marzipan pigs and chimney sweeps - traditional New Year good luck charms - can be found, certainly one of the more unique items we ran across!

At the Fingerhut Shoppe, 3208 So. Grand, you'll find many unique knickknacks, including onyx chess sets and figurines. The lighted Christmas houses in different sizes are enchanting. And for that very special gift you might want to look at the onyx lamps and tables.

If you're shopping for someone who enjoys decorating, stop by Grand Furniture Mart at 3155 So. Grand. You'll find hat racks, flower arrangements, lamps, pictures, and other accessories for the home. Of course, a large selec-

tion of furniture is available too.

The Missouri Botanical Garden's gift shop is the place to go for the nature lover. Nature books, plants, bird feeders, and science kits are just a sampling of the many items available. Christmas ornaments, children's books, mugs, and assorted jewelry can also be found.

For your last-minute gift wrapping, tree decorating, and stocking stuffer needs, go to Woolworth's, 3121 So. Grand. You'll also be able to pick up batteries - as many of us have realized we need on December 24 at 11:30pm!

Last but not least, you can outfit your family and friends in Tower Grove Heights Neighborhood Association t-shirts. They are available in size medium from Jean (772-4987). The shirts are white with a very attractive screen print of Tower Grove Heights homes. The association also has holiday notecards available. At the price of six for \$5.00 they are a steal and make great stocking stuffers.

If you're a professional procrastinator or simply need to find just the right gift for good old Uncle Caleb, browse through some of the shops we've mentioned. They're right around the corner, and you're bound to find something for the special people on your holiday gift list.

-Mike and Judy Johnson



LAST MINUTE HOLIDAY SHOPPING?

Visit the great shops on **Grand South Grand**.
You'll find that special present for that
special someone.
Gift Certificates available, too.



A MESSAGE FROM ALDERMAN GERALDINE OSBORN

St. Louis is currently collecting a 3/8 cent sales tax which is scheduled to expire on March 31, 1990. A proposal to make this tax permanent was defeated by the voters on August 8 and again on November 7. It is estimated that this tax produces about \$12.5 million per year which is about 4% of the City budget. Following the latest defeat of the sales tax proposal, Mayor Schoemehl announced the appointment of a 17 member committee, supposedly to recommend cuts in City spending to make up for the lost revenue.

I was not appointed to this new budget advisory committee. However, the meetings are open to the public and I attended the first meeting on November 20. It was obvious immediately that this committee was going to receive a massive dose of scare tactics. The City's Budget Director informed the committee that the City faced a budget shortfall next year of not \$12.5 million but \$25 to \$30 million. In other words, according to the Budget Director, the City would have faced a budget shortfall next year of \$12.5 to \$17.5 million even if the sales tax proposal had been approved.

The budget cuts suggested by the Budget Director included reducing the number of firefighters, public health nurses and ambulance crews. It seemed to me that the Budget Director's suggestions did not reflect much effort to identify reasonable, responsible budget cuts which could be made without hurting essential City services. It appears that the stage is being set for the committee to issue a report which states that the sales tax is desperately needed and should be resubmitted to the voters.

Geraldine (Gerry) Osborn
773-8416 Home
622-3287 Board of Alderman

GIFTS THAT COUNT

Does it make you happy when you see a child's eyes light up when they receive a new toy for Christmas? Imagine the joy you'd feel by giving an elderly couple a small gift of food they can't afford!

Giving and receiving gifts are things most of us take for granted. However, this is not always true. There are many people who cannot afford these simple joys. The best gifts, and the most rewarding ones, are for these people.

During this holiday season, please keep these people in mind. Canned goods and other nonperishable food items can be donated to many area food banks. The Human Development Corporation - South Side Branch, Joint Neighborhood Ministries, Hosea House, St. Pious V Church, and St. John's Episcopal Church are just a few in the area. Remember, the Tower Grove Heights Neighborhood Association will be collecting canned goods for the Five Church Association and cookies for the Grand Oak Hill shut-ins while caroling on December 18.

Donations other than food are also needed. Clothing is collected by the St. Louis Firehouse on Tucker and the South Side YMCA. Toys are accepted by several organizations during this ho-



liday season. KTVI - Channel 2 sponsors a new unwrapped Toy Drive and the US Marines will be sponsoring their Toys for Tots Program.

Your time and talents can be used in many different ways: helping to prepare and serve meals at a soup kitchen, visiting nursing homes or shut-ins, or visiting a sick child in the hospital.

There are many organizations that need your help. You may want to consider one of the following groups: American Red Cross, American Heart Associations, American Lung Association, Ronald McDonald House, Salvation Army, or Big Brothers & Big Sisters.

This is just a small list of the many giving gifts you can donate during this holiday and throughout the year. Please share some of the Christmas spirit with one.

-Cindy and Paul Lazzari

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DISPLAYS TO BRIGHTEN YOUR HOLIDAYS

Although it's sad to say goodbye to another year, it's also a time to celebrate the friends and good times we've had. One way a lot of people celebrate is to string colored lights around and in their windows, and in their trees and bushes. Most of us find it a real treat to drive around the city and enjoy these individual displays, and also the many displays set up around the St. Louis area. There are many different displays to enjoy.

This year marks the second annual holiday light competition between the Tower Grove Heights Neighborhood Association and the residents of the Tower Grove/Alfred Place Neighborhood block unit. The 3600/3700 and 3800 blocks of Hartford and the 4500 and 4600 blocks of Tower Grove Place will participate. The winners will be selected on Monday the 18th of December. Special awards will also be given throughout the Tower Grove Heights neighborhood to individual homes with outstanding displays.

On November 24th, the Christmas lights were turned on at Keiner Plaza in downtown St. Louis, marking the official start of the holiday season. The Salvation Army Tree of Lights displays located both in Keiner Plaza and at St. Louis Union Station serve as the focus for their annual holiday fund drive.

The National Shrine of Our Lady of the Snows in Belleville, Illinois, invites the public to the 20th annual Way of Lights, which features more than a mile long display of 150,000 white lights, electro-art sculptures, a live animal corral, and a life-size nativity scene. The display can be seen nightly from 5pm to 10pm through January 7.



The Winter Wonderland at Tilles County Park at Litzinger & McKnight Roads offers a sparkling holiday display which can be seen from your car. The mile long route winds through the park and provides views of popular cartoon characters and holiday scenes under a canopy of 500,000 twinkling Christmas lights. The display is open every night through January 1, except December 24 and 31. Advance tickets are required for Saturday night visitors, at \$5 per car and \$50 per bus. Tickets for any other night are \$3 per car and \$10 per bus, and do not have to be purchased ahead of time.

The Anheuser-Busch brewery once again provides an impressive display of lights as well as a 65 foot tall Douglas Fir Christmas tree, decorated with 6,000 gold lights. More than 800,000 lights illuminate the skyline surrounding the brewery complex in its fifth annual Christmas lighting display. Lights will grace the trees along Pestalozzi Street, the Brewhouse, the famous clock tower, and the former malt house.

During December, Christmas trees from throughout the world will be on display in the Museum of Westward Expansion at the Gateway Arch. For those interested in a touch of the past, see what a Victorian Christmas was like by visiting the Old Courthouse at 11 N 4th St.

And for toy enthusiasts, antique and mechanical toys will be on display at The Forum's 4th annual Toy Show, 555 Washington Ave. Admission is free.

-Tom Booth

FROM THE STATE CAPITAL

Housing, Medical Care and Environmental Concerns should be main topics of consideration for the legislative session in January, but that doesn't mean that they will.

Right now the state governmental departments are making their recommendations for next fiscal year to the governor. The many divisions of state government make recommendations to department directors as to their needs to make their areas function productively for the next year. The department directors must make all the numbers fit in a budget. This means that the divisions recommendations will be cut. The department directors make their recommendations known to the governor. The governor then makes them fit within his estimate of what the revenue will be for the year and into his own political & legislative agenda. This means the division requests will again be cut.

After the governor's recommendation, the departments revise these figures which become the department's official position. They must defend these numbers even though they are lower than the figures they need to make things work.

In December, we, the House, will begin hearings on all appropriation bills. We get feedback from the department people and the public. By January, more figures are available. We make final recommendations to our budget committee by March. They, then, will try to make it fit into their total budget estimate. The House will vote. Its budget will be sent to the Senate where the process of hearings and votes takes place all over again. The House and Senate versions will be adjusted, passed and sent to the Governor by early May.

With over a half million Missourians either under-insured or non-insured, we must take a closer look at medical care in our country. For a number of reasons, the "MedAssist" proposal was defeated. But the fact remains that the system it had to go through isn't working as it should.

State Representative

Pat Dougherty

772-1948

4031 Parker



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RESIDENT PROFILE ♦♦♦♦♦♦♦♦♦♦

Elaine Viets, the celebrated Post-Dispatch columnist, and husband Don H. have resided in our Tower Grove Heights neighborhood for about sixteen years. A native of St. Louis, Elaine says they chose our area years ago for several reasons; its proximity to Tower Grove Park, easy access to downtown (where they both worked) and the age and quality of the homes. "I really love this neighborhood", she claimed.

They first encountered Utah Place in January or February of 1973 after a fresh snow fall and were stopped in their tracks. Elaine said that she was really taken by the beauty of the neighborhood and knew their search was over. They found their upstairs flat soon after, rented it and two years later bought it and slowly renovated it.

They still live there today. Anybody who reads Elaine's columns knows that she frequently draws upon her experiences as an old home rehabber and South Side resident. She recounted one story to me. It seems that the previous owner had wallpapered the underside of the claw-footed bathtub and painted the toenails to match. "The boys at Oak Hill Hardware got quite a chuckle when I appeared to ask for advice on how to remove wallpaper from a bathtub", she said. Those of you now in the process of removing the wallpaper from your tubs take heart, you're not the first to encounter this problem.

Elaine said her favorite St. Louis landmarks are the fountain in Tower Grove Park with the Roman ruins all around and the Brown Shoe warehouse with the mural painted on it.

Elaine's increasing popularity has brought more and more demands on her leisure time. Her column, appearing in 300 newspapers, radio show and her recent success on television, requires an average work week of about 60 hours. Plan on seeing more of Elaine on television in 1990 as KMOV-TV has plans to show four of her prime-time specials.

Elaine's recent book, "Viet's Guide to Sex, Travel and Anything Else That

"Will Sell This Book" is on sale now, just in time for Christmas. She has agreed to donate the profit from any sales we make to the neighborhood association.

Elaine attributes her success as a journalist to a one step at a time approach. First she obtained a

journalism degree and then published articles in larger and larger periodicals before working for the Post-Dispatch and KMOV-TV.

Whatever the future holds for Elaine Viets, and you can be sure it will be bright, the memories she will hold dearest will be of South St. Louis and Tower Grove Heights.

-Steve Telford

BLOCK NEWS (3600 - 3700 UTAH PLACE)

A block meeting for the 3600-3700 block of Utah Place transpired as scheduled at the Telford home on November 9, 1989. Over a third of the homes on the block were represented at the meeting and numerous subjects specifically relevant to this block were discussed. A primary focus of the meeting was the selection of a new block captain. Teresa Telford announced that she greatly enjoyed her two years as block captain and the opportunities it gave her to get to know her neighbors and to help the neighborhood, but she reluctantly had to acknowledge that a change of guard would be best for the block and her.

Although there were no volunteers to become block captain for the block, the

creative energies of block members arrived at the concept of a block committee in lieu of a block captain. Volunteers for the committee quickly came forth. The Tower Grove Heights Neighborhood Association is now coordinated on the 3600-3700 block of Utah Place by a block committee comprised of the following members: Randy Dirnberger, Dolores Queensen, Lori Holden, and Janis Bello. Block residents may also see more of Gini Folk in the future, since she agreed to assist in the delivery of association literature. Teresa would like to thank the residents of the 3600-3700 block of Utah Place for the many open doors, great conversations, and warm support she received while block captain.

-Teresa Telford

Season's Greetings

to our neighbors
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REPORT ON CRIME:

TOWER GROVE HEIGHTS

While our overall perception of Tower Grove Heights is one of a fairly safe neighborhood, crime does occur. This article describes some facts about the crimes that have been reported in our neighborhood over the past five months (June to October). This information is vital because it will enable us to focus our block watch efforts.

The total number of crimes reported in our area for the five month period beginning June 1, 1989 and ending October 31, 1989 was sixty-seven. This figure includes fourteen crimes reported in the 31-3200 blocks of South Grand and three crimes reported in the 3900 blocks adjoining Tower Grove Heights.

The types of crimes most often reported in Tower Grove Heights include burglary, thefts from vehicles, and auto theft.

The crime reports show three important patterns. First, most crimes (66%) are reported on weekdays (Monday to Thursday). Second, of the total number of crimes reported, almost three-quarters (72%) in the latter half of the month, that is, from the fifteenth day on. Third, once a crime is committed,



those that follow occur one after the other on consecutive days. For example, in September, crimes were reported almost daily from the seventeenth until the twenty-ninth.

Let's focus on the residential area, excluding South Grand and the 3900 blocks for the moment. We are then left with a total of forty-eight reported crimes.

Every block has reported at least one crime. The block with the most reports is 3800 Humphrey with almost one-fifth (9 of 48). Similarly, Humphrey logged the most crimes as a street with just over 20% (10 of 48). The block with the least reported crime is 3800 Arsenal (1

of 48) and the street reporting the fewest crimes is Wyoming (4 of 48).

The purpose in writing to you about these statistics is not to suggest that we all move to Arsenal and Wyoming, or to the county! Rather, armed with this knowledge, we are now in a strong position to form effective block units. To summarize, we now know that each block in our neighborhood needs protection. Because crimes often occur in specific patterns, we can tailor our block units to meet those needs. Finally, as Terry Shoemaker, Public Relations Officer, 3rd District Police has said, we are strongly encouraged to form block units, to report all crimes, and to urge our elected representatives to push for more human resources on the St. Louis Police Force.

-Jack Hurov

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THE KIDS PAGE

by Libby Kriz

Holiday Gifts and Recipes

Holiday Walnut Friends

1/2 walnut shell plastic eyes
3 1" x 3" black felt (backing)
cotton balls (Santa)
white, red, brown, green felt or
construction paper scraps

pipe cleaner (reindeer)
safety pin (optional)
6" gold string

For Santa and Reindeer:

- 1) Glue walnut shell to 3" by 3" black felt backing; when glue is dry, trim off excess black felt.
- 2) Use felt or construction paper scraps to make details
- 3) Glue on plastic eyes or make paper ones.
- 4) For reindeer, make antlers with pipe cleaner and glue in place
- 5) For Santa, cut up cotton balls and make beard and trim. Glue in place.
- 6) For ornaments, glue 6" string loop on back of walnut, or for a pin, tape a safety pin on back of walnut.



Christmas Trees

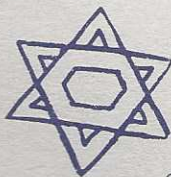
3 Tbsp butter
4 C. Cheerios
3 C. miniature marshmallows

1/2 tsp vanilla
1/2 tsp green food coloring
red hots

- 1) Melt butter and marshmallows in a large saucepan while stirring constantly.
- 2) Remove from heat. Add vanilla and green food coloring stirring thoroughly.
- 3) Fold in Cheerios gradually; then cool.
- 4) Butter hands and shape 2/3 C mixture at a time
- 5) Add red hots for decorations.

Star of David Mobile

Blue construction paper
yellow construction paper
glitter, sequins



36" silver cord
glue

- 1) Make three stars; make each of the stars by gluing two construction paper triangles together. The colors may be mixed or matched for each star.
- 2) Tie a 2" loop at the top of the silver cord. After the stars are dry, glue the silver cord across the center of each star.
- 3) Decorate stars with glitter and sequins. When dry, hang up.



Pasta Angel Ornament

2 pieces of elbow macaroni (arms)
1 piece of rigatoni (body)
1 piece of bowtie pasta (wings)
salad macaroni (hair)
20 mm wooden bead

3" gold pipe cleaner
6" gold wire cord
white spray paint
felt tip pen

**Allow each section to dry before starting the next step.

- 1) Glue bead to rigatoni; let dry.
- 2) Glue on bowtie wings; let dry.
- 3) Glue on elbow macaroni arms; let dry
- 4) Glue on salad macaroni for hair. Be sure to leave a small space over bead hole uncovered; let dry
- 5) Spray with white paint and let dry
- 6) Twist 3" piece of pipe cleaner to make a 1" circle for halo and glue on head.
- 7) Bend gold wire cord in half and insert into hole for a hanger, fill hole with glue and let dry
- 8) Draw on face with a felt tip pen.



Potatoe Latkes

3 large potatoes
1 small onion
a frying pan

1 tsp salt
vegetable oil
3 tblsp flour
3 eggs

Note: Vegetable oil in the frying pan should be deep enough to almost cover the latkes. Let your parents do the frying

- 1) Peel and grate the raw potatoes and the onions into a bowl.
- 2) Beat the eggs well and add to the potatoe and onion mixture.
- 3) Add salt and flour and mix well.
- 4) Heat the oil, and test by dropping in a small amount of batter. It should sizzle.
- 5) Drop the mixture carefully by spoonfuls, into the fat, being careful not to splash the hot oil.
- 6) Turn the latkes when the underside is golden brown, and fry on the second side.
- 7) Drain the latkes on paper towels.

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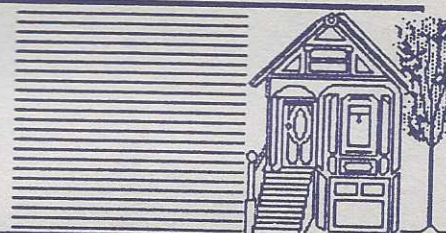
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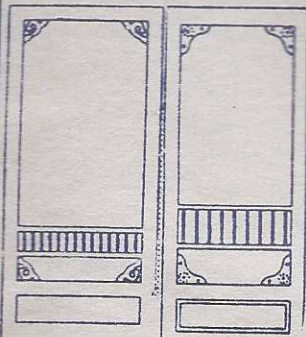
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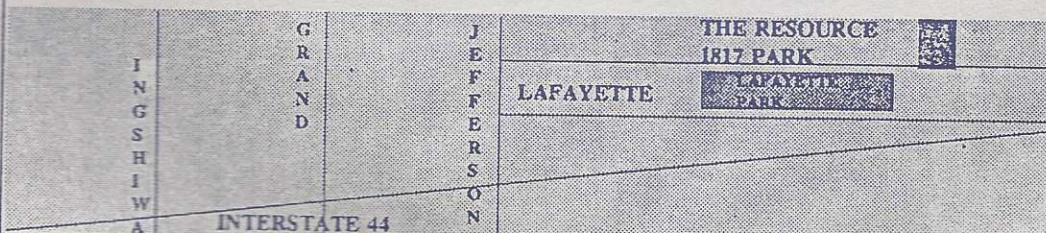
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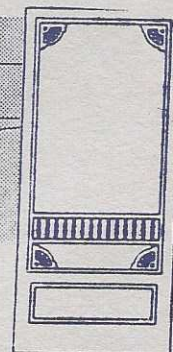


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SAVANAH

The Tower Grove Heights Neighborhood Association

President: Don Hardin
President-elect: Benjamin Chu
Secretary: Dave Difani
Asst. Secretary:
Bruce Hinterleitner
Treasurer: James Lynn

COMMITTEE CHAIRPEOPLE

Block Captains: Tricia Heliker
Fund Raising: Cindy Lazzari
Neighborhood Improvement:
Needs a chairperson
Promotion and Marketing:
Susie Gudermuth
Publications: Janice Nesser
Skill and Barter: Needs Chairperson
Tenant/Buyer Referral:
Susie Gudermuth

Block Captains

3600/3700 UTAH

Committee
HUMPHREY

Dana & Jack Winter
WYOMING

Betsy & Brian Vanderheyden

Sally Difani

CONNECTICUT

Kay Lynn Firsching

Ruth Schnurbusch

JUNIATA

Leslie Coriell

HARTFORD

Libby Kriz

Becky Staup

ARSENAL

Robert & Cynthia Bing

3800 UTAH

Susie Gudermuth

HUMPHREY

Tricia Heliker

WYOMING

Cindy & Paul Lazzari

CONNECTICUT

Janice Nesser & Benjamin Chu

JUNIATA

Susan Barrington & Martha Cleer

HARTFORD

Pat Linebach & Bill Wright

ARSENAL

Jean Iezzi

CALENDAR DECEMBER, JANUARY, FEBRUARY

December 16

Santa Lucia Celebration at the Missouri Botanical Garden in honor of the Swedish saint, Santa Lucia. Events will include folksongs, folkdancing, candle-light procession, and a Swedish Bou-tique.

December 16 - December 31

Carpenter Branch Library has two ex-hibits on display. Stop by to see Hand-made Christmas Ornaments by Nina Licavoli or Kwansa: Afro-American Celebration of Christmas

December 16 - December 31

Yesterday's Child, a photography ex-hibit featuring children's portraits with their toys, pets and favorite clothes will be on display at Central Library, 1301 Olive. Exhibit conveys the joys and hardships of turn-of-the century life in America.

December 16 - December 31

Victorian Holiday at Tower Grove House at Missouri Botanical Garden

December 16 - January 1

Holiday Flower Show at Missouri Bot-anical Garden with a festive display of poinsettias, pines, junipers, vinca bas-kets and other seasonal blooms.

December 16 - January 14

150 Years of Photography on display at St. Louis Art Museum

December 18

Christmas Caroling throughout Tower Grove Heights. Meet at Spring and Wyoming at 6:30pm to join in. Christ-mas Light Competition between Tower Grove Heights and Tower Grove/Al-fred Place will be taking place.

December 25

MERRY CHRISTMAS!

December 26 - December 30

Registration for classes beginning Jan-uary 2 at South Side YMCA.

January

Carpenter Branch Library will have an exhibit on Dr. Martin Luther King on display during the month

January 1

HAPPY NEW YEAR!

January 8

Great Books Discussion at Carpenter Branch Library at 7pm on *A Simple Heart* by Flaubert

January 14

TGHNA members pot-luck at Stupp Memorial Gardens from 5pm - 7pm

January 22

Great Books Discussion at Carpenter Branch Library at 7pm on *Of Personal Identity* by Hume

January 27 - February 25

Broad Spectrum Art Exhibit at Mis-souri Botanical Garden featuring paint-ings of gardens and wildlife by a group of painters who meet regularly to show their work and share ideas.

January 27 - February 25

Orchid Display at Missouri Botanical Garden with a vibrant display of trop-ical orchids "growing" in their natural habitats.

February

Tentative date for TGHNA general meeting at 7pm at Stupp Memorial Gardens. Please watch for flyer with details.

-compiled by Cindy Lazzari

The TGHNA Gazette
P.O. Box 22174
St. Louis, MO 63116