

Tower Grove Heights Gazette

Volume 2, Number 6

June 30, 1990



SOUTH CITY SONATA

As everyone must know by now, the "Art of City Living" was a roaring success last November. Now, those interested in witty social exchange and cultural enjoyment have another date to mark on their calendars: Saturday, July 21. That's when Roger Oyster, first trombonist of the St. Louis Symphony Orchestra offers a rare evening of classical music: "South City Sonata".

Oyster, a resident of the Heights, and the previous subject of a profile in the *Gazette*, will perform in the main church of the First Divine Science Church at 3617 Wyoming at 7pm. Ron Klemm, disc jockey at classical FM music station, KFUO, will act as the official master of ceremonies. Oyster will be accompanied on a 9 foot Steinway grand piano by Patti Wolf, a St. Louis musician and teacher.

The concert will present listeners with a Baroque piece, "Symhonia" by G.B. Per Golesi, "Vocalese" by Rachmaninoff, "Sonatina", a French work by Jacques Casterede, "Ballad" by Frank Martin, and "Concertino" by Lars-Erik Larsson.

Oyster will also perform "Carnival in

Venice" on euphonium, an instrument in the brass family, on which he soloed while with the United States Marine Band, "The President's Own", based in Washington, DC.

Local sponsors of the event are Shenandoah Coffee Company and Mangia Italiano. They will be offering refreshments at a reception immediately following the concert, in the downstairs hall of the church. Tickets for the evening are \$7 in advance or \$10 at the door, with the proceeds going to the Tower Grove Heights Neighborhood As-

sociation.

Becky Staup, Oyster's wife, and a musician herself, feels that the concert offers more than simply monetary rewards. She sees the concert as another opportunity to let the rest of the St. Louis area appreciate the grace of city living.

While keeping up with the rigors of the Symphony's schedule, Roger has only occasionally been able to offer a concert such as this one, so take the opportunity to enjoy the evening and support the neighborhood too.

-Tom Booth

CARPENTER LIBRARY EXPANSION UPDATE

The St. Louis Public Library has good news for Tower Grove Heights residents. This summer, the library will be making considerable progress on the proposed parking lot for its Carpenter Branch at 3309 South Grand Avenue. The parking lot will be adjacent to and south of the library.

With the acquisition of the necessary properties now complete, the demolition of the present buildings and the construction of the new parking lot are pending the expiration of a remaining

tenant lease. Though the bidding process for these work contracts has not yet begun, architectural drawing for the proposed parking are already being developed.

According to Mary Mulroy, manager of library branches, work on the site is scheduled to start sometime in October. As library patrons and Utah Place residents know, adequate library parking will be a very welcomed addition to Tower Grove Heights!

-Anita Barker

FROM THE EDITORS

Summer is officially here; and for the residents of Tower Grove Heights that means we'll see our neighbors again, and often. With warm weather come concerts in the park, grass cutting, charcoal grilling and the opportunity to sit on the stoop and share the experience of your neighbor's saxophone practice.

Summer means different things to different people, but for all it means a chance to drink in more fully of what life offers.

Keely Cook tells us what Tower Grove Park offers us this summer in her article on the park; and Trish Heliker explains how big a part funding plays in its ability

to continue to do that. There's a lot of activity on Grand Avenue these days. Don Hardin highlights Dickmann's bakery; Anita Barker provides an update on the Carpenter expansion.

For those who enjoyed the "Art of City Living" last November, you might be interested in another event to add to your cultural calendar. Roger Oyster, who was profiled in last October's *Gazette*, will be performing in concert in July for the benefit of the Tower Grove Heights Neighborhood Association. Tom Booth has details about what may become the social event of the Summer.

As we mentioned in the April issue of

the *Gazette*, the Tour of Tours took place in early May. Paul Lazzari gives us a rundown on how successful it was.

Tips are everywhere in this issue: in our columns on paint stripping, composting, and eating healthy. Also, our Culture Vultures return. This time with a review of a (local) restaurant.

We hope you enjoy the issue, and the Summer. See you in August.

Janice Nesser Tom Booth
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**The Tower Grove Heights
Gazette**

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ON GRAND

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

Extensive renovation is well under way at the corner of Grand and Fairview (across from Schnucks South City Market). Brod-Dugan is opening a paint and wallpaper store at this location. It is due to open late this summer.

Four years ago, Fred and Karen Dickmann (both native south St. Louisians) opened Dickmann's Boulevard Bakery. Fred has been the head baker at Bretscher's Bakery at this same location for 13 years. He brought these skills with him, along with the innate ability to create a bakery which is one of the finest examples of "a South Side bakery". Everything is made from scratch, no mixes are used. This is especially evident in their strawberry whipped cream cake. The Dickmann's get orders from all over the metropolitan area for this extravagant treat. If you are in the market for a wedding cake or any cake for a special occasion, this is the place to go. You can have a cake "customized" to your exact specifications. One customer even chose a liqueur icing. Other specialties include German-style rye bread and, of course, Strudels that originate from German recipes from the turn of the century.

The minute one enters this bakery your senses are assaulted with the smell and the sight that are offered. Dickmann's Boulevard Bakery is one of the "mainstays" that make shopping on Grand South Grand the unique experience it is. Operating hours are 6am to 6pm Monday through Saturday and 8am to 1pm Sunday.

-Don Hardin



Missouri Botanical Garden

EVENTS IN 1990:

Climatron Reopening Celebration

Spring Flower Display

Spring Plant Sale

Jazz in June

Children's Film Fest

Japanese Festival

Gardens and Parks of the World

Lecture Series

Fall Flower Display

Holiday Display

March 30 thru April 1

March 10 - April 8

April 28 and 29

June 6, 13, 21, 27

July 3, 11, 18, 25

August 25 - September 3

October 11 and 24 and

November 8 and 15

November 3 - 25

December 8 - January 1, 1990

Call 577-5125 for more detailed calendar.

SUMMER IN THE PARK ★★★★★★★★★★★★★★★★★★

Living in Tower Grove Heights, "the magic city with a city...", has many advantages which those of us who reside here are well aware of. One of the most valued of these has been an integral part of this area since it was developed. I am referring, of course, to our own Tower Grove Park, the finest example of Victorian Park remaining in the United States. Best of all, this Victorian gem is accessible to all and is sure to provide something for everyone from toddlers to senior citizens.

For those of you who may simply want to enjoy a leisurely stroll along curving paths, there is so much to see. Be sure to take note of the park's ornate gazebos, stately stone and wrought iron carriage entrances and the many bronze statues. Don't forget to stroll by the sham ruins which provide a backdrop for the lighted fountain pond and adjacent lily ponds. Other architectural remnants of the 19th century include the park's gatehouses, stables and wellhouses.

The park has over 200 varieties of trees and shrubs. Some of the trees are over a hundred years old. Beautiful floral displays, which take on a new appearance with each seasonal change, can be seen throughout the park.

A more traditional way to experience the magnificent Victorian character of

the park is by way of carriage. Carriage rides are available throughout the year or you may choose to pedal your way through the park. Throughout the summer, Spokes 4 Folks, located at the concession stand, has a variety of quadricycles, as well as tandem bikes, available for rental.

For the music connoisseur, Tower Grove Park offers three separate outdoor concert series this summer. The emphasis of each series is quite diverse and will feature a wide array of styles that include jazz, pop, classical and country western. The concerts are held in the beautiful octagonal music gazebo built in 1872. The Compton Heights Concert Band performs marches, pop and light classical music. They opened their "Musical Mondays" series on June 18. The "Musical Mondays" series will continue for eight consecutive weeks through August 6. The Wednesday Night Summer Concert series makes its debut on July 25. Beginning on July 5, there is even a Summer Children's Concert Series held on Tuesdays. Schedules for all three of the concert series are available at the park office.

For the sports enthusiast, Tower Grove Park has it all. There are walking, bicycling and jogging paths intermixed within the natural landscaping of the

park. The natural beauty of the park seems to make exercising that much easier. Two different types of cardiovascular fitness trails are available. There are also numerous athletic fields for playing softball, baseball, corkball or soccer. For those with aspirations of being a great tennis player or for those weekend only players, the Henry Shaw Memorial Tennis Courts offer 12 all-season, lighted courts, as well as a few lawn tennis courts. There is a fee for use of the courts. A variety of membership plans are available. There are also adult and youth tennis programs, clinics and tournaments scheduled throughout the summer.

Tower Grove Park provides a wide array of activities to keep the children of our community entertained. Besides the already mentioned youth tennis programs and the children's concert series, there are two playgrounds in the park. The larger of the two, on the west side of the park, was recently reconstructed to appeal to children of all ages. The newer playground located near the Grand entrance is smaller but no less entertaining and was designed for the younger children. For those hot, muggy St. Louis summer days, the kids can cool themselves off in the large wading pool located near the large playground.

For the older residents of the Tower Grove Heights area, the Stupp Memorial Garden (located within the park) has a variety of activities planned throughout the year. These include bake sales, day trips, barbecues and parties. Stupp also offers on-going programs which meet at the same time every week. These include an exercise class, fast and leisure walking groups, and line and square-dancing groups. Stupp Memorial Garden is also available to rent for meetings, parties, weddings and receptions. For more information, you may call Connie Chartier at 771-2550.

Well, now you know what a remarkable and valuable resource we have available to us right in our own backyard. We all need to care for, utilize and support Tower Grove Park so that this historical landmark will remain intact for future generations to enjoy as we are sure to this summer.

-Keely Cook

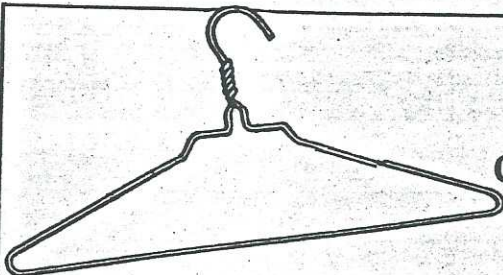
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PARK SUPPORTERS TRIUMPH

With only 48 hours notice, the Tower Grove Heights Neighborhood Association rallied to oppose the Board of Estimate and Apportionment's proposal to cut the funding of Tower Grove Park by 33%. Roger Oyster, a resident on 3700 Hartford, drafted letter to each of the three members of the board of Estimate and Apportionment. These letters were distributed and readily signed by TGHNA members at the general meeting on April 22. The following morning these letters were delivered to the offices of Mayor Schoemehl, Aldermanic President Tom Villa and Comptroller Virvus Jones.

On Tuesday, April 24, a budget hearing was held at City Hall. Dignified and determined park supporters filled the room. They represented neighborhoods, business districts, historical and environmental groups, as well as individuals waiting to be heard. Sixteen supporters were allowed to address the board. Roger Oyster spoke on behalf of the TGHNA. He indicted that if we had a weeks notice the letters that were signed and delivered to the board would have increased ten fold.

Obviously the Board of Estimate and Apportionment realized the strong commitment and deep sentiment that reigns in St. Louis for Tower Grove Park. Following the statements from the

various speakers, Jones pledged his support for no more than a 3% cut. On April 26, the board voted to restore most of the funding to the Park. They recommended a 4% cut from last year's apportionment. Although the final decision has not been made by the Board of Alderman, it is expected to be approved as recommended. This is a figure the park board deemed fair considering the city's revenue situation.

In a letter date May 1, 1990, John Karel, director of Tower Grove Park comments, "I want all of you to know how much this outpouring of support meant to those of us at Tower Grove Park. To have such an impressive display of commitment to the park, especially on such short notice, does more for park morale than anything else we can imagine.

-Tricia Heliker

HEIGHTS SHINES ON TOUR

The third annual St. Louis Magazine Tour of Tours rolled through our neighborhood and several other South Side burroughs on May 5 and 6.

Hundreds of people from the entire metropolitan area visited some of the finest examples of city living. Judging from the comments of our visitors, Tower Grove Heights' homes were among the crown jewels of the tour. Our guests were impressed by both the quality of our homes and the friendliness of our residents.

According to Jean Iezzi, chairman of the tour committee for Tower Grove Heights, "It went past our expectations...the amount of people, the great comments we heard, the support in the neighborhood. It was just fantastic!"

We want to thank everyone who made our part of the tour a success:

- All of the volunteers who dedicated long hours to greet our guests.
- Elaine Viets, who contributed both her time and book royalties to the Association.
- Mark and Barb Niedt, and Katie and Mary Blair who graciously opened their homes as featured houses on the tour.
- Tim Hayes for letting us use his home as the information center and hospitality house.
- And last, but not least, Jean Iezzi, for bringing it all together.

-Paul Lazzari

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CULTURE VULTURES

Deciding where to go when dining out can be a dilemma. You want good food that won't wipe out your budget for the week. You want to go somewhere comfortable, but not sloppy. On top of that, you'd like to go someplace new - but not strange. Fortunately, we've found a restaurant that meets, and exceeds, all these requirements: Pho Grand, a Vietnamese restaurant at 3191 South Grand. It's even within walking distance - a relaxing way to begin and end the evening....Pho Grand offers excellent food, beautifully presented and served, at very reasonable prices.

The decor is modest, very clean, with wonderful touches like the Charlie Chaplin clock and hammered tin ceiling. Adding to the comfort level is deft service, always polite and unobtrusive. The owners, Hang Thi Nguyen (Tami) and My Quang Trinh (Michael), often wait tables themselves. Michael is particularly patient with customers, like Sean, who want to learn to pronounce the names of the dishes instead of ordering by number, without making them feel stupid.

If that weren't enough, Pho Grand also solves one of our major problems with

choosing a place to eat. Sean in an adventurous eater and loves to try new cuisine. Amy, on the other hand, has been described as a "picky eater." On our first visit, she ordered something that sounded sort of familiar - rice flour crepes filled with ground pork, onions and mushrooms. When it arrived, she recognized nothing on the plate, but bravely tried a mouthful - and discovered it was delicious! On subsequent visits, we've both enjoyed vermicelli noodles with shredded pork and egg rolls, chicken with baby ginger and yellow onion, some of the beef noodle or clear noodle soups, and the spring or summer rolls. All are distinctive, ample and delicious. We've even taken other "picky eaters" there and watched them discover and enjoy an unfamiliar dish or two.

Pho Grand is a great place to meet people for a meal, too. It's unpretentious and relaxed, so you can enjoy each other's company as well as the food. And there's none of that awkwardness about ordering something too expensive - because with the exception of two seafood dishes and the special camp fire pot, nothing on the menu is over \$4.75.

We must recommend that cafe sua da, iced coffee with condensed milk, brewed right at the table. Strong and sweet at the same time, it seems to encourage conversation. Pho Grand also offers fruit and soft drinks, as well as basic wine and beer selections.

If you're not up to eating out, Pho Grand even offers carry-out service.

Both of us highly recommend Pho Grand - picky eaters or not, the food is wonderful, the atmosphere comfortable, the service excellent, and the prices low. Closed on Tuesday, it's open from 11am to 10pm Monday, Wednesday and Thursday; from 11am to 11pm Friday; 10am to 11pm Saturday; and Sunday from 10am to 10pm. The phone number is 664-7435.

-Amy and Sean Ruprecht-Belt



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A MESSAGE FROM ALDERMAN GERALDINE OSBORN

I have frequently urged the residents of our neighborhood to support our local neighborhood businesses. One of the real advantages of our neighborhood is the fact that we are only a few minutes away from a wide variety of services and facilities. These local businesses need our patronage and support so that they will be here when we need them.

The South Grand business district offers many of the services which make our neighborhood an attractive, convenient place in which to live. Now, some exciting developments are taking place which will make the South Grand business district an even more valuable asset to our community.

The 3400 block of South Grand between McDonald and Fairview is one area which is being greatly improved. The old Harry J's Liquor Store (formerly 905) at 3425 South Grand has been purchased by the Brod-Duggan Paint and Wallcovering Stores. This building, which was badly deteriorated, is being totally rehabilitated. Brod-Dugan will operate a full service retail and wholesale paint and wallcovering store with its own landscaped parking lot. A grand opening is planned for July 22.

Just north of the Brod-Dugan store, the Southern Leather Corporation is renovating its building at 3415 South Grand. Southern Leather, which employs 18 people, is a wholesale supplier of leather to shoe repair and other businesses. The company may expand services to include retail sales. Dr. Wallace Stuart, a dermatologist, has already completed an extensive renovation of 3401 South Grand which now serves as his office.

Mr. William Loewenberg, Sr and Mrs. William Loewenberg, Jr. of Southern Leather, Mr. Robert Brod of Brod-Dugan and Dr. Wallace Stuart have earned our appreciation for their confidence in the future of our neighborhood.

Geraldine (Gerry) Osborn

773-8416 Home

622-3287 Board of Aldermen

AIM FOR GOOD HEALTH

How many times have you heard someone say in a tongue-in-cheek joking fashion, "You are what you eat"? You know we have all been there. This is the scenario - you are at a party or maybe at work in the lunch line, or at a restaurant and your friend with the plate full of high calorie, high fat choices has the gall to suggest, as you guiltily decide to treat yourself to that anemic looking 2" brownie, that you might be behaving in a gluttonous manner. You have a right to be angry. That little hunk of fudge heaven is the only exception to your usually "light" lunch time fare in over a month.

So, what do you do? Rather than pitying the poor slob, you actually wish him the worst. In fact, if you had a voodoo doll in his image you would probably poke it full of french fries in his honor!

What's the point you might say? Well, it is really unfortunate that there are still Americans who don't realize or consider that the food we eat today affects our health in both the long and the short run, today and tomorrow.

As a nation, we are eating better. On the positive side, the American Heart

Association reports that since 1964, the average per capita intake of saturated fat and cholesterol has declined significantly and correspondingly, cholesterol levels and saturated fat intake have decreased.

There is now widespread consumer awareness about cholesterol, fat and how it affects our health. It is now much easier for the conscientious shopper to gain the necessary information about food products by reading labels in the grocery store.

The average American diet is still about 37 - 40% fat. Health care experts recommend as a goal that 30% or less of the calories we eat come from fat.

You are probably thinking, so what, I'm not about to count calories and how would I ever be able to estimate my saturated fat intake?

Well, this author takes pride in living a healthy lifestyle which includes low fat, low calorie foods, but he doesn't count anything!

How do you do it, you may ask? Let me share a simple formula that works for me and should work for everyone without much math.

The fat content of food is usually listed



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in grams on the food packaging you should read at your neighborhood grocery store. One gram of fat is equivalent to nine calories. If for example you determine that you need to consume 2,500 calories to maintain your ideal weight, no more than 30% or 750 calories should come from fat. Divide those 750 calories by 9 calories per gram of fat to determine that no more than 83 grams of fat should be consumed in your daily diet.

It's a lot easier to watch daily fat intake by reading labels and balancing out your diet with servings from the other food groups than it is to count calories.

Sure you will need to plan your menus and build your new health diet around other key healthy lifestyle habits, like regular exercise and sleep and moderation in alcohol intake and the other "commandments" I outlined in the last Gazette.

Try it. I think you will like the results! If you would like to learn how many total calories you need to maintain your ideal weight, consider this: To determine your ideal weight if you are an adult male, take 106 lbs for your first 5 ft. of height and then add 5lbs for each

inch of height thereafter. For females, use 100 lbs for your first 5 ft. of height and 5lbs for each inch. For example, I am 6 ft. tall. I take 106lbs for my first 5 ft. and then I add 5lbs for each of my additional 12 inches or $106 + (12 \times 5) = 166$, my ideal weight.

To calculate total daily caloric intake for your ideal body weight, multiply you ideal weight by 10 and then add an additional factor for your activity level. If your lifestyle is relatively sedentary, add an additional 20% of the total calories computed to the total. If your activity is average, add 35%. If you are a very physically active individual who exercises regularly, add 50% to the total.

For example, if you calculate you ideal body weight to be 160 lbs and you consider your physical activity level to be average, multiply $160\text{lbs} \times 10 \text{ cal/lb} = 1,600$ calories. Then calculate 35% of the total (560) and add it to the total, $1,600 + 560 = 2,160$ calories.

-David W. Wagner

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

REPORT FROM REP. PAT DOUGHERTY

This year, the General Assembly passed bills of major importance. Three of the bills that I had a hand in passing are the Comprehensive Solid Waste/Recycling Bill, a bill requiring coverage of mammograms in all health insurance policies, and legislation to find out-of-town slum landlords. Let me share some thoughts on the first bill in this Gazette.

It's a sincere pleasure to report that the major recycling and solid waste bill I sponsored (with Senator Goode) passed. This is a far-reaching and progressive piece of environmental legislation. While it is impossible to present all that it covers in a short space, I want to highlight some key areas.

For the first time, all counties will have to prepare a comprehensive plan and agenda for dealing with their solid waste. This will include addressing recycling, composting, education, illegal dumping and much more. This means each of the 115 counties will have to look at its needs and tailor a package of proposals to address them. Money will be made available to assist them.

The bill creates new and stronger laws to go after and prosecute illegal dumpers - those who are poisoning our land and drinking water. It also gives the Department of Natural Resources more inspectors and dollars to get the job done.

It encourages municipal and private landfill operators to set up comprehensive recycling systems and divert recyclables from ever getting into the landfills.

The measure prohibits whole tires, waste oil, used appliances, car batteries and yard waste (leaves and grass) from going into the landfills in the future. Municipalities and counties, with help from the business community, divert these from landfills.

Education programs will be devised, and information will be given to the community. A taskforce will recommend ways to reduce waste and packaging in the future.

If you would like copies of this bill, please call me at 772-1948.

-Pat Dougherty State Representative

Jack E. Ricketts, M. D.



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THE RENOVATOR

A paint stripping party was held at 3626 Utah Place, Friday, June 1 with several of our areas "experts" on the subject in attendance. I'd call anyone who has stripped their entire house, including baseboards, window and door trim an 'expert' because they have experimented with almost every method of refinishing on a variety of woods.

The most commonly held opinion among our panel of refinishers was if I could afford it, I'd have it professionally refinished, and as you will see later with some owner participation there are some merits to this philosophy.

The first step to a lustrous finish on old painted woodwork is to strip the many layers of paint. Several alternative methods were discussed and some tried, but among our panel, the heat gun won first place. Sanding and scraping were both eliminated for reasons ranging from environmental impact (sanding) to physically damaging (scraping).

The heat gun also has its drawbacks. It introduces extra heat into your sometimes confined work space. It also uses electricity at a voluminous rate, sometimes overtaxing the limits of old circuitry. So you may want to do your work at a time of the year when you can fully ventilate the area or pull the pieces off and take them outside. If you decide to pull the pieces off and risk the damage that results from that procedure, it's probably more profitable to take the pieces, after indelibly marking them as

to their orientation, to a professional refinisher. The amount of saved time and energy just to have your pieces dipped makes this option very attractive. However, with either method, heat gun, in place stripping, and removal/professional dipping, there are trade-offs.

In place work is time consuming and tedious. Removal of the pieces is damaging to the plaster and there are reattachment problems.

Once the old paint is removed with a heat gun, a chemical stripping solution must be applied to remove any remaining paint, as well as the underlying finish. The dipping process is what some would call a violent one. The wood is totally immersed in a caustic solution that peels the layers of paint, finish and wood. This process is somewhat frowned upon by the purists as excessive force and advocate a gentler, kinder method of refinishing. Indeed, wood that has been into the dip tank looks bleached and the grain is raised to the point that it often needs sanding to achieve an acceptable finish.

Before attempting to strip your old home's woodwork, take a good look at its condition and type. Oak and mahogany were popular wood trim types; as was pine. It is important to know what type of wood you are dealing with in order to plan your attack, as well as to know what results to expect. The hardwoods are better suited to refin-

ishing as they are more durable and don't soak up paint as readily as pine, making them prime refinishing woods.

Calculate the number of pieces that cannot be removed, pillars, for example, without considerable destruction, versus pieces that must be removed, spindles which take hour upon hour to strip in place. Also consider how far you have to go in order to be able to stop. Do you strip just the entry, or do you have to do the entire first floor? Once you start the refinishing process, there's no turning back. So plan your attack accordingly.

The consensus at the stripping party was that refinishing old painted woodwork is a backbreaking, time consuming procedure which involves caustic chemicals and can take, literally, years to accomplish, but the results are dramatic and enhance your home's character. The trade-offs are many, almost to the point of diminishing returns, so if your home's woodwork is not painted, don't paint it. If it is, look seriously into professional refinishers in combination with using heat guns and chemical refinishers.

-Steve Telford

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HORTICULTURAL CORNER

Missouri's landfills are quickly reaching their capacity and if drastic measures are not taken towards reduction of waste and recycling, our alleys and yards will soon be filled with our own trash. Gardeners can help reduce the amount of waste that is deposited in our landfills by at least 20% by recycling their yard and kitchen waste (excluding animal fat, meatscraps and bones) through the process of composting. This process of composting is based on the principal of return - we give back to the land what has been taken from it.

The word compost comes from two Latin roots, one meaning "together" and the other meaning "to bring". So, essentially the process of composting is the bringing together of several ingredients, which are the raw organic matter, nutrients, oxygen, water, and micro and macro organisms. This bringing together of ingredients creates valuable humus. Humus is partly decomposed organic matter that plays an important role in the health of the soil and the vigor of plants. The presence of humus in the soil allows plants to develop more extensive root systems, creates a more porous soil, increases water holding capacity, improves gas exchange and most importantly, provides necessary plant nutrient organically, which is a much better alternative to chemical fertilizers.

Organic matter will decompose naturally. However, it does so at a relatively slow rate. The process of composting merely accelerates this otherwise slow process by creating an environment where the micro and macro organisms can begin the decomposition more quickly. When the compost pile is constructed, the micro organisms, bacteria and fungi begin to act on the organic matter and release nutrients locked up in the raw material. As these nutrients begin to be produced, the macro organisms, earthworms, grubs and nematodes, begin to ingest them and release more nutrients into the compost. Given a good amount of nutrients, oxygen and water the compost will soon be in its finished state and ready for use.

In the garden, the most common method of composting is the Indore method. This method was developed in 1947 by England's Sir Albert Howard.

An Indore-type pile is built by laying down alternate six inch layers of green and dry vegetable matter, two inches of manure on top of that and then a sprinkling of either blood meal, bone meal, soil or finished compost. This sprinkling and manure serve as activators and are a good source of nutrients that are necessary to get the decomposition process rolling. Once this initial layering is done, complete the same layering process again. Continue this layering until the pile is a good size, approximately a 3' X 3' pile. A compost bin may be used to contain this pile. To make for ease of turning, at least one side should be open. Water the heap until it has a consistency of a squeezed sponge.

Water is an essential element in the composting process. Without it the micro organisms could not survive. To maintain a consistent moisture level, it is often helpful to water in between layers. However, be aware that if there is too much water, the good organisms will be destroyed and the pile will begin to emit an odor of ammonia. During periods of heat and drought, it may become necessary to water the pile. If this is necessary, it is helpful to poke holes in the pile to allow the water to penetrate.

After the pile has been completed, poke ventilation holes in the pile with a long crowbar. These holes should reach to the bottom of the pile. Without an adequate oxygen supply, the right kinds of fungi could not do their work. The pile will begin to smell badly. The decomposition process will be arrested. If

properly aerated, the pile will begin to sink within a few weeks. If inadequately aerated, it may be necessary to reconstruct the pile.

After six weeks, the pile should be turned and the organic matter mixed together and repiled. This turning does not require the layering process. After six more weeks the pile should be "finished" and ready for use.

Another method of composting, developed by the University of California, was designed to produce compost quickly. Essential to this method is that all organic material must be chopped or shredded in order to increase the surface area available to the micro organisms to work on. This method also requires that the raw organic material is thoroughly mixed with the nutrient source and the activators. Vital to this method is frequent turning. At a minimum, the pile should be turned every three days. After fourteen days, the pile should be "finished". Besides producing "finished" compost quickly, this method is excellent if space for a compost pile is a limiting factor.

Whatever method you use, remember that we as composters can make a difference in helping to alleviate some of the solid waste that enters our landfills and at the same time return to the land what has been for so long taken away from it.

-Benjamin Chu

Benjamin Chu is a Superintendent and the Curator of the Japanese Garden at the Missouri Botanical Garden

ENVIRONMENT ALERT

A few weeks ago I heard world-renowned scientist, Steven Jay Gould, speak about the environmental decade - the 90's. He pointed out that we should do environmentally good actions not out of concern for the planet, but out of concern for ourselves. After all, the planet has gone through collisions with asteroids, ice ages and mass extinctions; and life on Earth manages to survive. It's human life that will suffer if we continue treating the world like a giant bottomless trashcan.

I like this viewpoint because it speaks

to those many people who don't recycle or compost (or whatever) because they say it doesn't benefit them. Perhaps the realization that we are hurting ourselves will cause some people to change to environmentally sound practices. In the issues to come, I will discuss ways that we can help ourselves and the Earth. Environmental questions or concerns may be sent to this paper at PO Box 63046, St. Louis, MO 63163 or to 3620 A. Connecticut.

-Ruth Schnurbusch

NEWS & NOTES

Residents

Make a Difference

Accolades to Shirley Stanfil, her family, and 3800 Connecticut block captain Ben Chu for making a stop sign at Spring and Connecticut a reality. This intersection had been the site of numerous accidents and near misses. This is also an important crossing for many of our neighborhood children. Through the efforts of concerned residents over 200 signatures were collected from the 36-3700 and 3800 blocks of Connecticut, which was more than enough to convince city officials to grant us a stop sign. This only goes to prove that through the efforts of involved residents we can make a difference!

ConServ Update

The ConServ Marketing Committee has been working on a number of projects. They started off the year by renaming the neighborhood, known as Grand-Oak Hill, to Tower Grove South. The boundaries of Tower Grove South encompass three neighborhood Associations: Tower Grove Heights, Grand-Oak Hill and Portis Place. Tower Grove Heights Neighborhood Association representatives on the committee are Ben Chu, Jan Nesser, Cindy Lazzari, Susie Gudermuth, and Jean Iezzi.

Recently, the committee has assisted Operation ConServ and City Living in compiling information and copy editing of the Tower Grove South marketing brochure. The brochure will be available in July to the TGHNA for promotional purposes, and to real estate agents and property owners for marketing of properties in the area.

The committee is now seeking a local artist to design a logo for Tower Grove South that will be used with promotional materials. Anyone interested in designing a logo or joining the Marketing committee should call the chairman, Rick Jones, at 776-4556.

-Patty Boyer

Tower Grove South ConServ Officer

Anti-Drug March

The Just Us Anti-Drug March was held Saturday, April 28th and was a success thanks to several residents of Third District Neighborhoods. One of the goals of the anti-drug march was to show unity among neighborhoods throughout the entire city.

I personally observed residents from Dutchtown, Benton Park, Souard, Tower Grove East, Tower Grove Heights, Shaw, Flora Place, and Souard Neighborhoods. To anyone one I missed and those I saw, thank you again for your

participation.

The March went through just over two miles of known drug areas in the city's north side. I realized that without the help and support of our local neighborhoods we could quite easily have the same problems that we saw on that Saturday. Neighborhoods within the district have shown that through organization and unity they have been able to keep drug dealers out of their areas.

-Terry Shoemaker

Public Affairs Officer

St. Louis Police Department

Sew Forth and Sew On

Do the terms applique, template, pieced or quilted mean anything to you? If they do and you are interested in a fun project - read on. A fall quilt committee is being organized to stitch the fourteen blocks of Tower Grove Heights into a quilt. Our first order of business is to identify two or three interested people from each block to design and construct a square representative of your block. If you have an interest in any part of the process please contact Tricia at 773-7130 or write to 3802 Hartford. The project is in the idea phase and we are eager for input from anyone willing to share.

-Tricia Heliker

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RESIDENT PROFILE

When longtime residents, Bob and Eunice Scharnberger, talk about Tower Grove Heights, they convey an attitude of affirmation that is representative of the kind of spirit that has enabled the neighborhood to fare so well through the years. In explaining why they have never moved, even during the years when so many city dwellers were fleeing to the county, they both agree that "the longer we live here, the more we feel that we could never find another neighborhood we like as much." It is a sentiment, they felt, that is common to people who have lived here long enough and fully enough to appreciate the neighborhood's unique qualities.

Though the Scharnbergers were both raised in St. Louis, they were newcomers to Tower Grove Heights when they bought their home on the 3800 block of Connecticut in 1946. Like many other newcomers, they were attracted to the neighborhood because of its large affordable houses as well as its proximity to city attractions, public transportation (then the trolley), schools, the YMCA, the library, Tower Grove Park, and the

variety of fine shops on Grand.

"The neighborhood was built for families", says Bob, "and it seemed like a good place to raise our son."

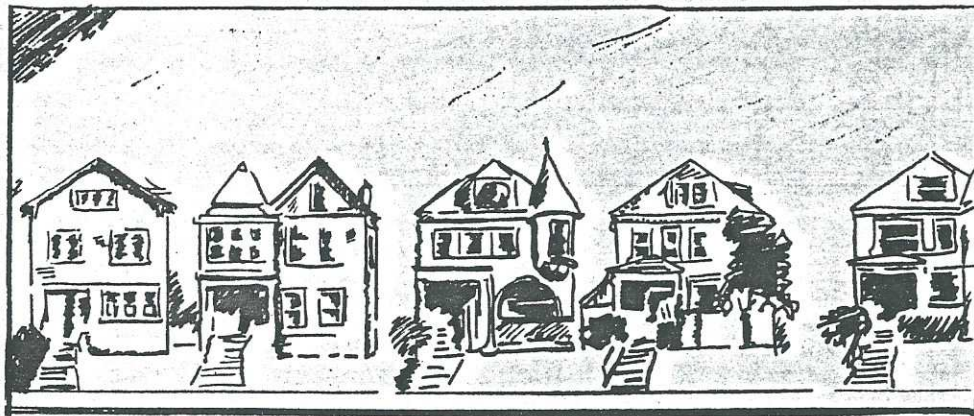
Like the many other homeowners who have graced the neighborhood over the years, the Scharnbergers settled into their home with an eagerness to remodel. "At that time", says Eunice, referring to that era of 'rehabbers', "we were all taking out mantels and pocket doors in favor of more wall space." Hinting at the trendiness of home remodeling, Bob adds with a good-natured grin, "we didn't know what we were doing then."

Throughout their years here in Tower Grove Heights, the Scharnbergers have been active in different neighborhood organizations. They were members of the Grand Oakhill Association, served on the Fanning Community School Board, participated in neighborhood clean ups, etc. They are presently members of the Tower Grove Heights Neighborhood Association and, while they are no longer able to participate as actively as they would like, they are enthusiastic supporters.

Commenting on developments in the neighborhood during their lifetime, the Scharnbergers feel that certain changes are a reflection of how very different the world of today is from that of 45 years ago. The Scharnbergers recall going to the park often before sunrise and remember how people thought nothing of sleeping in Tower Grove Park to escape the heat on summer nights.

Although such carefree living is a thing of the past, the Scharnbergers believe the neighborhood is better now than when they were raising their son. With the improvements they've seen in the last ten years especially, they feel the neighborhood has "more attractions now than before - all the old ones revived, plus the newly added ones." Citing the example of story hour at the Carpenter library, the Scharnbergers sense a greater consciousness in the community of the important role it can play in people's lives. They are sure the neighborhood will not only survive, but will continue to be better in the years to come.

-Anita Barker



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President-elect: Benjamin Chu
Secretary: Dave Difani
Asst. Secretary:
Bruce Hinterleitner
Treasurer: James Lynn
Past-President: Jean Iezzi

COMMITTEE CHAIRPEOPLE

Block Captains: Tricia Heliker
Fund Raising: Cindy Lazzari
Promotion and Marketing:
Susie Gudermuth
Publications: Janice Nesser

Block Captains

3600/3700
UTAH
Janis Bello
Randy Dimberger
Dolores Queenen

HUMPHREY

Nik Moon

WYOMING

Betsy & Brian Vanderhaden
Sally Difani

CONNECTICUT

Michaela Turner
Kay Lynn Firsching

JUNIATA

Connie Bender
Pat Diemer

HARTFORD

Becky Staup
Libby Kriz

ARSENAL

Robert & Cynthia Bing

3800

UTAH

Susie Gudermuth
Veda Lynn

HUMPHREY

Clint Raglin
Tricia Heliker

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Cindy & Paul Lazzari

CONNECTICUT

Janice Nesser & Benjamin Chu

JUNIATA

David Goodson
Jerry McGeehan
Susan Barrington
Joe & Tammy Zakibe

HARTFORD

Pat Linebach
Bill Wright

ARSENAL

Jean Iezzi

CALENDAR

JULY - AUGUST

July

During the month of July, the Missouri Botanical Garden will present weekly a children's film festival. Call 577-5125 for further details.

July 1

Debbie Turner, Miss America 1990 performs a marimba solo at Musical Mondays in Tower Grove Park at 7:30pm with the Compton Heights Concert Band

July 4

Fourth of July. Don't forget to fly your flag!

July 6

Youth Music Festival at Missouri Botanical Garden will feature gospel, jazz, rock, and classical music performed by area children.

July 7

Henry Shaw Cactus Society Show on display at the Missouri Botanical Garden

July 13

The St. Louis Gateway Storytellers will bring folktales, legends and superstitions from around the world at the Missouri Botanical Garden.

July 16

Walt Disney Night at Musical Mondays in Tower Grove Park at 7:30pm

July 26

Tower Grove Heights Neighborhood Association General Meeting at First Divine Science Church at 7pm. Focus will be on crime prevention.

July 21

South City Sonata - Roger Oyster performs at First Divine Science Church at 3617 Wyoming at 7pm for the benefit of the Tower Grove Heights Neighborhood Association. Tickets are \$7 in advance and \$10 at the door and may be purchased by contacting your block captain or calling 772-9151.

Botanical Beauty Contest and Garden Hunt at the Missouri Botanical Garden. Contestants dress as their favorite flowers.

July 24

Henry Shaw Birthday Celebration at Missouri Botanical Garden

July 28 - July 29

Urban Gardening Fair at Missouri Botanical Garden

July 30

American Music Night at Musical Monday in Tower Grove Park at 7:30pm. Gershwin's "Rhapsody in Blue" will be performed.

August 6

Compton Height Concert Band Musical Mondays series will present "Dixieland Night" at Tower Grove Park at 7:30pm

August 7

"National Night Out", a nationwide program on crime prevention. Look for upcoming details from your block captains.

-compiled by Cindy Lazzari

1990 MEMBERSHIP ★★★★★★★★★★★★★★★★★★

This is our current membership, by block, as of June 6. If you are not included on this list, please take a minute and send in your membership today.

	3600-3700	3800
Arsenal	8	2
Hartford	20	38
Juniata	12	10
Connecticut	6	58
Wyoming	14	12
Humphrey	2	9
Utah	35	20
Business	06	

By now all current members should have received their 1990 membership cards. If you have paid your dues and have not yet received your card, please call Bruce 773-5874 or Don 772-9151.

HERITAGE MEMBERS

James Lawrence, Shirley Stanfill, Ben Chu, Janice Nesser, Keely Cook, David Wagner, Teresa Desh-

ields, Ray Tait, Ferd Heller, Mary Heller, Judy Johnson, Mike Johnson, Bill Kapes, Paulette Kapes, Marilyn and Mark Abbott, Libby Kriz, Mike Kriz, Warren Scott, Jan Booth, Tom Booth, Dave and Ginny Murphy, Mr. and Mrs. Ward, William Wright, Mr. and Mrs. Steven Santino, Addison MacNichols, Bill Kerr, Michele Kerr, Steve Telford, Teresa Telford, Janis Bello, Lori Rosenblatt, Betsy Vanderheyden, Brian Vanderheyden, Cindy Lazzari, Paul Lazzari

RENAISSANCE MEMBERS

Martha Rakey, Cathryn Constantin, Jerrold Coombs, Carol Simmons, James Heine, Mr. and Mrs. George Paddock, Roberta and Steven Ohmer, Bruce Hinterleitner, Dana Hinterleitner, Tricia Heliker, Don Hardin, Dorothy Marshall, David Goodson, Jerry McGeehan, Dennis Stock, Kathy Stock

BUSINESS MEMBERS

Neda Bansbach, Michael Miles, Bryan and Connie Bender, Grand Tower Grove Local Development Co., Commerce Bank (TGBC), Shelton's



The TGHNA Gazette
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