

Tower Grove Heights Gazette

Volume 3, Number 3

December 15, 1990



THE YEAR IN REVIEW

1990 was indeed a very busy and productive year for the Tower Grove Heights Neighborhood Association. At the final meeting this year of the Executive Board, it was decided that the board should review the year and summarize the activities and the accomplishments of the Association and its residents. By making this list available to all residents via the Gazette, you have the opportunity to 'think' though the year with us. So often, we forget all the little things that get done and only focus in on the major events. So here it is, the big and the small of 1990 in Tower Grove Heights.

1. General Meetings - Every other month the Association planned and held meetings to keep the residents informed of happenings in and around the Heights. These meetings have included guest speakers on crime, earthquake preparedness, National Night Out, recycling, the Carpenter Branch Library development, our neighborhood history, and Operation Conserv.
2. Gazette - published 6 times a year and given free to ALL residents.
3. Member's Pot Luck - attended by well over 100 members in January.
4. Tower Grove Park clean-up. Members of the Association participated in the annual clean-up.
5. Rally for Tower Grove Park -when the

park's budget was going to be severely cut, the Association implemented a letter writing campaign and attended a public hearing to voice the concerns of the residents. Our efforts were fruitful, and T.G. Parks' funding was cut only minimally.

6. March Against Drugs - Members of the executive board participated in a march and rally sponsored by the St. Louis Police Department against drugs in our neighborhoods.
7. Clean-up of Spring Ave. - with brooms and rakes in hand, Association members cleaned up a major thoroughfare from Arsenal to Utah.
8. "Tour of Tours" - Two homes in our neighborhood were on display this year in St. Louis Magazine who sponsored the "Tour of Tours". The Association also opened a hospitality house where tour goers could go to get some refreshments, learn more about Tower Grove Heights and buy a copy of Elaine Viets new book.
9. Operation Brightside -although a rainy day, residents still came out and cleaned the alleys.
10. Summerfest -the Association sponsored a booth at South Grand's annual festival.
11. Cardinal Baseball Night - The Association sponsored an enjoyable night out for the residents at the ballpark.

12. South City Sonata - local resident Roger Oyster donated his time and talents for a wonderful event that helped to promote Tower Grove Heights and city living.

13. Landmark celebration in Tower Grove Park - Association members designed and built a float, dressed in period costumes and participated in a parade to show support for the Park.

14. National Night Out - Block captains planned a variety of events to make a statement against crime and for neighborhood unity.

15. City Living Weekend = The Promotion and Marketing committee participated in a City sponsored event to promote the values of City living.

16. 3rd District Police Appreciation Picnic - TGH joined other neighborhood associations in honoring our men and women in blue.

17. Halloween Costume Contest - sponsored by the 36-3700 block of Hartford.

18. Acquisition of 18 light post banners-the executive board submitted a grant proposal in the Citicorp Urban Renaissance Grant Program to secure funding for 18 light standard banners for TGH. Our grant was chosen as one of the 15 winners out of 29 submissions. The banners will be up in the spring of 1991.

(Continued on Pg.7)

FROM THE EDITORS

It's hard to believe that the holidays are already upon us and soon we will be celebrating a new year. Here, at the Gazette, the entire staff has been very busy putting together this holiday issue in between our holiday shopping and decorating. This issue is chocked full of holiday stories from Mike Johnson's tips for last minute shopping on Grand to Elizabeth Braznell's look at how other denominations celebrate the season, to a list of area food and clothing collection drop offs.

Even with the onset of the holidays, this active neighborhood association has not slowed down a bit. Tom Booth fills us in on the happenings at the last general meeting and on the acquisition of funds to purchase 18 TGH lightpost banners. The executive board give a rundown on the years activities, and the new President Benjamin Chu addresses residents in a letter.

The regular columns are all here, including the Renovator's look at chimney

maintenance and Culture Vultures', review of a holiday video for the whole family. And there's much, much more!

So grab a cup of hot cider, put your feet up, sit back and enjoy this issue of the Gazette. After all this holiday running around, you'll need a break.

From all of us at the staff, Happy Holidays and a peaceful and blessed New Year.

Janice Nesser

Tom Booth

The TGHNA Gazette

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The Gazette/TGHNA
P.O. Box 63046
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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. Don't miss the article in this issue about Christmas Shopping on Grand South Grand.

When one thinks of health food, the 1960's comes to mind, but Grand South Grand has had a health food store since the late 1920's.

In 1937 Joe and Marcella Stoller purchased the building store at the corner of Juniata and Grand (where Cafe de Manila is now) and opened New Dawn Natural Foods. Later, New Dawn moved to 3165 Grand (where Lucas Optometry is now). In 1962, they moved to their present location at 3175 Grand. In addition to the store on Grand South Grand the Stollers have assisted in opening and managing several health food stores across the country.

The largest selection of nutritional supplements in the mid-west area is available, at New Dawn Natural Foods plus approximately 200 herbs that can be purchased by bulk weight. On Friday and Saturday afternoons a nutritional consultant (licensed naturapath) is on staff to answer any questions concerning diet and applicable diet supplements. A questionnaire may be filled out to give the naturapath the needed information to analyze your nutritional needs. Hair analysis, blood sugar analysis, cholesterol testing and stress therapy are also offered.

Thousands of food items and supplements can be found in the store; all stressing proper diet with high fiber, low cholesterol, organic ingredients, and no preservatives. Among the items offered are: cookies, crackers, cat and dog food, vitamin and diet supplements for cats and dogs, shampoos, skin creams, herbal and seaweed soaps, flour (buckwheat, rice, and soy), organic pastas, vegetarian chile, soups, juices (papaya, raspberry, celery, cherry, blueberry, and carrot), dried fruits and nuts, herbal teas, meatless franks, burgers and seafood, snacks (breadsticks, potato chips, popcorn, rice cakes, and organic blue corn tortilla chips).

Health literature and greeting cards round out the remarkable fair to be found at this store that shares a major part of the history of the Grand South Grand Business District. Operating hours are Monday though Saturday 9:30 am to 6:00 pm, closed Sundays. Master card and VISA are welcomed.

Don Hardin



Missouri Botanical Garden

EVENTS IN 1990:

Climatron Reopening Celebration	March 30 thru April 1
Spring Flower Display	March 10 - April 8
Spring Plant Sale	April 28 and 29
Jazz in June	June 6, 13, 21, 27
Children's Film Fest	July 3, 11, 18, 25
Japanese Festival	August 25 - September 3
Gardens and Parks of the World	October 11 and 24 <i>and</i>
Lecture Series	November 8 and 15
Fall Flower Display	November 3 - 25
Holiday Display	December 8 - January 1, 1990

Call 577-5125 for more detailed calendar.

HOUSING BOARD MAKES FIRST ACQUISITION

A meeting was called on November 8th, of all the residents of Juniata and Hartford streets, to discuss the first acquisition of the Tower Grove South Housing Board. The meeting was called by Patty Boyer, from Operation ConServ, in order to inform the residents of the recent acquisition of a building on the corner of Juniata and Spring. The building is the first purchase by the housing board. A subcommittee of the TGHNA Promotion and Marketing Committee were active participants in working with the board to make this acquisition a reality.

The purpose of the board is to purchase problem buildings in the neighborhood in an effort to resolve the problems related to the buildings and to help reduce population density in the area. As reported previously in the Gazette, the board has a fund of \$200,000 to accomplish this. By purchasing the buildings, the board become a partner in the redevelopment, making involvement more attractive to a developer.

With the subsequent sale of the renovated building, the board hopes to recoup it's investment, in order to finance further development in the area. Termed the "Hartford Arms Redevelopment Project", renovation of the building will begin with

the solicitation of proposals from area developers to renovate the building with the intention of transforming it into 2 or 3 townhouses. While the exterior of the building will remain the same, it's insides will be completely gutted and replaced with a state-of-the-art interior.

Along with money from the housing board, the project will receive financial assistance for the For Sale Incentive Program (F.S.I.P.), a St. Louis City program which provides "gap financing". In addition, 10 year tax abatements are available for each of the new owners, as an additional incentive.

Boyer said that along with this development, there will be intensified exterior code inspection on Hartford and Juniata in an effort to support the development effort. She mentioned that there are low interest "Code Enforcement" loans available through the Neighborhood Housing Services and the Urban League, to those needing help bringing the exteriors of their buildings up to code.

Anyone interested in these loans can contact Patty Boyer at 622-4628 for more information.

The developer chosen for the project will be selected on the basis of his past track record and previous project he has

completed. His proposal will have to pass standards dictated by the housing board, and conform to Heritage and Urban Design Commission Standards. The housing board is looking at three other buildings at the present time for future development; and look to the program to not only bring back old buildings, but to enhance the neighborhood.

Tom Booth

LETTER TO THE RESIDENTS

December 1, 1990 marked the beginning of a new executive board for the Tower Grove Heights Neighborhood Association. It is my hope that we will continue to represent this neighborhood's concerns to the best of our abilities.

I feel that the primary goal of the Association is to insure that this neighborhood is clean and safe for its residents to live in and to raise their families. I further believe in order for us to accomplish this goal it is necessary for us to gain a greater input from the residents of this neighborhood. It is the ideas and concerns of the residents that keep this neighborhood moving in a positive direction.

The success of this neighborhood depends on its residents and their willingness to participate either by becoming an active member or by participating in a committee. Although this commitment may be short term in nature it will have a long term effect on the future of this neighborhood.

We are constantly in search of new people with fresh ideas. Regardless of whether you're a home owner or a renter this neighborhood association is working for you. If you have ideas or concerns feel free to contact me or anyone on the executive committee and we will attempt to include your ideas as part of the neighborhood association's focus.

I am looking forward to a productive and exciting new year.

Benjamin N. Chu
President
Tower Grove Heights
Neighborhood Association
P. O. Box 63046
St. Louis Mo 63163
Phone: 776-5780



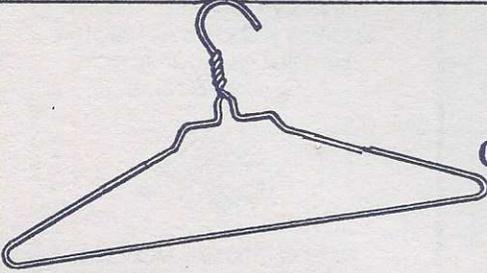
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RESIDENT PROFILES

In this holiday issue of the Gazette, we will feature resident profiles of two resident couples.

A year ago when Bob and Lori Holden first saw their house on Utah Place, it was love at first sight. Actually, it was the only house they looked at. Bob and Lori, both proponents of city living, instantly appreciated the beautiful homes in this area, and all that city living has to offer. They felt that this area was unique because of the restaurants, grocery stores, Carpenter Branch Library, and Tower Grove Park all within walking distance.

The Holdens, both native Missourians first lived in an old house in Springfield, Missouri that was built in 1904 (their house on Utah Place was also built in 1904). This affirmed their love of old homes and city living. Renovation of their home on Utah Place is now nearly completed. The renovation schedule was accelerated when it was discovered that they were expecting an addition to the family. Their son, Robert Lee Holden III is now six months old.

Bob began a career in politics in 1975. He worked in the State Treasurers office as a member of the political staff. Bob served as a member of the Missouri Legislature from 1982 to 1988. Presently, Bob works in the St. Louis district office

of United States Congressman, Richard Gephardt as an administrative assistant. Lori is involved in public relations work. Her present assignment is a facilitator for the "504 committee" of Bi State. This committee deals with the special needs of the handicapped.

Bob and Lori find time in their busy schedules to serve on the nominating committee of our neighborhood association. The Holdens feel that their extensive travels have given them an objective view of what Tower Grove Heights has to offer: beautiful homes, the excitement and convenience of city living, and friendly neighbors.

Jay Rosloff and Elizabeth Braznell moved to Tower Grove Heights (on Connecticut) just a few months ago, and Elizabeth has already volunteered her time and talents to the neighborhood association. She will be assisting in the typing efforts involved with getting the Gazette ready for print, and is working with many other volunteers on the upcoming Holiday in the Heights. She will also be the author of an article about holiday celebrations as practiced by the many diverse cultures represented in our neighborhood.

Jay and Elizabeth met while going to school in Texas. He grew up in New York and she in Webster Groves (Elizabeth's

father used to live on Utah Place). Since then they have lived in Turkey and Israel. Jay is an underwater archaeologist specializing in hull construction of ancient ships.

While in Turkey, Jay work on the reconstruction of a 1000 year old merchant ship. The reconstruction was accomplished in a 15th century castle. In Israel, Jay was part of team excavating a 2400 year old Phoenician ship. Elizabeth managed a Zoo in Israel and gave horseback riding lessons. On their return to St. Louis, a drive through the Heights convinced them that this is where they wanted to live. The architecture of the area is a diverse as can be found anywhere in the world. To paraphrase Jay, "You could conduct a class in architecture just by walking around in the downtown St. Louis area".

The Rosloff/Braznells were especially impressed with the past Halloween festivities in the TGH area. They both remarked that it reminded them of the type of Halloweens they had experienced when they were kids. Elizabeth is searching for a job in business administration, while Jay plans to pursue a Phd in anthropology or history. Our greatest asset is our residents thus, Tower Grove Heights Neighborhood Association welcomes Bob, Lori, Jay and Elizabeth to the neighborhood.

Don Hardin



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HOLIDAY IN THE HEIGHTS

Turn on your holiday lights, put out your luminaria and get your canned goods ready. Tomorrow is Holiday in the Heights.

From 4pm to 8pm, this Sunday, December 16, the Heights will be a flutter with holiday activities. Whether you plan on visiting the hospitality houses or giving canned goods to the carolers, this days activities are sure to be fun for both young and old. 

The following is a schedule of the events:

- ★4-6p.m. - Santa and his elves will be making a visit to the Heights. Be sure to keep your eyes open for them as they visit the streets in the Heights with goodies for neighborhood children.
- ★4-6:15 - A hospitality house will be open on each street in Tower Grove Heights. This is a mini-house tour. Each house will be decorated in all their holiday finery and will be serving hot spiced cider. Admission to each house is one canned good or fifty cents per person to be donated to the Five Church Association Food Pantry. Each hospitality house can be identified by a large sign on the lawn or you can call

776-5780 for a complete list of the houses.

- ★4:30-6p.m. - Local free lance musicians will be strolling the streets of the Heights and playing Christmas tunes at or in front of the hospitality houses.
- ★4:30 -6:30p.m. - Tower Grove Heights residents along with area church choirs will be caroling throughout the Heights. Be sure to put out your luminaria or turn on your porchlights, so they will stop and share a few carols with you. The carolers will also be collecting canned goods for the Five Church Association Food Pantry.
- ★6:30p.m. - Big Sing at the corner of Juniata and Spring. Carolers, Church choirs, Santa and neighborhood residents will meet for a 10-15 minute recital of holiday tunes to kick off the neighborhood lighting competition.
- ★7:00-8:00p.m. - All residents are encouraged to turn on their holiday lights and put out their luminaria for the Holiday in the Heights lighting competition. Prizes will be given for 1st place and runner-up in these categories: Most original, Best overall theme/composition, Best nativity, Most lights and icons, and Best entryway. Many

wonderful prizes have been donated by these South Grand businesses: Faru, Ba Le' Cafe, Shelton's Salon, Cafe de Manilla, Dickman's Bakery, Beckers, Amoco at Grand and Conn., Phillips 66, Star Video, Farahs, Jay Asian International, Wyoming Barber Shop, and Schnucks.

- ★7:00-8:00p.m. - All residents are encouraged to put out the free luminaria provided by the neighborhood association. If you don't have yours, contact your block captain. Let's light up the Heights!
- ★7:00-8:00p.m. - A friendly lighting competition will take place between Tower Grove Heights and Tower Grove Place in the Southwest Neighborhood. Representing Tower Grove Heights will be the 36-3700 and 3800 blocks of Juniata. Prizes will be given in each neighborhood for best overall display and the most artistic. Prizes for our neighborhood were donated by the Resource.

So lets celebrate the holidays with our neighbors, come on out and be a part of Holiday in the Heights!

Janice Nesser

50th Year Celebration!

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and
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Christmas Candlelight Concerts

Wednesday and Thursday,
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at 8:00 p.m.

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William Burden, Tenor David Berger, Bass

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Parkway West Choruses

Tickets: \$9-\$26. Tower Grove Heights residents receive a 20% discount by call Becky at 664-5739

**A MESSAGE FROM
ALDERMAN
GERALDINE OSBORN**

On November 21, 1990 the Housing Committee of the Board of Aldermen took a very courageous, far-reaching action. The committee members voted 7-10 to approve a committee substitute for Board Bill No. 216. This bill authorizes the Mayor to apply for the City's share of the Federal Community Development Block Grand Funds for 1991. The committee substitute approved by the Housing committee makes several vitally important changes in the original bill which has been prepared by the City administration.

The committee substitute clearly states that it is not an appropriation ordinance and that all funds received would have to be appropriated by subsequent ordinances. This requirement would allow the Board of Aldermen to exercise responsible legislative supervision over the expenditure of all block grant funds. This has not been true in recent years and much of the block grant money has been wasted on projects which have failed to meet our City's real needs.

The original board bill would have turned over the administration of all block grant funds to the St. Louis Development

Corporation, a private corporation created by Mayor Schoemehl. This board bill also proposed a 1991 budget of more than \$7,000,000 of public funds for this private corporation. The committee substitute board bill approved by the Housing Committee returns administration of block grant funds to the Community Development Agency, a City agency staffed by merit system employees and subject to at least some City control over salaries, fringe benefits, purchasing practices, etc.

I am hopeful that the full Board of Aldermen will accept the Housing Committee's recommendation and will finally accept it's rightful responsibilities as the City's legislative body. Recent newspaper publicity about the Community College District has reminded us of what can happen when a legislative body fails to exercise adequate control over the expenditure of public funds.

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

WHAT, IF NOT CHRISTMAS?

Catholics, protestants, and non-denominationalists are gearing up for Christianity's major celebration: the anniversary of the birth of Jesus. It's easy to get lost in the glitz and glitter, the glamour and glory of Christmas, especially if you are not Christian.

Moslems, Jews, Buddhists - - Tower Grove Heights is rich in cultural diversity. Many of these religions observe holiday and festivals at this time of year. Jews, of course, celebrate Chanukah, the Festival of Lights. The date changes each year because the Jewish calendar is lunar, but the holiday generally falls in December and marks the successful conclusion of the Maccabean revolution in 164 B.C.

When Jews wrested control of Jerusalem from the Greeks, they found only a small amount of holy oil to purify the defiled Temple.

Miraculously, the oil lasted eight days. To commemorate the miracle, Jews eat foods fried in oil, such as latkes (potato pancakes) and doughnuts. Children receive small gifts on each of the eight nights, and play a traditional game with a top. One candle is lit the first night of Chanukah, and two the second night, continuing until there are eight candles burning on the eighth night.

Monique Trinh, manager of Ba Le' Vietnamese Restaurant, says the Buddhists in her native country celebrate Christmas. It is a secular holiday, with trimmed tree and exchange of gifts. The major Buddhist winter festival is the New Year, celebrated

at the Chinese New Year in January or February. Firecrackers are set off, and packets of money wrapped in red paper for good luck are given by older people to those younger.

Mohamad Farhoud, owner of the newly opened South Grand Deli, is originally from Egypt. He explains that the Moslem calendar is lunar, and does not correct for seasons. Thus, a holiday may occur in summer one year, and several years later be in spring or winter.

The major Islamic holiday season begins with the month-long Fast of Ramadan, marking the period during which the Prophet Mohammed received divine revelations. Moslems fast from sunup to sundown, consuming nothing - - not even a cigarette. At the end of Ramadan is the three day Little Feast, during which sweets are eaten, children are given new clothes and small gifts of money. The Festival of Sacrifice, of Big Feast, comes 70 days after the end of Ramadan. This family holiday marks Abraham's obedience to God in sending Ishmael into the desert.

Children are again treated to new clothes and gifts of money, and those who are able, travel to Mecca.

We of other faiths extend best holiday wishes to our Christian neighbors. May 1991 bring peace, joy, health, and prosperity to us all.

Elizabeth Branznell

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HOLIDAY GIFTS THAT COUNT

With the holiday season upon us, it seemed appropriate that we pull together a list of food and clothing collection points, so that we might help those in want of simple needs and comforts. Some of the agencies mentioned are United Way sponsored, while some are independent. For those who would like to do something extra this season for young people and infants, we've included a toy donation site with our list.

There are a multitude of food and clothing drop-off points in the Metro St. Louis area, but we've pared the list down to include only those relatively close to Tower Grove Heights.

Food collection - Canned goods & other nonperishable food items:

Human Development Corporation
South Side Grand Branch
3626 S. Grand
St. Louis MO 63118
771-4800

South Side Baptist Church
3514 Oregon
St. Louis MO 63118
771-0157

Hosea House
2635 Gravois
St. Louis MO 63118
773-9027

St. Pius V Church
3310 S. Grand
St. Louis MO 63118
772-1525

St. John's Episcopal Church
3664 Arsenal
St. Louis MO 63116
772-3970



New Harmony Baptist Church
3502 Grace (at Potomac)
St. Louis MO 63116
773-6650

Five Church Association
2149 S. Grand
St. Louis MO 63104
776-1410

Clothing Donations:

St. Louis City Firehouse
314 S. Tucker
St. Louis MO 63103
St. Louis City Firehouse
5450 Arsenal
St. Louis MO 63139

South Side YMCA
231 S. Grand
St. Louis MO 63104

KSDK - Channel 5 "Coats for Kids"
Collection points are located in all K Mart Stores and the lobby of the KSDK offices at 1000 Market Street.

Five Church Association
2109 S. Spring (at Russell)
St. Louis MO 63104
(Thursdays only)

Toys:

KTVI - Channel 2 Toy Drive
Co-sponsored by:
Walmart & Walgreens Stores
(New unwrapped gifts only)

This program runs from November 23rd through December 22nd. Collection bins are located in all St. Louis area Walmart and Walgreen Stores.

Mike Johnson



Year in Review
Continued from Pg. 1

19. Holiday in the Heights - an annual celebration of the holidays in neighborhood, complete with caroling, Santa and elves, a mini house tour with canned goods collected for the poor, and a decoration and lighting competition.

20. Block parties - fun get-togethers for all residents on Connecticut, Utah and Juniata.

21. Neighborhood Marketing Workshops sponsored by City Living were participated in.

22. Letter writing - the executive board has written various letters throughout the year to our alderman, the police department and absentee landlords dealing with problem properties in the area.

23. Public Hearings - Members of the board have attended over six public hearings this year to voice the concerns of TGH residents on a variety of topics dealing with problem properties and code violations.

24. A new Stop sign at Connecticut and Spring - a combined effort of the block captain and 3800 Connecticut residents.

25. Tower Grove South Housing Board acquisition of the property at Spring and Juniata - The Association was an active participant in helping the board in seeking out developers for this property. The association also sponsored a meeting to inform Hartford and Juniata residents of the housing boards intentions concerning this property.

26. The new City Living brochure featuring Tower Grove South neighborhoods - Members of the Association worked closely on this project having input on copy and design.

27. Alleyside house numbers.

28. Halloween windsocks to promote community spirit in a fun and visible way.

29. Weekly cleanups of the 3800 Utah median by block captains on that block.

30. Replacement of broken dumpster lids throughout the neighborhood.

31. Assisting residents - Throughout the year, block captains have worked tirelessly assisting residents on their blocks with problem situations such as trash, code violations, alley cave-ins, absentee landlords...

32. Tenant Buyer Referrals - The association has helped various individuals who wanted to find property to buy/rent in our neighborhood.

To all the volunteers who helped make the many projects and events in 1990 possible, the Executive board of the TGHNA extends their THANKS and APPRECIATION. Remember, a neighborhood is only as strong as its volunteers. You make Tower Grove Heights a reality!

The Executive Board

Where is
GOD?

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...through us as Life itself

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CULTURE CULTURES

A Shepherd for Christmas

Well, the holiday season has rolled around once more. The tendency at this time of year is to suggest Christmas movies to rent.

But how many times can a person bear to see 'It's A Wonderful Life'? Even the classic version of 'A Christmas Carol' with some pretty eerie portrayals of the Christmas Ghosts can leave one contemplating unseasonably cynical thoughts about Tiny Tim after repeated viewings.

With this in mind, here is a suggestion for an out-of-the-ordinary holiday movie. We hope it will leave you in the mood to keep the season in your heart year 'round, or at least until the last left-over turkey sandwich is gone. You can pick this film up at your local video store.

'Far North', written and directed by Sam Shepard, and starring Charles Durning and Jessica Lange, is the story of the reunion of a small family in rural Minnesota. It isn't really a Christmas movie at all, since the events that bring the family together are Durning's hospitalization due to an accident involving the family horse and Grandmother's hundredth birthday party. It is, however, by turns hilarious and heart-warming. Shepard usually deals with dysfunctional families and the way these families deal with their situations. With 'Far North' he has turned the whole thing on its head, and what could have been a serious family drama has become most likely the funniest and most "normal" thing that Shepard has ever written.

The plot of 'Far North' revolves around Durning's request of his daughter, Jessica Harper, that she avenge him from his hospital bed by shooting Mel, the horse that put him there. Eventually, Durning and his alcoholic brother-in-law, played wonderfully by Donald Moffat, run away from the hospital and wind up lost in the Minnesota north woods. Lange, her sister (played by Tess Harper) and her niece get lost in the same woods along with the horse they are alternately trying to kill and save. At this point the movie becomes the Minnesotan equivalent of a French farce with all of the parties running around believing they are hopelessly lost while narrowly missing bumping into each other behind each tree.

Although Amy kept looking for a deeper

meaning in the family squabbles, she thought 'Far North' was beautifully photographed, with dialogue that sounds exactly like what people say to each other. Come to think of it, maybe this is an excellent movie to watch this time of year - if you can laugh at this peculiar family, perhaps

your own relatives will seem normal by comparison.

By the end of the movie, we laughed a lot and maybe reexamined just what the concept of "family" really means.

Sean and Amy Ruprecht - Belt

HOLIDAY RECIPE

Pumpkin Cheesecake

Step 1:

- 1 3/4 c. graham cracker crumbs
- 1/3 c. sugar
- 1 stick melted margarine

Mix all ingredients together and pat into a large cake pan. Set aside. Preheat oven to 350.

Step 2:

- 2 eggs
- 3/4 c. sugar
- 6 oz. cream cheese, softened

Blend above ingredients and pour over the crust.

Bake at 350 for 20 minutes.

Step 3:

- 3 egg yolks
- 16 oz. can pumpkin
- 1/2 c. sugar
- 2 t. cinnamon
- 1/2 t. salt

1/2 c. milk

Separate 3 eggs and set the whites aside. Mix the yolks and the rest of the above ingredients. Heat for 5 minutes on low heat. Set aside to cool for one hour.

Step 4:

- 1 envelope unflavored gelatin
- 1/4 c. water

Soften gelatin in the water, then add to the cooled pumpkin mixture.

Step 5:

- 3 egg whites
- 1/4 c. sugar

Beat until stiff.

Step 6:

Fold egg white mixture into pumpkin mixture. Pour over top of cooled cheesecake. Then refrigerate until set. Add crushed pecans and cool whip, if desired.

Linda Fick

Wyoming Street

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THE RENOVATOR Chimney Inspection and Cleaning

Chimney inspection and cleaning is a chore that should be performed at least twice a year. The furnace and water heater flues should be checked for holes and proper fit before the heating season and again in the Spring to ensure all combustion exhaust exits the home. Debris such as fallen mortar, leaves, bird droppings and even nests can block your chimney and cause dangerous carbon monoxide to build up within your home, resulting in headaches, nausea, and even death.

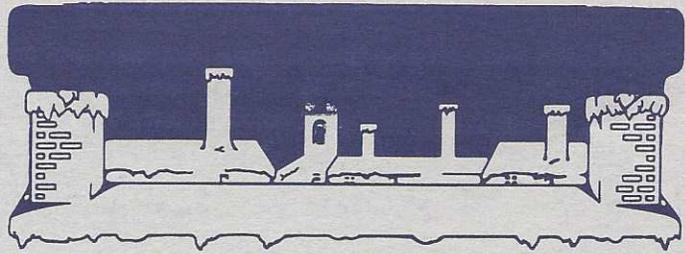
Every year, we hear of yet another death from carbon monoxide. Quite often the victim complained of headaches and other flu-like symptoms. The colorless, odorless gas deprives the brain of oxygen and causes brain damage in the smallest concentrations. If you suspect carbon monoxide buildup, turn off your furnace and evacuate everyone from the home promptly. Have the chimney and furnace flue pipe inspected for obstruction and perforation.

Chimney inspection and cleaning done at regular intervals will also improve the efficiency of your furnace and gas-fired water heater. A properly vented gas appliance will burn cleaner, heat faster, and consequently use less gas. Most heating and cooling contractors can inspect your chimney and flue pipe, and include both in regular clean-and-check service calls. If your contractor does not, remind him to do so on his next visit.

Rising energy costs have made alternative methods of home heating more attractive, particularly wood burning.

In older turn-of-the-century homes with a fireplace in every room the temptation to utilize these heirlooms is great. The fireplaces in the majority of our homes were designed to burn coal or were decorative in nature, with clean burning gas logs. The attempt to convert a coal burning fireplace to burn wood can be expensive, frustrating and dangerous.

Before loading your old fireplace with an arm load of firewood, step outside and look at your chimney. If it stands at least three feet above the peak of your house it's tall enough. Most of the chimneys in our neighborhood have been lowered at sometime by a wary homeowner faced with a large tuckpointing or chimney rebuilding estimate. With safety and cost



as his guide, he had it either lowered significantly or lowered to the roof, capped and sealed.

Therefore, I caution you not to burn anything in your old fireplace until it has been inspected by a professional chimney sweep. He should run a whisk from top to bottom to check for blockage or at least lower a weighted sack to ensure that the way is clear. Some chimneys bend and curve in such a way as to make visual inspections impossible.

If your fireplace was designed to burn coal, its firebox may be narrow and shallow. Wood-burning fireplaces are deep and wide to accommodate larger pieces of fuel. Coal, although banned from residential heating long ago for pollution problems, burns cleaner than wood, therefore allowing for smaller chimneys and different dimensions than does a wood-burning model. The smoke from a wood fire in a fireplace designed for coal will not be drawn up the chimney quickly enough to nor will it provide sufficient heat to justify continued attempts to alter

its structure.

If you are one of the lucky few who has original-equipment wood-burning fireplaces in your home, chimney inspections and cleanings are necessary each year before that first fire of the year. Chimneys are an attraction to most birds and squirrels as ready-made shelters. Their nests and litter often clog chimneys.

Wood-burning fireplaces are also susceptible to creosote buildup. Creosote is a natural by product of the wood burning process which condenses on the sides of a chimney and, if left in quantity, can ignite and destroy the chimney or dwelling. Most chimney sweeps are equipped to remove this tar-like substance and this should be done regularly. Creosote can be minimized by burning only seasoned hardwoods and by boosting the venting ability of your chimney with a fan.

Chimney inspection and cleaning is an often overlooked and yet simple task with benefits far exceeding its inconvenient and dirty reputation.

Steve Telford

771-5462

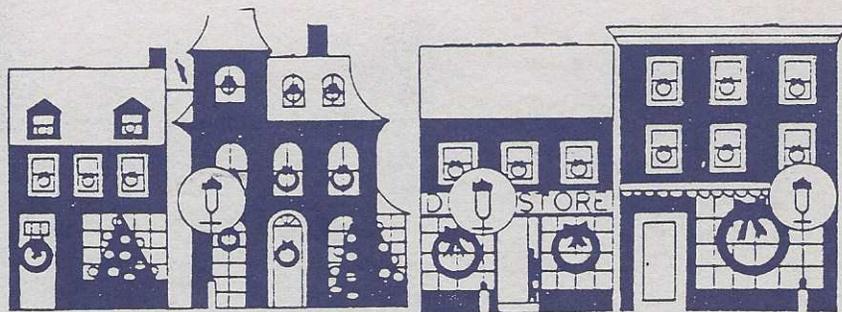
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GRAND HOLIDAY SHOPPING



It's that time of year again, when with an audible sigh you set to the task of figuring out just what to get all of your friends and relatives for Christmas. The hand-painted fish tie you gave your Dad got a lot of laughs last year, but this year you've decided to get him something a little more appropriate. Fortunately, those of us who live in Tower Grove Heights are just a stroll away from the truly GRAND South Grand business district. Even if you decide to drive instead of walk, you can park your car once and walk to a virtual smorgasbord of shops whose wares will satisfy the most "Ebenezerish" person on your gift list. In addition to stores in the South Grand business district, we've added a couple of other nearby shops that we consider to be part of the community and worthy of mention.

The rich, invigorating smell of coffee will capture your senses as soon as you open the door of the Shenandoah Coffee Company. They have an almost unbelievable assortment of over forty coffees from which to choose. You can even get a mug to go with that special coffee. And if tea is more your style, you can make your selection from a wide variety of different herbal blends. Of course, when you buy coffee or tea you have to think about something to brew it in. Shenandoah Coffee carries an excellent array of coffee brewers, and their teapots run from the ordinary to pots that look like chickens, pigs and ducks! Rounding out the possible gift ideas, the shop has unique ceramicware that will bring a splash of color to your dinner table and a smile to your guests. You will find this terrific little shop at 2300 S. Grand.

David's Design Salon at 2233 S. Grand can help you with a gift to pamper the one you love. Gift certificates are available for facials, manicures, a makeup lesson, and sculptured nails. There's an idea for a stocking stuffer! Both Shelton's at 3208 S. Grand and Salon St. Louis at 3167 S. Grand also offer gift certificates and a variety of hair care items.

For the outdoor/naturalist type on your list, head for the Missouri Botanical Garden gift shop. Located in the Ridgway Center at 4344 Shaw, the shop carries gifts from children's toys to exotic plants and trees. They stock books covering most of the natural sciences, gardening and environmental topics. For those with a green thumb, you will want to browse through the virtual forest of trees and plants they have on display. Those come in sizes from the aptly named Mini-Violet to the not so tiny Norfolk Island Pine tree. As a novelty you may even want to buy a small Christmas tree cactus (they really do look like Christmas trees!) The shop has several types of hanging and standing birdfeeders, as well as the seed to fill them. They have beautiful crystalware and ceramicware, porcelain figures, and terra-cotta garden statuary and planters. Not being much of a gardener myself, I relied a lot on the gift shop staff who were very helpful in making a decision as to which plant was the best choice.

As Shenandoah Coffee is a feast of aromas, Botanicals on the Park is a feast for the eyes! This is definitely a store for those with neo-traditionalist tastes. Along side the Victorian pieces, you will find something avant-garde, next to which you will be likely to find something Art-Deco or modern. There is an enormous variety of truly unique and unusual Christmas ornaments, including some shaped like various animals, and some of beautifully crafted crystal. If you haven't managed to get cards out to everyone yet, Botanicals has some special holiday greetings that are sure to please most everyone. There are silk floral arrangements setting between lovely vases and lace-covered pillows, and the whole scene is looked over by terra-cotta cherubims in all manner of sizes and poses. For the craft minded, there are curio boxes with embroidered lids, and holiday wreathes made from artificial and natural materials that will last for many Christmas's. Instead of a candle for your mantle, maybe you should

consider a handblown lava-lace oil lamp. As a finale for the music lover on your gift list, how about a near life-sized bust of Ludwig Von Beethoven. There are so many things to see in Botanicals we can't really begin to mention all of them, but we hope you get an idea!

Let's get practical for a minute. How often have you been finishing up that last package wrapping job only to find that you're out of tape or some other necessity? If it does happen this December, don't forget that we have Woolworths until the end of the year. Paramount Drugs at Grand and Arsenal also carries a variety of packing and small gift items.

For the health conscious, New Dawn Natural Foods at 3145 S. Grand has all kinds of natural foods, books on nutrition and fitness and a large selection of herbal teas. And they still carry Kiss My Face skin care products!

Star Video at 3143 S. Grand is the place to go for new and used video gifts. Gift certificates in \$5.00 and \$10.00 denominations are available and can be used for movie rentals or purchases.

For food gifts with an international flavor, we recommend that you stop by Jay Asian International Foods at 3182 S. Grand. They carry items from the Far East, Near East, Middle East and Africa, as well as other distant locales. For those of you who want to stick with the Middle Eastern foods, you may want to stop by Mid-Eastern Market at 3201 S. Grand. They have meat pies, cheese and thyme pies, spinach pies, and a delicious assortment of Arabic pastries.

Faru, 3111 S. Grand is another place to find one-of-a-kind handcrafted gifts. For the Southwest look they have a ceramic potted cactus with lighted limbs. For a REALLY different holiday decorating idea, check out the red pepper-shaped lights. Unique silver and stone jewelry will make the perfect accessory gift to go along with a handwoven sweater or a vest or scarf. Faru also has on last gift item we have to

mention for that 'hard to buy for' person...a hand carved tribal blow gun!

Becker's Delicatessen, 3183 S. Grand can best be described in one word...German. The stock of German beer and wine is extensiv and one (or more) of them are bound to please the connoisseur of potables on your list. Becker's carries a large selection of Hummel figurines as well as D&L china and handmade German dolls. The collection of beer steins is impressive and includes a couple that are over two feet tall. The shop also has a fine variety of imported cookies and candies including marzipan pigs and chimney sweeps - tradition New Years good luck charms.

Christmas shopping can really build an appetite and that brings us to a special South St. Louis gift idea. White Castle at Grand and Gravois offers gift certificates in \$5.00 booklets. In addition White Castle also has Holiday Huggables and a 1991 White Castle calendar for sale. While we're thinking of food, let's not forget that you can get gift certificates from Domino's Pizza, 3107 S. Grand, in \$5.00 increments.

Dickman's Blvd. Bakery at 3139 S. Grand carries a great variety of holiday delicacies which would make thoughtful hostess gifts. Yule log cakes, decorated

cookies, old fashion German sprinkle cookies, and ginger bread houses are just a few of the many different items you will find.

Chin's Imports has gifts with a decidedly Asian flair. The shop at 3240 S. Grand carries all manner of martial arts paraphenalia, including Bruce Lee action posters. They also stock martial art clothing, Asian curios and gifts, kimonos and other oriental clothing.

Myle Jewelry at 3212 S. Grand is new to our neighborhood. They carry a gorgeous selection of rings, necklaces and earrings in gold and jade.

Every year we promise ourselves that we won't wait until the last minute to finish up our holiday shopping, and every year we find ourselves running around on the day before Christmas trying to finish up our gift buying. It's a good thing we have so many great shops so close to Tower Grove Heights! Happy Shopping

Mike 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.



REPORT FROM REP. PAT DOUGHERTY

Very soon the next session of Missouri General Assembly will reconvene. It promises to be a very exciting one and, I suspect, a very difficult one.

We will begin with 27 new members joining us. As this is the year after the election, the Speaker will appoint new committee chairmen and vice-chairmen; and all of the 163 members will be assigned to several committees. We will all get our committee assignments the day after the swearing in ceremonies which will take place on January 9th in Jefferson City.

Numerous topics are already being discussed and introduced. Once again, health care will be a prime concern. Besides escalating cost, the fact that more than 500,000 of our own fellow Missourians are either uninsured or under insured is one that must be honestly addressed.

Having finally passed a mandatory early screening for breast cancer mammogram law, I am going to work on developing high standards to insure the quality of the x-ray machinery and of the x-ray technicians who interpret the x-rays.

Environmental and education concerns will be high on the agenda for this session.

The most difficult area will be the budget. Just recently the Governor cut about \$24 million from the state wide budget. This is in addition to the fact that we had cut the budget early in the year and that in July, the Governor withheld money from being spent. We will be in serious financial difficulties. Part of the problem stems from a downturn in the economy and part of it from the fact that our taxes to support state services are about the lowest in the nation. There will be difficult times ahead.

As we begin the new session, I welcome your thoughts and comments. Please feel free to contact me at home, 772-1948 or in Jefferson City, 1-751-3599.

Happy Holidays,
Rep. Pat Dougherty

ENVIRONMENTAL ALERT

It's the gift giving season! Here's an eclectic array of "eco-gift" suggestions.

1. Garbage Magazine. This fairly new periodical is perfect for people who are concerned about saving the planet. In the past year some of the topics covered were: the diaper debate, composting, fuel efficient cars and degradable plastics. Produced by the folks who write "Old House Journal", it is entertaining and educational at the same time. Buy a copy at Pedro's Planet or any bookstore. Fill out the subscription for a loved one, then wrap up the magazine and put it under the tree.

2. Canvas shopping bags. We get plenty of use out of ours which are very big and sturdy. ("Real Goods" catalog item - call 1-800-762-7325 for your catalog.) Schnucks and Pedro's Planet carry bags that are cuter but not quite as big as the ones we have.

Some folks like mesh bags better because they can be folded more compactly.

3. Tupperware! or any type of reusable container that will help the gift recipient use less foil, plastic wrap, etc. A sandwich container is especially nice. And while we're on the subject of sandwiches....

4. A nylon or canvas lunch sack. I saw a canvas one at Pedro's Planet cleverly packaged with cellulose sandwich bags. Metal lunch boxes are great too for the kids and you. (If you're brave enough to go to your workplace with the Teenage Mutant Ninja Turtles)

5. Resource saving items like aerator shower heads, toilet dams and compact fluorescent bulbs. These are good for money wise consumers and for the people who have everything. Hardware stores and Pedro's Planet have these. The Real Goods catalog has a wide variety also, as does Seventh Generation Catalog (1-800-456-1196).

6. Books. Eco-books can be found in all bookstores and nature stores. A book on composting would be a good choice or perhaps just buy a...

7. Composter!

8. Environmental tee shirts. The Nature Company at Union Station has these as does Pedro's Planet. Mary Engelbreit's shop has some too. A great catalog

source is "Northern Sun Merchandising", 1 612-729-2001.

9. Rainforest Crunch candy. This tasty treat of cashew-brazil nut brittle will please any sweet tooth. Plus, proceeds from the sale help save the rainforest. I've seen this at the Alpine Shop in Webster Groves and at (you guessed it) Pedro's Planet.

10. Stationery, cards, notepads and wrapping paper made from recycled paper.

11. Gifts produced by environmental groups. Calendars by Sierra Club or World Wildlife Fund. Botanicals on the Park even has some animal ornaments from the World Wildlife Funds.

12. Memberships in an environmental group. The Nature Conservancy is a good one. Closer to home we have Missouri Coalition for the Environment or the Missouri Botanical Garden.

13. Solar or eco-toys. The catalogs I mentioned earlier carry these as do some toy and hobby shops. The Seventh Gen-

eration catalog even has a paper recycling kit for kids.

14. Bird feeders and a supply of food.

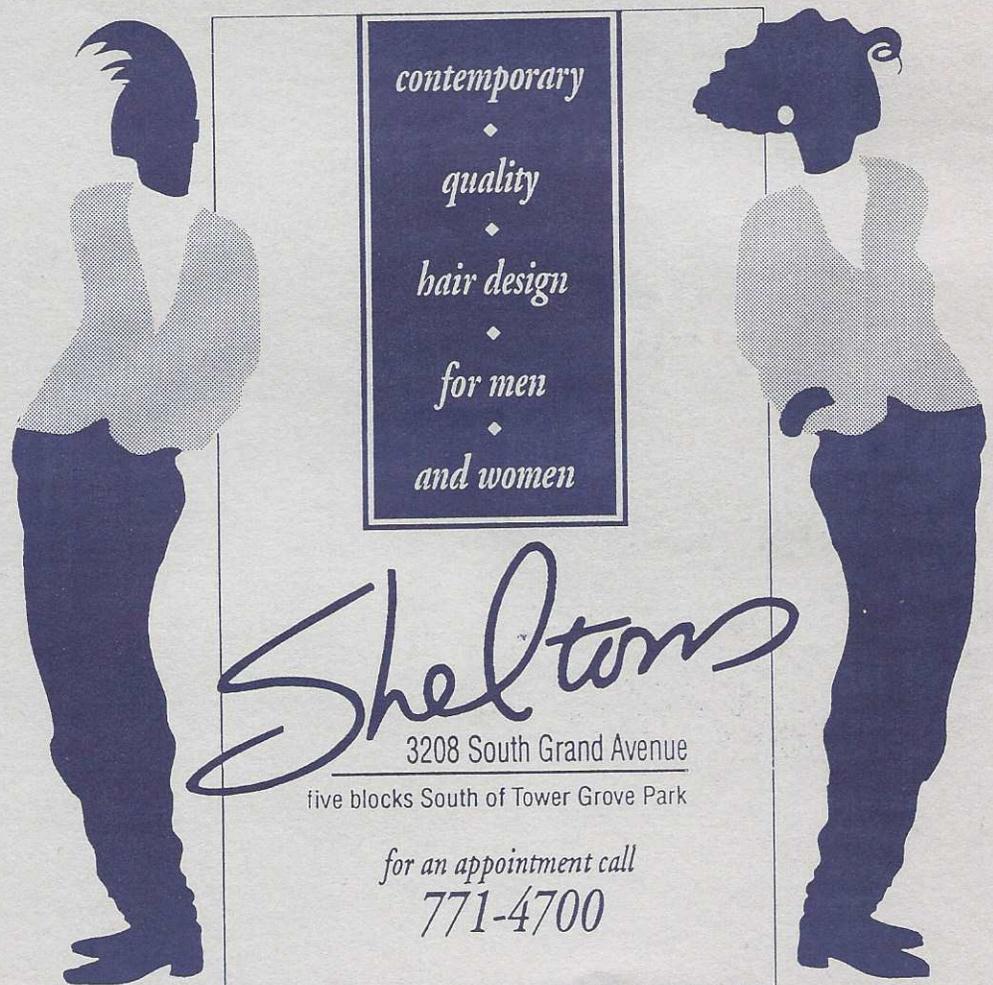
15. Plants. Several types of plants are thought to rid inside air of harmful gasses, such as the airplane plant.

16. Stocking stuffers. Items such as Tom's natural toothpaste in recyclable aluminum tubes, natural soaps and shampoos, and natural sponges (to reduce paper towel use.) Many health food stores carry these items.

17. Other things at Pedro's Planet. As far as I know, this store is one of a kind in St. Louis. It is located at 6655 Delmar in the Loop. Although small, it has all I have mentioned here and more. If you patronize it please tell them where you heard about it.

Well, I hope I have been helpful. Have a merry Christmas and don't forget to recycle your Christmas trees.

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AIM FOR HEALTH

If you are following this series of articles, you know this month's column is devoted to what I referred to in the October issue as "vigorous" exercise.

Don't let that frighten you. In fact you might be pleasantly surprised to discover that something you are already doing on a regular basis qualifies.

So what is "vigorous" exercise? It's really a lay term for any form of exercise that demands oxygen without producing and intolerable oxygen-forms of exercise which cause your body to increase its need for oxygen but which you can continue for a relatively long time without too much difficulty.

You have probably all heard the term "aerobics." This term, which literally means "with oxygen" is often used to describe this type of exercise. If done on a regular basis, as part of your daily routine - your "life style" if you will - this form of activity can result in something that exercise physiologists refer to as the training effect. We don't really need to know what it is, just that it can start producing wonderful changes in our bodies. Wonderful you say? Yes, your lungs will begin to process more air with less effort; your heart will grow stronger pumping more blood with fewer beats; the blood supply

to your muscles will improve; and your total blood volume will actually increase. In short, you will be improving your body's capacity to bring in oxygen and deliver it to the tissue cells where it is combined with nutrients to produce energy.

So if the word "vigorous" scares you, it shouldn't. You don't have to enter the St. Louis Marathon or swim the Mississippi or bicycle across Missouri to achieve the training effect and acquire a more desirable degree of cardiovascular fitness. In fact, you don't have to run, swim or bike at all. There are many popular sports and activities that can provide the desired results.

How do you know if the activity you have chosen is vigorous enough to achieve the training or aerobic effect? You guessed it, I have another formula! This one is actually quite simple and is based upon your age and heart rate. I will use the term "target heart rate" to define the number of heartbeats per minute that provides the most fitness benefit (training) without overworking your body. Target heart rate ranges from 60% to 85% of your maximum heart rate.

There are actually two ways to determine your target heart rate. If you are 45 or older and are beginning an exercise

program for the first time, you should see your health care provider and have a stress test. Your target heart rate will be determined from the results of that test. Otherwise, use this simple method. First determine your maximum heart rate (MHR) by subtracting your age from 220. If you are 40, your maximum heart rate would be $220 - 40 = 180$ beats per minute. To find your training level or the range you need to strive for during exercise, multiply your MHR by .6 (60%) to .85 (85%) depending on your level of fitness.

If you are a first time exerciser, you should begin by maintaining a target heart rate of 60% of your maximum heart rate. You may want to slowly increase your target heart rate to 85% as you become more fit.

The ultimate goal is to maintain this target heart rate throughout your workout.

Next time I will compare various forms of activity so that you may decide which ones suit you best. Till then, have a happy, healthy holiday in the Heights.

David Wagner

- Certified physician assistant and professor of Allied Health Professions, St. Louis University.

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HOLIDAY DISPLAYS TO BRIGHTEN THE HOLIDAY SEASON

The holiday season is upon us and soon we will be entering a new year. But the remaining few weeks of 1990 offer many spectacular displays and concerts to enjoy. Some of these are right in our own back yards.

Holiday in the Heights, December 16, will provide both visual and auditory enjoyment for all. Festivities begin at 4 p.m. Santa and his elves will be roaming our streets; carolers will be singing and collecting canned goods; musicians will be playing throughout the neighborhood at hospitality houses and luminaria will be displayed on every street. In addition, there will be a "friendly" lighting competition within the Heights as well as between Tower Grove Heights and Tower Grove Place in the Southwest Neighborhood. Representing the Heights this year are 3600/3700 and 3800 Juniata. Be sure to attend the mini concert at the corner of Spring and Juniata at 6:30 which will kick off the lighting competition.

In the Soulard area, you can view a spectacular lighting display. The Anheuser-Busch building, the surrounding property, and Pestalozzi Street are literally outlined with bright, brilliant lights during the holiday season. There is also a beautifully decorated 65' Douglas Fir on the A-B property which you won't want to miss.

The erection of the 50' Salvation Army Tree of Lights, located in Kiener Plaza, on November 21 kicked off their annual fund drive. A second 40' Tree of Lights, lit on Nov. 23, is on display at Union Station. Both trees will remain lit until after New Year's Day. Donations are accepted at both display sites. Monies raised help provide shelter and food for the approximately 845 persons that stay in local Salvation Army shelters nightly.

For those who like to venture a bit further out, there are three dazzling holiday exhibits that are especially worth viewing.

The first is the "Winter Wonderland" located annually at Tilles Park at McKnight and Litzinger roads in Ladue. It hosts more than half a million lights which illuminate dozens of trees, buildings and other structures. The display runs through Dec. 30. Viewing hours are from 5:30 to 10:30 nightly, and there is a \$3 admission per car. All money is donated to charity.

The second display is at the Shrine of Our Lady of the Snows in Belleville. At least 150,000 lights can be seen along this 1-1/2 mile auto route. There is also a life-size nativity scene. The Visitors Center, located midway along the route, offers various shows and activities as well as an international Christmas tree display. Ad-

mission is free. Hours are 5 to 10 p.m. nightly.

Thirdly, you won't want to miss the third annual Fire and Ice Sculpture and Performance in Laumeier Sculpture Park on Dec. 14 and 15. Over 60 tons of ice is utilized to create the three ice chimneys built on platforms, one being almost 40' tall. A percussionist will provide a musical touch. This spectacular audio/visual experience culminates in a "lighting" (yes, with real fire!) and subsequent toppling of the sculpture to musical accompaniment. Viewing hours are 6 to 9 p.m. Dec. 14 and 15 only.

Admission is \$1 for adults; children are admitted free. Laumeier Sculpture Park is at 12580 Rott Road in Sunset Hills.

On a musical note, "Sing Out St. Louis" will be held at Union Station on Dec. 16. Local choirs will perform holiday songs, and the audience is encouraged to participate.

A complete discussion of all the holiday activities and displays available in the area would require an entire Gazette issue, but this should provide a few suggestions. If you would like more information on local holiday events, call the Convention and Visitors Information Office, 421-1023.

Keely Cook

THE BLACK THORN

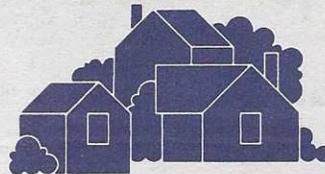
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Appreciation Party

Block captains streamed in Don Hardin's on October 20. To neighbors it appeared to be just "another meeting" at Don's. But to the 20 people in attendance it was a time to laugh and exchange stories with friends. This was appreciation night for that group of individuals who give hours of their time to organize events for their block, distribute flyers and Gazettes, promote fundraisers, and generally keep the blocks informed.

The evening began with ample refreshments while Don & Tricia split the partiers into four groups. With a list of 20 directions and encouraging words, each group was directed out the door on a Scavenger Hunt.

Don & Tricia proceeded to the Black Thorn to await the return of hopefully, all the participants. Soon they began to drift in amidst laughter and good natured ribbing. "Was that you Robert, jumping out of a moving car?" "Nine man hole covers at Spring & Utah? Really?" The lion faces Southeast on Wyoming, or is it Southwest on Connecticut?" Or does it matter? By then the group was busy redeeming their free drink coupons and

NEWS & NOTES

washing down some of Dave's HOT chicken wings. The results of the hunt ended in a tie with extra drink coupons for the winning participants. This was but a small "thank you" for these people, compliments of the Association.

Perhaps you will express your appreciation to them personally. You may even want to volunteer to assist them in some way.

Working together is what has made Tower Grove Heights a great place to live. Let's show our block captains they have our gratitude and support.

Tricia Heliker

Halloween on Hartford

The 3600-3700 block of Hartford held a Halloween party for the children on the block this year. Rodger (Pee Wee Herman) Oyster was the master of ceremonies for this event.

About 30 children and 10 adults came in costume to see who had the best costume and the best decorated house on the block. Pee Wee had plenty of ghost stories and prizes for all the children.

Vampires, Peter Pan, and matching ballerinas won the children's costume contest. Becky Staup won the prize for the best and scariest adult costume as a very evil looking witch. Joyce and Ken Mellow won for best house with all of the shutters and evil eyes peeking out of their windows, and Sandy and Doug Swain won the prize for the scariest house.

Mike Kriz

Letters to the Editors

Beginning with the February issue of the Tower Grove Heights Gazette, we will be implementing a "Letters to the Editors" column.

Residents are encouraged to write to the Editors with comments and thoughts on topics pertinent to Tower Grove Heights. Letters should be typed and mailed to:

Letter to the Editors
TGH Gazette
P.O. Box 63046
St. Louis MO 63163

At time letters may have to be edited in order to fit the space allotted. The Tower Grove Gazette editorial staff reserves the right to reject any letter which is deemed to be offensive, obscene or libelous.



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HOLIDAY FIRE PREVENTION

If you're like many people you think fires only result from crunchy extension cords or nocturnal smoking. Maybe you're more thoughtful and careful than most but let's face it, how many of us could handle standing in a dark smoke filled room listening to our smoke alarm shriek. During the holidays, you and your house will be running at 110% of having a fire, so set's talk briefly about common sense fire protection.

A big cause of fires anytime is electrical overload. make sure extension cords can handle their requirement. If they feel warm, replace the cord with a heavier one or reduce the load. Some of our houses still have one circuit which feeds all the outlets on one floor. Find out if your house has several circuits and spread your usage among them. If a fuse blows, find out why instead of increasing fuse size. The high resistance that caused the fuse to fail may also start a fire if additional load is added through higher fusing. Make yourself have the wiring and electrical capacity of your house checked if you have concerns.

Christmas lights can be safe if displayed according to manufacturer's guidelines. Keep larger bulbs which produce more heat away from curtains and other flammables. Low voltage lights are now available to eliminate electrical shock and are ideal for outdoor applications where rain is a hazard.

Other holiday and general precautions should include:

Checking your Christmas tree every day for water.

Keeping your pot handles turned inward when cooking to prevent knocking them off the stove.

If a grease fire starts, slide a lid on the pan and turn off the burner.

NEVER put water on a grease fire.

Plan and practice an escape route out of your house.

Always keep matches away from children.

If you burn wood in your fireplace, make sure your fireplace and chimney are safe. Be aware that wood fires burn hotter than decorative gas fires.

If you smoke, make sure your cigarette is out when your are finished. Annually, tens of thousands of home fires are cause by carelessly discarded cigarettes. Keep a fire extinguisher near your bed for easy access at night when most fatal home fires occur. After securing the safety of others in the house and calling 911, your goal should be to put the fire out. Never run if your clothing becomes inflamed. STOP, DROP, and ROLL to put out the flames. If your room becomes smoke filled, crawl low to escape. The cleanest air will be just off the floor, away from the hotter toxic smoke. Install and maintain smoke detectors, since most fatal home fires start at night, smoke detectors will alert you during the early fire state, hopefully allowing your enough time to react.

How may time have we heard all these things? Hopefully, many times, but we always need to mentally review such lists to avoid overlooking simple preventions. We all want to enjoy many more holidays in our beautiful Tower Grove Heights homes.

Rich Iezzi

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