

# Tower Grove Heights Gazette

Volume 3. Number 4.

February 28, 1991



## ARE YOU PREPARED? CITY INSPECTIONS COMING

In our December, 1990 issue we mentioned the recent building acquisition by the Tower Grove South Housing Corp. This acquisition signals the start of a new phase of activity in Tower Grove Heights that will include intensified exterior building inspections in a effort to support the development program. Though these inspections will affect residents on Hartford and Juniata (the streets nearest the newly acquired property) the most, this is probably a good time for us to review, for everyone, the Housing Conservation District guidelines.

Tower Groves Heights became part of a Housing Conservation District, along with the 15th Ward, on April 1, 1988, with the objective of preserving quality housing and maintaining minimum housing requirements. Under this ordinance, a Certificate of Inspection is required whenever a residence is sold or when a unit in a multi-family building is rented to a new tenant. It is the new property owner's responsibility to apply for the certificate through the Housing Conservation District Section at City Hall. Certificates of Inspection may also be required

if an owner is cited during a random or directed neighborhood inspection for failure to properly maintain their property according to the accepted guidelines.

While the full inspection covers 41 potential interior and exterior housing violations, the following is a list of the most common exterior maintenance responsibilities.

**SIDEWALKS:** Property owners are responsible for the cleanliness and good repair of the sidewalks next to their buildings.

**LAWN AREAS:** Maintenance of all lawn areas, as well as trees and bushes between the sidewalk and building, is the owner's responsibility. Trees must allow an eight foot clearance over sidewalks and alleyways. Grass or weeds must not exceed seven inches in height and lawn areas must be kept free of litter and debris.

**EXTERIOR WALLS AND FOUNDATIONS:** The exterior walls of the building should be watertight and maintained in a workman-like state of repair. All exterior surfaces in need of paint or other protective coating should be attended to

as soon as possible to prevent deterioration from the weather.

**EXTERIOR DOORS AND WINDOWS:** All windows and doors should be water and weathertight, easily opened, and have sound hardware. All broken window panes should be replaced.

**PORCHES AND STEPS:** Porches and steps should be checked to determine the structural soundness of the flooring, steps, handrails and foundation.

**GUTTERS AND DOWNSPOUTS:** Gutters should be free from leaves and other debris. They should also be free from rust and leaks, and should be firmly affixed to the building.

**CHIMNEYS:** The chimney should be checked for loose mortar, cracks, openings, and watertightness. It should not be leaning or out of plumb. The flashing around the chimney base should be watertight and free of cracks and openings.

**GARAGES:** Private garages must be kept in good repair, their siding and trim maintained, and their window areas covered by glass or boarded up.

*(continued on page 11)*

## FROM THE EDITORS

1991 came in like a lion (pardon the cliché), leaving St. Louis buried under a blanket of ice and snow. While most Tower Grove Heights residents were trying to dig themselves out of the frozen mass, the neighborhood associations executive board was meeting to plan the goals and activities for the upcoming year. An article on page 3 by President Ben Chu outlines the Association's goals for 1991 and encourages the input of residents in achieving these goals.

One of the activities planned by the board to raise funds for neighborhood improvements is a garage sale in conjunction with South

Grand's Summerfest. Elizabeth Braz-

nell lets us in on some of the details. The tenant/buyer referral committee is looking for new members; and Rich Iezzi explains its purpose to us in an article on page 9.

Even with the terrible weather it's not too early to look toward spring and improving on properties. Mike Johnson gives us a rundown on exterior responsibilities for homeowners and where to find funding to fix those ailing front porch steps.

The new year also ushers in our annual membership drive and Mike Kriz tells us all about this year's. If you haven't renewed your membership or you've yet to join, use the form in this Gazette and

send in your membership now! The Association is only as strong as its membership. For only \$6.00 a year (per person), you can have input into, and help to give direction to, this neighborhood.

And if all this information wasn't enough, there's still much more inside this issue of the Gazette including all your favorite columns. So sit back, read on and find out about all that is happening in and around Tower Grove Heights.

Janice Nesser *Elizabeth Braznell*

Janice Nesser

Elizabeth Braznell

## The Tower Grove Heights Gazette

**Editor:** Janice Nesser

**Asst. Editor:** Elizabeth Braznell

**Staff:** Anita Barker, Benjamin Chu, Keely Cook, Don Hardin, Rich Iezzi, Judy Johnson, Mike Johnson, Libby Kriz, Mike Kriz, Pat Linebach, Margie Meyer, Leslie Miles, Amy Ruprecht-Belt, Ruth Schnurbusch, Steve Telford, David Wagner

**Graphic Artists:** Tim Barker, Jo Hart, Michelle Kerr, Sean Ruprecht-Belt, Mary K. Schroeder

**Typing Coordinator:** Don Hardin

**Circulation Coordinator:** Keely Cook

The Gazette is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Janice 776-5780 or Elizabeth 7731-1773.

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

The Gazette/TGHNA  
P.O. Box 63046  
St. Louis MO 63163

## 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.

Coming soon to Grand South Grand, "Futon Express", at 3117 Grand (former location of Star Video).

The Yen Garden Restaurant, located at 3216 South Grand is a both a visual and gastronomic delight. The "Garden" opened early December 1989, and has already received acclaim in several publications. I talked with the owner Don Ango, who is from Vietnam. He told me that the restaurant was named after his wife Yen. Visually, it is a blend of Asian and modern. The interior was designed by Don, who did some of the work himself. Olive green and mauve give it a traditional feel, while other touches suggest it's Asian heritage.

Don came to St. Louis in 1977 and owned and operated 2 carryout restaurants. In 1982 and 1983, Don attended the Cordon Bleu Cooking School and the Lenotre Baking School in Paris. Don then went to Houston, Texas to work for the Lenotre School. In 1986 he returned to St. Louis and opened a bakery in Crestwood Plaza, and was a pastry chef for a major hotel chain. During this time, Don entered the National Leukemia Society "Chocolate Rendezvous" Contest. His entry, a 300 pound replica of St. Louis Union Station (5 feet long, 2 feet high, and 1 foot deep), won first prize. Another entry, "Paradise Chocolate Mousse" has also been a prize winner. Don is currently working on a three foot high white chocolate column that has a dragon curled around it's length, which has been applied with powered chocolate.

Gastronomically, the Yen Garden offers Table Grilled Beef, Chicken Seasoned with Lemon Grass, and Shrimp with Cracked Pepper. For dessert try Napoleon, Chocolate Mousse, and Chocolate Flourless Cake. Hours are: 11:00 AM to 10:00 PM, seven days a week.



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# EXECUTIVE COMMITTEE SETS GOALS

Once again, it is time for Tower Grove Heights Neighborhood Association's executive committee to set its goals and objectives for the new year. It is important that a focus be established for the neighborhood so that it can continue to move forward in a positive direction. The goals and objectives are based on input from residents in Tower Groves Heights who are determined to maintain this neighborhood's image as a clean, friendly and safe place to live, work and play.

**GOAL 1:** Increase emphasis on fundraising in order to provide income necessary for implementing programs and projects. As with any organization, it is critical that it have adequate funds in order for it to survive. One major objective is to find someone to be responsible for chairing the Fundraising Committee. This individual along with their committee, would research and submit grant proposals for funding to various corporations. Funding would enable Tower Groves Heights to implement projects such as trash cans along Gustine and Spring, beautification of Spring Ave., and expanding the outreach of Holiday in the Heights.

**GOAL 2:** Increase membership in the association by 70 members. The greatest

asset of any neighborhood is its people and without their participation the meaning of neighborhood is lost. The key to increasing participation is for us to continue to increase the level of personal contact between all the neighbors. Members are encouraged to invite non members to attend our general meetings. Absentee owners will be invited to join the association and take an active part in the neighborhood. Renters are also encouraged to play an active role.

**GOAL 3:** Continue to develop a sense of neighborliness and community pride. Considerations are being made to develop a neighborhood watch program. This program is based on a 'neighbor looking out for neighbors' concept, not just for crime prevention but for emergency situations, natural disasters, or personal injury. Nothing evokes more pride than living in a well kept neighborhood, so efforts will be made to promote alley sweeps, reporting of bad dumpsters and encouraging participation in the 50/50 sidewalk program and tree planting.

**GOAL 4:** To further Tower Groves Heights commitment to maintain and improve social conditions of this neighborhood through active participation in the community. In an effort to reach all seg-

ments of our population, the executive committee will investigate the possibilities of developing neighborhood sponsored youth and elderly activities. In order for the neighborhood to keep moving ahead, it is important that we gain input from our residents. A survey will be developed so that the ideas and concerns of the people can be expressed. The results of this survey will help to guide the association in the proper direction concerning goals and meeting topic.

**GOAL 5:** Compile a list of committees with the goals, objectives and responsibilities of each committee. As I stated earlier, the neighborhood is its people, and we desperately need people who are willing to participate as part of a committee. Each committee chairperson will list their respective committee's responsibilities. This information will be made available so the residents can fully understand the importance of each committee and hopefully encourage participation in one or more of these committees.

**GOAL 6:** Continue to promote and market Tower Grove Heights both internally and externally. In order for Tower Grove Heights to remain a vital part of the St. Louis community it is important to keep the number of for sale properties low and the for rent properties occupied. An objective in achieving this goal is to maintain a current list of all for sale and for rent properties and to match buyers and tenants to these properties. A realtor's day is planned to bring realtors to our neighborhood and familiarize them with our housing stock and introduce them to our residents.

Our neighborhood association has made tremendous strides in the past few years, yet there are still many issues that need to be addressed. In order for us to maintain our forward momentum, it is essential that we gain input from the residents. Your ideas and suggestions are always welcome. Together we, the people, can make a difference in the place we call home.

Questions or comments can be directed to: The TGHNA Executive Board, P. O. Box 63046, St. Louis MO 63139

—Benjamin Chu



## Jim & Kate Potterfield

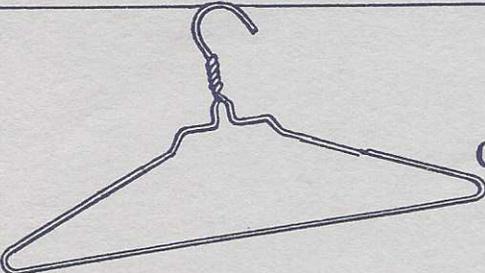
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# CULTURE VULTURES



Ask almost anyone in St. Louis where the last play they saw was performed and the answer is likely to be either the Repertory Theatre on the campus of Webster College, something a bit more experimental at Theatre Project Company, or one of the big touring shows booked into the Fox. The productions at these venues are almost uniformly well done and sometimes even excellent. St. Louis and its surrounding area has a rich and varied theatrical scene, but many people are unaware of just how much good live entertainment there is available to them.

There are many small non-professional (not to be confused with unprofessional) groups using limited budget and under recognized actors that produce exciting, intriguing plays and just plain good entertainment all over the city and county. We'd like to use this month's column to spotlight a few of these groups which are among St. Louis' unknown assets.

West End Players (Union Avenue Christian Church at Union and Enright, call 367-0025 for direction or reservations.) is one of the most adventurous groups active in the St. Louis area. Though their performing space in the basement of an old church is small and certainly not plush, they stage more challenging and thought provoking works

than almost anyone else in town. West End's most recent production was the U. S. premiere of *The Vanek Play* by Václav Havel, President of Czechoslovakia and a former dissident.

Not many other non-Equity companies would have even attempted this kind of drama, dealing as it deals with the political situation in Eastern Europe before the recent democratic reforms. This is the sort of thing on which this group has built their well deserved reputation. The remaining productions in West End Player season are: *The Trip to Bountiful*, Jean Anouilh's translation of *Antigone*, stage readings of the *Death and Resurrection of Sherlock Holmes*, and *Wild Strawberries*.

Kirkwood Theatre Guild (111 South Geyer Road. 821-9956.) has perhaps the largest subscriber base on which to draw of any community theater group in town. Owing to the revenue this generates, they also tend to have the most lavish sets and costume designs.

Kirkwood's seasons are built around crowd pleasing shows with large casts and they always include a big musical as their last show of the season. A word of advice: get to the theater at least an hour early for any Kirkwood show. They regularly sell out and do not accept advance reservations for tickets. Kirkwood will

close it's season this year with the World War II drama, *Watch On the Rhine*, and the *Music Man*.

The St. Marcus Theater (2102 Russell Blvd.) started life as The Other Fox, but a threatened law suit from the real Fox resulted in a name change about a year ago. This performance space, just outside of the Soulard Neighborhood is, to our knowledge, the only live theater in South St. Louis. St. Marcus has presented plays by many organization, most notably Joan Lipkin's *Some Of My Best Friends Are . . .*, and Elaine Viets *Urban Affairs*. They will be hosting the premiere of Ms. Lipkin's *Love and Work and Other Four Letter Words* in late February.

City Players (3701 Lindell near the St. Louis University Campus. 533-1812) maintains that they are the oldest theater group west of the Mississippi. The point is open to debate, but they have been around for many, many years and have been helmed by Irma Tucker, a local theater legend, for all of them. City Players prides itself on producing only premieres of obscure works by well known playwrights such as Arthur Miller and *Romulus Linney* and more often than not, they are very well worth seeing. Especially since chances are that you won't see them performed anywhere else. The biggest drawback that City Players has is it's performance space in the condemned Coronado Hotel. It is hot in the summer, freezing in the winter and the rest room facilities are next to non-existent. We recommend attending their plays, but only when the weather is good.

These are just a few of the theater going options open to you. There are many others we have had to omit because of space limitations, but search them out on your own and we guarantee you won't be disappointed.

One last thought: with all of the open storefront space and the comfortable school and church auditoriums in the Tower Grove Heights area, not to mention the number of talented actors, artists and directors who live in the neighborhood, why hasn't someone started a theater group around here?

—Sean & Amy Ruprecht-Belt



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# 1991 Membership Drive

It's the beginning of a new year and that means it's time to join or renew your Tower Grove Heights Neighborhood Association membership. Remember, you live in one of the strongest and most organized neighborhoods in St. Louis. The way to keep the neighborhood association active is to join!

The price is right at \$6.00 per person for a regular membership includes voting privileges. \$10 per person for a heritage membership (voting privileges and your name in the newsletter), or \$20 per person for a Renaissance membership (same a Heritage plus a Tower Grove Heights T-shirt). The association also has a business membership for \$25 dollars which includes a free business card size ad in the Gazette.

Membership in the association allows you to play an active role in influencing the quality of life in our neighborhood. The Association represents our interests to our alderman, the city government, and other organizations. The association also actively seeks grants to help maintain the quality of our neighborhood. The association also sponsors many activities from baseball games to block parties to art shows and everything in between.

All rental tenants in the neighborhood should also think about joining the association. You make up a big portion of the people who live in our area, you care about

neighborhood issues that effect it, so join and participate!

Your dues help pay for many of the activities of the association: this publication, all of the informational notices you get during the year, printing for brochures to help promote the neighborhood, and many special projects -like the new playground in Tower Grove Park. Other past activities have included participation in the St. Louis Magazine house tour and a booth at Summerfest. The association helps you get the latest news on neighborhood developments and news from the city concerning building codes and housing policies.

Of course, if you really want to get involved, there are many committees that you can join to help make an impact. There is a list of committees on the back page of the Gazette - one of them is waiting for your contribution.

Last year, the membership drive increased the membership from 200 to about 275 members. This year, we are hoping to get another 70 new members. Remember - that's five new members from your block. If you weren't able to join us at the pot luck dinner in

February, talk to your block captain or use the form in this Gazette.

Remember, you can make a difference!

—Mike Kriz

Please complete the form and mail it with your dues to:

**Tower Grove Heights  
Neighborhood Association**  
P.O. Box 63046  
St. Louis, MO 63163

## REGULAR MEMBERSHIP

(voting privileges)

\$6.00 per person No. \_\_\_\_\_

## HERITAGE MEMBERSHIP

(same as Regular Member, plus name will be printed in *Gazette*)

\$10.00 per person No. \_\_\_\_\_

## RENAISSANCE MEMBERSHIP

(same as Heritage Membership, plus a free TGH T-Shirt)

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## A MESSAGE FROM ALDERMAN GERALDINE OSBORN

I would like to take this opportunity to report on two board bills which were just passed by the Board of Aldermen. The first of these bills, which was passed by the Board of Aldermen on February 1, provides for the installation of electric traffic signals at the intersection of Grand and Wyoming. I have received many requests for electric signals at this location. It is currently very difficult for automobiles or pedestrians to cross Grand at this point to reach the Post Office and the commercial establishments on both sides of Grand. Aldermen Martie Aboussie and I have tried for some time to get the City administration to install electric signals at this corner but we were told that no funds were available for this project. However, Alderman Aboussie and I worked out arrangements to pay for this project with some of the funds allocated to our two wards for neighborhood improvements. I certainly hope that these new signals are installed quickly and that they contribute to the safety and convenience of neighborhood residents.

A second board bill, which also was passed on February 1, authorizes the installation of electric signals at the intersection of Grand and Fairview. However, the implementation of this second bill will have to wait until additional funds become available.

**Geraldine (Gerry) Osborn**

Home 773-8416

Board of Aldermen 622-3287

Ward Office -Saturday 10 til noon  
773-0703

### CLASSIFIEDS

**MOVING SALE**—Sat., March 9, 9AM-3PM, 3646 Utah Place. Lots of baby items. Also maternity clothes & furniture, including antique dining room table & chairs, maple bedroom set, brass coffee table, Winston patio furniture. Call 771-2972 eves. regarding furniture.

**CONGRATULATIONS** to Brian & Betsy Vanderheyden on the birth of their daughter, Amanda Elizabeth (5lb. 11 1/2 oz., 19 1/2 in.), born at 8:04AM on January 22, 1991. From Tricia He liker.

**CONGRATULATIONS** to Tom & Jan Booth on the birth of their daughter, Katherine Carolyn, born on December 13, 1990. Love the Gazette Staff.

# HOLIDAY IN THE HEIGHTS

The cold weather may have dampened the spirits of many St. Louis residents over the holiday season, but the weather didn't stop Tower Groves Heights' residents from participating in their annual celebration of city living and the holidays.

This year's 'Holiday in the Heights' activities on Sunday, December 15th, drew the largest participation by residents yet in a neighborhood activity. Over 300 residents took part in the luminaria display. The hospitality houses were visited by over 100 residents who were serenaded by musicians and warmed with mugs of hot apple cider.

Braving the cold and the off-and-on drizzle, over 70 resident carolers chorused the Heights between 4:30 - 6:30. The carolers, along with donations at the hospitality houses, collected almost 700 canned goods and \$135.00 which were later donated to the Five Church Association's Food Pantry.

Santa Claus and his merry elves distributed over 150 gifts to area children. Due to time constraints, Santa was unable to visit every street in the Heights but assured us that he missed none on Christmas Eve.

The Big Sing on the corner of Juniata and Spring kicked off the neighborhood lighting competition. 125+ residents showed up to share some holiday spirit and

carols with their neighbors. The judges in the lighting competition between Tower Groves Heights (36-3700 & 3800 Juniata) and Tower Grove Place deemed Tower Grove Place to be the winner this year. But, accolades have to be given to all Juniata residents for a great showing. A special thank you to Joe and Tammy Zakibe, Dave Goodson, Jerry McGeehan and Connie Bender for stirring up their blocks.

Many residents took an opportunity to take a walk around the neighborhood during the lighting competition and they were treated to some beautiful displays. The winners in the neighborhood competition were:

Most elegant-3801 Hartford; Best nativity-3805 Hartford; Most lights and icons-3859 Juniata; Best entryway-3715 Connecticut; Best of Show-3722 Juniata; Best single color-3664 Juniata & 3844 Juniata; Best tree-3809 Wyoming; Judges favorite - 3620a Connecticut

Prizes donated by the Grand businesses were: Star Video-\$5.00 worth of free videos; Dickmann's-free cake; Orpheum Cleaners-free suit cleaned; Becker's-keepsake tin & cookies; Faru-free gift; Farah's-\$10.00 off coupon; Schnucks - 5 free videos; Amoco-oil and lube; and BaLe Cafe - 2 free dinners.

—Janice Nesser

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# NEWS & NOTES

## STARS & STRIPES

Those of you who traveled through Tower Grove Park, via Center Cross, during the last weeks of January, would have noticed a drastic difference - the flag was not in its place of honor. The flag's tattered condition prompted Tower Grove Heights residents,

Ray and Pat Linebach to contact Tower Grove Park to express their disappointment in the appearance of our national symbol. Through their efforts the tattered flag had been removed and later replaced.

Due to budget cuts, replacing the flag was not a part of Tower Grove Park's budget. In an effort to assist Tower Grove Park, a flag fund has been initiated by the Tower Grove Heights Neighborhood Association. Alderman Geraldine Osborn is assisting Tower Grove Heights and will be contacting surrounding neighborhoods and institutions to help us raise funds for this very important endeavor.

It is our hope to raise at least \$700 so that two flags may be purchased. Contributions may be sent to: Tower Grove Heights Neighborhood Association, P.O. BOX 63046, St. Louis, Mo. 63163, C/O Ray and Pat Linebach.

Thanks to Ray and Pat for their concern and efforts.

—Benjamin Chu

## TGHNA Pot Luck

Members of TGHNA gathered at First Divine Science Church on Sunday, Feb. 3rd for the second annual members potluck dinner.

Approximately 125 friends and neighbors gathered to share a variety of veggies, salads, and desserts.

The ham, bread, condiments and coffee were provided by the association. Beer and wine was served by Dave Difani. For over two hours members filled their plates, met new neighbors, and visited with old friends. Two beautiful Peace Lilies, representing our hope for the world, were raffled for \$1.00. These were won



by Linda Fick and Charles Godar.

Sunday also marked the kickoff for the 1991 membership drive for TGHNA. Many members took this opportunity to show their continued support by signing up for another year.

Pat Linebach orchestrated the affair and our hats are off to her for staging another great event.

—Tricia Heliker

## What's Cooking On Hartford

On Saturday, December 8, 1990, the 3600-3700 block of Hartford held their progressive dinner. The evening was a marvelous success.

Both members and non-members participated; approximately 30 people attended.

The evening began with appetizers at 3731. We gorged ourselves with artichoke dip, cheese/olive puffs, and more. Then we were off and running. The next stop was the entree house. Here we continue our gastronomical excursion with four different kinds of lasagna, Russian vegetable pie, pasta house salad and more. As if we hadn't had enough, we continue to the dessert house. It was truly a religious experience. Ours mouths watered as we looked at the beautiful spread before us. A few of the items were apricot cheese cake, chocolate velvet pie and red Waldorf cake.

I'm sure that as we all left we felt like rolling out instead of walking.

Admittance to the event was the recipe for each item on the menu. We will be compiling a cookbook of the sumptuous delights which we hope to share with other blocks as well. Other upcoming events for the block are a Valentine making party and an Easter egg hunt for the children.

—Libby Kriz

## A New Gustine Market

Chris Otzenberger is glad to be back in St. Louis. He was living in New Orleans, where he owned a market, when Karen and Greg Pequignot offered to sell him the Gustine Market. "I was looking for a way to get back here," Chris said, "but couldn't see a way to do it." Chris is living in High Ridge until he and his fiancée marry in November.

Plans for the market include hot and

cold deli sandwiches and Louisiana specialties such as jambalaya, gumbo, and Louisiana Hot Sauce. In addition, Chris plans to paint the interior as soon as the weather warms up, and put in a new floor.

Under Chris' direction, the Gustine Market will continue to offer service and convenience to Tower Grove Heights. Welcome, Chris!

—Elizabeth Braznell

## TAPROOTS

Melanie Daniels had a vision. She dreamed of a place where people of all ages could get in touch with their creative abilities, feel empowered and develop a greater sense of self-esteem. Her dream "Taproots" is taking form in a charming old school building at 4021 Iowa St. on the north end of Laclede Park.

Taproots is on its way to becoming a neighborhood center for education in the arts. Many individuals, groups and corporations are excited about becoming a part of Melanie's dream and have volunteered in a variety of ways to do their part for OUR school of the arts. Taproots is open to suggestions from anyone interested in cooperating in the development of suitable programs for this school.

This noble endeavor will progress swiftly if we become involved and lend our support. There is much work to be done in fixing up the building as well as purchasing supplies and developing the program. Money helps; contributions of materials are also welcome.

Melanie puts out a monthly wish list, and volunteers will be joyously accepted for a day or an hour. A tour of the school is being planned for those who are curious. It's a delightful building and well worth the trip. Call Tricia for details (773-7130). If you wish to become a member of Taproots Assoc. you may do so by sending a check for \$15.00 or more to: Taproots Association, 3141 Meramec Street, St. Louis, MO 63118. Melanie may be reached at 752-9752.

—Tricia Heliker



# RESIDENT PROFILE

Pro wrestling fans know him as the Giant Assassin - one of the biggest, toughest, meanest contenders in the world of pro wrestling.

He is Tower Grove Heights resident Joe Zakibe, resident and block captain of the 3800 block of Juniata who is leaving his mark on the neighborhood with the same flair he has shown during his celebrated ten years "in the ring."

At 6'5", 320 lbs., with jet black hair and mustache, the 31-year-old Joe, in character, has the kind of presence and "bad guy" looks one might expect of a Giant Assassin. Former Missouri and Midwest wrestling champion, he has wrestled the great names such as King Kong Brody, Ox Baker and Spike Huber. Joe has also appeared in Mizerany TV commercials and in newspaper promotions of Kiel Auditorium.

Giant Joe has even dabbled in the movie industry, playing a part in "Ninja, The Ultimate Warrior" and a smaller part in "White Palace" (which was not included in final release). These days, Joe is less of a traveling man and is leading a more settled type of life. Married for almost a year to his wife Tammy, he is a full-time employee of the Missouri Pipe Fitting Co. as well as a homeowner, landlord and rehabber. Joe continues to be the Giant Assassin on a part time basis appearing regularly on the locally produced "Pro Wrestling With Big Daddy" show (cable channel 15, Fridays and Saturdays, 9:00 p.m.), training other wrestlers and giving motivational talks to youth at schools and hospitals.

Joe's wife Tammy, in addition to being a full time Administrative Assistant at an optical company, also gets involved in the world of wrestling mostly through promotional activities and "keeping quiet and on the sidelines." In their spare time, Tammy and Joe enjoy gardening, game nights with family and friends and spending time with their black labrador doberman, Sheba.

As if these two weren't busy enough, Joe and Tammy still make time for the neighborhood in very much appreciated ways. As block captains since June 1990, they have helped make two events, in particular, a big success. One was National Night Out on 3800 Juniata this past summer. The Zakibes provided snowcones for all who attended along with 8" x 10" glossies of The Giant Assassin.

The other event was the Holidays in the Heights which would not have been the same without Joe as one of the most impressive Santa Clauses ever to visit Tower Grove Heights and Tammy as one of his band of elves. Both born and raised in South St. Louis, the Zakibes have strong feelings about city living and the character of the immediate neighborhood. "I've done a lot of traveling all over the country,"

says Joe, "but I still choose to live here because it's home. It's my kind of people-the kind that go out looking like a Philadelphia lawyer one day and the next day you see them working in back on their car or house."

The Zakibes consider Tower Grove Heights a constant, steady neighborhood but know there is a big need for a strong neighborhood association. They feel that the Association has to broaden more its range of promotional, money-making activities not only to better show its commitment to the variety of people who live

here but also to generate more funds that could sponsor, for example, sports and employment programs for neighborhood youth. "It wouldn't be that hard or even expensive to organize neighborhood clean up and maintenance jobs for interested kids," says Joe convincingly. Both Joe and Tammy hope that by being active members, they can have an input in the future of the neighborhood. For those who have seen the Zakibes in action, it goes without saying: their get-in-the-ring kind of gutsy spirit is already having an effect.

—Anita Barker

## TGHNA YARD SALE MAY 25TH

Summerfest strikes again on May 25! This annual event of the Grand South Grand business district draws attention as well as people to our neighborhood. This year, the Neighborhood Association hopes to benefit by having a yard sale on the parking lot of the First Divine Science Church, 3617 Wyoming. Proceeds from the sale will go to neighborhood improvement. The sale will be held from 8 a.m. to 2 p.m. Susie Gudermuth has graciously volunteered storage space for the white elephants, and Elizabeth Braznell is heading the committee. In addition to the yard sale, flea market spaces will be sold. Metro Electric has generously donated a ceiling fan that will be raffled.

This promises to be a great fundraiser for the Association. Those of you with yard-sale savvy are asked to call Elizabeth Braznell at 773-1773. Volunteers are needed to make

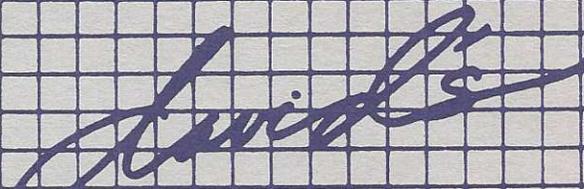
posters, collect and price merchandise, set up, break down, and man the sale.

Hard to believe, but spring is coming! While cleaning out your garages, basements and attics, straightening your closets, and refurbishing your living rooms, remember that the Association would benefit from your discards. Items that sell particularly well are kitchenware and appliances (in working order only!), tools, linens, knick knacks, furniture, lamps, garden equipment, toys, books and plants. We will not accept clothes, mattresses, or non-working appliances and televisions.

Tell your friends, relatives, and co-workers about the sale. We will pick up items they donate beginning May 1. Call Elizabeth to arrange for pick-up.

More information in the next Gazette!

—Elizabeth Braznell



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## TENANTS AND LANDLORDS: KNOW YOUR RIGHTS

When Jan opened her door to her prospective tenant, she wanted to take the rent sign off her two-family flat and forget the whole thing. How could the nice guy on the phone turn out to be so seedy?

He wanted the apartment immediately and called every day to demand his "rights". If you were Jan, what would you do?

How comfortable do you feel about landlord/tenant laws and obligations? Did you know that Jan could have told "Shiftless" no, because discrimination laws don't apply to the "rental of rooms or units in an owner-occupied building designed for four or fewer families"? (The Language of Real Estate, John W. Reilly) Would you have guessed that a tenant's frozen water pipes are the tenant's responsibility to repair? (They are.) How about snow removal — who's responsible? While there is general agreement that the responsibility for snow removal is the owner's, the courts "are divided as to the existence of a duty on the landlord's part to remove natural accumulations of ice and snow from the common passageways retained in the landlord's control for the use of his tenants." (The Landlord-Tenant Relationship, John C. Howell) Ice accumulating "artificially" from a burst water pipe, for example, involves neg-

ligence. The courts generally agree that the landlord may be liable. Sound complicated? Absolutely!

This article is not intended to distill a law library into a few paragraphs, but to inform you that Tower Groves Heights has formed a tenant/buyer referral program and has established ties to other neighborhood apartment owners' associations. If consideration and communication haven't worked with your owner or tenant, why not talk to someone who's been in your shoes? The Southwest Neighborhood has established an apartment owners' association. Their meetings are held on the first Monday of every month.

—Rich Iezzi

Contact Wanda Bowen

President

at 773-5843

for meeting details.

For information concerning

the Tower Grove Heights

tenant/buyer

referral program,

call Jean Iezzi

at 772-4987.

## REPORT FROM REP. PAT DOUGHERTY

One of the most important debates this legislative session will center around the question of life and death.

Legislation is before us which will attempt to define under what circumstances an individual can delegate the responsibility for his medical and life sustaining decisions when he is no longer able to decide for himself. Needless to say, we are delving into some of the most difficult of ethical questions. And we will very carefully examine these questions and their consequences for society.

What is currently being discussed in the CRITICAL DECISION committee, of which I am a member, has to do only with individuals who want to make a decision beforehand as to who will make medical/life sustaining decision for them and under what circumstances and how far these decision can be made. We are not discussing situations in which an individual did not pick someone ahead of time to make such determinations.

Under debate in the committee is the method an individual would use to pick a decision maker for himself. Under present law, an individual can make out a "living-will" which would indicate what procedures and conditions an individual would want when and if the he/she can no longer make medical decisions. This is a very limited document. An obvious drawback is that it does not provide for any human dialogue about very specific situations, extenuating circumstance, and new technologies devised since the "living-will" was made.

We are debating two additional options right now. One would allow the individual to designate a person by means of a legal document called a durable power of attorney. The designated person could make any and all medical decisions. The other option would be to choose a person to be your health care surrogate. You would sign a document, witnessed by two persons, designating a person to make decisions for you.

Beyond all this are the questions of when and if life-sustaining procedures should be terminated. And one of the biggest questions is whether any individual should be able to decide for you if food and water should be terminated. These are serious ethical questions.

If you would like a copy of the proposed legislation, just give me a call. I can be reached at my home at 772-1948 or in Jefferson City at 1-751-3599.  
*Rep. Pat Dougherty* State Rep.

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# WHAT EVERY CHILD SHOULD KNOW

We're all aware of the tragedy that occurred in our city recently. An 11 year old girl, Elissa Self Braun, was abducted and found murdered outside the St. Louis area. With this in mind, we felt that the time was right for an additional word of caution for our children who haven't found out yet that trusting the wrong people can hurt you. Sergeant Larry King of the St. Louis Police Department makes presentations to community groups a great deal these days. He has some suggestions that we should keep in mind when walking in this or any neighborhood.

1) First of all, never talk to strangers. It's something we've all heard many times, but it bears repeating.

2) If a stranger talks to you, always keep a safety distance of 25 feet from him. From that distance, it is difficult for anyone to grab you, hit you, or even shoot you.

3) Always walk in a group, never alone; and never at night.

4) Always make "eyeball to eyeball" contact. This lets them know that you are aware that they are there, that you can't be taken by surprise. Whenever anyone is close to you, they represent a potential threat to you.

5) Project a "positive body image." Don't look at the sidewalk when you

walk. Walk with your head straight up, and look to your left and right from time to time. King said, "Criminals... are very time-efficient people...they get in and get out...and they look for the person they can catch off guard."

6) For adults as well as children: always carry your keys in your hand. As you're going from the house to your car, have your key in your hand. For the latch-key child, have your door key in your hand when you're coming home.

7) Everyone should have a whistle attached to their keys. "If someone does grab you, you can start blowing that whistle...and that does the same thing a car alarm or a burglar alarm does: it draws attention to the immediate area..." King said.

8) If someone does grab you, that's the time to kick, holler and scream. Make as much noise as possible, because the more noise you make, the more attention you draw to yourself.

9) King also said children should not allow someone to distract them by offering them candy, a puppy dog, baseball tickets, or similar items, because that can allow him to get close to the child.

10) Initiate the use of a code word in your family. For instance, if a child has to be picked up from school by someone other than dad, mom, or someone they're fa-

miliar with, the person picking them up should know the code word, or the child should not go with them.

11) Walk the neighborhood with your child to point out the places they should avoid. This will communicate more clearly than guidelines given to them at home.

Sgt. King also stressed that children often are abused by a relative or someone the family trusts. He said it's important to instill in children that "your body belongs to you, and that anytime someone touches you, you have the right to tell him no. Not every tragedy like this can be avoided. There are predators in every community that will take advantage of those of us who don't see the dark side of our society, who want it to be beautiful and good, and don't understand why it can't be that way. Our hearts go out to the family of Elissa Self Braun. Everyone with a child of his own feels a little of their loss.

Efforts are underway for a contribution to be made by the Neighborhood Association to a charitable organization in her name. The subject of child safety will be addressed at the next general meeting of the neighborhood association on March 17 at the First Divine Science Church at 3617 Wyoming. The guest speaker will be Captain Everett Page of the St. Louis Police Department.

—Tom Booth

## THE BLACK THORN

at Spring & Wyoming

"a neighborhood gathering place"



## ENVIRONMENTAL ALERT

Take a break from the cold and the ice. Take a field trip to the Climatron. You will enjoy the tropics and learn about a major environmental issue at the same time.

The Missouri Botanical Garden is one of the world's leading research organizations on tropical rainforests. The newly revamped Climatron reflects this. The importance of the tropical rainforests and the problems they face are interwoven with the beauty of the forest.

Tropical deforestation is a global concern. Although the United States has tropical rainforest in Hawaii only, we are connected to all tropical rainforests in countless ways.

The rainforest is an amazing medicine cabinet. Out of 3,000 plants having anti-cancer properties, 70% come from the rainforest.

Another plant, the rosy periwinkle produces a substance that combats childhood

leukemia, Hodgkin's disease and breast cancer.

Other rainforest-derived drugs include quinine and an active ingredient in cortisone. Scientists believe that 5% of all plant species have medicinal properties, yet fewer than 1% of all tropical plants have been tested for such uses. Future cures for cancers and AIDS may come from the rainforest.

The plants of the rainforest do not supply just medicine. Peppers, nutmeg, mace, cardamom and cinnamon are rainforest spices,

As is vanilla which comes from the seed pod of a yellow orchid. Other edibles include coffee, tea, chocolate, pineapple, rice, tapioca, bananas (200 kinds!), brazil and cashew nuts, and papaya. (Check your Adolph's meat tenderizer for papaya

(continued on page 12)

# ARE YOU PREPARED? CITY INSPECTIONS COMING

(continued from page 1)

**ROOFS:** The roof of the building should be structurally sound, watertight, and have proper drainage to prevent rain-water from leaking in.

**FENCES:** There is no requirement that residential property be fenced. However, all existing fences must be maintained in a sound condition.

Please keep in mind before you begin any major project, whether it's repairs, new construction, or alterations, that a building permit may be required. Specific information concerning which work requires a building permit and which does not can be obtained from the Permit Section of the Building Division, Room 426, City Hall, 622-3313. Any major work on either the plumbing or electrical systems requires a separate permit. Information concerning the qualifications of a contractor or any other information about installation or repair can be obtained by calling or visiting the Plumbing Section, Room 425, City Hall, 622-4356; or the Electrical Section, Room 425, City Hall, 622-3325.

Should an inspection of your property point out some problems, there are several avenues available for the financing of building improvements. The first contact for many people would be the neighborhood bank.

Most banks and financial institutions offer home improvement loans with a wide variety of repayment terms at competitive rates. In addition, there are special "code enforcement" loan programs with below-market rates. These special loan programs are offered through Neighborhood Housing Services of St. Louis, the Urban League of Metropolitan St. Louis, and the Missouri Housing Development Commission. They cover a multitude of home improvements and repairs.

The Neighborhood Housing Services (NHS) Revolving Loan Program carries an annual percentage rate of 6%, a maximum loan amount of \$5,000, and monthly payments scaled to individual needs. This program covers exterior repairs to your home. Additional information on the loan program may be obtained by calling NHS at 381-8900.

The Urban League also has a Direct Revolving Loan Program. This Program provides owner-occupants with home repair loans of up to \$20,000 each at a 9% interest rate (6% for senior citizens and disabled home owners). The loans are made directly from Block Grant Funds. For more facts about this program, contact get in touch with Urban League at 289-0304.

The Missouri Housing Development

Commission Home Improvement/Weatherization Loans program provides loans at a 9% interest rate to help people make their homes more liveable and energy efficient. The maximum loan under this program is \$15,000, and the minimum is \$1,000. The loan term is 10 years, and there is no prepayment penalty. These loans do require collateral, and on loans over \$7,500 there must be an appraisal and title work. You may obtain more information about this program by contacting your local lender.

Just prior to the submission deadline for this issue of the Gazette, Patty Boyer, of Operation ConServ, informed us of a new loan program offered by the Department of Housing & Urban Development (HUD). These 203(k) Program loans specifically address the situation in which a potential home buyer wants to purchase a one -to-four family dwelling which needs improvements. The program can also be used to refinance existing loans and rehabilitate a dwelling (mortgage must be a first lien); and to rehabilitate a dwelling (mortgage may be a second lien). A minimum of \$5,000 for repair of eligible items is required under the program. As with the other special programs we've mentioned, there are restrictions that apply.

Under the 203 (k) Program there are some limitations on the types of improvements and the maximum loan amount available to owner-occupants and investment owners. The program does offer some unique opportunities for both homebuyers who are considering our area and those who want to do some major work on their homes. For further information on this new program contact either Patty Boyer at 622-4628, or Jim Lutz of the Housing Alliance, at 553-5845.

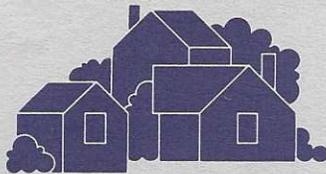
The programs outlined here may have additional restrictions, such as household income guidelines, which we have not covered.

Contact the appropriate agency or local financial institution for more details. By keeping our own properties up to par, and requiring the improvement of deteriorated "problem" properties, we can protect property values and maintain Tower Grove Heights as a great place in which to live and grow.

—Mike Johnson

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# AIM FOR GOOD HEALTH

Now that I have introduced the concept of aerobic exercise, and defined the level of activity needed to achieve the beneficial effects to our heart and lungs, we can talk in more practical terms. I will therefore dedicate this month's space to some more general advice about aerobic exercise, including a few cautions.

First, any aerobic exercise is better than no aerobic exercise at all. Certainly it's true if you would like to receive all of the benefits of aerobic exercise, you will need to consider some continuous aerobic activity for twenty to thirty minutes a day, three to five days a week.

Remember to work up to this level gradually and at your own pace, especially if you have not been exercising. You can miss a day or two, or even a week every so often. It's important to think in terms of an AVERAGE amount over time. Feeling bad about missing a day of exercise can do more harm than the exercise you missed. Once you have achieved a level of fitness, you can easily make up what you have missed with no ill effect.

In addition to your regular workouts,

look for other ways to increase your daily activity, such as using stairs rather than taking the elevator, parking farther from your destinations so that you have to walk more, and generally seeking other ways to become more physically active.

If you exercise with others, try not to be competitive. Competitive thoughts tend to negate some of the benefits of exercise, especially on your cardiovascular and immune systems. Competitive sports like racquetball, handball, and tennis are not substitutes for aerobic exercise. In these sports the aerobic work is of a stop-and-go nature. It is regular, continuous activity that tones your cardiovascular system best.

Warm up before you get into the full swing of aerobic activity. The best warm up is a slowed-down version of the activity you are about to perform. Stretching is also important, but it in itself does not prepare your muscles for aerobic exercise as well as movement does.

At the end of your workout give yourself a few minutes of cooldown, again repeating the same or similar movements at a slower pace.

If you have never exercised, get a med-

ical checkup before you start your exercise program. If you have a history of heart trouble or high blood pressure or a strong family history of such problems, a cardiac stress test may be in order. Check with your health care provider.

In all cases, pay attention to your body! Discontinue exercise if you experience any aches or pains. Stop immediately if you develop dizziness, lightheadedness, fainting, chest pain, or difficulty breathing. Get health care advice promptly.

Your heart rate and breathing should return to normal within five to ten minutes after stopping your activity. Lastly, don't exercise if you are sick. Wait until you feel better, then gradually resume your exercise program. Don't worry about losing

fitness - you won't. These are some practical tips on exercise. Practicing these along with establishing other good habits will pay off in years of healthy living. Till next time. Here's to your health!

—David Wagner is a certified Physician Assistant and Professor at St. Louis University School of Allied Health Professions.

## ENVIRONMENTAL ALERT

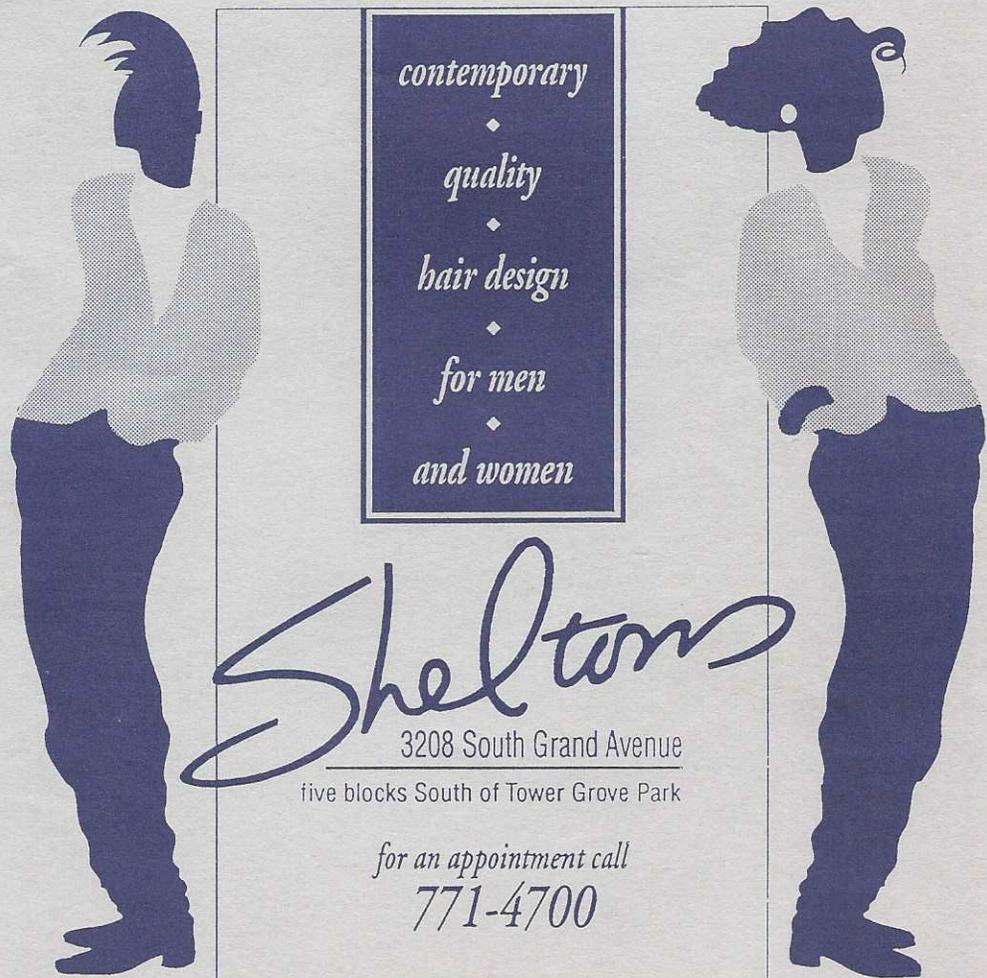
(continued from page 10)  
papaya extract and coconut oil.

Further, only 2% of domestic crops are based on native species. Most of our crops, (tomato and citrus to name two), originated in the tropics. We need the wild cousins of domesticated plants to ensure the strength and quality of our future crops.

Crossbreeding can keep our crops more disease and pest resistant. Latex comes from the rainforest, too. Chicle latex is in chewing gum, (yes, that is where Chiclets got its name), and another kind of latex is in housepaint and car tires. Car tires are 40% natural latex. Airplane tires are made almost entirely from latex. For another rainforest connection, look around your home for houseplants. Many varieties of plants at the Climatron are in your home. African violets, palms, dracenas, and rubber trees abound. Enjoy the beauty of the Climatron, but don't bypass the deforestation display at the end. It's a powerful reminder of the effect we have on our planet. Let's work for a more positive impact.

Keep Recycling

—Ruthie Schnurbusch



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♦  
for men  
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# THE RENOVATOR

Pocket doors represent one of the unique and desirable features commonly found in many older homes in our Tower Grove Heights neighborhood. Paneled and usually very large slabs of pure oak, mahogany, cherry or walnut, these doors are functional as well as esthetically pleasing. The rich, clear finish of a solid-oak pocket door cannot be equaled in the amount of warmth and comfort it exudes into the parlor or sitting room, usually reserved for special guests. The pocket door serves to divide or isolate the parlor from the hustle and bustle of the rest of the house as well as to conserve the heat from the fireplace usually found there.

Pocket doors got their name from the pocket or slot the door glides into when not in use. The hardware on which the door is hung is a simple yet ingenious affair consisting of an adjusting mechanism and a caster wheel hanging from a wood rail. The entire assembly relies on gravity to keep the wheel on the track and that's where the doors' problems arise.

Gravity is one of the biggest enemies next to water, of an old house. Gravity causes settling and buckling of floors, walls and ceilings. These in turn, wreak havoc upon doors and windows which were built to fit into relatively square and plumb openings.

Over time, and with the wear of the passing years, the openings become skewed and ill fitting. Pocket doors are five or six feet in width, so any settling of even the smallest degree can cause a clearance problem that makes the door jam and jump the track.

Many owners long ago gave up trying to adjust the height of their doors and often stripped the adjusting screws. Finally, they pushed the doors into the pockets, and they were never seen again. Subsequent owners discovered the doors buried beneath trim placed to hide the edge of the door, and with some repair and adjustment, made those relics operational.

If your pocket door's adjusting screw is bottomed out, the door cannot be raised mechanically any longer, and the bottom may have to be cut off.

To remove your pocket door, remove the centering trim on the inside of the door jamb top and sides. Next remove the bumper strip from the latch side of the door. This will allow enough clearance for the door to swing inside the jamb with room for your knuckles. Loosen the adjusting screws completely so that the door stands on the floor. With help, lift the door up and off the adjuster, which looks like curved fingers intersecting a ladder. With the door removed, inspect

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Total . . . . .	\$9,750

Balance as of December 31, 1990 . . .	\$1,964
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# CALENDAR

# MARCH — APRIL

## March 2 - March 3

Spring Garden fair at the Missouri Botanical Garden. Lecture series on gardening topics and displays by local nurserymen and floral societies.

## March 4 - March 25

Travelogue Series on Europe at Carpenter Branch Library Monday - 9:30 a.m.—  
March 4 - England and Wales March 11 - Ireland March 18 - Scotland and Wales March 25 - France

## March 5, 12, 19, 26

Gardening by Design at the Missouri Botanical Garden. Four part lecture series including: The Front Garden; The Cook's Garden; The use of Perennials and Alpine in the Rock Garden; & The Cutting Garden. Lectures are at 1 p.m. and 7 p.m.

## March 9 - April 7

Spring Flower Show at the Missouri Botanical Garden. 9 a.m. - 5 p.m. This annual show, titled, "A Walk in the Wild Woods", features woodland cabin surrounded by a landscape of spring perennials and wildflowers. Free with regular admission.

## March 9 - April 7

Jerry Thomas' "Watercolors of the Garden" Exhibit at the Missouri Botanical Garden (Monsanto Hall). This water color exhibit show the Garden in a wide variety of scenes and seasons. Free with regular admission.

## March 17

Tower Grove Heights Neighborhood Association general meeting at First Divine

Science church, 3617 Wyoming, at 7 p.m. Everyone is welcome!

## March 18

Book Discussion Group at Carpenter Branch Library a 7 p.m. The Handmaid-en's Tale by Margaret Atwood will be discussed.

## April 1 - April 29

Travelogue series on Europe at Carpenter Branch Library. Monday - 9:30 a.m. April 1 - Germany; April 8 - Belgium and Austria; April 15 - Holland; April 22 - Spain; April 29 - Switzerland

## April 1 - April 4

Spring Movies at Carpenter Branch Library - 2:30 p.m. April 1 - All Dogs Go to Heaven; April 2 - The Land Before Time;

## April 3

Peter Pan; April 4 - Little Mermaid

## April 15 - April 18

National Library Week - Children may register for prize drawings by writing down the names of the books they have returned. National Library Week Celebration will be held on April 18 at 7 p.m. with music, stories, a magic show, and prize drawing.

## April 15

Spring 2 Session begins for all YMCA programs. Register in advance.

## Ongoing events

GED classes are held every Tuesday and Thursday from 9 a.m. - noon at Carpenter Branch Library. Preschool Storytime every Wednesday at 10:30 a.m. for ages 3 5 at Carpenter Branch Library.

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The TGHNA Gazette  
P.O. Box 63046  
St. Louis, MO 63163