

Tower Grove Heights Gazette

Volume 3, Number 2

October 28, 1990



PROMOTING TOWER GROVE HEIGHTS

All of us who live in Tower Grove Heights appreciate the reasons we live here, the park, our neighbors, housing values, the area architecture. How did we find out about this area? A friend who lived here? Maybe we happened to drive through the area on our way somewhere else and thought, "Hey, this is kinda nice around here." There are a number of ways to discover the advantages of Tower Grove Heights, and there is a group of residents dedicated to bringing that experience to people outside the area. They make up the Promotion and Marketing Committee.

Susie Gudermuth is the chairperson of the committee. Other committee members are Jean Iezzi, Tricia Heliker, Dana Winter, Jan Hurov, Pete and Linda Fick, Mary and Ed Shroeder, Lori Holden, Patricia Gensel, Jim Frazier, and Pat Linebach. All of them have their own particular interests, but find that all those interests seem to lead toward the same goal: to let other people know what we know about the Tower Grove Heights area. The committee is broken into a number of

subcommittees dedicated to different promotion ideas. There are subcommittees for Tenant-Buyer Referral, Special Events, Real Estate Informational Activities, and consultation with the Tower Grove South Housing Board. Jean Iezzi, who is most involved with tenant-buyer referral activities, says people can get involved with the promotion committee any way they want. "We're all under the same thing, because when you start thinking about it, you know, tenant-buyer and all this, we're all doing the same thing. We're all promoting, we're all marketing the buildings, the people, and the neighborhood."

Susie Gudermuth, who is interested in the promotion of housing in the area says, "We do subcommittees for special event type things. People work on things that are of interest to them. Jean and Rich have been handling the tenant-buyer referral committee, and then when we sponsored the art show, Trish was interested in that area, so we divided into subcommittees for that; and our subcommittee, also

joined with the Executive Committee in doing the South City Sonata. The Promotion/Marketing Committee coordinates a lot of social activities but does not organize fundraisers per se. "If our promotional aspect - like the South City Sonata makes money, fine, but that's not our primary goal. That's a different area. We always want to break even, but we're not there to make money", says Iezzi. Most information about the neighborhood still comes from word of mouth, but the Committee is always working on other means of touting the area. One event the committee members participated in recently was the City Living Week activities at St. Louis Centre, where the committee set up an informational booth. Gudermuth says, "We had a good outcome from that City Living Weekend.

We had several people contact us after we talked with them that weekend. This was our first year there. (The City Living Program) is part of the St. Louis Develop-

Continued on page 11

FROM THE EDITORS

As this issue is being circulated, we find ourselves looking ahead to colder weather, and images of ghosts, goblins and things that go bump in the night. With that in mind we bring you two articles to give you some ideas about how best to celebrate Halloween, from contributors Mike Johnson and Libby Kriz. While we're on the subject of holidays, be sure to read Janice Nesser's preview of this year's Christmas light competition and find out what's planned for this year. You don't want to be caught with your lights down.

Also in this issue, Don Hardin's "On Grand" column takes a look at the newest addition to the South Grand eatery scene: Farrah's. Don also had a chance to visit with the focus of this issue's resident

profile: Bob and Lori Holden. If you're planning a painting job on your house soon, don't miss "The Renovator" column. Steve Telford shares his experiences and tips on how best to approach the art of the brush and roller.

For those of you who think you might like to get more involved in the neighborhood organization, take a closer look at another one of the organization's committees with Tom Booth's rundown of Promotion and Marketing. If you missed the organization's September general meeting, be sure to read Ben Chu's coverage of the major issues discussed. And you can hear more from Ben in the "Horticultural Corner" where he explains the ins and outs of bulb planting.

Those of you who are aware of the recent landmark status that Tower Grove Park received, will want to check out Tricia Heliker's account of the parade and activities surrounding the celebration.

There's a lot more inside: a rundown on the upcoming election of officers of the neighborhood organization, tips on the benefits of exercise, more on the South Grand business district, and information you should know about our environment.

From all of us at the Gazette, here's to a great start to the holiday season.

Janice Nesser Tom Booth

Janice Nesser

Tom Booth

The Tower Grove Heights
Gazette

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them to:

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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.

Construction is under way on the new parking lot for the Carpenter Branch Library - and Phase One of the South Grand Square development continues.



In late August, Farrah's Restaurant opened at 3131 Grand (at the corner of Grand and Hartford). I talked with the owner, Kamal Dasoki, who explained that the restaurant is named after his wife, who is also the cook. Kamal described the cuisine offered as Mid-Eastern, Greek, and American. Kamal and Farrah owned a restaurant in the Middle East for ten years, and thus consider the fare at Farrah's to be authentic to say the least. Some of the specialties offered are: Masgoos which is stuffed baked fish topped with Farrah's special sauce. Tachina which is baked chicken which is served on a bed of white rice, raisins, cashews, and angel hair pasta. Dolames - green pepper stuffed with vine leaves, rice, and onion (stuffings change often, so ask about the days special). Spanakopita which is spinach pie. An usual favorite is Saganaki which is cheese that is flamed in wine. Farrah's also takes great pride in their Gyros, served with their special sauce. During the grand opening, entertainment (a belly dancer) was part of the celebration. This was so well received, that Farrah and Kamal are considering having entertainment occasionally.

The restaurant is open for breakfast, lunch, and dinner with a happy hour from 4PM to 6PM. The happy hour includes free appetizers and special drink prices. A



Missouri Botanical Garden

EVENTS IN 1990:

Climatron Reopening Celebration
Spring Flower Display
Spring Plant Sale
Jazz in June
Children's Film Fest
Japanese Festival
Gardens and Parks of the World
Lecture Series
Fall Flower Display
Holiday Display

March 30 thru April 1
March 10 - April 8
April 28 and 29
June 6, 13, 21, 27
July 3, 11, 18, 25
August 25 - September 3
October 11 and 24 and
November 8 and 15
November 3 - 25
December 8 - January 1, 1990

Call 577-5125 for more detailed calendar.

ANNUAL ELECTION OF OFFICERS

The election of officers of the Tower Grove Heights Neighborhood Association will be held at the annual election meeting on Sunday, November 18, 1990. The election will take place at 7pm at the First Divine Science Church on Wyoming. Voting will be by ballot.

The nominating committee, formed in July, recently completed the task of seeking qualified candidates for the elected positions. The nominating committee will recommend one candidate for each position. The candidate's name will appear on the ballot. This ballot will be distributed to all members of the TGHNA one month prior to the annual election meeting. Nominations will be accepted from the floor at the election meeting, as well. Anyone nominated from the floor must be present at the meeting and must have been a member of TGHNA for at least one year. The only position which will not be voted upon this year is president, as the current president-elect, Benjamin Chu, will automatically assume the role of president on December 1, 1990.

The following is the list of nominees submitted by the nominations committee as they will appear on the ballot:

President-elect: Susie Gudermuth
Treasurer: James Lynn

Secretary: Dave Difani
Assistant Secretary: Pat Linebach

All TGHNA members should have received an announcement of these candidates from your block captains. Please contact Keely Cook (776-6800) if you did not receive this announcement.

It cannot be stressed enough how important it is for all TGHNA members to attend the annual election meeting on November 18. It is your vote that will determine who is to represent our neighborhood. To participate in these elections, you must have been a member of the TGHNA for a minimum of 60 days prior to the annual election meeting. Thus, anyone who has paid their annual membership dues by September 17 is eligible to vote. You will be required to show your membership card prior to receiving a ballot, so be sure to bring it with you. If you have not yet received one or have misplaced it, please contact Pat Linebach (771-9481). For those of you who will be unable to attend the meeting but would still like to vote, please contact your block captains who can arrange for your vote to be submitted proxy.

We look forward to seeing you at the election.

- Keely Cook

GRAND
SOUTH
GRAND



Walking only a few blocks in our South Grand Business District just won't do anymore. Businesses know a good thing when they see it and are moving it too fast for the rest of us to keep up with it. Here's a list of our newest business neighbors.

3131 S. Grand: **Farrah's Restaurant**, Kamal and Farrah Dasoki, owners. Operating in the former Olive Tree Location, Farrah's is now open for breakfast, lunch and dinner with an American-MidEastern-Greek menu. Kamal and Farrah have totally renovated the inside, so go check out the food and new surroundings. Love that neon.

3171 S. Grand: **Grandview Foot and Ankle**, Dr. Michael Horwitz, owner. Dr. Horwitz is a podiatrist and his office will be opening in mid-October with daily office hours in the old Martimer's Deli spot.

3212 S. Grand: **Myle Jewelry**, Myle Kennedy, owner. Stop in Myle Jewelry, they're open in the former Comic Kingdom location.

3216 S. Grand: **Yen Garden**, Don Anjo, owner. This new restaurant will soon open in the former Fingerhut shop address and will feature a Chinese and Vietnamese menu with Dim Sum served as brunch on Sunday.

3220 S. Grand: **Thu-Do Hair Design**, Kim Sabanh, owner. Thu-Do was located in one of the building to be demolished for the new library parking lot and is now open at their new address.

3224 S. Grand: **Fashion and Gifts**, Kim Hoang, owner. The shop is now open - stop in for a look.

3232 S. Grand: **South Grand Deli and Grocery**, Mohammed Farhoud, owner. Located in the former Jay Asian Foods Store, the South Grand Deli and Grocery is presently under renovation. This new deli will feature groceries, sandwiches and fast foods. Mohammed and his family live in Tower Grove Heights on the 3600 block of Humphrey.

Let's all get out in this great fall weather for a walk through our business district to welcome our Grand new businesses.

- Rich Iezzi

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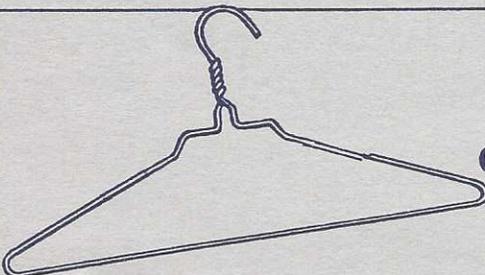


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ENVIRONMENTAL ALERT

Choosing environmentally-friendly packaging is not enough. There are several other strategies that we can use to produce less trash.

1. Take your own shopping bags with you when you go to the store. Using a paper or plastic bag once and then throwing it away is a waste of both materials and resources. Instead, use cloth bags that will last for years. (My husband and I found some large, sturdy one through a mail-order company called Real Goods. These bags hold more than paper bags, making it easier to transport goods. I brought some Real Goods catalogues to the last meeting. Look for these and a sample bag at the next meeting.)

2. Get rid of paper towels. Yes, I know, this is a terribly drastic measure. I haven't kicked the habit yet, though I have cut down by using a dishcloth or sponge.

3. Along the same lines - don't use paper napkins. Use cloth napkins. It's not that much extra effort to wash them and you'll save money in the long run. Plus, cloth napkins feel nicer to use.

4. Watch out for the "disposable" label. Disposable spells disaster in light of the current garbage crisis. Stay away from disposable items such as lighters, razors, pens, cleaning cloths (Spiffits) and diapers. If a product has a durable alterna-

tive, try to use the product with the longer life.

5. Eat less fast food. In our society, haste really does make waste. Just think of all the packaging that goes with a simple burger, fries and soda. (To be fair, I must admit that some of the fast food industry is taking steps to reduce waste. But the fact remains, making no waste is best.)

6. Reuse, reuse, reuse. Used butter bowls are great for leftovers. Used coffee cans make wonderful containers for nails or leftover cooking grease. They can even be used to make a variation of homemade

ice cream! (Ask the folks on Juniata Street about that.) Old clothes should be donated to charity or cut into rags. Resole shoes when possible. Use the expert that we have right up on Grand. Use what you can. Be inventive. We have a huge wedding reception salad bowl sunk in our flower garden. In the summer, it is home to two goldfish and looks quite attractive. Really.

If you have a good re-use idea, let me know and I'll pass them along via this column. Now it's time for me to do my ecological bit and wash out the diapers.

Until next time.

- *Recyclin' Ruth Schnurbusch*

JUST A REMINDER...

The refuse division of the City of St. Louis has a regular monthly bulk trash collection program designed to help us dispose of items too large to be placed in the alley dumpsters. These include items such as appliances, furniture, yard or building refuse such as shingles, logs and plaster or anything over three foot long. Small or loose items should be placed in a container or bundled. No container or bundle may weigh over 100 pounds, or be over 6 foot long or 2 foot in diameter. Refrigerator doors must also be removed.

For the Tower Grove Heights area, bulk

trash collection occurs during the third week of every month. Residents should place no more than three items in the alley behind their property by 6am on Monday, making sure not to block driveway or entrances. If your items are not picked up by 4pm on Wednesday, you should report this by calling the following number - 622-4800. Bulk trash left on private property will not be picked up. Please keep this in mind when disposing of large bulk items. Keeping Tower Grove Heights clean is everyone's responsibility.

- *Keely Cook*



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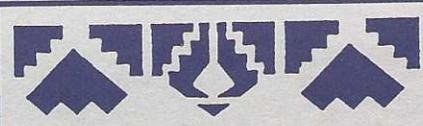
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HORTICULTURE CORNER



As autumn brings cooler temperatures and brilliant fall color, it's hardly time to think of spring flowers - right? Wrong. Late summer to early winter is an ideal time to plant bulbs. Bulbs are among the easiest plants to grow. Given average garden soil, that has good drainage, adequate sunlight and some occasional fertilizer, they will reward you with a wonderful display during the late spring and early summer months.

The key to successful bulb gardening is the quality of the bulb. Always buy from a reliable source whether it is from a local source or from catalogs. If bulbs can be bought locally, examine them very carefully. Bulbs should be free of blemishes, cuts or soft spots. Only buy the firmest and largest bulbs. Larger bulbs will usually produce more or larger flowers.

Most bulbs require full sun in order to grow and bloom well. However, there are some very beautiful plants that will tolerate partial to full shade. A partial list of these types of bulbs would include tuberous begonias, caladiums, crocus, grape hyacinth and bluebells (Scilla).

Bulbous plants will tolerate most soil

conditions. Regardless of what type of soil you have it is usually a good idea to incorporate some type of organic matter - compost, manure or peatmoss. Spread this organic matter over the planting site to a depth of 2 inches and work into the soil.

When planting bulbs, mix some bone meal or superphosphate into the soil at the bottom of the planting hole. Phosphorous, the plant nutrient supplied by these fertilizers, is important for good root development and flowering.

Always plant bulbs as soon after receiving them as possible to prevent them from drying out. As a general rule, bulbs should be planted at a depth 3 times their diameter at the widest point. The easiest method of planting a large area is to dig the soil out of the bed to the appropriate depth for the bulbs being planted, set out bulbs and then cover them with soil. For smaller areas or more confined spaces, it will be necessary to use a trowel or a bulb planter.

There is a wide range of bulbs available that go beyond the traditional tulip and daffodil. These neglected bulbs will make a wonderful addition to the landscape. Freesia is a grassy-type plant that will bear fragrant blooms in early spring on 12 to 18 inch stems. Freesias run the gamut

of color range. Another very beautifully scented bulb is hyacinths, and they too come in a variety of colors. Winter aconite (Eranthis) is a low growing plant that will cover the ground with yellow flowers. Aconite blooms very early and will often push through a light snow. Snow drops (Galanthus) is another early, low growing bulb that will produce white bell-shaped flowers in very early spring.

An unusual bulb for accent is Fritallaria. There are two species available, the Crown Imperial (Fritallaria imperialis) will send up a 2 to 4 foot stem that is crowned by a tuft of leaves, under which hangs a cluster of 2 inch flowers in yellow, red or orange. The Checkered Lily (Fritallaria meleagris) grows to about 12 inches and will produce bell-shaped flowers that resemble checkered purple and white lampshades.

This list only touches on the variety of bulbs available. Please look through garden reference books and catalogs and discover the wide range of beauty available.

Happy gardening.

- Benjamin Chu

(Benjamin Chu is a superintendent and curator of the Japanese Garden at the Missouri Botanical Garden)

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GENERAL MEETING

A MESSAGE FROM ALDERMAN GERALDINE OSBORN

Missouri voters will probably have an opportunity to vote on Nov. 6 on the so-called "ethics" proposal. This proposed State constitutional amendment was placed on the ballot by means of an initiative petition. Opponents of the proposal have filed suit to have it removed from the ballot, but the suit hasn't been decided yet.

I refer to this as the so-called "ethics" proposal because some of the provisions have nothing to do with ethics. One provision would reduce the size of the Missouri House of Representatives from 163 to 103 members. Thus, each district would be 58% larger. Based on preliminary 1990 census figures, this means that each State Representative district would contain more than 48,300 residents instead of 31,200. I am deeply concerned by this because I know, from my own experience, that our State Representatives would not be able to provide the same level of representation and service to more than 17,000 additional residents. I'm also concerned by this because larger districts would increase the cost of campaigns. This will make it far more difficult for candidates who had neighborhood and community support, but didn't have the financial resources for thousands of slick brochures, bumper stickers, signs, etc. Instead of contributing to improved ethics, this proposal would do the opposite. By increasing the cost of political campaigns, this proposal would make candidates more dependent on big contributors who are interested in State laws that will benefit them. Increasing the influence of special interest groups is not my idea of good "ethics" legislation.

Geraldine (Gerry) Osborn
Home - 773-8416
Board of Aldermen - 622-3287
Ward Office - 773-0703

P.S. As you may know, I maintain an office within the 15th Ward for the convenience of residents who wish to discuss neighborhood problems or other matters. I have regular office hours on Saturday morning from 10am to noon, but I schedule appointments at other times throughout the week. I have just moved my office to 4069 Connecticut (at Oak Hill). Please call me if you wish to meet on any problem.

The September general meeting was held on the 20th at First Divine Science Church. Agenda topics included details of our success at St. Louis Centre during the City Living weekend.

Information was given about the Halloween competition on the 3600-3700 block of Hartford and an invitation was extended to everyone to participate.

Operation Brightside's Daffodil Days was explained and orders for tulips and daffodils was taken.

The Police Appreciation Picnic was mentioned and requests were made for people to help by bringing desserts. All were invited to attend to show their appreciation for the job that the police have done for the community.

Raffle tickets for the gazebo on the Tower Grove Heights Landmark Celebration Float were sold to interested meeting goers.

Keely Cook gave an update on the progress of the nominating committee and also made a request for candidates to run for the 1991 executive committee.

The Tower Grove Heights Christmas Lighting competition was detailed with Janice Nesser and Pam Dees as initial

committee members. Additional members were requested to help with this committee.

The first guest speaker was Kathy Lietle, manager of Carpenter Branch Library. Kathy gave a progress report on the development of the their parking lot at Grand and McDonald. Kathy also displayed a drawing detailing the parking lot project.

Our second guest speaker was Sandy LaRouche, coordinator of the Landmark Celebration in Tower Grove Park. Sandy gave us a schedule of events slated for the Landmark Celebration in Tower Grove Park.

Alderman Geraldine Osborn and Representative Pat Dougherty concluded the meeting with details of events in their respective offices.

- Benjamin Chu

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THE RENOVATOR

Old House Painting

No chore is ignored more often by old house owners than is exterior painting. Sure, gardens go unweeded, faucets drip for months on end, but exterior painting can go neglected for years before a ladder and scraper emerge from the garage. The reason for this is quite simple, exterior painting needs to be done during the driest, most temperate part of the year, the fall. Most old house owners I know would much rather be fishing, camping, canoeing, bicycling, hiking, touring wineries, or just plain goofing off watching football on TV during the absolute best season, weather-wise, in Missouri.

Sooner than later though, your wife or the City CONSERV inspectors will catch you napping and you'll be painting over chips and bubbles during halftime of the Big Red game or between innings of the play-offs of the World Series. The view from the top of a ladder with a half of a game of football or six innings under your belt, so to speak, is a dizzying one to say the least. And without proper preparation of the surface you're slopping \$15 a gallon paint all over, you'll just have to go through the paint the house fire drill again next year, and who know what next year's NL standings will bring, right? So the moral to the story is to do it right the first

time, rather than obligate next year's tailgate parties, or whenever the NFL returns, to fixing up last year's sloppy paint job. The thing to keep in mind while slaving away is that the key to a great paint job is that 90% of the job is preparation and 10% is application.

The most important part of the preparation process is probably to remove as much of the old loose paint as possible. This will give the new paint a better chance to stick to the original surface as possible. Restorationists in search of the perfect original paint job will burn or chemically strip all the old paint off, but unless you're painting some highly detailed moldings that are thick with old paint, that process is a little too involved. Personally, I like to burnish as much of the exterior paint off as will come off.

Burnishing a surface is best described as polishing or vigorously rubbing with a blunt steel object, such as a paint scraper, on another surface. If the paint is loose, or very nearly loose, burnishing will remove it. Most old paint cannot resist a good vigorous burnish and it provides some aerobic benefits to the burnishee as well. Burnishing works well, in combination with some light sanding, on horizontal and vertical surfaces, but overhead areas, like soffits, are somewhat harder. Fortunately, soffits rarely need such drastic

attention, unless your gutters or roof have leaked, so the old scraper and wire brush should be sufficient for them.

When the loose paint has been removed and raw wood or underlayers of paint are exposed, a general sanding is recommended. Sanding helps to smooth the standing grain of the raw wood, as well as to feather the edges of the old paint that refuses to come off. Feathering the old paint will go a long way in making your paint job look less bumpy and help the new paint adhere to the old.

At this point in the process, remove all old caulking from any windows or doors you're working on and replace as needed. Check for loose and cracked window putty and replace as needed. Always give caulking and putty 12 hours to dry before applying an oil-based primer.

Personally, I've found that oil-based primer and finish coats last longer on exterior surfaces than do latex, and the cleanup is not as difficult as they say. If done properly, those ladders and scrapers can stay in the garage for 5 to 8 years, sometimes longer. Don't forget to fill all cracks with an appropriate sandable material before painting and finish with primer for a smooth look and a totally protected surface impervious to the effects of all that the wetter months have to offer.

- Steve Telford

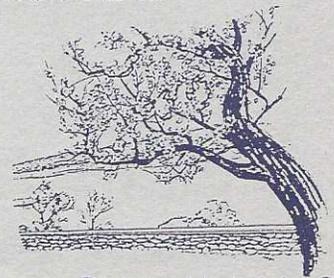
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Tower Grove Heights Grove

Tower Grove Park has designated an area of the park as the Tower Grove Heights Grove. The southern edge of the park along Arsenal from Grand to Gustine is considered to be the official grove for the neighborhood. In this area, residents can have tree planted to commemorate a birth, birthday, anniversary, graduation, or just for the sake of helping reforest an important asset to our neighborhood.

To participate in the reforestation of the park, contact the Park office at 771-2679. Be sure to let the office know that you want your tree planted in the Tower Grove Heights Grove.

LETTER FROM MAYOR VINCENT SCHOEMEHL, JR.

On November 6, 1990 City voters will have an opportunity to adopt a 1/2 cent sales tax that will be devoted to capital needs. The 1/2 cent sales tax, which will generate approximately \$17.5 million annually, is a reinvestment in the City's neighborhoods. All of the funds will be earmarked for capital improvement projects such as street paving, refurbishing of parks, installing a new emergency warning system, and repairing bridges. The proposal is not a property tax increase.

The 1/2 cent sales tax will be paid by everyone who makes a purchase in the City. Residents, visitors, and businesses will be required to pay the tax.

In fact, businesses and tourists will pay about half of the revenue generated by the tax. Adoption of the tax will increase the sales tax rate from 5.725 percent to 6.225 percent.

How can you be sure it will be spent on these projects? The Board of Aldermen also approved an appropriation bill contingent upon passage of the sales tax which mandated that the revenue collected under the sales tax be devoted to specific capital programs. Of the estimated \$17.5 million generated from the sales tax, the legislation earmarks the following percentages:

- 41.24% of the revenue or \$7,217,000 will be utilized for ward improvements. The revenue will be divided among the respective aldermen. Ward improvements could include: street resurfacing, curb repair, and park improvements.

- 46.19% or \$8,083,250 will be dedicated to city-wide capital improvements such as:

- Bridge improvements
- Traffic signals
- Recreation centers
- Public siren system
- Development
- Regional parks
 - Carondelet Park
 - Fairgrounds Park
 - Forest Park
 - O'Fallon Park
 - Willmore Park
 - River Des Peres Park
 - North Riverfront Park
 - Tower Grove Park

12.57% or \$2,199,750 will be devoted to Court/Medium Security Institution

improvements.

If the tax is approved by the voters, it will become effective January 1, 1991 and will raise about \$5.3 million in additional revenue during fiscal year 1991. Of the \$5.3 million, it is estimated that \$2,185,720 will be spent in the 28 wards. This means that capital improvements will be taking place in City neighborhoods shortly following the passage of the tax.

HOLIDAY IN THE HEIGHTS

There's only 51 days left until Holiday in the Heights - so get your plans for your holiday lights ready.

Holiday in the Heights is an annual celebration of the holidays and city living sponsored by the Tower Grove Heights Neighborhood Association. The event will take place this year on Sunday, December 16 from 4pm - 7:30pm.

Activities for the day and evening will include: open hospitality houses where neighborhood residents can view holiday displays (admission to each hospitality house is one canned good which will later be donated to the Five Church Association), wandering carolers and musicians (who will also be collecting canned goods for the Five Church Association Food Pantry), a neighborhood lighting competition and a friendly lighting competition between Tower Grove Place and Tower

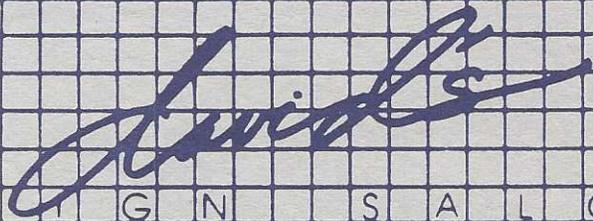
The 1/2 cent sales tax proposal offers the City of St. Louis an opportunity to improve its infrastructure. The revenue generated from the tax proposal will be devoted to capital projects. By approving the capital sales tax proposal on November 6, 1990, the City will be able to undertake capital improvement projects throughout the City of St. Louis

- Mayor Vincent Schoemehl, Jr.

Grove Heights.

Neighborhood residents are encouraged to participate in the day's activities by visiting the hospitality houses, turning on their porchlights for the carolers and musicians and decorating their houses for the festivities. Traditional holiday luminaria are being distributed free by the neighborhood association to any resident who would like to place them out that evening. Contact your block captain to receive your luminaria.

A committee has been formed to plan all the activities. Current members are Pam Dees, Becky Staup, Don Hardin, Ben Chu and Janice Nesser. If you would like to help out on the committee or you would like to be a caroler or a roaming musician, please contact Jan at 776-5780. More information on the activities will be forthcoming from your block captains.



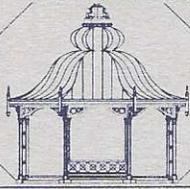
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LANDMARK CELEBRATION



TOWER • GROVE • PARK

What a day! What a success! What fun! September 23 was a memorable day for those fortunate enough to attend the dedication celebration of Tower Grove Park as a national historic landmark.

The Palm House was transformed into an art gallery featuring works inspired by the park. Entries by Roy Smith and Mary and Ed Schroeder, all artists in residence of TGH, were part of the exhibit. Colorful tables dotted the walkway where Missouri Wineries offered samples of a variety of wines. A food pavilion, featuring several Grand South Grand restaurants, won rave reviews.

The parade progressed from the Grand Avenue entrance to the bandstand with participants waving and blowing bubbles to spectators. The TGH float depicted a park scene complete with park bench, arched bridge, and towering gazebo. Residents of TGH rode, or marched, alongside dressed in vintage costumes dating from the early 1900's through the 1940's. Channel 11 gave excellent coverage to the event.

Jeff Ayes outfitted approximately 20

residents with clothing, hats, jewelry, walking sticks and parasols borrowed from Repeat Performance, as well as many items from his private collection. The gazebo was crafted by Randy Dirnberger, Steve Telford and Michelle Kerr. Paint for the gazebo was donated by Sherwin-Williams Paint Store and was applied by Joe Zakibe, Dave Goodson, Ben Chu and Tricia Heliker. Trims and float decorations were the work of Barb and Roy Smith. The outstanding banner, complete with Victorian fringe was designed and constructed by Joyce Mellow.

Chances for the gazebo were sold for \$1. The winning ticket was drawn at the October 2 Executive Board meeting. The lucky winner was Steve Telford.

Following the parade, all enjoyed a concert by the Comptom Heights Band with an intermission for the unveiling of the plaque and a few brief comments by local, state and national political representatives.

Later a group wedding photo was taken by the fountain for anyone whose wedding pictures had been taken there over the years. Barb and Roy Smith from Hartford joined the group for the picture.

Judging from the comments of those involved, it was a spectacular day. Everyone who participated expressed a desire to "do it again".

- Tricia Heliker

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REPORT FROM REPRESENTATIVE PAT DOUGHERTY

While the full General Assembly takes an interim break from Jefferson City, numerous House committees are meeting to examine issue of special interest to lawmakers.

Child health and safety and fatal child abuse are the focus of one such committee. The members are reviewing fire and health inspections as they relate to child care conditions, as well as taking a look at ratios of workers to the number of children in facilities. Work of the committee will include public hearings across the state, written recommendations to the House, and participation in a statewide conference on child care set for November.

Another interim committee is examining juvenile justice service delivery to children. The members are studying the problems of heavy case loads upon timely service, a matter now of rural, as well as urban concern. The group will also assess training, education, salaries and benefits of juvenile justice personnel.

Also appointed was a committee to investigate a contract between the Department of Mental Health and a now defunct insurance company to provide benefits for public mental health clients. Continental Security Life Insurance was to provide policies to 8,100 patients, but the company went bankrupt in 1989.

For more information, please feel free to contact me.

- Pat Dougherty

State Representative

Home - 772-1948

CLASSIFIEDS

Congratulations to Bruce and Dana Hinterleitner on the birth of their son, Ryan Scott, 8lbs 13oz, born in September, 1990

WANTED: Still searching for a white sink with attached drain board and a pedestal bathroom sink. Call Jean - 772-4987

HALLOWEEN

Well, fall is officially here. The crisp autumn night air; the shorter days; and the warm reds, yellows and browns of the trees and plants signal the onset of our favorite season of the year. We even managed to buy our first gallon-jug of apple cider at the store this weekend (an annual acknowledgment of the season)!

With the first full month of fall racing to a close, our thoughts turn to All Hallows' Eve (Halloween), and a night of reveling and spooky tales. But Halloween as we now know it is a far cry from its origins as a Celtic fire festival celebrating the beginning of Winter. Throughout Europe back in those days, Halloween was a time when the souls of the dead were believed to revisit their old homes to warm themselves and find comfort in the kitchens and parlors of their kinsfolk.

A short hop through time brings us up to the pioneer days of America, when many people celebrated Halloween with corn-popping parties, taffy pulls, and hayrides. But the holiday really began to take on its modern flavor after the great Irish immigration back in the 1840's. The Irish brought over remnants of the old Celtic festival, the religious observances of the Christian holidays, and the traditional tales of the mischievous "little people".

By the late 1800's, Halloween had become a nationally observed holiday, identifiable by its games, divination, parties and especially the custom of "trick-or-treating" dressed in outlandish masks and

costumes. This last trademark of Halloween is a custom that closely resembles the ancient Irish practice in which small groups of peasants went from door to door asking for money with which to buy fatted calves and other luxuries for a feast marking the occasion. Prosperity was assured to those who gave freely, while threats were made against those who were stingy. (Keep that in mind when you're giving out those snacks and treats!)

These days, Halloween festivities include parades, carnivals, costume parties, trick-or-treating, and trips to places like the "Haunted Forest" in Tilles Park. Our own 3600-3700 Hartford is planning a Halloween costume contest (see article

p). A sign of the health of our Tower Grove Heights neighborhood these past couple of years is the increase in trick-or-treaters making the rounds. Last year Freddie Kruger-type characters were the rage. This year, who know, it may be a Teenage Mutant Ninja Turtle or a Dick Tracy character that shows up at your door. So keep those porchlights on this October 31, set out those jack-o-lanterns and scarecrows and have some frightfully good fun!

- Mike Johnson



Halloween Treats

Edible Jack-O-Lanterns

Ingredients

English muffins, bread, or round crackers
Spreadable orange cheese
Olives, raisins, celery pieces, etc.

1. Toast the muffins or cut the bread in the shape of circles
2. Let the children spread the cheeses and then make faces with the pieces of food you have made available.

Scarecrow Centerpiece

Materials:

Small paper plate or pie pan
Cardboard tube from wire hanger
Long tube from paper towels
Felt, paper, or cloth
Newspapers
Hay, raffia or strips of crepe paper
Styrofoam or fun dough (for base)
Crayons or markers

Scissors
Glue
Stapler
Tape

1. Push the tube from the wire hanger through the sides of the paper towel tube. (Ask someone to help you poke the holes.)
2. Fold a large piece of felt, paper, or cloth in half and sketch in the cutting lines. Cut out the shirt.
3. Spread some glue along the top of the horizontal tube (shoulders) and place the shirt over it.
4. Staple or glue the sides of the shirt together, then stuff with newspaper.
5. Draw a face on the plate or pie pan, then tape it onto the upright stick
6. Add hair and decorations made of hay, raffia or crepe paper strips.
7. Set the scarecrow in styrofoam or clay base

- Libby Kriz



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AIM FOR HEALTH

I have been putting off this topic ever since I began to write this column. After all, haven't we heard enough about exercise and its importance and how we Americans are all basically sedentary slobs destined to end up under the knife of our friendly neighborhood cardiothoracic surgeon. I know that I sometimes sound like a cynic, but you know that it's really true, less than 10% of the population exercises at a level that would be considered by exercise physiologists as beneficial.



So why don't we exercise if we all presumably know how good it is for us? Some people find it nearly impossible to exercise. After spending eight stressful hours at work, exercise often becomes just another chore to be crammed into an already hectic day, and the mere thought of it is neither fun nor relaxing. Health professionals like me haven't helped matters much! We tell you that in order for you to benefit from it, you must exercise vigorously, you know get the old heart pumping and the blood flowing for at least 20 minutes two to three times per week. I am the first to admit, I have told hundreds of people that they must follow this prescription for good health to achieve a level of aerobic effect that will benefit the cardiovascular system. What I guess I didn't realize, is that everyone is not like me, that is everyone is not a health fanatic who will make it a high priority to find the time

to do things that are supposed to be good for them.



So, I ask you, have we given the message that unless you exercise for 20 minutes, there will be no benefit, and that you might as well not bother? Well, I think we have, and I think that this has affected a lot of our decisions regarding exercise. After all, if I don't have time to exercise for twenty minutes 2 or 3 nights a week, then why bother to do it at all? Well, I would like to clear this up right now. Moderate levels of exercise can help. One recent study conducted by the Institute for Aerobics Research measured fitness levels over time for 10,000 men and women. All participants were given a maximal treadmill exercise test. For men in the low fitness category, there were 64 deaths for the 10,000 reported. However, for the men considered moderately fit, the death rate dropped to 26 deaths per 10,000 reported.



So, what qualifies as moderate fitness? Well, the basic concept is based upon the idea that doing something is always better than doing nothing at all! A person does not have to do a lot of exercise to move from a poor fitness level to a moderate level of fitness.

One way to do it is to look for ways to build opportunities for exercise into your

daily routine. Activities like walking or bicycling to work, using the stairs instead of the elevator, or walking at lunch time. Analyze your own daily routine searching for times when you might stand rather than sit or walk rather than ride. Every little bit counts and when you feel like you are ready to begin a more vigorous program, you might start with regular walks in our beautiful national landmark park. And by the way, it doesn't matter how old you are either (not a good enough excuse, mom!), it's never too late to begin a fitness program.



Regular, vigorous exercise helps prevent conditions associated with aging, such as hypertension, heart disease, diabetes and increased body fat. And older people can recapture a high degree of physical fitness, even after years of inactivity.

So, let's stop reading about exercise and start doing it. By the next time that this Gazette appears on your doorstep, I hope you will be ready to learn more about what I have referred to a vigorous exercise because I will outline some basics for starting a safe exercise program. Happy motion.

- David Wagner

(David Wagner is a Certified Physician Assistant and professor at St. Louis University School of Allied Health Professions.)

Promoting TGH

Continued from page 1

ment Corporation; and they put out a lot of literature. There's a new brochure just out that explores the values of city living." The committee is also consulting with the Tower Grove South Housing Board. The Board is made up of people from the area who are appointed by the Mayor, and approved by the Board of Aldermen. They have a fund of \$200,000 which they can use to try to solve housing problems in the area. "We've been working with them in identifying problem buildings in our neighborhood and also in trying to find good developers. If buildings are bought in our neighborhood, we will have a say as to

who will be the developer and what can be done," Iezzi says. Gudermuth adds, "We're looking for developers that would develop for-sale property...that will help to decrease density and get the properties out of the hands of irresponsible landlords."

Iezzi points to last year's Christmas note cards promotion as an example of an activity that accomplished a two-fold purpose: a promotion for people within the area as well as outside it. "The contest was for our people in the neighborhood, but yet the idea was to sell the note cards not only in the neighborhood but outside the neighborhood." She says they would like to do a similar promotion in the

future. "We hope to have other things. We thought about having a Tower Grove Heights calendar so people can see our neighborhood in different seasons."

Regardless of an individual's interests, the committee members say there is plenty of room for new approaches. Gudermuth says, "We keep looking for people for the committee. We'd like to pull people in if we can, but if they don't want to be part of the committee, they can take part in special projects; that would be great too. Or if they have an idea they want to present to the committee we would review it as a possibility. We'd be interested. We're open to new ideas."

- Tom Booth

CULTURE VULTURE

The King & I restaurant at 3226 South Grand, which specializes in Thai and Chinese food, has been a mainstay of the Tower Grove Heights' neighborhood since well before we moved here almost five years ago. We had been there before, usually just the two of us, and enjoyed our meals, uninterrupted by noisy diners or obtrusive service. This time we went with a group of our friends on a recent Saturday night and took pleasure in renewing our acquaintance with them, as well as the appetizing food and excellent service.

Although our party of six arrived at prime dining time, we waited only fifteen minutes before being seated. First on the agenda was ordering drinks. The drink menu features Chinese beer, plum wine (Amy's favorite, sweet but not cloying), and the usual assortment of beer, wine and mixed drinks, in addition to several exotic drinks - with names like Taboo and Zombie. One of the friends with us was adventurous enough to order one of these and put up with our teasing when it arrived, resplendent in a fancy ceramic glass and decorated with a paper pinwheel and parasol. He pronounced the drink itself very good. After a lively discussion over the extensive menu, we ordered one appetizer and six entrees, which arrived promptly and were beautifully presented. Our final choices included beef and eggplant in

curry -excellent, very spicy, and Thai sweet and sour shrimp - a beautiful mix of colors, textures and flavors, without the gluey reddish sauce that characterizes carry_out sweet and sour selections. We each shared tastes of our entrees and admired the variety of dishes offered, as well as the distinctive taste of each. Only half of us managed to finish the generous portions; the rest of us had to coax them into sharing what remained of ours. Needless to say, desserts were not attempted.

The menu, as mentioned, is extensive, with a page each of appetizers, noodle and rice, pork, poultry and beef dishes. Prices for these range from about \$2 for some appetizers to \$7 for some of the beef entrees. Two pages each of seafood,

vegetable and Chinese dishes follow, averaging \$8.50 for seafood and \$5 for vegetable or Chinese selections. The owners thoughtfully marked with an asterisk any dish that is spicy, noting that you may request it prepared mild, medium or hot. A word of caution: "Asbestos mouth" Sean has sampled the "hot" dishes and found them barely within acceptable fahrenheit range. He recommends the "medium" choice as hot enough for most diners. The King & I is well worth a visit, with or without a group. The service is smiling and deft; the food is quite delicious. Their hours are limited to dinner open from 5pm to 10pm on Tuesday, Wednesday, Thursday and Sundays, and until 10:30pm on Friday and Saturday night. the telephone number is 771-1777.

- Amy and Sean Ruprecht-Belt

3800 CONNECTICUT BLOCK PARTY

Although residents came clad in sweaters and jackets, the autumn weather couldn't cool their spirits at the 2nd annual 3800 Connecticut Street block party.

This year a committee of six planned the day's activities in advance. And their efforts were well worth it. A special thanks to Margie Meyer, Keely Cook, Monica Nawrocki, Pam Dees, Hilda Bowen and Janice Nesser for all their hard work.

This year's block party included planned activities for the adults and children, along with everyone's favorite - a potluck dinner.

The bike decorating contest was great fun for the children and adults alike. But The most well received children's activity was a game called "draw your neighborhood". Margie and Jan drew giant squares with chalk in the street. Each child sat in a square and drew with colored chalk what they loved most about Tower Grove Heights. Needless to say, we have some budding artists on the block with great imaginations. Some of the pieces of

art included a bird's eye view of the neighborhood, dinosaurs on Connecticut Street and a giant rainbow that said 'I love Tower Grove Heights'. All the participants were awarded prizes.

After filling our stomachs with all the delicious treats at dinner, a power volleyball game ensued. It was the north side against the south side of the street. A tense moment occurred during the match when the volleyball lodged in a tree. The north side managed to pull off a victory with the score of 21-15, no doubt due to those power volleyball experts from the Deelo family.

Prizes were awarded for guessing the amounts of red hots, skittles and coffee beans in 3 different jars. The winners were Tim Deelo, and Deborah Dill. Attendance prizes were won by John Hertel and Sam Nawrocki.

All in all, it was a great party, with the most asked question at the end of the day being, "when is the next one?"

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City Living

"You're at home in Tower Grove Heights" was a theme renewed during a City Living promotional event at St. Louis Centre on September 15 and 16. That weekend, five Tower Grove Heights volunteers staffed a booth to educate people about the values of city living in our neighborhood. Armed with the Tower Grove Heights promotional brochures, our Gazettes and the City's Tower Grove South pamphlet, the neighborhood volunteers were able to give helpful information about Tower Grove Heights. Information on for-sale properties, including spec sheets and pictures, was made available to prospective buyers.

Connie Bender, Susie Gudermuth and Don Hardin spoke to several people on Saturday about city living. On Sunday, activity was brisk at the Tower Grove Heights booth while Ben Chu and Jean Iezzi spoke to numerous eager buyers. The conversations that weekend were so positive and upbeat that the volunteers are expecting many of the prospective buyers to become neighbors. Tower Grove Heights had a very successful and satisfying weekend exposing the benefits of our neighborhood.

Halloween on Hartford

Plans are well under way for some very special Halloween activities on the 3600-3700 block of Hartford. Block captains, Libby Kriz and Becky Staup, have put together a Halloween program that should add some extra 'spirit' to the night.

At 6pm before trick or treating on Halloween night there will be a costume contest for adults and children. For the children, costume categories will include: most creative, funniest, scariest and most colorful. For the adults, costume categories will include: most creative, funniest, scariest, ugliest and dumbest. Prizes will be given to all children participating in the contest. Adult winner of each category will get a prize.

A house decorating contest will also be held the night before Halloween. Winning houses will receive ribbons to display on Halloween night. Categories for the contest will include: most elaborate, scariest and best special effects.

For more information on the Halloween activities, call Becky at 664-5739 or Libby at 773-2947.

Block News

At the Connecticut block party, Janice Nesser and Ben Chu announced their decision to resign as block captains. Both Jan and Ben had served as block captains for the past three years.

Instead of two new block captains being named, the block will be run by a block committee. The purpose of the committee is two-fold: to help divide the block work load and at the same time to facilitate a more 'one-on-one' relationship between block representative and resident so that concerns can be heard and more readily acted upon. The block will be divided into four sections. Each section will have a representative on the committee.

Margie Meyer (3860) will head the committee. Margie will also be in charge of the lower south side of the block. Other committee members are Monica Nawrocki (3849) who will represent the upper south side of the block and Elizabeth Braznell (3895) who will represent the lower north side of the block. They are still looking for someone to be on the committee from the upper north side of the block. If you live in this section and are interested in becoming more involved with your neighborhood, contact Margie at 776-8388.



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The Tower Grove Heights Neighborhood Association

President: Don Hardin
President-elect: Benjamin Chu
Secretary: Dave Difani
Asst. Secretary: Pat Linebach
Treasurer: James Lynn
Past-President: Jean Iezzi

COMMITTEE CHAIRPEOPLE
Block Captains: Tricia Heliker
Fundraising: Needs Chairperson
Promotion and Marketing: Susie Gudermuth
Publications: Janice Nesser

Block Captains
3600/3700
UTAH
Janis Bello
Randy Dirnberger
Dolores Queensen
HUMPHREY
Nik Moon
WYOMING
Betsy & Brian Vanderheyden
Sally Difani
CONNECTICUT
Michaela Turner
Kay Lynn Firsching
JUNIATA
Connie Bender
Pat Diemer
HARTFORD
Becky Staup
Libby Kriz
ARSENAL
Robert & Cynthia Bing
3800
UTAH
Susie Gudermuth
Veda Lynn
HUMPHREY
Clint Raglin
Tricia Heliker
WYOMING
Cindy & Paul Lazzari
CONNECTICUT
Mergie Meyer
Monica Nawrocki
Elizabeth Braznell
JUNIATA
David Goodson
Jerry McGeehan
Susan Barrington
Joe & Tammy Zakibe
HARTFORD
Pat Linebach
Bill Wright
ARSENAL
Jean Iezzi

CALENDAR October, November, & December

October 31

Happy Halloween - Costume contest on the 3600-3700 block of Hartford

November

Throughout the month, Carpenter Branch offers various activities...

Tuesday and Thursday, 9am - noon, GED series

Wednesday, 10:30am, Preschool Story Time - Call 772-6586 for registration

November 1 - November 25

Fall Flower Show at Missouri Botanical Garden

November 6

Election Day - Don't forget to go to the polls and exercise your right to vote.

Carpenter Branch Library - Practical Math Workshop, 6:45pm

November 10

Carpenter Branch Library - "Paper Airplane Making" for ages 6 and up

November 11

Veteran's Day - Don't forget -fly your flag.

November 15

Carpenter Branch Library Children's Book Week Fun featuring movies and bookmark making at 3:30pm

November 18

Tower Grove Heights General Meeting at 7pm at First Divine Science Church at 3617 Wyoming. Agenda: Election of Officers, Earthquake Preparedness

November 27

Thanksgiving

December

December 10

Carpenter Branch Library Holiday Open House featuring the St. John the Baptist Church handbell choir

December 8 - January 1

Holiday Flower Show at Missouri Botanical Garden

December 16

Holidays in the Heights - Caroling, foods collection, hospitality houses, lighting competition. See story this issue.

POLICE APPRECIATION PICNIC

Many of the neighborhood associations in the area got together on Sunday, September 30 for the annual 3rd District Police Appreciation Picnic to give a "Thank You" to the men and women who protect us every day. Now that the new police superstations have been built, this may have been the last picnic just for the 3rd district, so everyone made sure it was a good one.

The picnic was held at Tower Grove Park, outside the Stupp Memorial Center. There were activities for everyone including a band, an accordion player (have you ever heard LaBamba on an accordion before?), and clowns with balloons who did tricks for the kids. There was plenty of bratwurst, hotdogs, soda, beer, baked beans,

potato salad, with all the other trimmings for everyone to enjoy all day. The weather was wonderful, and many people who were in the park anyway, came over to say hello, so the attendance was quite good.

Many of the officers of the neighborhood association (including our own Don) were present to make our contribution and appreciation official.

Several neighborhood businesses supplied attendance prizes for the officers or supplies for the picnic. Approximately 20 neighborhood groups participated, including Tower Grove Heights, Tower Grove East, Shaw, Benton, and many of the others in the 3rd District.

-Mike Kriz

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