

Tower Grove Heights Gazette

GRAND TO GUSTINE

ARSENAL TO UTAH PLACE

Volume 21, No. 4

Winter 2010

My plate is full enough to give some away.



BY ELLEN WILSON **L**ife can get overwhelming. I keep expecting things to get easier as I get more practiced at living life and dealing with things that come up, but it does not seem to work that way. Life can get overwhelming and I have a pretty easy life. I have good health, my family is safe and healthy, I have a beautiful home in a great neighborhood with amazing neighbors, and still I have days

that are hard. As TGHNA embarks on the 7th year of sponsoring families through 100 Neediest Cases, I wonder how families without such riches manage day after day let alone during the crazy holiday season that carry such high expectations. Last year, our neighborhood provided nearly \$600 to each family for utilities, \$150 in food and supply gift certificates, and a mountain of gifts for two south city families in need. I am hoping you will join me again this year to help take a few burdens off the already overflowing plates of two other families in need.

Each year, we try to select families that are doing their best to make ends meet and provide for their families, but have hit a rough patch and are struggling to stay afloat. The

hope is to not only provide a holiday morning gift surprise, but also help them with bills and food to try to give them the step up they are looking for to get back on track.

There are several ways you can help. You can donate a new unwrapped gift that fits one of the family members, donate supplies or a gift certificate fitting one of the general need themes, or donate cash (or check – made out to TGHNA) which will be used to buy gifts and help our adopted families pay for utilities. Donations of gift wrapping materials (ribbon, tape, and name tags) are needed as well. Drop your donations at the drop point and we take care of the rest. All gifts will be wrapped and distributed to the families.

continued on page 2

Autumn Fest in the Heights

Reprise **T**he 2010 year continued a premier TGH neighborhood tradition by placing itself into that magical time of year packed with a multitude of community events.

It perfectly transitions our lives out of one season into another. This year's Autumn Fest was very successfully orchestrated by the 2011 President of the Tower Grove Heights Neighborhood Association, MARILYN BROWNING. Her EXTENSIVE TEAM of volunteers insured the success of this sponsored event. We hope, you were able to enjoy this year's event, and if not, don't forget to schedule it into your autumn of 2011 calendar.

MANY THANKS TO FOOD SELECTIONS DONATED BY:

- | | | |
|----------------------------------|----------------------------|--|
| • Al Waha Restaurant | • City Diner | • National Pizza Company |
| • Aya Sofia | • Hartford Coffee Company | • Qdoba |
| • Basil Spice | • Hodak's Restaurant & Bar | • Patricia Edwards – featured desserts |
| • Café Mochi | • Imo's Pizza | • The Vine Mediterranean Café |
| • Café Natasha | • Mama Josephine's | |
| • Chimichanga Mexican Restaurant | • MoKaBe's Coffee House | |

AND A • Gustine Market – Wine Selections

SPECIAL THANKS TO OUR 2010 GAZETTE SPONSORS: • Classic Metal Craft, Inc. – Horse drawn Carriage I
• State Farm agent Scott Holdridge – Horse drawn Carriage II

IN THIS ISSUE

100 Neediest Cases	1
Autumn Fest - Reprise.....	1
Featured Advertiser -	
Wolfgram and Associates P.C....	3
Rehabbing with Rich -	
Worker Bee Boys	4
Reuse! Trash to Treasure	6
Thank You to Advertisers	7
Resident Profile -	
Rich & Jean Iezzi.....	11
TGHNA Contact List.....	15
TGHNA Members	16
Membership Form	16

www.towergroveheights.com



Support Your Gazette Advertisers

Tower Grove Heights Gazette

is brought to you quarterly by:

FOUNDING EDITOR:

Janice Nesser

EDITING TEAM:

Mark Froese

Kyle Froese

BUSINESS MANAGER:

Gary Kushinsky

CONTRIBUTING WRITERS:

Marilyn Browning, Rich Iezzi,
Ellen Wilson

PHOTOGRAPHY:

Mark Froese, Sara Finke

The Gazette is a non-profit publication published quarterly by the Tower Grove Heights Neighborhood Association. For information concerning advertising rates and layout planning call Gary Kushinsky at
(314) 865-2411

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

The Gazette/TGHNA
3891 Utah Place, St. Louis, MO. 63116
or email
gazette-editor@towergroveheights.com

www.towergroveheights.com

TOWER GROVE HEIGHTS
NEIGHBORHOOD ASSOCIATION

MEETINGS

are held at the

First Church of Divine Science
3617 Wyoming
at 7:15 pm on the
4th Tuesday of every month
(except December)

JANUARY 25TH 2011
FEBRUARY 22ND 2011
MARCH 22ND 2011

Everyone is Welcome to Attend!

My plate is full enough... ~ CONTINUED

----- PICK ONE (OR MORE) TO BUY FOR:

Family 1:

Single mother undergoing daily cancer treatment. All children are in school including the oldest in college and are doing well. She can barely pay her bills each month, but would like to shield her children from their daily troubles by having a wonderful holiday.

Mother: (38) Top: XL; Pants/Dress/Coat: 20; Shoe: 9; towels and washcloths

Daughter: (20) Top: M; Pants/Dress/Coat: 11; Shoe: 9; Cool Water perfume

Son: (19) Top/Coat: L; Pants: 36; Shoe: 10½; Curve cologne

Daughter: (16) Top/Coat: XL; Pants/Dress: 18; Shoe: 10; CD or MP3 player

Daughter: (10) Top/Pants/Dress/Coat: 16; Shoe: 6; CD or MP3 player

Daughter: (5) Top/Pants/Dress: 6; Coat: 8; Shoe: 11; Disney princesses

Special Requests: Winter coats, boots, and clothes for kids. Full size bed.

Family 2:

To keep them out of foster care, Grandparents are caring for two grandchildren due to abuse from their father. They survive on her minimum wage income due to an injury to his back which prevents him from working.

Grandmother: (49) Top: 4XL; Pants: 28; Coat: 5XL; Shoes: 11W

Grandfather: (50) Top: L; Pants: 30X30; Coat: XL; Shoes: 10; Wrist watch

Grand-daughter: (4) Top/Pants: 5T; Coat: 6T; Shoes: 9 Toddler; Dora; Disney princesses

Grand-son: (3) Top/Pants: 4T; Coat: 5T; Thomas the Train; Bob the Builder

Special Requests: Bunk beds for kids; Gifts and clothes for kids.

Both families need the following:

Health Care Items – Consider: personal hygiene products, home cleaning supplies; a gift certificate to Walgreens or Target...

Holiday Food Items – Consider: gift certificate to Schnucks; Shop N Save; Aldi....

Educational Items – Consider: age appropriate books; family games; school supplies...

Cash – for gifts or utility bills which are paid directly by 100 Neediest Cases (checks to TGHNA)

There is always a need for volunteers to help distribute flyers to the neighborhood and to wrap the gifts. If you are interested in helping to wrap or flyer, contact Ellen.

DUE DATE FOR DONATIONS: DECEMBER 17th

Wrapping Party: December 18th at 10:00 a.m. at Ellen's house

Drop Point & Contact: Ellen Wilson, 3617 Juniata St., 314-771-1732

“Christmas Past,
in the Heights”

Luminary
Night
2005



FEATURED ADVERTISER

WOLFGRAM AND ASSOCIATES P.C.

BY MARILYN BROWNING

It's always fun to talk to somebody that loves his work, and Kurt Wolfgram definitely loves his work. It's one of the reasons his law firm has been a success since he established it in 1997. He and fellow attorneys Gil Gherardini and brother Eric Wolfgram specialize in personal injury law, representing the people that suffer an injury. That means that their cases could range from an automobile accident to a slip and fall to worker's compensation to medical malpractice to product liability, such as a harmful prescription drug or a faulty chair.

Their clients come from all walks of life, and their reasons for suing are varied. Most involve a need for money for medical bills, to replace lost income when they couldn't work, or to call attention to an ongoing problem that could injure other people. One of Kurt's cases involved a safety officer who was injured while breaking up a high school fight. Another involved a physically and mentally disabled man who was scalded to death while being given a bath. As Kurt puts it, "We help people when they are down – injured, out of work, scared, and often without a legal voice in what is happening to them."

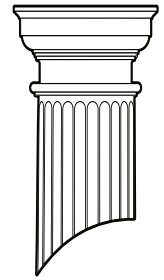
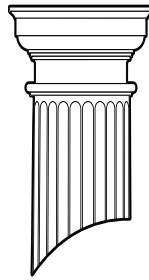
Kurt's firm is run out of a great old house on the corner of West Pine and North Taylor in the Central West End. His dad, Ed Wolfgram, bought the building in the 60's with his partners, and at the age of 78, still runs a psychiatry practice upstairs. One of the first things you notice is that there's no sign out front, but Kurt explains that most people hear about the firm by word of mouth. Almost all of their new clients are referred to them by people they've already helped, or by other lawyers.

With most of their business client to client referrals, Kurt and his fellow attorneys can't just rest on their laurels. Instead, they're always working to keep the good reputation they've earned, listening to their clients, doing the necessary research, and being effective advocates. Preparing well for their cases

continued on page 10

Wolfgram & Associates P.C.

Attorneys at Law



Personal Injury & Commercial Litigation

Serving the injured in their time of need

4500 West Pine
St. Louis, MO 63108
kw@wolfgramlaw.com

Tele (314) 361-2700
Fax (314) 361-2052
wolfgramlaw.com



JENNIFER A. FLORIDA

ALDERWOMAN FIFTEENTH WARD

Board of Aldermen: 622-3287

Voice Mail: 622-3763

Fax: 622-4273

Home: 776-2890

**Board of Aldermen · City Hall
1200 Market St. · St Louis, MO 63103-2873**



**Autumn Fest
SPONSOR 2010**

3150 Gustine Avenue • (314) 932-5141

Korzendorfer-Bick

Picture & Frame Company

~ St. Louis' Oldest Frame Shop ~

ESTABLISHED 1898

Quality • Affordability

1910 Olive Street

(314) 231-0899

*The beauty
of Winter
in
Tower
Grove
Park*

photo by: Sara Finke
www.flickr.com/photos/sara_photos/



REHABBING WITH RICH

Worker Bee Boys

BY
RICH IEZZI

Sometimes when I look for a rehab project to cover, I worry that I'll have trouble finding a quality job to review. This time around, I got my doors blown off when I spoke with Sean-Michael Davis and Levi Morris concerning their latest project at 3817 Utah.



This building jumps right off the street. It has a cut limestone apron at grade level and a spectacular front Mansard of slate and copper with embedded copper avalanche guards. Stepping onto the front porch, you find two full size entrances of quarter sawn oak and beveled glass.

Sean explained that they bought the building as a 2-family and purposely left it that way so a buyer could enjoy the benefits of being an owner occupant with an income stream. He felt they could have made more money converting the building to a single but the 2-family status felt 'more natural'.

It's hard to believe there was anything ever wrong with this property. It has all the goodies including built-in pantries, original bathroom tile and fixtures, golden oak floors and miles of unpainted woodwork and all natural doors.

continued on page 8



Scott R Holdridge, Agent
1800 Lafayette Avenue
St Louis, MO 63104
Bus: 314-664-5433
www.scottholdridge.net

Hello, neighbor!

Please stop by and say, "Hi!"

I'm looking forward to serving your needs
for insurance and financial services.

Like a good neighbor,
State Farm is there.®



State Farm™

1001013

State Farm, Bloomington, IL

CALL ME TODAY.

A
HAIR
SALON

3609
juniata st
stl.mo 63116
314.771.4700

verve

3609

GROVE
FURNISHINGS

3169 Morgan Ford Rd, 63116



Guess what is just around the corner?

Deck those halls & hang those balls!

Shop Independently. Shop Uniquely!

314-776-7898

Taste Chef Mehmet's Delicious New Menus

Lunch
Tuesday-Friday 11am - 2pm

Dinner
Tuesday-Sunday 5pm - close

Brunch
Sunday 10am - 2pm

Bar Happy Hour
Tuesday - Friday 5pm - 7pm
1/2 Price Specials

**Now Open For Lunch
& Sunday Brunch
Enjoy A Truly Unique
Dining Experience**



6671 Chippewa Street
St. Louis, MO
314.645-9919
www.ayasofiacuisine.com

SAGE

URBAN AMERICAN GRILL

Locally Owned and Operated
Open for Lunch & Dinner Monday - Saturday

DAILY FEATURES
and an extensive menu that appeals to
anyone who truly loves food.

Award winning Executive Chef Jack W. MacMurray III
and his culinary team create cuisine with
fresh ingredients inspired by the local harvests.

1031 Lynch Street @ 11th & Lynch in Soulard
(314) 256-1203 • www.sageinsoulard.com



Reuse!

Turn trash to treasure with a materials exchange.

Material exchanges might be the perfect outlet for your waste or the perfect place to find the stuff you're looking for.

RESIDENTIAL WASTE:

Craigslist St. Louis – <http://stlouis.craigslist.org>

A centralized network of online communities, connecting people who have something they no longer want with people who are looking for those items.

Gigoit – <http://www.gigoit.org> Phone: 877-244-4648

"GIGO" is an acronym that stands for 'Garbage In, Garbage Out' which is a modern spin on the old saying, 'One person's trash is another person's treasure'.

ReUseIt St. Louis – <http://groups.yahoo.com/group/ReUseitStLouis>

Find a new home for reusable items.

Recycle St. Louis – <http://groups.yahoo.com/group/RecycleStLouis>

...everything posted on this recycle board must be 100% free.

St. Louis Baby Cycle – <http://groups.yahoo.com/group/stlbabycycle>

...open to all who want to 'recycle' that special something rather than throw it away.

CONSTRUCTION & DEMOLITION WASTE:

Habitat for Humanity St. Louis' ReStore –

www.habitatstl.org/restore Phone: 314-531-4155

ReStore is an outlet for donating or purchasing new or used building and construction materials.

OAK HILL TRUE VALUE HARDWARE & PAINT CO.

4100 CONNECTICUT ST. AT OAK HILL
314-776-0741

**A FULL SERVICE
FAMILY OWNED
HARDWARE STORE**

**SERVING SOUTH ST. LOUIS
FOR OVER 60 YEARS**

HOURS:

Monday thru Friday 8 to 5:30
Saturday 8 to 5



10% OFF WINDOW/SCREEN REPAIRS

Present This Coupon With Windows or Screens To
Be Expertly Repaired For A 10% Discount On Labor & Materials

Coupon expires 01/30/11 (TGHNA)
Not applicable to work in progress - Oak Hill Hardware



**South City
Diner**

3139 S. Grand Avenue
314-772-6100

**City Diner
@ The Fox**

Corner of Grand & Washington
314-533-7500

City Diner is more than just a diner. Pay a visit and
you will discover this is truly a neighborhood joint.

Comfort food at its best!

www.citydiner.us

To All Our ADVERTISERS

Happy Holidays AND A Prosperous New Year!

A Walk In The Park - Grooming Spa for Your Pet

Aya Sofia - Turkish/Mediterranean Restaurant

Café Mochi

Cheap TRX - Shopping, Piercing, Tattooing

Chimichanga Mexican Restaurant

City Diner

Classic Metal Craft - Iron Railing, Gates, Fences

Commerce Bank

DCN Development, LLC - Home Repairs

Debby Ervin, Realtor, Prudential Select Properties

Grand Chiropractic

Grove Furnishings

Gustine Market

Hodak's Restaurant & Bar

Jackson Pianos LLC

Jennifer Florida - Alderwoman, Fifteenth Ward

Kathy Miller / Chuck Jung, Realtors - ReMax Gold

Korzendorfer-Bick Picture & Frame Company

Kurt Wolfgram & Associates P.C., Attorneys at Law

Life Care Center of St. Louis

Lucas Optometry

MoKaBe's Coffee House

Nels C. Moss, Jr. - Attorney at Law

Oak Hill Presbyterian Church

Oak Hill True Value Hardware & Paint Company

Panache Plus - Women's Plus Size, Resale & Alterations

Phrazer - Graphic Design

Sage - Urban American Grill

Scott R. Holdridge, Agent - State Farm Insurance

Susie Gudermuth - Tower Grove Homes

The Vintage Haberdashery

T.F.A. The Future Antiques

Verve Inc. Hair Salon

Yoga with Kathryn

***THANKS FOR YOUR SUPPORT
of OUR NEIGHBORHOOD***

**Gary Kushinsky
Director of New Business
314-865-2411**

"Authentic Mexican Food!"



Chimichanga

MEXICAN
RESTAURANT

Willie Flores
owner + manager

**5425 S. Grand Blvd.
St. Louis, MO. 63110
(314) 352-0202**

7 Years, Same Prices Always!
Great Margaritas \$1.50
Mondays 'til December 31



**Tower
Grove
Homes**

In the Business of Neighborhood Building

For more information
on homes for sale
or lease, call
Susie Gudermuth
(314) 771-7097

**Urban living
with
a small
town feel.**



**Café
Mochi**

11:00am - 9:30pm Sunday, Tuesday - Thursday
11:00am - 10:30pm Friday - Saturday
Happy Hour: Tues - Sat, 4:30 - 6:30pm

(314) 773.5000
3221 S. Grand
St. Louis

MpKaBe's

coffee house

3606 ARSENAL at GRAND

ST. LOUIS, MO 63116

314-865-2009

LATTES • COFFEES • SANDWICHES • DESSERTS • MUSIC

BREAKFAST • MONDAY - SATURDAY 8 AM

BRUNCH • SUNDAY 9 AM



REHABBING WITH RICH Worker Bee Boys

continued BY RICH IEZZI

"We got all the benefits out of the building we could", explains Sean. They kept the original water glass windows, had matching baseboard molding cut and even installed lighting and marble shelves for the old built-in telephone nooks (love that). When I asked about the most difficult part of the project, Levi immediately responded with, "Plaster work and detail". Sean was quiet for a bit, then said, "Knowing when to stop spending money".

These two guys are worker bees. Sean and Levi do almost all of the work themselves and completed several other projects during the six months they spent on 3817 Utah. When I commented that I'd like to know what they eat for breakfast, Sean quipped, "We don't eat, we just work".

continued on next page

Lucas Optometry, Inc

TODD N. LUCAS, O.D.

Eye Examinations

Contact Lenses

Eye Glasses

3165 South Grand Blvd.

St. Louis, MO 63118

Participatory Provider for
Blue Choice Group Health Plan and Many Other
Vision & Eye Health Plans

Office Hours By Appointment (314) 772-3737





Sean is only 30 years old but already sounds like a sage. When asked about advice to give others interested in doing a large project like this, he cautioned, "Be prepared to lose money". He also added, "Experience costs a fortune".

Like all successfully completed jobs, this one wasn't easy. "We had to sand down the upstairs front exterior windows and door down to bare wood", says Levi. "Then when we painted everything, we didn't like the color and had to re paint it". Oops. Then there's the detail work. They showed me where the trim was painted from years of careless wall painting. All of it had to be scraped, re-stained and properly caulked. Trouble is, their work is so good you can't tell they did anything.

Sean and Levi told me that the most rewarding part of the project is to walk back into the building and go "Wow". When I called Sean about doing this interview, he was still completely excited about the building even though it's under contract. I liked that. These guys both have fire in their eyes but reminded me over and over that it's important to be patient. "It's easy to spend and work yourself to death in this business", adds Sean.

I ended up taking all their advice except the part about not eating. Gotta have breakfast.



CheapTRX Shopping Piercing Tattooing



Naughty or Nice.... Whatever YOUR heart desires!

3211 S. Grand Blvd - 314.664.4011

The Vintage Haberdashery

3181 Morganford Rd.
St. Louis, MO 63116

314-772-1927



Buy • Sell • Rent

**Fabulous Vintage
Clothing & Costumes**

**Store Hours:
Mon-Sat 11-6 • Sun 12-4**



DINE IN OR CARRY OUT

OPEN: Sun-Thurs 10am-10pm • Fri-Sat 10am-11pm

Banquet Room seats parties 40-100

- - BULK RATES - -

10 lbs. Wings.....	\$55.00
50 pc. Fried Chicken	\$55.00
100 pc. Fried Chicken.....	\$110.00
Mostacioli (Full Pan).....	\$55.00
Cole Slaw OR Baked Beans (Gallon).....	\$12.50
Potato Salad OR Mashed Potatoes	
OR Vegetables (Gallon)	\$13.50

Ask about our Chik Pik a Paks!



2100 Gravois Avenue • 776-7292 • www.hodaks.com

Download our
monthly specials
from our website!

.....from well-loved
to glossy new



Jackson Pianos, LLC

314.773.4341

- Piano Sales
- Repair
- Tuning
- Rebuilding



www.JacksonPianos.com



Come visit . . .

Oak Hill Presbyterian Church
Corner of Oak Hill & Connecticut, St. Louis
4111 Connecticut, St. Louis
Call us at 664-5525 or visit us at
www.oakhillpcusa.org



Sunday School 10:00 a.m. • Worship 11:00 a.m.



TFA

www.TFA50s.com

Your
Retro
Plex

3229 Morgan Ford
St. Louis, MO 63116
314-865-1552
info@TFA50s.com

Go Green, Buy Vintage.

50s

Mid-
Century

60s

Mon. Wed. Thurs. 11-6
Tues. CLOSED
Fri. Sat. 10-7 Sun. 12-5

FEATURED
ADVERTISER
CONTINUED

WOLFGRAM AND ASSOCIATES P.C.

means plenty of hard work for everyone involved, from the firm's staff (ten including the attorneys) to the experts they hire as consultants.

Kurt first started practicing law with Evans and Dixon, a 100 attorney firm that represents the defendant in personal injury cases. After 4 years he moved on to a smaller firm, Brandenburg & Lowndale, and finally in 1997 started his own law firm representing the injured.

Kurt had a home in Tower Grove Heights in the 3600 block of Utah when he first started practicing law. He and his wife loved the area and the proximity to the park. As the family grew, they moved to a house on Longfellow in Compton Heights. Finally the task of ferrying their three kids to and from private school and school events got to be too much, and the family moved to Clayton. This was coming full circle for Kurt, who had graduated from Clayton High School in 1985. Kurt and his wife call the years since the move their "time in exile" and are counting the years (six) until their last child graduates from high school and they can move back into the city.

In his spare time Kurt competes in triathlons, consisting of a 2.4-mile swim, 112-mile bike, and 26.2-mile run--not your average couch potato activity. In this respect, Kurt takes after dad Ed Wolfram, who has competed in a number of triathlons and won the Iron Man World Championship Triathlon in his age group (71-74) in 2003. Toward the end of our interview, when I ask Kurt what he'd like to do when he retires, he says with conviction, "Oh, I'm definitely going to keep on practicing law for as long as I can!"

Maybe it's the triathlons, or maybe it's the sheer enthusiasm in his voice when he says it, but it's easy to believe Kurt Wolfram is ready to go the distance.

Wolfram and Associates P.C.

4500 West Pine • St. Louis, MO 63108
www.wolframlaw.com
(314) 361.2700 ~ fax: (314) 361.2052
Email: kw@wolframlaw.com

RESIDENT PROFILE:

Rich & Jean Iezzi

- Dynamic Duo

BY MARILYN BROWNING
For those of us that are relative newcomers to the neighborhood, it's important to understand the hard work that's gone into making it the terrific place to live that it is. That's why it was so great to talk to Rich and Jean Iezzi, who, along with others, had the vision and energy to make it happen.

Rich and Jean bought their house on Hartford in 1978, and lived in a 4-room apartment in Dogtown until Rich completed the renovation 3 years later. Their friends and family thought they were crazy to move into what appeared to be a dying neighborhood. Tower Grove Park had no paved path-

continued on page 12

Yoga

with Kathryn



KATHRYN HEITZENROEDER

Calm your body and mind.
Restore energy and strength.
Balance the stress of life and reward yourself with peace and harmony.

Open-level studio classes, Southtown Yoga:
Tue., 7:45-9:15 p.m. ~ Sat., 7-8:30 a.m.
3719 S. Kingshighway Blvd. ~ southtownyoga.com

Private lessons:
314.773.3578 ~ 314.413.7711
kheitzenroeder@yahoo.com

January							February							March							April						
S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S	S	M	T	W	T	F	S
						1																					
2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29
30	31						1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21
							22	23	24	25	26	27	28	29	30	31											

Test Drive

GRAND CHIROPRACTIC

Mention this ad for a **FIRST VISIT for only \$45***...

Why so generous? Because we believe that once you experience treatment at GRAND CHIROPRACTIC, you will never be satisfied with anything less. Thousands in St. Louis don't know what Chiropractic can do to help...This is your chance to find out! Dr. Reiter has special interest in non-surgical treatment of carpal tunnel, herniated disc and chronic pain from fibromyalgia.



Dr. Daniel O. Reiter
Dr. Alexia M. Hampton

Providing Traditional
"Hands-on" Chiropractic
Treatment & Associated
Therapies For Treating
Chronic & Difficult Cases

DO YOU SUFFER FROM:

- Back Pain
- Headaches
- Neck Pain
- Carpal Tunnel
- Shoulder Pain
- Disc Bulge
- Fibromyalgia
- Spinal Stenosis
- Indigestion
- Leg Problems

**FREE Phone Consultation To
Answer Any Questions...**

1. FIRST VISIT ALL FOR \$45*
2. MOST INSURANCE ACCEPTED
3. EASY PAYMENT PLANS

*The first visit offer is for new patients only when paid for on the same day as the visit.

GRAND 
CHIROPRACTIC
Traditional "hands-on" treatment

www.reiterchiro.com

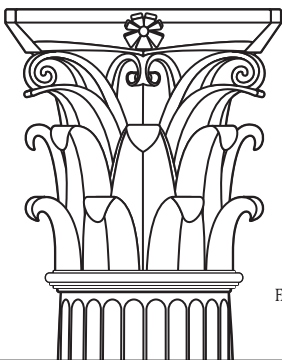
314-664-3200

in the Tower Bldg. on Grand & Gravois

NELS C. MOSS, JR.

ATTORNEY AT LAW

DIVORCE ♦ CRIMINAL ♦ WILLS & TRUSTS



THE MOSS LAW FIRM PC
7711 BONHOMME, STE. 850
CLAYTON, MO. 63105-1908

314-721-LAWS (5297)
FAX: 314-206-4749 PGR: 314-903-8760
NELSMOSSJR@SBCGLOBAL.NET

PHRAZER

Visual Graphics & Design • Since 1998

KYLE FROESE

Post Office Box 1042 / Hayward, Wisconsin 54843 / 715.558.6107

kyle@phrazer.com • www.phrazer.com

- ✓ Ad Composition
- ✓ Logo Design
- ✓ Brochures
- ✓ Business Cards
- ✓ Banners / Posters
- ✓ Promotional Flyers
- ✓ Postcards / Rackcards
- ✓ Graphic Design for Web
- ✓ Prepress Layout
- ✓ Custom T-Shirt Graphics



A FULL SERVICE GROOMING SPA
FOR YOUR PET

(314)

664-DOGS

(3 6 4 7)
FAX: 664 - 3651

awalkintheparkgrooming.com

3892 WYOMING ST.
ST. LOUIS, MO 63116
(Corner of Wyoming & Gustine)

MARK LANGEVIN
MANAGER

CHRIS LEE
MASTER STYLIST

RESIDENT PROFILE:

... continued

Rich & Jean Iezzi
- Dynamic Duo

ways, no lights, and a seedy reputation. South Grand Boulevard was 33% occupied. Rich and Jean were some of the youngest homeowners on the street. Nevertheless, they loved the neighborhood, and saw what it could be.

For a while things seemed to be moving in the wrong direction. Absentee landlords rented out the houses in the neighborhood to a series of disreputable tenants. The landlords stopped maintaining their rentals, and the condition of many of the homes deteriorated. Crime was on the upswing, with drug-dealing, prostitution, and theft widespread. Residents agreed that something had to be done, and set about doing it. There was almost no tactic that they didn't try. As Jean says, "We tried everything, and pretty much everything we tried worked!"

Some major goals were to find buyers that would do the rehab that so many of the houses needed, and to make sure that rental properties were kept up and rented to responsible tenants. Jean and Rich, along with others, did everything they could to attract realtors to the neighborhood, including feeding them. Whenever there was an open house, the neighborhood crew would come out and pick up trash that morning to give a better impression. Rich and Jean were among those that bought the worst houses on the blocks and proceeded to renovate them.

A concerted effort was made to educate the landlords, to help them understand that investing in their properties and making improvements was good business, resulting in higher rents. Back in the days before quick and easy searches on the Internet, Jean and Rich ran an apartment referral system out of their home, where neighbors could list properties for rent and where they could screen potential tenants. They still have the paperwork to prove it.

Jean and Rich, along with their neighbors, went down to City Hall to fight for some of the city's money and attention. Police pro-

continued on next page

RESIDENT PROFILE:

tection was a real issue, and a Cookies for Cops program was designed to make the police force familiar with the neighbors and show support for the cops on the beat. Over time they learned about the city tree-planting program, Operation Brightside, and other programs that they could take advantage of to improve the neighborhood. The Tower Grove Heights Neighborhood Association began meeting over twenty years ago, and block captains were assigned to each of the blocks. The Association gave out Good Neighbor Awards and Garden Awards to encourage people to improve and landscape their properties. Jean served as president twice.

During all of this Jean and Rich raised a family, and Rich worked for Southwestern Bell while Jean was home with the little ones. They were tag-team activists in the neighborhood. One would stay with the kids while the other would distribute flyers, pick up trash, clear alleyways, raise a ruckus with the city, or whatever else needed to be done. When the last child had reached school age, Jean went back to work, and has been teaching Spanish at Lutheran South for seventeen years now. Rich has retired from the phone company, and has dedicated himself full-time to being a landlord for the numerous rental properties the two own in Tower Grove Heights and elsewhere. It's work that he loves (yes, really!) and is happy to devote his efforts to.

I came away from my talk with Jean and Rich totally fired up by the dedication and work that they and others put into stabilizing and improving the neighborhood during some fairly rough times. It also brought home to me two things. First, every single thing you can do for the neighborhood, including picking up a piece of trash on your street, is important and worthwhile. Second, we're all in this together, and it's through our combined effort that we can keep Tower Grove Heights the fun, diverse, and beautiful place we call home.





Katherine B. Miller & Chuck Jung
Marketing Specialists

GOLD
Each Office Independently
Owned and Operated



CELL: (314) 276-0012
CELL: (314) 330-2919
katherinem@remax.net
kathymillerstl.com
chuckjungstl.com

RE/MAX
11400 Concord Village Ave Suite G
Saint Louis, MO 63123



Commerce Bank
Member FDIC

Commerce Bank provides a full line of products and services, plus 57 branches and over 100 ATMs located throughout the St. Louis metropolitan area.



call click come by

Tower Grove Banking Center
3134 South Grand, 314-746-8211
commercebank.com

**Autumn Fest
SPONSOR 2010**

**CLASSIC
METAL
CRAFT**

IRON: RAILINGS, GATES, FENCES & BALCONIES
314-535-2022
www.classicmetalcraft.com

Plus Size Resale & Alterations

- Brand Names & Designer
- Consignment & Layaway
- Specializing in Sizes 12-8x
- Professional Alterations
(men's & ladies alterations - any item)

Panache Plus

www.panacheplusresale.com

5400 S. Kingshighway @ Eichelberger
(314) 352-3838

\$5⁰⁰

Bring this coupon in for \$5 off
(\$25 purchase or more)

COUPON

coupon must be present, not applicable with other offers

TGH Gazette Autumn 2010

Panache Plus • 5400 S. Kingshighway (314) 352-3838



DCN DEVELOPMENT, LLC

Home Repairs the Easy Way

- Call us for those honey do's that don't get done
- Handyman services at competitive rates
- Over 20 yrs experience remodeling in South City

Whether you need a complete remodeling job or just to get a grip with some grab bars... small things can have a big impact on how you enjoy your home.

Call today for your free consultation!

OFFICE: **314-773-2399**

3165 Portis Avenue • St. Louis, MO 63116



St. John's Episcopal Church
3664 Arsenal

St. John's Episcopal Church Welcomes You!

FREE MEAL FOR ALL!
EVERY Saturday 4:00 – 6:00 p.m.

Sunday Schedule:

Childcare - 9:00 a.m. - 12 noon

Adult Sunday School - 9:00 a.m.

Children's Montessori Sunday School
at 10:15 a.m. – starts Winter 2010

Sunday Communion Services at
10:30 a.m. & 5:00 p.m.

(September – June)

We "Believe Out Loud!" (pro-LGBT)

3664 Arsenal – just west of S. Grand

www.towergrovechurch.org

314-772-3970

Tower Grove Heights

Neighborhood Association CONTACT LIST

Monthly meetings 7:15 pm on 4th Tuesday (except Dec.),
First Church of Divine Science on 3617 Wyoming Street

- BOARD -

President:Marilyn Browning
President-elect:OPEN
Past President:David Bruns
Secretary:Claudia Seifert
Treasurer:Sally Rolf
Asst. Secretary/Membership:Debby Ervin

- COMMITTEE CHAIRS -

Block Representatives:Rich Seifert
New Business/Gazette Advertising:Gary Kushinsky
Fund Raising/Events:OPEN
Webmaster - towergroveheights.com:Tom Reitenbach

- BLOCK REPRESENTATIVES -

3600/3700 Arsenal:Recruiting!
3800 Arsenal:Recruiting!
3600/3700 Hartford:Carrie Samsel, Stacy Leimbach
3800 Hartford:Rich Iezzi
3600/3700 Juniata:Lynne Casey
3800 Juniata:Tom Reitenbach, Kim Cole
3600/3700 Connecticut:Recruiting!
3800 Connecticut:Recruiting!
3600/3700 Wyoming:Gen Obata
3800 Wyoming:Teresa Mithen
3600/3700 Humphrey:Recruiting!
3800 Humphrey:Erin L. O'Reilly
3600/3700 Utah Place:Rich Seifert, Susie Gudermuth
3800 Utah Place:Pat Edwards, Jim McClaren
3800 McDonald:Kathryn Heitzenroeder

SUPPORTING

- GAZETTE DISTRIBUTION -

3600/3700 Arsenal:Tim Klaas
3800 Arsenal:Mike Woolfolk
3600/3700 Connecticut:Rebecca Andrews
3800 Connecticut:Liz Clyne
3600/3700 Humphrey:Nels Moss

Thanks for all that you do!



Enrich your life.

Personalized physical, occupational and speech therapy can reduce pain, speed recovery and improve strength and mobility. We've developed many specialized programs to help you live a fuller life: rehab-to-home, bariatric, lymphedema and neuro-muscular electrical stimulation to name a few.



314.771.2100
3520 Chouteau Ave.
St. Louis, MO 63103
www.LCCA.com
Joint Commission accredited

13596

Debby Ervin
holding the keys to your future

*Call me for all your
real estate needs.*

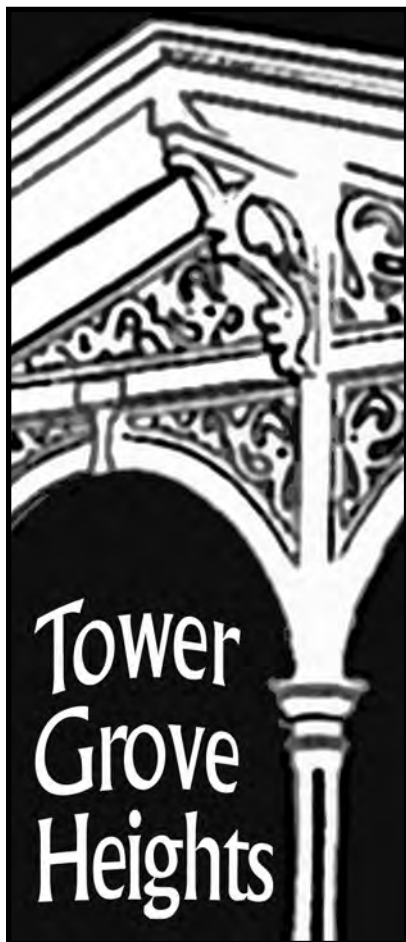


Debby Ervin
Sales Associate &
Tower Grove Resident

(314) 560-7018 CELL
(314) 832-9100 OFFICE
DebbyErvin.com



Prudential
Select Properties



Tower Grove Heights

NEIGHBORHOOD ASSOCIATION



LIFE MEMBERS

Amelia Doll
Diane Hurwitz
Jama Dodson
Jim Mooney
John Papa
Donald Hardin
Cheryl Jones
Mike Johnson
Dave Langan
Sara Langan
Tod Martin
Erin O'Reilly
Jay Diamond
Alice Mooney
Bobbie Ohmer
Steve Ohmer
Virlene Reichert

Cathy Roche
Lynn Shute
Janis Brigulio
Teresa Mithen
Karl Steiger
Patricia Edwards
Karen Pensoneau
David Kirby
Robert Ashton
Pauline Ashton
Rich Iezzi
Jean Iezzi
Ross Hammond
Marian Hammond
Fredric Rissover
Nels Moss
Tom Tritschler

2009/2010 MEMBERS

Adam Collins	Eric Wilson	Jonathan Silva	Rebecca Bruns
Alan Einecker	Erich Schraer	Joyce Reese	Richard Seifert
Alma Sueme	Eileen Duhon	Judi Sharp	Rick Armstrong
Amy Phillips	Fran Armstrong	Karen DeMatteo	Rick Stein
Andrew Haberem	Francine Sprick	Kathleen Stomps	Robert Keel
Angie Reitenbach	Fred Goodyear	Kathryn Hartz	Robert Koehr
Anita Barker	Fred Hildenbrand	Kaye Hildenbrand	Robert Ritchie
Anne Orcutt	Gail MacCartney	Kevin Clavin	Robert Thayer
Benito Montoya	Gary Kushinsky	Leslie Ide	Sal Dinolfo
Betty Goodyear	Georgiana Grant	Linda Fick	Sarah Chilenski
Billie Sullivan	Glenna Powell	Lis Schraer	Sarah Shumacher
Carl Dothage	Greg Strauser	Liz Clyne	Sayawuth Chaiya
Cathy Studer	Harry Witt	Liz McQuinn	Scott Douglass
Chris Grant	Holly Wilson	Mabel Gudermuth	Sheila Smith
Chris Winter	Jack Winter	Mac Orcutt	Sherri Thompson
Claudia Seifert	James Lee	Margaret Wayne	Stacy Leimbach
Clio Grant	James Lynn	Marge Schmidt	Sue Clavin
Colette Price	James Zakibe	Marilyn Abbott	Susie Gudermuth
Curtis Lohman	Jan Clinite	Marilyn Browning	Suzanne Carron
Danielle MacCartney	Jane Keel	Mark Abbott	Terry Hartz
Daryl McQuinn	Jaynie Zakibe	Mark Froese	Thomas Sehr
Dave Campbell	Jeanine Clontz	Mark Thompson	Tim Barker
David Bruns	Jeff Clyne	Mary Witt	Tim Hays
David Chilenski	Jennifer Silva	Mel Duhon	Tom Reitenbach
David Murphy	Jesse Elgin	Mimi Roddy	Tricia Heilker
Debby Ervin	Jim McClaren	MJ Cannon	Veronica Campbell
Don Price	Joan Lohman	Nancy Adkisson	Virginia Ritchie
Donna Domian	Joe Domian	Neil Clontz	Wes Browning
Dorothy Collins	Joe Sueme	Norm Henenberg	Zachary MacCartney
Doug Peden	Joe Thele	Paul MacNeilage	Anonymous (14)
Emanuela Heller	Joe Wilson	Ray Adkisson	



Tower Grove Heights NEEDS YOU!

The Tower Grove Heights Neighborhood Association can only be YOUR association if you join. With your participation, TGHNA will be a reflection of what YOU want the Heights to become. So please don't delay in joining or rejoining.

- To find out what is happening in the neighborhood
- To have a liaison with City Hall and other agencies
- To make the neighborhood a more interesting and fun place to live
- To make the Heights a cleaner and safer place
- To better protect our property values

Please indicate your membership level choice:

PLEASE PRINT:

- ___ Individual (1 vote) \$10/year
- ___ Household (2 votes) \$15/year
- ___ Associate (non-voting) \$10/year
- ___ Lifetime (1 vote) \$100 single payment
- ___ Business (1 vote) \$25 /year
(entitles member to a 10% discount on TGHNA Gazette Ads for one year)

NAME(S) _____

ADDRESS _____

PHONE _____

EMAIL _____

___ Yes ___ No, Include my name, address and contact information in the TGHNA Buzz Book

___ Yes ___ No, Please add my email address to the Neighborhood Forum Email notification list

Return this form and tax deductible gift to your block representative or send to:

Tower Grove Heights Neighborhood Association • P.O. Box 160069 • St. Louis, MO 63116

(TGHNA is a tax exempt 501c3 organization)

