

Tower Grove Heights Gazette

Volume 3, Number 6

June 29, 1991



An Old-Fashioned 4th of July

By the time this gazette hits the streets you will be wondering what to do ... what to do ... this 4th of July. There's no Veiled Prophet Fair hoopla on the Fourth this year, so you might find yourself wondering "What did people use to do before TV and exhaustive media coverage?"

Those of us in Tower Grove Heights will have an unusual opportunity to find out what people used to do in the old days, because this year, the Missouri Botanical Garden and Tower Grove Park will jointly host "An Old Fashioned Fourth of July", and we're all invited.

From Noon until 7p.m. on July 4th, the Garden and the Park will collaborate to present a variety of programs the whole family can enjoy. Most of the activities will be centered around the bandstand in the Park. The focus of events in the Garden will be in the exhibition hall, but will feature public picnicing on the Garden grounds ... a first. Children's activities will include a magician, clowns, face painting and pony rides, as well as a number of hands-on activities.

The smaller members of the crowd can enjoy a miniature replica of the Faust Park carousel, which will be on display in the



exhibition hall of the Garden; and miniature sailboat races will be held in the Park's pond. Area community groups will be among the fifteen to twenty-five food and beverage booths offering ethnic foods, funnel cakes, and "buffalo burgers" for the adventurous.

Don't forget to stop by the Tower Grove Heights' booth and sample some delicious brautwurst.

Some of the musical entertainment to be offered on the Fourth include the Scott Air Force "Starlifter" Band, the Compton Heights Band, a children's concert by members of the symphony, a barber shop quartet, and the "Stompers" Dixie group, and a jazz group.

"It's really a family-oriented event with lots of activities for children ... and the family", says Brenda Banjak, coordinator of events for the Botanical Garden. People are encouraged to bring a blanket and stake out a spot for themselves for the afternoon.

Double Dutch jump ropers, jugglers, carriages rides, American Indian dancers, square dancers, and a performance by the Black Rep theatre company, are also scheduled. Ann Auer says, "We're really trying to make it a real family-oriented day, kind of in the tradition of the old-fashioned Fourth of July ... that's what we're hoping it will be. Although there will be no fireworks in the Park or the Garden, Ann Auer says, "We hope that everyone will go and enjoy the parade and fireworks downtown in the evening." A reminder to the public is that no bottles are allowed in the Park or Garden, so pack your coolers accordingly, or plan to purchase your beverages from the food booths. If you'd like to experience the kind of Independence Day celebration that was popular when most of our homes were built, plan to attend.

Tom Booth

FROM THE EDITORS

It's hard to believe the year is half over. But with a neighborhood as active as Tower Grove Heights, time seems to slip away from you. In the past few months, dedicated members have been busy with letter writing, general meetings, planning the new banners, operation brightside, night out at the ballpark..... and that's just naming a few of the activities.

In this issue you can read all about two of the Associations latest endeavors; the garage sale and the realtors tour; and the success they achieved. The Association is also planning another art show for the Fall. A call for neighborhood artists and musicians to participate in this event is on page 3.

And if this weren't enough, the Association will be participating in this year's fourth of July celebration in Tower Grove Park. The TGHNA will be selling brats (and also TGHNA t-shirts) to benefit the neighborhood. So come on down and get them while they're hot!

On page 13, Membership Secretary, Pat Linebach gives us a rundown by block of TGHNA members. The good new is that the TGHNA membership is up from last year's membership. We are now 305 members strong. The bad new is that over 100 members from last year have not renewed their TGHNA memberships yet! Please, if you let time slip away from you and have not yet renewed or sent in your

new membership, take the time to send it in now. There is a form included in this issue that you can cut out. Your \$6 per person membership helps us to help you. Let's keep Tower Grove Heights growing strong, send in your membership today!

And after that small note of encouragement, we'll let you set back and enjoy this issue. It's chocked full of your favorite columns along with the latest neighborhood news. Enjoy!

Happy Summer.

Janice Nesser

Elizabeth Braznell

Janice Nesser
Elizabeth Braznell

The Tower Grove Heights Gazette

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The Gazette is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Janice 776-5780 or Elizabeth 773-1773. Your letters and comments are always welcome at the Gazette. Mail them to:

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

ON GRAND

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

Construction is under way at the corner of Grand and Arsenal. A brand new shopping complex is coming! Watch us grow!!

CBGB's bar (named after the owners Cindy and Guy Bour) has reopened at 3163 South Grand. This southside gathering place originally opened in 1987 on South Grand across the street from it's new location. With it's reopening in mid April of this year, CBGB's has more than doubled it's floor space. Plans are under way for sidewalk seating later this summer. Next year an outdoor beer garden (in the rear) will add to the special ambiance that this establishment has to offer.

Cindy and Guy (both Tower Grove Heights residents) have created an unusual and interesting atmosphere at their new location. Exposed Brick walls and high open beam ceilings mix well with the high tech decor. Art work from the collection of Cindy and Guy, and from local artists and friends decorates the walls. The art work is very unusual and striking. Some of it has been featured at Club 1227.

I talked with Patrick, one of the bartenders, who described the patrons as eclectic. Students, professional and free lance artists, musicians, and long time local residents make up the list. Bumper shuffleboard is a favorite pastime of some of the patrons.

CBGB's is a vivid image of the diversity that Grand South Grand has to offer. This unusual and comfortable gathering place adds to the vitality of Grand South Grand and the City.

Happy hour is offered Monday through Friday from 4:00 PM to 7:00 PM, and on Saturday from 6:00 PM to 7:00 PM. Operating hours are:

Monday through Friday 4:00 PM to 1:30 PM, and Saturday 6:00 PM to 1:30 PM.

Don Hardin

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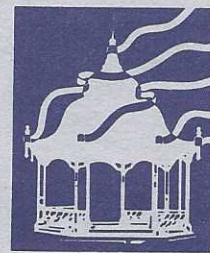
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This daytime event has no fireworks display.

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GETTING THE WORD OUT PUBLICATIONS COMMITTEE

When you talk to a resident of Tower-Grove Heights about the Publication Committee, they will most likely think of the Tower Grove Heights Gazette. Actually, the Gazette is just one of the of the duties and responsibilities of the Publication Committee.

The Committee is responsible for the production of informational flyers for upcoming neighborhood events, posters which were created for the Art of City Living and the South City Sonata, programs and artists biographies for these events, and numerous promotional brochures for the neighborhood.

The Committee is headed by Jan Nesser. As head of this committee her responsibilities include serving as a member of the executive committee, and editor of the Gazette. Jan was the founder of the Gazette. The design and content of this remarkable publication are her creation. We can be very proud of the Gazette. It is acknowledged as the best neighborhood newsletter in the City.

There as many reason for the success of the Gazette as there are members of the Gazette staff: Editor, Jan Nesser; Asst. Editor, Elizabeth Braznell; and Past Asst. Editor: Tom Booth. Staff members include, Anita Barker, Benjamin Chu, Keely

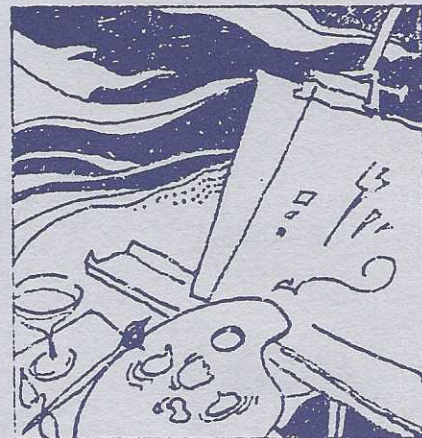
Cook, Don Hardin, Rich Iezzi, Judy Johnson, Mike Johnson, Libby Kriz, Mike Kriz, Pat Linebach, Margie Meyer, Leslie Miles, Amy Ruprecht-Belt, Ruth Schnurbusch, Steve Telford, and David Wagner. The great graphic artists who design ads and paste up the issue are: Tim Barker, Jo Hart, Michelle Kerr, Sean Ruprecht Belt, and Mary K. Schroeder. And then there is the typing coordinator and the circulation coordinator, Don Hardin and Keely Cook. This hard working staff wears many hats; writing, pasting up, delivering the Gazette to the block captains and the businesses on Grand South Grand, mailing copies to TV and radio stations, City Hall, other neighborhood associations, other newspapers throughout the city, and to realtors. The staff also folds and collates the Gazette, seeks out advertisers and in their "spare time" come up with new ideas for improving this extraordinary publication.

At the beginning of July, Jan is stepping down as head of the Publications Committee. This reporter would like to take this opportunity to thank her for a job well done. Elizabeth Braznell has tossed her hat into the ring for the top position. The Gazette is already benefitting from her new and fresh ideas.

If you are interested in becoming a part of a fun, exciting and challenging group of people, contact any member of the staff or just show up at the next Staff meeting on July 8th at 7:30 PM, 3895 Connecticut.

Don Hardin

Art of City Living II

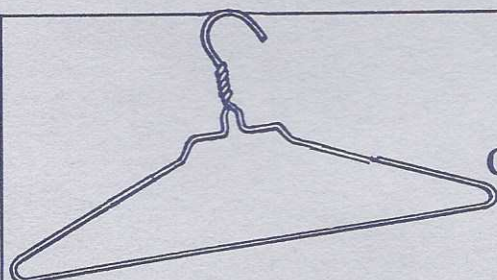


Calling all neighborhood artists and musicians. There are plans for a Tower Grove Heights Arts Festival to be held of Sat. Sept. 21, 1991 from 1 - 6PM. Details have not been finalized, but here are the main ideas so far. The festival will include art, music, perhaps a house and garden tour, and will highlight businesses on Grand South Grand. Art and music will appear in Faru's, the Futon Express, Shelton's, and Commerce Bank (to name a few). There will be small wine receptions at the businesses showing art, but no large single party is currently proposed. Tickets for adults will cost \$7 while tickets will be free for children under 12 years old.

To be eligible for this event, artists and musicians must be Tower Grove Heights residents, and have their work chosen by a Selection Committee. The Selection Committee will visit the artists to see or hear pieces, rather than have work brought to them. So, if you are interested in exhibiting or playing, you must contact the Selection Committee so that they can hear or see your work by Aug. 1. They will announce festival participants by September 1, 1991.

Festival Committee leaders are Becky Staup, Robin Fazhold, and Teresa Davis. If you want to be involved in the Festival Committee, the Selection Committee, or as an artist or musician, call 664-9249 for more information.

Mary K. Schroeder



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BROOMS TO BAR-B-QUE

Have you traveled the alleys of Tower Grove Heights since Operation Brightside on May 18th? Many look terrific thanks to the hard work of the residents in the neighborhood. A special thanks goes to those block captains who rallied their blocks to sweep, haul junk, pull weeds, and hose down the alleys.

Most captains reported varying degrees of participation by their block. Unfortunately, some captains were the only ones in their alley doing the cleanup. So it seems the credit for cleaner and safer alleys goes to those who got out and did their part. Maybe those who were unable to help that day will make it their responsibility to maintain the alleys throughout the summer.

Some blocks drew their workers with the promise of coffee and donuts. Others kept the crew working with frequent soda breaks.

3600 3700 Hartford concluded their cleanup with a street party. But by far the block with the most activity was 3800 Juniata.

Fifty residents stormed the alley with a broom brigade that started at Gustine and marched eastward. At 3 p.m., all work came to a halt while residents refreshed themselves at two locations with a potluck Bar-B-Que. Several residents of

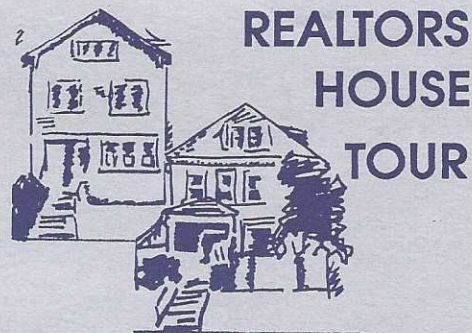
south 3800 Hartford joined in the celebration as they had in the cleanup.

A huge round of applause goes to Jerry McGeehan and Dave Goodson for organizing the 3800 Juniata cleanup and the Bar-B-Que. It was obvious the participants were having a great time together as they cleaned their alley and their plates. Dave and Jerry have worked extremely hard to pull their block together and this is a perfect example of how well they have succeeded.

Not to be forgotten are the city workers who cruised the alleys all day long loading huge mounds of trash and debris. Jim and Veda Lynn (3800 block of Utah) took time to thank these city crews with a letter to the editor of the Southside Journal.

As the last of those trucks groaned out of the 3800 Juniata/Hartford alley, an elderly couple could be seen sweeping up a few scraps that had fallen to the side and checking for nails that might puncture a tire. A few residents of 3600-3700 Utah worked together to clear unwanted items from the backyards of elderly residents. This is the spirit that prevailed on May 18. It's that same spirit that ties Tower Grove Heights together as a neighborhood and keeps it strong.

Tricia Heliker



The first realtors tour was held by the Promotion & Marketing committee on May 15th. Thirteen realtors from the city and county responded to invitations to visit our neighborhood for an informal get together.

The tour began at 3802 Hartford (Tricia's Heliker's house) with a breakfast prepared by Linda Fick of the 3800 block of Wyoming.

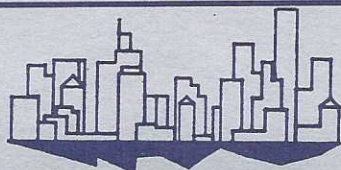
After breakfast, members of promotional marketing spoke with realtors about the advantages of Tower Grove Heights living. Two family flat conversions were discussed along with the financial rewards of owner occupied income property. Speakers encouraged their guests to compare our house values with any in the city or county.

Next, the realtors were divided into small groups to look at a sample of our housing stock. Six single-family houses and three two-family flats were open, featuring every phase from early restoration to 100% completion. The tour organizers discovered that realtors don't do a lot of ooling and aahing over unfamiliar homes but instead they have trained eyes that enable them to fly through houses at amazing speed. While the tour found itself ahead of schedule, things went smoothly as guests chatted on the large back porch at 3724 Utah as lunch was prepared.

Throughout the tour, promotional marketers mingled with their realtor guests to share the latest developments of our area and helped them discover and 'feel' our neighborhood. Although the tour lasted only half the day, everyone involved felt that Tower Grove Heights made a favorable impression on all who attended. As one of the tour planners said, "if we can gain one quality buyer as a result of the tour, it's been a success."

Many thanks to the following for opening their homes for the tour: Tricia Heliker, Jack and Dana Winter, Ruth and Brian Schnurbusch, Betsy and Brian Vanderhaden, Ron and Ann Wolf, Elaine Viets and Don H., Laura and Jim Stadelman, and Susie Gudemuth.

Rich Iezzi



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Container Gardening



For many people the idea of gardening seems an impossibility. There is not enough space or there is not enough time or it's too back breaking. Well for all of you would be gardeners, there is a solution. Container gardening is an excellent way to add color to your porch, patio or yard and fresh produce to your kitchen table without the need for added space or extra time.

Containers come in various shapes, sizes, and materials (clay, plastic, metal). The type of container selected will depend on the imagination of the gardener and the natural character of the specific plant. The only requirement for any container is that there are adequate drainage holes to allow excess water to escape.

Regardless of what style of container is chosen, the most critical factor is what type of soil is used. A special soil mix, known as "soilless mix", is necessary to grow good container plants. Many garden centers carry these soilless mixes under a variety of trade names - Merto Mix, Jiffy Mix, or Pro Mix. The important principles of soilless mixes are its ability to drain water quickly, have adequate air space and be able to retain moisture after drainage.

Many decks, patios, and balconies can

be enlivened through the use of containerized annuals. Alyssum, with its delicate foliage and white, red or purple flowers, can be combined with dwarf marigolds or geraniums in a wide pot to create a wonderful effect in a sunny location. For shady conditions, coleus and impatiens are exceptional container plants. For a multi-plant container, such as a strawberry pot, blue flowered ageratum planted with marigolds and pink petunias will create a very stunning display. The possibilities with annuals are endless and half the fun is choosing plants to achieve the desired effect.

Vegetables are excellent container plants and allows the small space gardener an opportunity to experience the thrill of harvesting home grown produce. The critical measurement for container grown vegetables is the container depth. Onions, carrots, beets and turnips are best grown in a 24" x 36" box with a depth of 8". Pole beans, cucumbers, and peas need a narrow 12" x 48" box, 8" depth. A trellis is helpful for training these vegetables vertically. Larger vegetables, such as eggplant, peppers and tomatoes, prefer a single 4 or 5 gallon container. The productivity of the contained vegetable garden is dependent on the amount of sunlight it receives. Leafy vegetables (lettuce, cab-

bage, spinach) and root crops (beets, radishes, turnips) will thrive in a much shadier condition than vegetables that develop fruit (cucumbers, peppers and tomatoes).

Growing trees and shrubs in containers is a very ancient art dating back 4000 years to the time of the Egyptians. In their youthful stages almost all plants may be grown in a container. However, it is more sensible to prolong the plant's life in a container by choosing trees and shrubs that are relatively slow growing or varieties that are naturally dwarf. Some good shrubs for containers are Mugho Pine, Boxwoods, Flowering Quince and Spirea. Trees suited for planting in tubs include Redbud, Crabapple, Dogwoods, Holly and Japanese Maples. The only special requirement for these plants is that they must have their roots protected during the winter. To protect the roots from freezing either move the plant indoors or apply a thick layer of straw or mulch to totally cover the tub or pot.

Container gardens can add another dimension to any garden setting, big or small, and is well worth the time and effort.

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

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A MESSAGE FROM ALDERMAN GERALDINE OSBORN

The fiscal year of the City of St. Louis begins on July 1st. As Chairman of the Committee on Ways and Means, I have been deeply involved in the consideration of the proposed City budget for the 1991-92 fiscal year. The Board of Aldermen is in a rather weak position in dealing with the budget. The Aldermen can reduce appropriations recommended by the Board of Estimate and Apportionment but we cannot increase appropriations or add new appropriations. If the Ways and Means Committee favors an increase in a particular appropriation, we can only ask the Board of Estimate and Apportionment (the Mayor, the Comptroller, and the President of the Board of Aldermen) to recommend the increase so that it can be approved by the full Board of Aldermen.

The Ways and Means Committee has, in my opinion, done an excellent job of reviewing the proposed budget. The budget, as recommended by the Board of Estimate and Apportionment, would have eliminated or crippled several vital City services. I don't think that any of us want to see our neighborhoods swarming with mosquitoes or overrun by rats. However, these are among the services which the Schoemehl administration would have cut. The ways and Means committee voted to request that funds be restored to retain the inspectors in the Rat Control and Mosquito Control programs. We voted to restore the adult School Crossing Guards at a number of dangerous intersections. We voted to restore staff to the Communicable Disease program and the Rabies Control Center and the Lead Poisoning Control program. At this point we can only hope that the Board of Estimate and Apportionment will agree that these vital programs should be restored.

Geraldine (Gerry) Osborn

Home: 773-8416
Work: 622-3287

RESIDENT PROFILE

When Lisa Appelbaum came to an estate sale in Tower Grove Heights two years ago, she decided that very same house on the 3600 block of Hartford was the one for her. "I'd always wanted an old house to fix up," says Lisa, "and this seemed like a nice neighborhood."

In fact, Lisa admits that at the time, she knew very little about the neighborhood even though her parents were born and raised here. Her father, John N. Appelbaum, grew up on Hartford and her mother, Carol Sprence, on Connecticut. Since her parents had moved out to the county when they were married, they were no longer familiar enough with the neighborhood to influence Lisa's decision to buy here. "But at the estate sale," she remembers, "I met Jean and Rich Iezzi whose enthusiasm about the neighborhood convinced me."

After actually living here for more than a year, Lisa feels the neighborhood has more than lived up to her first impression. "I have great neighbors, and I like being close to the park and to downtown. I also like that there are lots of kids," she says, "which is nice for my son Nicholas." Nicholas is three years old.

Lisa is also impressed by how active the neighborhood association is and wishes she could be more active in it herself. However, the demanding and constantly changing schedule of her profession has kept her from getting more involved so far. Lisa is a full time pilot for United Airlines.

Lisa became interested in flying as a vocation after a High School career days' introduction to the profession. She then enrolled in the aviation program at Central Missouri State where she was one of fifteen women to complete a degree in Aviation Technology.

Presently, she is one of 350 women pilots who work for United (the airline employs about 8000).

As a pilot of United's 767 and 757 airplanes, Lisa does primarily transcontinental flying for the airline which is based in Chicago. During her past six years with United, she has seen many different cities, sometimes as many as twelve in a three day shift.

"I love my job," she says, "It's fun to travel as much as I do. I especially enjoy the actual flying of the airplanes."

The most difficult part about being a pilot is the demanding schedule which requires her to be out of town for several days at a time away from Nicholas. "It's hard," she admits, "but on the other hand, I also have three to five day stretches at home."

In her free time, Lisa enjoys being with Nicholas and playing tennis and bicycling. Another favorite past time of hers is watching baseball which makes the neighborhood's proximity to downtown very convenient. Recently, she has been especially busy working on the renovation of her house — a true Tower Grove Heights resident !!

Anita Barker

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THE RENOVATOR - Wallpapering

Wallpaper, in every conceivable style, texture and finish has been a popular decorating option since its invention. Stenciling, which fell from favor shortly after the first piece of paper was hung, was labor intensive and couldn't keep pace with the latest colors and patterns the wallpaper industry offered each year. Although, today's modern hightech interior designers do not seem to be fond of wallpaper, many home owners wanting to make a dramatic change are opting for wallpaper. Wallpapering is one home improvement that most home owners have attempted and have been quite successful.

The first step to achieving a long-lasting paper job is preparing the surface. Make sure the wall or ceiling is in good condition. Plastered surfaces should have no cracks larger than a hairline. The surface should also be clean. If the surface to be papered has been previously papered there is always the problem of removing the old paper or even if it should be removed. A good rule of thumb is if the old paper is peeling, darker than the new covering,

textured or if the wall looks like it needs some crack repair then you might as well get on with the stripping. Most of us old home owners will be faced with stripping the old paper off before hanging any new paper. A Tower Grove Heights resident, Trish Heliker, has a home remedy for making paper removal easy. It involves using a small amount of Dynamo liquid laundry soap mixed with hot water in a garden sprayer. She claims that by spraying the surface with this mixture and letting it soak in for at least ten minutes, then soaking it again before scraping, makes the paper fall right off. The amount of paper to be removed and the inclination and determination to remove it yourself will direct your actions. There are contractors who are equipped to strip your wallpaper and are very efficient at it. I had five layers of paper on four bedrooms and hallway, professionally stripped in four hours. The time savings greatly outweighed the monetary outlay in this case, but for most smaller areas soaking and scraping should do the trick.

After the paper has been removed and any defects in the surface have been repaired, wash the area with a strong detergent like T.S.P. Once the wall is dry, prime the surface to be papered with a good quality primer to hide any stains and seal the surface.

The primer coat should be allowed to dry before sizing is applied. Sizing is a magical potion concocted by the paint supply stores to lighten your wallet. It also allows freshly applied paper to slide around and to be easily removed. This coat should also be allowed to dry before finally hanging paper.

The preparation of the surface to be papered, or painted for that matter, goes a long way in determining a lasting and professional looking paper or paint job.

Now you are all ready to hang that new wallpaper. In the next issue of the gazette, I will give you all the ups and downs of hanging your paper.

Steve Telford

TGHNA RECIPE - BUCKEYES

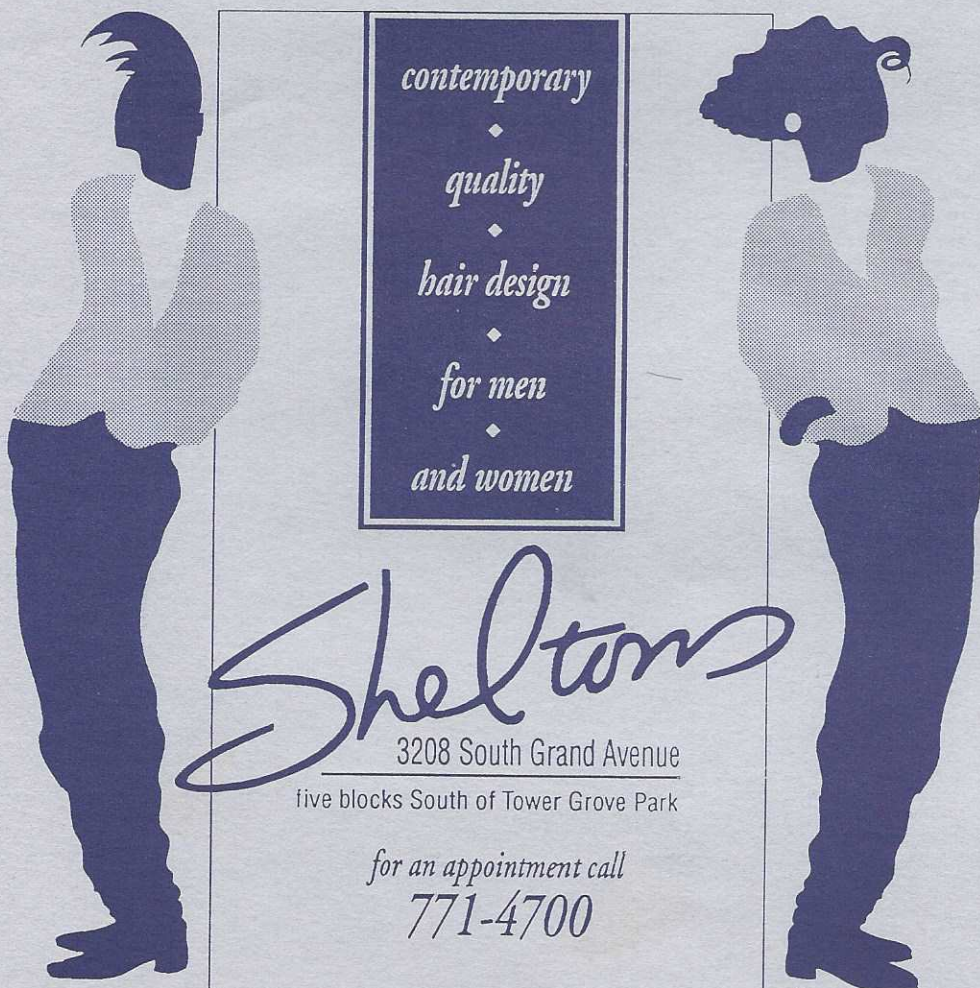
If you like peanut butter cups, you'll love these confections!

1 lb. peanut butter
2 sticks unsalted butter, room temp.
1-1/2 lbs. powdered sugar
12 oz. pkg. chocolate chips
1/8 lb. paraffin (laundry detergent aisle in grocery store)

Cream butter and peanut butter until mixed well, then add powdered sugar gradually. Knead with hands until mixed thoroughly. Form into small balls and put toothpick in top of each. Refrigerate overnight.

In double boiler, melt chocolate chips and paraffin. Dip each ball into the chocolate mixture, holding toothpick. Put on waxed paper until cool. Remove toothpicks. Refrigerate overnight. Enjoy! - *Judy Johnson*

If you have a favorite recipe that you would like to share with other TGH residents, send your recipes to:
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NEWS AND NOTES

National Night Out

National Night Out, a nationwide program on crime prevention sponsored locally by Operation Safestreet and the St. Louis Metropolitan Police Department is to be observed on Tuesday, August 6th from 7:00 until 9:00 pm. This is the 8th annual National Night Out and the theme this year is "Give Neighborhood Crime and Drugs a Going Away Party." The intent of National Night Out is to heighten citizens' awareness of ways to prevent crime. Turning and leaving porch lights on all night and knowing your neighbors are two of the easiest and most effective ways to combat crime.

Operation Safestreet and the St. Louis Police Department is encouraging all block captains to organize a joyful celebration of crime prevention. This may be as simple as organizing a neighborhood bar-b-que, a build your own sundae bar or a full scale block party with food and volleyball. Operation Safestreet is also sponsoring a competition of sorts for the most enthusiastic block.

Information concerning the competition will soon be sent to all block captains.

The residents of Tower Grove Heights each have a responsibility to take an active role in crime prevention, so please, on August 6th get out there, meet your neighbors, turn your porchlights on and have fun. Together, we can all "Give Neighborhood Crime a Going Away Party!"

Keely Cook

LIGHT UP THE NIGHT

It costs only pennies a day to reduce your risk of burglary and assault by 85%. That's all it costs to leave your porch light on all night. The most effective thing that a home owner can do to reduce crime in his/her neighborhood is to light it up. A timer, motion detector, or photo-electric cell is inexpensive and will assure that your property is well lit each night. Encourage your neighbors on each side of you, across the street and alley to light their property. You will add to your own security as well.

Imagine all the homes in Tower Grove Heights with their porch lights on each night, and work to make it a reality.

Don Hardin

General Meeting

When was the last time you attended your neighborhood's general meeting? Every other month, the Tower Grove Heights Neighborhood Association sponsors an informational meeting for the neighborhood. These meetings are intended to keep our residents abreast of things that are happening in and around tower Grove Heights.

The Association feels it is important to keep you (the resident) informed about issues that may affect you; to let you know what the Association is doing for you; and to give you a forum to share your ideas and concerns.

These meeting are held on the third Sunday of every other month, 7pm, at the First Divine Science Church, 3617 Wyoming. The church has an ample, lighted parking lot. There is also a play room for the children.

The next meeting is Sunday, July 21, 7pm. We hope you will make every effort to attend. This is our community and it take a united effort to keep it growing. Hope to see you there!

The Executive Board

Classified

Congratulations to Robert & Cynthia Bing on the birth of their daughter, Melissa.

Tricia

Aloha

On the night of June 2nd, forty residents of 3600 - 3700 Juniata kicked off summer with a Hawaiian luau. The festivities included roast pig which was prepared by Greg Domian. To complement the succulent roast, guests indulged in many other dishes and some zesty tropical drinks. The atmosphere was enhanced by torch lighting and Polynesian music.

Barb and Bill Despagni hosted the event and deserve much credit for making it a wonderful success. May residents gathered a few nights later to view the video taken during the party and to finish the leftovers. Sounds like a perfect excuse for another pitcher of Hawaiian punch.

Connie Bender

T'd Up

Back by popular demand! T-shirts featuring the hot Tower Grove Heights logo are available for devotees of haute couture. The shirts have blue lettering against a gray field and are \$8, \$9 for XXLarge. The t-shirts will be for sale at all Tower Grove Heights meetings, the Tower Grove Heights booth in Tower Grove Park on the 4th of July, and are free to 1991 Renaissance members (\$20 per person). Call Janice Nesser, 776-5780, or your block captain to place your order. Available sizes are medium, large, extra large, and extra-extra large.

Rich Iezzi



CARL FISHER PAINTING

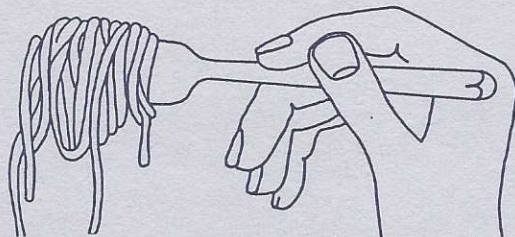
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A Taste of Sicily



You hear a lot about well-kept secret treasures in Tower Grove heights. There are many, and we think we have found one of the best. Hidden on the SOUTH WEST corner of Spring and McDonald is Perrone's Family Restaurant. Don't let the unassuming building fool you, the food here is anything but unassuming. True to family restaurant tradition, Perrone's food is delicious (many items are totally homemade), generously portioned, moderately priced, and served in a relaxed atmosphere.

Joe Schulte owns and manages Perrone's, and his wife Maureen is the chef. The Schultes' named their place after Joe's grandparents, Jasper and Josephine Perrone, who came to the U.S. from Sicily in 1912. Maureen prepares the soups, ravioli, sausizza, meatballs, cannelloni, and sauces from scratch, using Josephine's old family recipes. Our own favorites from her repertoire include: the Marco Polo appetizer (a combination of fried clams, crab Rangoon, and egg rolls), pizza, mushroom soup (with huge slices of fresh mushroom floating throughout), Fettucini Alfredo (not only is the cream sauce homemade, but the broccoli and mushrooms are fresh, too), the Perrone's special salad with its piquant Italian vinaigrette

dressing, the ravioli, charbroiled hamburgers (which are at least as good as those at Blueberry Hill or O'Connells), and the chicken breast charbroiled in lemon and garlic. Keep an eye open for one of Maureen's special menu items, those are always EXTRA special. All this is only a small part of an extensive menu which contains mostly Sicilian dishes, but also includes other pastas, American entrees, sandwiches, pizza, salads, children's meals, desserts, and cocktails.

And you may be interested in these extras. Perrone's caters and has carry-outs. They also book private parties during days or evenings, even at times that the restaurant is normally closed. Jazz and Blues bands play on selected evenings, generally twice a month.

Perrone's is closed on Mondays.

Their open hours are

Tuesday - Thursday 4 - 9 PM

Friday 4 PM - Midnight

Saturday Noon - Midnight

Sunday 3 - 8 PM

For parties of 6 or more reservations are suggested, but not required.

Perrone's 3401 S. Spring

Phone 664-6882

Ed and Mary Schroeder

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REPORT FROM REP. PAT DOUGHERTY

This part of the current legislative session is over and it was a very interesting one. One of the major successes this session was the inclusion in the budget of funding to provide Mo. with the ability to adopt an option from the federal government. Currently, if you need help from the state to care for a spouse who is medically in need of nursing home type care, you can place that spouse in a nursing home and the state will exempt (from our financial limits) the value of your home and 1/2 of your assets up to a certain limit. This makes sure the spouse who stays at home, can have the means to take care of themselves. It used to be that a person almost had to go into poverty just to care for their loved one.

Well, this is still the case for those who are in need of help from the state, and who want to keep and care for their spouse at home. This will now be changed if the Governor does not veto the social services appropriations bill. From now on, if a person medically qualifies, he or she can care for their loved one at home and may get help from the state without being forced by our rules to go into poverty. If the Governor agrees, an individual will be able to get assistance for in-home care and have the same breaks or exemptions that apply to families who choose a nursing home. I worked on this measure all session and am thankful we can now keep our families together and treat them with the respect they deserve during these difficult times. It would be a good idea to write or call the Governor's office and urge him to support this section of the social services bill.

I am happy to report that we passed several environmental issues. I sponsored the first. It mandates state government to purchase highly fuel efficient vehicles, those which can use alternative fuels and produce less pollution. The state will set up a total fleet management system. We also passed measure to establish a system of implementing administrative type penalties instead of having to go to court against those who break environmental laws. Another measure would establish an industrial/commercial energy conservation loan fund. Measures to provide RIGHT TO DIE authority to families caring for ill relatives was passed. A major EDUCATIONAL FUNDING measure which you will vote on this fall was passed that will provide funding for elementary, secondary, higher and vocational education. What some call "new educational reforms" are also included in the measure. The cost of the tax proposal to fund these is \$380 million.

If you would like copies of any of these bills, call me at home 771-1948.

Rep. Patrick Dougherty - district 67

Environmental Alert

Why are the rainforests being destroyed? Basically it's for short term economic gain. Specifically, the causes are: selling the land to pay off foreign debt, cattle ranching, timber harvesting, small scale farming, mining and oil drilling.

For years financially struggling governments have sold their land with no thought for tomorrow. Ignorance of the value of the forest played a part, as did plain old greed on the part of some officials.

Cattle ranching has devastated 2/3 of Central American rainforests and a large portion of South American forests. The pasture land can only support cattle for 3 to 7 years. With its minimal topsoil used up, the land will grow only weeds or become stone-like.

The complex rainforest will not grow back.

Because plant life in the TRF is so diverse, an acre may contain only one tree that is valuable to a timber cutter. The usual practice however is to cut all the trees down, drag out the ones of value, then burn all the other vegetation. There is so much burning going on that the smoke has shown up on satellite photographs!

For thousands of years indigenous peoples grew crops without harm to the forest. Recently however, some South American governments are encouraging poor city

dwellers to make a "new life" in the rainforest. These new farmers know nothing of the importance of the forests. Not realizing the nature of the thin, poor topsoil causes these people to constantly search for better land. As the population in these countries grow, this continual relocation of city dwellers is becoming a big factor in deforestation.

The oil industry is another foe in the extinction of the TRF. In order to make room for their facilities they are cutting down the forests to build roads and erect buildings. The roads in turn bring in more development. They are also destroying the ecosystem of the area with pollution. Burning oil, natural gas and oil spills are all problems that plague oil mining. One rupture in Ecuador caused a pipeline to spill 17 million gallons of oil into the soil and rivers. Countless species of plants and animals died and the native people lost their source of clean water and food.

This all seems so overwhelming. What can you do? Answer: PLENTY!

1. Don't buy tropical wood products.
2. Recycle aluminum. It cuts down on the amount of bauxite that has to be mined.
3. Buy products that sustain the rainforest. Some Ben and Jerry's ice cream uses rainforest nuts and they also make a delicious Rainforest Crunch candy. The new Body Shop store in Union Station has a line of skin care products made from

rainforest plants.

4. Avoid using beef that comes from Central and South America. Boycotts of some hamburger chains made them stop using imported beef. It is hard to know this information so it would be good to write a letter to our government asking for better labeling laws. For more info, contact the Rainforest Action Network, 301 Broadway, Suite A, San Francisco CA 94133.

5. Educate yourself and then talk to others about the TRF. Besides visiting the Climatron, the Carpenter branch library has several different videos on the subject. There are many books on the subject also. They are available at the Mo. Botanical bookstore as well as through the library.

6. You can buy rainforest land or become a guardian of the rainforest. Contact the Nature Conservancy, (1800 N. Kent Street, Arlington VA 22209) or The World Wildlife Fund (1250 24th St. NW, Washington DC 20037).

7. Contact the local chapter of the Rainforest Alliance. Call John Reid at 773-0970 for more information. This organization was at the Earth Day celebration. They can give you many more specific things to do and people to write.

Remember, each individual can make a difference.

Ruth Schnurbusch

THE BLACK THORN

at Spring & Wyoming

"a neighborhood gathering place"



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REFUSE RESPONSIBILITY

Just what are our responsibilities as good neighbors when it comes to the care and feeding of our community dumpsters? A refresher is in order for me and I thought it might be for others as well.

First, we all need to remember that every resident is responsible for keeping his half of the alley clean. Since the City of St. Louis provides dumpsters in our alleys for convenient usage, this should be an easy task for us all. Listed are several reminders for the use and care of these dumpsters:

1. The dumpsters should not be moved from their original location.
2. They should not be filled beyond their capacity. Each dumpster is shared by several households, so if a particular one is filled, simply use another one on the block.

3. They are not to be used for bulk trash items.

4. They are not to be used for dumping flammable liquids, such as gas or oil, batteries, appliances or tires.

But what about the stuff we encounter that is too large to be disposed of in the dumpsters? Well, the city also provides a regular monthly collection of bulk items. These include items such as appliances, furniture or anything over three feet long. For the Tower Grove Heights area, bulk trash collection occurs on the third week of every month. Residents should place no more than three items in the alley behind their property by 6 am on Monday, making sure not to block driveways or entrances. If your items are not picked up by 4 pm on Wednesday, you should report this by calling 622-4800. Small or loose

items should be bundled and refrigerator doors removed.

The city allows residents to utilize the transfer station located at 4111 S. First Street to dispose of large quantities of bulk or other trash. This facility is opened Monday through Friday, 9 am to 4 pm.

There is also a recycling center located on South Kingshighway which accepts aluminum cans, newspapers, glass, oil, bulk metal and plastic. Cash is paid for some of these items. For more information, call 776-0600.

So now that every resident of Tower Grove Heights knows everything he/she ever wanted to know about trash (and probably a bit more), let's all work together to keep our alleys clean!

Keely Cook

SUMMERFEST A SUCCESS!!!

The weather threatened but did not dampen the spirits of the crowd that celebrated Grand South Grand's Summerfest on May 25.

Antique autos, polished and gleaming, studded the sidewalks where clowns and Fredbird, the baseball Cardinals' mascot, entertained adults and children. Music, food and balloons were available as Grand's businesses strutted their stuff.

The Neighborhood Association's Yard

Sale and Flea Market, part of the Summerfest celebration, netted \$861 in T-shirts sales, flea market space rentals, and sales of donated items. We could have sold a lot more if we had more to sell, so start saving your white elephants for next year's sale!

The Yard Sale Committee, Megan Boliva, Elizabeth Braznell, Susie Guder-muth, and Libby Kriz, worked hard to make the sale successful.

They had a lot of help from Ed and Mary Schroeder, who lifted, carried, sweated and priced every night the week before the sale.

Special thanks to Mary and Ed, and to all who volunteered. Many thanks as well to all who donated.

An indication of the success of the sale is that four of the flea market space renters want to come back next year. We had a lot of fun casing each other's loot and bargaining back and forth for choice items. Perfume, T-shirts, paint, antique tools, furniture, toys, books, a beer can collection, silk flowers, and kitchen items all made their way off the parking lot of First Divine Science Church.

Next year's sale promises to be even bigger and better. We hope to see all of you there!

Elizabeth Braznell

WELCOME TO THE NEIGHBORHOOD

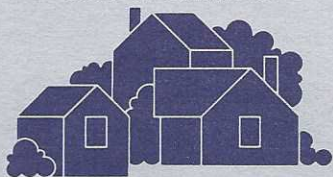
We would like to welcome recent newcomers Frank and Megan Boliva and daughter Chelsey, 1 year old. The Boli-vas live at 3860 Connecticut.

If you have recently moved to Tower Grove Heights or have not yet received your "welcome bag", please call me, Margie Meyer, at 776-8388. If my recorder answers, be sure to leave your name, phone number and address. WELCOME!!

Margie Meyer

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AIM FOR GOOD HEALTH

Alcohol is the strongest and most toxic of the common psychoactive drugs. That's right, I said DRUGS! Although most people don't think of alcohol that way it is a "hard" drug, actually harder than heroin, cocaine, and other illegal street drugs. Although our society recognizes and publicizes the harmful effects of these substances it actually promotes the use of alcohol thereby creating the false impression that it is not dangerous at all, and certainly not lethal.

Why do we drink? Well, most people drink at some point to relieve anxiety or to dissipate tension. Alcohol is actually a depressant and has a strong relaxing effect. Although that may seem like a positive characteristic it can easily overshadow the toxic effects of alcohol. In pure physiological terms alcohol is a poison which has direct effects upon the nervous system and upon the liver causing irreversible damage to these organs. It also acts as an irritant to the lining of the digestive tract and the urinary system has been found to be associated with an increased risk or several kinds of cancer.

Well now that you have read this much you're probably thinking, "So who are you trying to impress, I'm no fool I have heard all these things before. I'm not an alcoholic, these things don't apply to me!" Well, they might not if you drink only occasionally and moderately. However,

if you drink every day, if you drink more than couple of drinks (that includes beer and wine as well as liquor drinks), or if you drink as your main method of stress reduction then you should read on. It is easy to become dependent on alcohol for your sense of well-being. It is also just as easy to become physically addicted to it if you depend on it over time.

This is most likely to happen of you drink to relieve depression or control anxiety. Because alcohol will never teach you how to change these states, you will get caught up in using it more and more frequently.

Most of us would probably recognize a full-blown alcohol addiction in ourselves or in one of our family members, but few of us would pay much attention to the milder forms of alcohol dependence or appreciate the health consequences of what we refer to as "social drinking".

Here are some suggestions to reduce your risk of becoming addicted to this powerful drug:

- * Don't drink alcohol in any form every day. Give yourself two or three alcohol free days a week.
- * Don't rely on alcohol as your main method of relaxation. Find other ways to relax, like regular exercise.
- * Never drink alcohol on an empty stomach.

* If you drink consider taking a B-complex vitamin supplement on days that you use alcohol. Alcohol burns B vitamins, especially B-1. Also make sure you eat a well balanced diet.

* If you cannot control your use of alcohol seek professional help.

Follow these hints and you will live longer and have a healthier life.

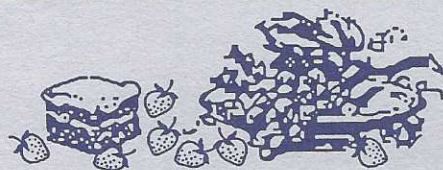
David Wagner is a certified Physician Assistant and Professor at St. Louis University School of Allied Health Professions.



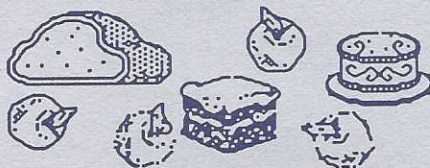
**THUMBS
UP
AWARD**

Spring Avenue from Arsenal to Utah has been spruced up in the past few months thanks to residents and businesses whose property borders Spring Ave. Several 100 feet of new sidewalks have been poured. Weeds have been snuffed out and grass on the easements trimmed. Several owners have painted their garages and some have repaired or replaced fences. This highly visible area speaks for the entire neighborhood and Spring Ave. is speaking much more positively these days. Thumbs up to those who made this possible.

The Thumb



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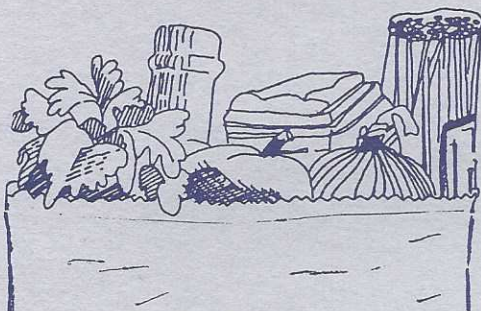
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TGHG 0691

MARKET FARE



The neighborhood now has a food co-op to which you automatically belong. This service is being sponsored by Tower Grove Heights Neighborhood Association.

This service, Market Fare, provides top quality food items, many unique in packaging and availability. Prices are competitive and some are just downright great bargains.

The advantage of packaging is mostly in the meat department. Most meats come individually vacuum-sealed and frozen - which eliminates the need to repackage and the chance of freezer burn. To thaw, just place wrapped meat in water - in fifteen minutes, the meat is red, fresh and ready to cook!

The chicken is one of my favorites, a great kitchen helper. The 4 oz. boneless breast filets are individually frozen flat, and so easy to use! They go from freezer

to frying pan with no need to defrost. Cook with a little butter, soy sauce or oil for quick, nutritious sandwiches or chop for pot pies, stews or salads. The chicken gems or nuggets can be baked or broiled crispy and ready in minutes - add salad or veggie and dinner is served! We all eat pizza - here's a frozen pizza sure to change your mind about frozen pizza! So long, Dominoes! Specialty items like the twisty fries are great family pleasers. They are curly and spicy like the fast food fries but without the fast food price. Try the twice baked potatoes, the best we have found! Microwave or baked, a nutritious way to add variety to the "What's for dinner? blues".

To order call 343-8070 through Saturday, July 13th. Ordering and pickup information is on the order blank enclosed in this Gazette. This is a service that you won't want to live without - groceries to save you time and money. All food is 100% satisfaction guaranteed. And when you shop through Market Fare, 10% of every dollar goes directly back to our neighborhood!

Have any questions? Call me Margie Meyer at 776-8388. Market Fare is being offered on a trial basis. Continuation of this program is dependent upon participation. Your order is greatly appreciated!

Margie Meyer



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MEMBERSHIP UPDATE

As of May 31, we have a total of 303 members in the Tower Grove Heights Neighborhood Association. We have passed last year's total of 285 members. Please join, if you have not already done so, and support YOUR neighborhood organization.

Here is a breakdown, by block, of our members: 36-3700 Arsenal-7, 3800 Arsenal-6, 36-3700 Hartford-46, 3800 Hartford-24, 36-3700 Juniata-8, 3800 Juniata-55, 36-3700 Connecticut-11, 3800 Connecticut-45, 36-3700 Wyoming-9, 3800 Wyoming-11, 36-3700 Humphrey-4, 3800 Humphrey-11, 36-3700 Utah-27, 3800 Utah-21, Grand Businesses-5, non-residents-13.

A special thanks to our new Heritage members: Shirley Stanfill, Joan Louis, Don Price, Elliott Blevins & Fredric Rissover.

A special thanks and a TGHNA T-shirt to our new Renaissance members: Jack Hurov, James Lawrence, James Heine & Fred E. Heller.

Pat Linebach, Membership Secretary

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

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

REGULAR MEMBERSHIP

(voting privileges)
\$6.00 per person No. _____

HERITAGE MEMBERSHIP

(same as Regular Member, plus name will be printed in Gazette)
\$10.00 per person No. _____

RENAISSANCE MEMBERSHIP

(same as Heritage Membership, plus a free TGH T-Shirt)
\$20.00 per person No. _____

BUSINESS MEMBERSHIP

(Free business card size ad in the Gazette)
\$25.00 No. _____

Total Enclosed _____

Make checks payable to Tower Grove Heights

Name _____

Address _____

Phone _____

The Tower Grove Heights Neighborhood Association

President: Benjamin Chu
 President-Elect: Susie Gudermuth
 Secretary: Dave Difani
 Asst. Secretary: Pat Linebach
 Treasurer: James Lynn
 Past-President: Don Hardin
COMMITTEE CHAIRPEOPLE
 Block Captains: Diane Hurwitz
 Fundraising: Needs Chairperson
 Promotion and Marketing: Jean Iezzi
 Publications: Elizabeth Braznell
 Block Captains
 3600/3700
UTAH
 Janis Bello (3661)
 Randy Dirnberger (3626)
 Dolores Queenen (3706)
HUMPHREY
 Jeff Aytes (3611A)
 Nik Moon (3619)
WYOMING
 Betsy Vanderheyden (3656)
 Sally Difani (3735)
CONNECTICUT
 Ruth Schnuerbusch (3620)
 Kay Lynn Firsching (3736)
 (needs third captain)
JUNIATA
 Connie Bender (3665)
 (needs second captain)
HARTFORD
 Becky Staup (3717)
 Libby Kriz (3723)
ARSENAL
 Diane Hurwitz (3640)
 3800
UTAH
 Susie Gudermuth (3834)
 Veda Lynn (3855)
HUMPHREY
 Sande Vieira
 (needs second captain)
WYOMING
 Linda & Pete Fick (3879)
 (needs second captain)
CONNECTICUT
 Margie Meyer (3860)
 Monica Nawrocki (3842)
 Janice Nesser (3822)
 Keely Cook (3830)
JUNIATA
 David Goodson (3885)
 Jerry McGeehan (3885)
 Anita Barker (3818)
HARTFORD
 Pat Linebach (3814)
 Bell Wright (3836)
 Jodie Heliker (3802)
ARSENAL
 Jean Iezzi (3809 Hartford)

CALENDAR - July & August

TGHNA

July 4 - Buy a bratwurst to support your neighborhood association at the Tower Grove Heights booth - Celebration in T. Grove Park.

July 21 - TGHNA General Meeting at 7pm - First Divine Science Church, 3617 Wyoming. Join us & bring a friend.

August 6 - 7 to 9 pm - National Night Out - Turn on your porch lights and visit with your neighbors. Many events are planned for this night. More information to come from your block captains.

August 1 - Deadline for artists and musicians to apply for the TGH art fest. Call 664-9249.

TOWER GROVE PARK

In conjunction with Missouri Botanical Garden, join the festivities of An Old Fashioned Fourth of July Celebration. Bring a picnic lunch or enjoy the food booths at the park. From noon to 7 pm.

July 4 - August 8 - Children's Concert Series begins. Every Thursday, 9:30 am at Stupp Center (July 4 only, concert at 3 pm).

July 10 - Wednesday night concerts at the bandstand at 7 pm. Enjoy a different band every week for 5 weeks. Compton Heights Band Concert series - every Monday night from 7 - 9 pm at the bandstand.

MISSOURI BOTANICAL GARDEN - July
 Children's Month at the Garden. Children's Film Festival on Wed., July 3, 10, 17, 24, 31.

Sunday, July 7 - Kids in Konzert - 11 am to 4 pm - a variety of music performed by children.

July 15 - 9 am to 4 pm - story telling focusing on ethnic tales.

July 18 - 11 am to 4 pm - Puppets Galore Kramer's Marionettes & Paul Messner Puppets perform and roam the grounds,

July 20 - 9 am to 5 pm - One day fair for parents and kids.

July 24 - 11 am to 4 pm - Henry Shaw's Birthday Celebration -

SPECIAL EVENT -

"An Old Fashioned Fourth of July" -

Thursday, July 4 - noon to 7 pm - celebrate the Fourth of July with patriotic music, food booths, children's activities and much more! Admission to the Garden will be FREE. Picnic lunches are welcome at the Garden today only.

August 2 - 4 - Japanese Festival - Opening

ceremony features dance and musical performances by costumed Japanese & American performers followed by a candlelight walk. This 17th Annual Japanese Festival features the "Living Arts" of Japan. Four artisans will present "Deido Gei" performances - street performers who will amaze audiences with their juggling & balancing acts - plus Bonsai Exhibits, Martial Arts Demonstrations, Japanese Cooking, Flower Arranging, Kimono Fashion Show & much more!

August 9 - 11 - Greek festival - "Greece, a Celebration of Life" - a "Taverna" (outdoor Greek bistro) featured. Musicians will stroll through the Temperate House in the evening. Greek food booths, dancers, musicians, costume displays, a travelogue & exhibits of Greek art & film will be featured.

August 16 - 18 - The English Festival- "An English Fair" - The fair opens Friday evening with a candlelight tour of the English Woodland Garden featuring strolling musicians & actors in period costumes. Activities include a lecture on the poetry of Rudyard Kipling, traditional dancers, English craft demonstration and more.

August 23 - 25 - The Caribbean Festival - "Colors of the Caribbean" - Activities feature cultural program from Puerto Rico, The U.S. Virgin Islands, & the Bahamas. Entertainment includes steel drum band, storytellers, folkdancers & more.

CARPENTAR BRANCH LIBRARY

Every Monday in July & August at 9:30 am - Summer Travel Series -Southeastern States.

July 10 & 24 and August 7 & 21 - Preschool storytime for children ages 3 - 5. Registration required.

July 10 & 24 and August 7 & 21 - Summer activity days for children 6 -14.

July 18 - Bedtime Storytime.

July 24 - 6:30 pm - Family fun and food night. Registration required.

August 13 - 6:30 pm - Ethnic fun & food night.

August 15 - 6:30 pm - Teen Fright Night - ages 13 & up.

August 29 - 6:30 pm - End of the Summer Party for those in the reading program.

Thursdays - July 11 - August 8 - Summer fun movies at 2 pm.

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