

Tower Grove Heights Gazette

Volume 10, No. 5

Grand to Gustine

Arsenal to Utah Place

May 1999

Tower Grove Toddlers and Grand Grade Schoolers

By Sarah Griesbach

One of the benefits of living in our glorious neighborhood is especially appreciated by parents during the summer months. This benefit is our close proximity to, well, everything. We live just steps away from the most "kid friendly" park in St. Louis. Schools with great summer day camps and sports organizations surround us. And we are five to fifteen minutes from several cultural institutions with terrific children's summer programs. So, when school lets out on the South Side, kids here find themselves in FUN CENTRAL!

Here is just a handful of the terrific opportunities awaiting your child:

NEIGHBORHOOD PRESCHOOL (a highly acclaimed cooperative preschool located at the St. Margaret of Scotland school) hosts two action packed weeks of day camp for children between ages 2 1/2 and 5 from 9-noon, June 6-19 (contact Erin O'Reilly 776-6844).

MESSIAH LUTHERAN CHURCH invites children to dig into the Bible at their Treasure Hunt Bible Adventure. Your 3 to 12-year-old can walk on water with the disciple Peter or be sentenced to a prison ship with the apostle Paul from 8:30 - 11:30 June 28-July 2 (contact Lucy Schroeder at 771-7716).

The MISSOURI BOTANICAL GARDENS offers classes for preschoolers through high schoolers. Kids can sign up for gardening adventures, youth ecocorps, or eco technology classes (call 577-9506).

ST. LOUIS UNIVERSITY is offering on-campus computer camps for kids 11-15 (call 977-3975).

The **ST. LOUIS SCIENCE CENTER** has one-week "Science in Motion" classes for elementary school students as well as a two-week summer theatre camp for kids in grades 7-12 (by audition) (call 289-4439).

The **ST. LOUIS ZOO** holds a vast array of programs, from its ever-



popular one-week Camp Kangazoo for 6 to 12-year-olds to sessions on everything from dinosaurs and dragons to animal origami to junior zookeeper (call 768-5466).

The **ST. LOUIS SYMPHONY MUSIC SCHOOL** with camps for all levels of musical sophistication for all ages of kids (863-3033).

These are just the beginning, don't forget the old favorites!

The **BREMEN TOWN MUSICIANS** perform their magnificent children's concerts at 9:30am on Thursdays at Tower Grove Park (771-2679).

The **SOUTH CITY YMCAs** offer everything an energetic youth could ask, from swim classes to gymnastics and basketball.

The **ST. LOUIS ART MUSEUM** has fine art and art history programs for kids of all ages, not to mention performances and films in their theatre.

The **CITY OF ST. LOUIS** has free camp programs at Wilmore, Carondelet and Tower Grove parks.

And our own **TOWER GROVE PARK's** wading pool, Tuesday through Sunday 11:00 to 4:00.

Drive a little further and there's:

The **CENTER OF CONTEMPORARY ARTS (COCA)** with half and full-day drama, dance, music, circus, art and writing camps for tots to teens (724-6555).

The options are endless for parents in-the-know. So sign up your children and get ready for a SUPER SOUTH SIDE SUMMER!!!

Historic District Update

By Mark Abbott

Last fall members of the Tower Grove Heights Neighborhood Association decided to apply for designation as a Historic Place through the National Register. The rationale for this decision was that Historic Place designation would not only add to the prestige of the Heights, it would enable homeowners and developers to receive federal and state tax credits. Homeowners who perform rehabs to their homes equal to half the purchase price of their homes would be eligible for tax credits up to 25% of the cost of the rehab. While a number of residents voiced concern that historic place status would limit their choice in making home repairs, historic district codes only come into play if and when homeowners apply to receive tax credits.

Since last fall, Landmarks has informed the Association that it has received a grant from the Community Development Agency to assist the neighborhood in making its application. This is a major help since Landmarks will conduct the necessary research of building permits that is required for the application. However, the neighborhood is responsible for conducting a photographic survey of the Heights. Marti Frumhoff has graciously donated her time and expertise as a professional photographer to the project and should be finished by early spring. After the survey is complete, members of the Physical Improvement and Beautification Committee will label the prints. In the fall, Landmarks and the Association will collaborate in writing the proposal. The completed application should be ready by the end of the year. We will keep you posted.

The Tower Grove Heights Gazette

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Dining on Grand South Grand

By Tim and Debbie Akin

It is amazing to me that after living in the neighborhood for 6+ years we have not sampled all of the variety of foods available on Grand Avenue. Siete Mares at 3204 South Grand is an example of a restaurant that we have tried for lunch but never dinner. The proprietors, Robert and Sonia Trogler, have created a menu that is a combination of Mexican and Nicaraguan cuisine. Their specialty is seafood prepared in a Nicaraguan style but they have plenty of traditional, (AKA more familiar) Mexican entrees if you do not feel adventurous.

I decided to try a dish called Huachinango Al Mojo De Ajo. This was a whole Red Snapper deep-fried and covered in a light garlic sauce. There were two things that made me apprehensive about ordering this dish. First, it was the whole fish. If you don't like a meal that looks back at you I wouldn't order this one. Second, it was listed as "Market Price". If you are like me, eating seafood in the middle of the country, hundreds of miles from an ocean is risky enough without



paying a lot for the opportunity. However, my fears were soon allayed. It was a very tasty dish and reasonably priced for seafood in the Midwest. There are no small bones in a Red Snapper so it was easy to eat. It was served with a large portion of very flavorful rice, Spanish salad and fried plantains (french fries optional).

Debbie tried another Nicaraguan entree called Churrasco. It was a grilled steak with a tart cilantro sauce. We were told that some of the sauces are prepared with vinegar and lime which results in this different taste. It was good but the sauce was strong so be prepared if you try it.

Siete Mares is open Monday-Thursday from 11am-10pm, Friday and Saturday from 11am-11pm, and closed on Sundays. Don't be afraid to try something different. You may get an unexpected delight.

Upcoming Events

May

GardenExpo "Mother Daze"

May 8 - 9
Final Weekend of GardenExpo.
Bring your mother to the flowers.

Shaw Arboretum Spring Wildflower Sale

May 15 (314)451-3512

"Saikei Demonstration"

May 15 (314)577-9441
The Japanese art of creating miniature landscapes. Pre-registration required.

Migratory Bird Discovery Day

May 15 (314)256-7986

Story Time

For children ages 4 to 10. Free
May 15 and June 19 11:00 a.m.

Senior Day

May 18 9:00 a.m. to 3:00 p.m.
Free admission for senior citizens age 65 and above.



Flower Society Events

Rose Society of Greater St. Louis Miniature Rose Sale

May 8 - 9

Dahlia Society of Greater St. Louis Sale

May 15 - 16

Bonsai Society of Greater St. Louis Show and Sale

May 15 - 16

St. Louis Horticultural Society Show and Sale

May 22 - 23



Missouri Botanical Garden

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Whitaker Jazz Festival

June 2, 9, 16, 23, 30 & July 7

Chinese Culture Days

June 5 - 6

Celebration of Chinese culture, with activities and events for the whole family.

Rose Society of Greater St. Louis Annual Rose Show

May 29 - 30

Greater St. Louis Iris Society Show

June 6

Mid-America Regional Lily Society Show

June 19 - 20

West County Daylily Club Show and Sale

June 26 - 27

Festival of Nations Partners with South City YMCAs

By Janine Lawler

The 1999 Grand South Grand Festival of Nations' Executive Committee is pleased to announce their partnership with the South City YMCAs. Pamela Dunn, Festival Executive Committee Member, believes "Partnering with the South Side YMCA is a natural fit for the Festival.



We're both doing this for the benefit of the community, as a celebration of our cultural diversity and in an effort to promote our shared vision of unity for the greater South City area. Charlie Willingham (Director of the South City YMCAs) is great to work with and I've been very impressed with his commitment to the Festival and his efforts to support our community."

This year the YMCA will sponsor a 5K Run and a Family Fun Run which will kick-off the Festival on August 14. The 5K Run will begin in the Grand South Grand business district and will progress through Tower Grove Park, finishing near the Stupp Pavilion. The awards ceremony will take place at the Festival of Nations' Main Stage. Trophies will be presented in seven age categories and the first five hundred participants will receive a T-shirt commemorating the event. The Family Fun Run, designed for runners, walkers and crawlers of all ages, will be held in Tower Grove Park.

In addition to the race, a portion of all proceeds of this year's Festival will be donated to the South Side YMCA's Summer Day Camp to establish an Artist in Residency program. Local artists, from a variety of cultural backgrounds, will be brought in to host interactive workshops with the children participating in the Summer Day Camp. This pilot program will be administered by an advisory board comprised of YMCA staff, volunteers and Festival of Nations' committee members. It is their hope that this program will prove a success, growing to encompass similar activities throughout the year.

The 1999 Festival of Nations will be held on August 14 and 15 on South Grand, between Arsenal and Humphrey. Volunteers are still needed for all aspects of the Festival including planning and day-of-event support. For more information on the 1999 Festival of Nations, including volunteer opportunities and vendor applications, please call (314) 772-4640. For additional information on the 5K Run or the Family Fun Run, please contact Michael Bright, Director of the South Side YMCA, at 865-3500.

From the Heights to the Heights

By Erin O'Reilly

Kurt Wolfgram was born and raised in St. Louis City in the Central West End area. He left for Des Moines, Iowa to attend law school at Drake University but returned to St. Louis with his wife, Robin, who was enticed to St. Louis by the Master in Social Work program at Washington University and by Kurt, of course. Kurt has been practicing law since 1992, starting with a downtown law practice for 3 years and then a Clayton law practice for 4 years, gaining expertise in personal injury and commercial litigation. As of January 1999 he started his own law practice and just happens to be in the same office building in the CWE as his father who practices psychiatry (go to the Wolfgram family practice for the injured and the affected!). Kurt continues to specialize in personal and commercial litigation with a variety of cases including car accident injuries, medical malpractice, slip and fall injuries, work injuries, product liabilities, and even sexual and racial discrimination.

Kurt and Robin were homeowners in the TGH area for 5 years and one of their children attends school at Holy Family. They have 3 children, ages 6,3 and 1. In need of a bigger home, they just moved into a house in Compton Heights which Kurt says needs a lot of renovation (hey, he must like to stay busy: three kids, new law practice, new home and now some rehab!). Kurt states their house on Utah Street increased in value by 60% over the 5 years that they owned it even considering the money they spent on renovation.

Even though they have moved to another area, Kurt and Robin remain committed to St. Louis City and continue to enjoy the South City Area-from the Heights to the Heights!



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STREET BEAT

By Don Hardin

At the March Tower Grove Heights General Meeting, we asked some of your friends and neighbors:

"What would you like to see on Grand South Grand that isn't there now?"



Cary and Stacy - Hartford:
A Workout gym.



Dave and Jill - Juniata:
A movie house.



Elizabeth - Juniata:
A kitchen shop.



Jim - Utah: A variety store.
I miss Woolworth's.



Richard - Juniata:
A framing store.



Rick and Robin - Juniata: A newsstand,
like World News in the West End.

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The Treasures of Tower Grove Park The Bandstand

by Don Hardin



The bandstand, where concerts were performed on Sunday afternoons in the late 1800's, is still used for performances and is a popular location for weddings. It is the model for Tower Grove Park's logo.

1st Annual Savvy Seniors Storytelling and Creative Writing Workshop

Every person on the face of the earth has a valuable story to tell. This is your chance to share hidden stories about challenges and celebrations of life and to see your story published.

The workshop is open to all adventurous area seniors. Six free classes will be held at the Grand Oak Hill Community Center, Thursdays, 10 AM to 11 AM, June 3rd to July 8th. If you are interested, attend the first class just to see what we're up to! Contact Grand Oak Hill at 314-865-5530 for additional information.

Oak Hill Hardware: An Alternative To The 'Big Box'

By Matthew Fernandes

Making it as a small business owner these days can be a treacherous enterprise.

Don Scherer, owner of Oak Hill Hardware and Paint Company, Inc., along with owners of stores like Gustine Market, Whiz Bam!, Paramount Drugs and Grand Books (before it folded), grapple with the same challenge: competing against 'Big Box' chain stores.

With Home Depot recently erecting its loud orange sign in our back yard on Kingshighway near Arsenal, the threat to Scherer's livelihood has never been greater.

"There have always been 'big guys' out there, even before the Home Depots of the world", said Scherer, who carries on a family tradition in the hardware business. His grandfather owned a shop on the South Side.

Scherer tries to concentrate on his task at hand: providing the community with low prices, a large selection of merchandise and a high level of customer service.

When customers walk through the door at 4100 Connecticut Street, "we don't say, 'Hi, do you want a shopping cart?'," said Scherer. "It's, 'Hi, how can we help you?' It's what they did 50 years ago."

Oak Hill Hardware offers services such as window/screen repair, custom glass



cutting, paint mixing and iron pipe threading. The shop's strong suit, according to Scherer, is employees' expertise in home improvement matters and their availability to assist customers with their projects.

"Our whole idea is to be a service-oriented company," said Scherer, who has held the reins for 25 years at the 65-year-old shop. "We have people who are competent and can help people get through their projects from start to finish."

Although Oak Hill Hardware holds a customer service advantage over Home Depot, Scherer has to contend with the generally accepted notions that the big box offers more convenience and lower prices.

The way Scherer sees it, "by the time (a customer) parks the car at the 'big guy' out there, and walks through the store, I can have them out (of my shop) ... unless they want to stay and talk."

Besides the occasional sale at the big box, there is no disparity in prices, according to Scherer. Additionally, the shop can order a bounty of items that are not stocked. Customers can choose supplies (delivered within a week) from a thick catalog from True Value, of which Oak Hill Hardware is a member store.

Scherer says his greatest reward comes from his loyal customers with whom he has developed strong relationships.

"Over the years, I have seen more and more dedicated people come into the neighborhood," said Scherer. "People know that I have the hardware that is needed for older homes. (My customers) mean a lot to me ... they care about my store and I care about what they're doing."



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Oak Hill Hardware*

Basement Beautiful

By Rich Iezzi

The first thing you notice about Peter and Alice Taylor's basement rehab project is what's missing—the dirt. I stopped at the top of the basement stairs and wondered where all the cobwebs, dryer lint and crumbly walls were. The next thing that catches your eye is the basement paint. It's speckled and looks a little like wallpaper with a texture and covers everything that's usually gunked up with sooty basement dust. I always thought 'clean basement' was an oxymoron. What would drive a family to do such a thing?

Actually, it was Alice's desire to make the perfect place for her child's playgroup. She was unimpressed with local daycares and decided to host a group in her home for the best of both worlds. Committed to perfection, Alice studied the layouts of other daycares and applied them to their basement.

The finished plan converted the furnace to a make believe big screen TV, created a mysterious 15 foot tunnel and divided the former basement into four distinct play stations. The floor is painted and carpeted. The ceiling, floorboards and rough sawn wood joists glow from the warm color of the speckled paint and the walls are perfectly painted and sealed. "Blowing out all the gunk was the hardest part," Alice explained. Every floor joist exposed wire and wall surface had to be de-basementized to prepare for the \$50 a gallon wall and ceiling paint. Peter and Alice had most of the work done but contributed by arranging their 'stuff,' including Peter's 40 pound turtles and three foot lizard, into a peaceful coexistence with the play area. Not a cubic inch was wasted, even incorporating the space under the basement stairs into a kitty potty. I liked Peter's idea of having four floors of living space. "Our garage is our attic," Peter and Alice confessed, but it seems like a small price to pay for all that basement luxury. Although I saw a computer and other 20th century trappings, Alice cautioned readers not to make their basements "too nice because it's still a basement and an area for a playgroup."

The secret is in the overall layout that combined functionality and space utilization. Even the turtle run (another oxymoron?) was borrowed to host a seedling project during warm weather when the turtles stayed outside.

Other parts of the home are also impressive. Peter's second floor zoology library surrounds you with floor to ceiling bookcases that are beautifully made and hold hundreds of old and new books. A

smell of vellum greets you as you walk through the door and the carpet gives a real library feeling. I could have stayed there a long time.

The third floor is a guest bedroom and, just like the basement three floors below, is immaculate. The house is also blessed with its original natural woodwork, quartersawn oak floors, pocket doors and full mantles. Their backyard has been transformed into a beautiful garden area.

Tower Grove Heights inherited the Taylors from Manhattan, New York, three years ago. Peter is the zoological manager at the St. Louis Zoo and Alice is the director



of the welfare to work program for the St. Louis Junior Colleges. They have a two-year-old son, Rase.



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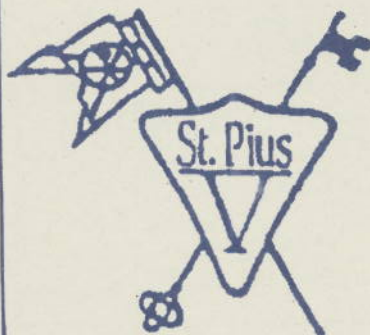
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The Tattler

By Sara Langan

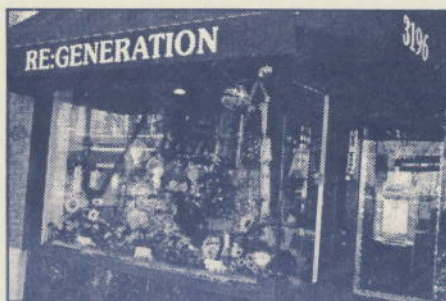
Watch out for scams. There are kids selling door-to-door, untruthfully claiming to be generating funds for the "Dare Program." If a stranger comes to your door selling merchandise, ask for identification. Call the police to let them know fraudulent workers are in our neighborhood. Don't give money to panhandlers...there are some people working the neighborhood with fabricated sad stories. Watch them scurry away when you say the police told you not to give to strangers.

People in the News:

The TGH bake off winners at the March General Meeting were: 1st place—**Linda Feick**, for Tiger Butter; 2nd place—**Sue Clavin** for a Chocolate Swirl Bunt Cake; and Best Store Bought—**Jill and Dave Nisson** for a chocolate caramel cheesecake from Schnucks.

William Brush has replaced **Barry LaLumandier** as the 3rd District Public Affairs Officer. Officer LaLumandier is now the Liaison Officer to New American Communities and is based at the International Institute. As Greg Freeman stated in an article in the Post Dispatch on February 18th, "Without lots of fanfare, people of different nationalities have been moving to St. Louis by the thousands, making the city their home." Did you know that there is a free clinic for Spanish speaking residents at the Corner of Fairview and Grace? Doctors from St. Louis

University and Washington University donate time to staff it.



A recent addition to Grand Avenue is **RE: GENERATION**. It opened at 3196 South Grand (next to the post office on August 15th). **RE: GENERATION** features both Men's and Women's vintage and contemporary clothing with an emphasis on 20th century deadstock (clothing that has been warehoused for decades and never worn). Owner **Christian Herman** was formerly the Manager of Hullabaloo's retail store and also has a background in wholesale vintage. Drop by and check it out.



Grand to set up his studio. Matt, an MFA student at Washington University, wrote a grant that was funded by

The **SoHo Building**, at the corner of Grand and Hartford, has been turned into an artist's studio.

Looking for an area with lots of foot traffic, St. Louis artist **Matt Anderson** has chosen Grand South



Looking south on Grand Avenue at Hartford. The streetcar greatly facilitated the build-out of the Heights.

During the period that historians generally refer to as the Gilded Age-1870 to 1900-St. Louis experienced phenomenal growth. Its population quadrupled from the Civil War to the turn of the century going from 160,000 to over 650,000 and was the country's fourth largest city. While the city reflected the nation as a whole having a slowdown in the early 70's, it exploded in the mid 1870's. The catalyst for the city's

the Regional Arts Commission and the Forum for Contemporary Art's New Art in the Neighborhood. Matt's mission is to increase people's exposure to art and is maintaining an open studio for anyone interested in talking to him. His studio hours are Tuesdays, Thursdays and Fridays, 10 am to 4 pm, and Saturdays, noon to 4 pm. If you are interested in bringing a group in for a project and would like to schedule a time, please call Matt at 863-3640. But hurry...the program ends June 15th and Matt hopes to be off to an artist's loft in New York City.

The litter patrol reports that trash is still to be seen on Grand Avenue. Businesses are responsible for maintaining a clean environment around their buildings. Owners can choose to clean up themselves or contract with **Tony Noriega**. If you are an early riser, you have probably seen Tony picking up trash and emptying trash cans. The business district decided NOT to have the city of St. Louis empty their cans. Tony works 7 days a week with no holidays and charges owners \$5 a week for this service.



exceptional growth was the completion of the Eads bridge in 1874. Once the bridge opened, St. Louis became a major rail hub causing it to develop as a manufacturing center. By the end of the century, St. Louis was a leading producer of drugs, hardware goods, shoes, business machines, tobacco-and of course, beer.

So with all of this growth, it would have been reasonable for Connecticut Mutual to anticipate development reaching the Tower Grove area in a few years. By 1878, St. Louis was built out beyond Grand on the west side and Jefferson on the south side. The city had always grown faster on the north and west due to how Mill Creek valley and the rail lines divided the south side from the rest of St. Louis. However, the Grand viaduct opened in the early 80's and development quickly started moving southward down Grand.

It is not surprising, then, that Connecticut Mutual subdivided the Heights and laid out its streets in the mid 1880's. However, it would be more than 10 years before any significant building took place. After the heady days of the eighties, the economy went into the doldrums in the 1890's with development in St. Louis stalling out. But by the mid 1890's, the Heights literally got back on track. By the end of the decade, streetcars had extended into the neighborhood from Grand and Arsenal. The Heights was poised for its real birth.

HISTORIAN'S CORNER:

Tower Grove Heights During The Guided Age

By Mark Abbott

The Connecticut Mutual Life Insurance Company received title to the land that was to become the heights in 1878. As we discussed in the last issue, this was not exactly by design. William Switzer had used the property as part of his collateral for a large loan from Connecticut Mutual. When he died in 1874, it became a part of his estate. Whether or not the life insurance company tried to unload the property, I do not know. But, if they deliberately decided to keep the property, it would have been a shrewd move because St. Louis was on the verge of boom times.

Metropolis

By Dave Drebes

We are part of a generation that grew up in suburbia, spent our Saturdays in the malls and lived our childhood without venturing east of 270, but beware, all that is changing. We are returning to the City, and we especially like the Tower Grove area.

The migration reflects a yearning among our generation for an authentic lifestyle, eschewing the sprawling sub-divisions, tiresome commutes and bogus status symbols of the baby boomers. We're seeking walkable communities, diverse, mixed income neighborhoods, locally owned establishments and neighbors we can know by more than their license plates. Even more, we're seeking to change the City of St. Louis. The flagship organization of this movement is Metropolis St. Louis.

Metropolis is a young organization, both literally and figuratively. It has been in existence for about two years and the bulk of its membership consist of people under forty. Their mission: To create an environment in the City of St. Louis that attracts and retains young people. Metropolis St. Louis, with nearly a thousand members, believes it can be a catalyst to encourage young people to live, work and play in the City.

The quintessential grass-roots organization, all of Metropolis' projects originate within the membership and are carried out by the membership without any paid staff. Metropolis members insist that there is no singular Metropolis vision or voice. "It's like a mural of how we want the City to look, and every member is free to paint their vision. So the vision is constantly being repainted by our members through their projects," says Lynn Josse, Tower Grove East resident and Metropolis treasurer. New members are encouraged to add their own vision.

Indeed the Metropolis portfolio of projects reflects the differing interests of their vast membership. One group is working with the Bryan Hill Elementary School to improve the education system in a hands-on, non-political, anti-bureaucratic way. Another group, stressing the importance of bicycle-friendly roads, sponsors The Ride on the last Friday of each month. The Ride consists of thirty or so members riding their bicycles through the streets of downtown in an effort to raise awareness of cyclist issues and create a more cycle-friendly environment. Yet another group is working to re-light the ailing Knickerbocker sign on Washington Avenue as a beacon of the hustle and bustle emerging downtown.

A recent Metropolis event in this neighborhood was a progressive dinner down South Grand. Thirty Metropolis members

drank wine at Once Upon a Vine, ate salad at Mangia Italia, pizza at the Black Thorn Pub and dessert at Le Petit Paris. It was a project of the Social Events Group, one of Metropolis' "action groups" chaired by Megan Schicker (3821 Humphrey).

Metropolis' action groups meet in public spaces throughout the City — restaurants, bars, community centers. In Tower Grove Heights, the Black Thorn Pub has been the site of a steering committee meeting, and Mekong is a regular location for Social Group meetings. The Metropolis Housing Group recently met at the Tower Grove South Management Corporation and heard about its innovative "Neighbors as Investors" program. New members and non-members all are welcome at any of these meetings. "We're scared of stagnating, so new faces are really welcome," Lynn Josse exclaims. Action group meetings this month include: leadership, diversity, policy, education, living environment, perception, social, midtown, housing. Members may start their own action group with or without the blessing of the organization's leadership. It's that grass roots. There's only one requirement. "Action groups must act," Lynn explains. "We are an action-based organization. We meet and discuss and get all the great ideas we can, but at the end of the day, we are here to make a difference and that means taking action."

With all these different groups working, Metropolis keeps the chaos in check through

aggressive communication. And fitting their generation, they make the most of the Internet. They have a listserv where 500 plus "Listers" regularly throw around City issues, Metropolis issues, and broad urban issues to the tune of about ten emails a day. The Metropolis web-site (www.mstl.org) registers over 10,000 hits a day. In addition they produce a monthly newsletter, a weekly email update from the president and hold bi-monthly general meetings.

"Metropolis' growth is reflective of a desire young people have to make their community better and not just run away to the suburbs. Here's an organization anyone can join and feel like their contribution is welcome, no matter who you are, what you are, why you are," says Betsy Lowenhaupt, a "veteran" member of six months. People interested in Metropolis should contact Megan Schicker (3821 Humphrey), social chair for Metropolis, or Brian Marston (3875 Connecticut) the Web Master for Metropolis, or me (Dave Drebes, 3658 Wyoming, past president).

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From the President

Elizabeth Braznell

There are bad days, and there are bad days. Ever have one of those days when everything goes wrong? The alarm doesn't go off (that's what you tell your boss-in reality, you just hit "Snooze" over and over!), the kids got in the shower before you and there's no hot water, breakfast is a longing glance at the coffee pot as you scramble out the door, some dodohead on a cell phone cuts you off on the highway, and that's all before getting to work!

I'm having one of those days. Right now, as I write, everything that can go wrong has, starting with the 476 emails I accumulated over the weekend. There were some nice things that happened, but who can remember those? It's much more fun to whine.

In my job, I deal quite frequently with the bad stuff. I call it the slimy underbelly when I'm feeling really put out about it. City bureaucracy, trash in yard waste dumpsters, landlords who abuse their tenants and tenants who abuse their landlords, dogs running free, kids in trouble, cars with loud radios. It's easy to let it get to me, as it does from time to time. I have a sure-fire way of dealing with it, though. First, I abuse my husband, Jay. I rant and wail and carry on. He looks at me with his gorgeous brown eyes, and I feel miserable. So I put a leash on Roger the Rehabbing Dog and go for a walk. Spring is here, daffodils and forsythia are blooming. A neighbor is stripping the paint off his front porch. There's a "Sold" sign on that high-priced rehab up the street. Kids are out playing. I smell barbecue and greet friends walking up to Grand for dinner.

The sense of revitalization and growth in the neighborhood strengthens me, and the beauty and peace of our community calm me. I get back home, have a stiff drink and 24 ounces of chocolate, and find myself nauseous but restored.

Just as most of our daily irritations stem from those closest to us, so do those things that restore: faith, community, family, and friends. I invite you to join your friends in the community of Tower Grove Heights. Through potluck dinners, meetings, and neighborhood beautification efforts, we share in the building of something larger than each of us as individuals.

So, go on. Join. Make my day.

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Recipe Corner

By Audrey Anderson

Kim Anh Tran and her husband, Sang Nguyen, have lived in our area since they arrived from South Vietnam in 1992. They have three daughters who are out of school and working, but still have living at home a lively five-year-old named Teresa. Kim Anh is a housewife who also spends many hours each week volunteering at St. Pius where Teresa attends school.

When looking for some diversity in the recipe column, I contacted Sister Paulette of St. Pius who put me in touch with Kim Anh. When I called to make plans to interview Kim, she invited Sister Paulette and me to her house for dinner and to observe the preparation of the meal. Kim Anh doesn't use recipes when she cooks. My mother didn't either. So, my mission was to observe, ask questions, note quantities and try to relay to you a recipe for the delicious meal we ate at Kim Anh's home. So, here goes.

Banh Xeo

First, I would like to tell you that there are 4 parts to Banh Xeo (bon' say-o) and except for a beverage, it makes a complete meal. Secondly, when it is done it looks for all the world like an omelet, however there are no eggs involved. I tell you this, so you know what you are shooting for. Thirdly, it's not that complicated, but it will involve a trip to one of the Asian markets up on Grand. I have put an asterisk by the ingredients that may not be available at a regular grocery store.

Batter

Package of Bot Do Banh Xeo mix* (includes a package of food coloring)
1 13.5 oz. can coconut milk*, 2 cans of water
3 green onions, chopped (both white and green parts)
3 T sugar
1 tsp. salt
1/2 tsp. pepper

Mix all ingredients in large bowl

Filling

3 cups of shrimp or cooked beef (thinly sliced), or combination of both
2-3 cups bean sprouts*
1 large jicama* (cut in thin strips)
1 large white onion (chopped)



Heat 1 tablespoon of vegetable oil in a large frying pan over medium heat. Put 1/2 cup of the filling in the pan, and then put 1/3 cup of the batter over the filling. Cook covered for approximately 3 minutes. When the edges of the Banh Xeo are golden brown and slightly crispy, fold over like an omelet and remove from heat. (The Xeo part of Banh Xeo comes from the sound you hear while it is cooking.)

Sauce

1/2 cup of fish sauce*
1 clove garlic (crushed)
1 hot pepper* (chopped)
2 T fresh lemon juice or white vinegar
2 cups warm water
1 T sugar

(Adjust the sauce according to your taste. You may not want to use the pepper at all.)

Serve with large leaves of leafy green lettuce and fresh mint leaves*. (4th part, and mint leaves are optional)

Place a portion of the Banh Xeo on the lettuce leaf, add several mint leaves, fold over and dip in the sauce.

This is a finger dish, no utensils necessary, however Sister Paulette preferred to use a fork. Whatever, just enjoy!

My Favorite Nurseries

Richard Clinebell

The crocus are up, the forsythias are in bloom, robins are back, and it's spring at last — time to enjoy being out-of-doors. This article is for those who enjoy putting in their yards and gardens. St. Louis is blessed with a multitude of fine nurseries and gardening suppliers. Here are a few of my favorites.

Home Depot. In keeping with the spirit of supporting our local businesses, the nursery center at Home Depot (on Kingshighway south of Arsenal) has done a great job of providing a rich variety of plants, bulbs, seeds, soils, tools and so on. Prices here are super, and for those who like to grow plants from seeds, both Home Depot and Frank's Nursery have late winter sales of flower and vegetable seeds to help the gardener make it through the winter blahs, not to mention his/her pocketbook.

Frank's Nursery. There are several of these in nearby shopping centers. The

(continued on page 11)

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layout is very similar to Home Depot, and similar fare is offered. These two places offer great prices on bedding plants, and six-packs of tomatoes, peppers and other tasty veggies. Though the temptation be strong, the reader is forewarned that if you can't wait until the magical frost-free date of May 15, be prepared to cover your tomato plants with sawed-off plastic milk cartons on nights where frost is predicted. Frank's also has a large selection of seeds, including unusual brands like Thompson & Morgan, a fine old English seed company.

Garden Heights Nursery. For a little jewel of an urban nursery, travel I-40 to Big Bend, and take Big Bend south to 1605, just a couple blocks south of the freeway. Here you will find a beautiful little nursery currently ablaze with a rainbow of hybrid pansies. This company has a lot of unusual plant fare, and has a "botanical garden feel" to the place. They also have a display of the

Sheppard's brand of garden seeds, which are harder to find than, say, Burpees.

Naturescapes. For the adventurous who want to visit a suburban nursery and landscaping center, take I-55 to the Collinsville exit 157. The nursery is about 2.5 miles north of the freeway on route 157, on the right. Naturescapes is in the 'burbs, so there is more space than the above urban centers. Like Garden Heights, they have an unusual selection of perennials, including both prairie and woodland wildflowers that I supply to them.

There are many, many more fine retail nurseries and landscaping services in the St. Louis area. Spring is very important to these businesses, because winter is a real struggle in the nursery business. I hope this little article stimulates some of you to get out and see/purchase some of the fine plants that have been grown this year for our botanically beautiful and diverse city.

Tower Grove Manor

By Janine Lawler



Most of us walk or drive up and down Grand Avenue on a daily basis, past the large, ten-story building that seems a little out of place next to the National grocery store. In case you were wondering, that building is Tower Grove Manor. We are an independent retirement living community for seniors who are ready to enjoy all that life has to offer in the South City area. Our ten-story building offers 115 self-sufficient apartments of various sizes. Even though we seem quiet from the outside, we are very active inside. In fact, we have a lot of upcoming events and we'd like to extend an invitation to all of our neighbors.

We are in the midst of our annual Better Living Series. During the Better Living Series, we bring in well-known speakers and entertainers to promote "Better Living" among our residents and guests. The second event of the series, Wednesday, May 5 at 1:30pm, Donnybrook Host and Producer, Martin Duggan, will speak on the topic "Very Much Alive After 75." Our friend, Marty Bronson, will finish up the series on Wednesday, May 12 at 1:30pm. He'll be performing "The Sweetest Sounds" featuring the words and music of Rodgers, Hart and Hammerstein. Call (314) 773-2800 to reserve a space if you are interested in attending.k

Please join us for these special occasions and get acquainted with your neighbors. I'm sure you'll recognize many friends. If you're not able to make it for these events, you're welcome to come in anytime for a tour. For more information on these events or to schedule a personal tour, please call Janine Lawler at (314) 773-2800.



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Tower Grove Heights Neighborhood Association

Monthly meetings 7:15 pm on 4th
Tuesday, First Church of Divine Science,
3617 Wyoming

President: Elizabeth Braznell
President Elect: Cheryl Jones
Secretary: Diane Hurwitz
Asst. Secretary: Stacy Leimbach
Treasurer: Patty Schneider
Past President: Mark Abbott

Committee Chairs

Block Representatives: Joe Thele
Fun and Fundraising: Jeffrey Blunt
Physical Improvements: Mark Abbott
Prom. & Marketing: Need Volunteer!
Publications: Sara Langan
Neighborhood Safety: Robert Jones

Block Representatives

3600/3700 Arsenal
J. Andrew Habernern
Margaret Prichard
3800 Arsenal
Elliott Blevins
Fredric Risover
3600/3700 Hartford
Gretchen Arnold
3800 Hartford
Chris Cleeland
Joe Thele
3600/3700 Juniata
Fran Armstrong
Rodney Dillon
3800 Juniata
Lucinda McNary
3600/3700 Connecticut
Judi Sharp
Sarah Griesbach
3800 Connecticut
Curt Gilker/Sherry Taylor
Bill/Noel Shamleffer
3600/3700 Wyoming
Bob Walker
3800 Wyoming
Pat Strawhun
Linda Fick
3600/3700 Humphrey
Sue Clavin
Mary Fazholz
Susan Freedman
3800 Humphrey
Robert Reed
3600/3700 Utah Place
Doug Harding/ Robyn Schrager
Mary Dugan
3800 Utah Place
Susie Gudermuth
Veda Lynn

Neighborhood News

Area schools and preschools will be showcased in The TGHNA School Fair, May 22, 1999 10 am to 2 pm at the First Church of Divine Science, 3617 Wyoming. Call Jeff Blunt at 865-0875 for additional information. Upcoming TGHNA general meetings are Tuesdays May 25th and June 22nd at 7:15 pm, 3617 Wyoming.

Interested in renting in our neighborhood or have an apartment to rent? Call the TGHNA Housing Referral Line at 772-5982.

To join the Tower Grove Heights Neighborhood Association and receive a mailed copy of all 6 Gazettes, send a check for \$12 (family) or \$7 (individual) with your name, address, phone # to TGHNA, 3735 Connecticut, St. Louis, MO 63116. Indicate if you want to be included in the neighborhood Buzz Book.

Operation Brightside

Circle Saturday May 15th on your calendars for that annual rite of spring, Project Blitz. Get ready to pitch in and



clean up our neighborhood. The emphasis of this year's campaign is personal responsibility. Litter is one problem individuals easily can solve. The goal of the event is to clean up the front and back yards in the neighborhood as well as the alleys. Extra trash trucks will empty dumpsters and collect trash from 10 am to 3 pm.

Remember to place—

Small items in Trash Dumpster. Be careful NOT to overload.

Grass, leaves and twigs in the "Yard Waste Only" Dumpsters.

Large items such as furniture directly behind your home at the edge of the alley. Make sure bulk items are at least 4 feet from any Dumpster and do not block the alley. Items placed on private property cannot be picked up. Branches, more than 2 inches in diameter and no longer than 3 feet, must be bundled and placed with bulk items for collection.

Large appliances, tires, car batteries and motor oil will be collected but separately from other bulk items. These items will be recycled.

As a part of Operation Brightside's ongoing campaign to help beautify our community, heavy-duty trash cans may be ordered for your street at a cost of \$280 each. The City of St. Louis will empty these cans. Look for city school children's posters promoting Operation Brightside at the St. Louis Centre downtown.

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May 1999

Tower Grove Heights Neighborhood Association Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Operation Brightside May 15 - Call 781-4556 Tower Grove Park Tennis Center - Call 771-0025 Botanical Garden "What's in Bloom" Iris, Peonies, Azaleas						
2 T G Park St. Louis Symphony concert Series, 3PM Palm House - FREE	3	4	5 Martin Duggan. Tower Grove Manor. Call 773-2800	6	7	8 St. Pius V Parish Picnic 9am -9pm
Be Kind to Animals Week						
9 Mother's Day	10	11 TGH Block Rep. Meeting Spring/ Conn.	12 Marty Bronson. Tower Grove Manor. Call 773- 2800	13	14	15 Operation Brightside Blitz 9-3 pm
16 Botanical Garden Dahlia Show	17	18 Botanical Garden Senior Day	19 Grand Oak Hill Meeting 7:30 pm	20	21	22 School Fair First Church of Divine Science 10-2
23	24	25 TGH General Mee- ting 7:15 First Church of Divine Science	26	27	28	29 Botanical Garden Annual Rose Show
30 Botanical Garden Annual Rose Show	31 Concert TGP Memorial Day	Botanical Garden Free Admission 9 until Noon Wednesdays and Saturday				

June 1999

Tower Grove Heights Neighborhood Association Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
T G Park "Café Madeleine" Opens In May - Sundays Only T G Park Pavilion Restoration Complete Botanical Garden Open from 9am - 9pm -Extended Summer Hours		1 Gazette Article and Ad Deadline	2 Botanical Garden Jazz Festival	3 Seniors Writing Workshop Grand Oak Hill 10am	4	5 Botanical Garden Chinese Culture Days
6 Botanical Garden Chinese Culture Days Iris Society Show	7 Concert TGP	8 TGH Block Rep. Meeting Spring/ Conn.	9 Botanical Garden Jazz Festival	10 Seniors Writing Workshop Grand Oak Hill 10am	11	12
13	14 Concert TGP Flag Day	15	16 Botanical Garden Jazz Festival Neighbors Naturesc- aping Kickoff Meeting 5:30-7:30 Pm 781-4556	17 Seniors Writing Workshop Grand Oak Hill 10am	18	19 Botanical Garden Lily Soc- iety Show
20 Father's Day	21 Concert TGP Summer Solstice	22 TGH General Meeting 7:15 First Church of Divine Science	23 Botanical Garden Jazz Festival	24 Seniors Writing Workshop Grand Oak Hill 10am	25 Gazette Folding	26 "Pride St. Louis" TG Park
27 "Pride St. Louis" TG Park Daylily Sale and Show	28 Concert TGP Full Moon	29	30 Botanical Garden Jazz Festival	Botanical Garden "What's in Bloom" Rose, Daylilies, Waterlilies		