

Tower Grove Heights Gazette

Grand to Gustine

Arsenal to Utah Place



Volume 8, Number 4⁵

April 20, 1996

CELEBRATING DIVERSITY THE GRAND FESTIVAL OF NATIONS

by Tim Fox

When you ask people who live in Tower Grove Heights and the South Grand area what they like most about their neighborhood, one phrase is almost sure to come up: cultural diversity.

On June 8, the neighborhood will show off its love of cultural diversity when the 1996 Grand Festival of Nations brings the world to St. Louis.

Sponsored by the Grand-Tower Grove Local Development Company, the family-oriented festival will feature international fun, food, and entertainment on South Grand between Arsenal and Utah from 11:00 a.m. to 6:00 p.m.

"The festival is a celebration of diversity, not only in our own neighborhood but around the city and the world," says Mari Lynne Teter, organizer of the event. "We've got Native Americans, Irish, Hispanics, Greeks, Vietnamese—you name it. We want to show St. Louis what a wonderful area South Grand is to live in for all kinds of people."

Many of the businesses on South Grand are planning to support the festival by sponsoring culturally diverse activities, themes, and decorations. The only guideline is that duplication of nations be kept to a minimum. "We would like to feature as many different nations as possible," Mari says.

All featured entertainers and vendors will have cultural themes as well, and must feature appropriate ethnic decorations, costumes, or both.

In addition to being an event that promotes peace and understanding on a national scale, the Grand Festival of Nations will also foster peace and understanding in the neighborhood by involving a variety of community groups.

For example, the St. Louis Public Library is planning to sponsor interactive activities for children, including a "read-around-the-world" and international bookmark-making. Worldways, a museum in Chesterfield that teaches kids about other cultures, will also put on interactive exhibits.

Closer to home, the Shaw neighborhood organization BicycleWorks is both a sponsor and a benefactor of the festival.

BicycleWorks, which has been in existence since 1988, allows children to earn their own bicycles by performing bike repair and community service. It is funded in part by sales of bicycles that the kids fix, but the Grand Festival of Nations will give it a further financial boost.

"We're encouraging people to ride their bikes to the festival," Mari says. "Once you get here, the kids from BicycleWorks will provide valet parking for the bikes. They'll also be

doing international helmet and bike decorating, and will lead a parade of bikes down Grand."

In exchange for all the hard work (and play) at the festival, BicycleWorks will get a percentage of the day's food and concession sales.

"BicycleWorks is a great example of what people in the neighborhoods can do on their own," says Mari. "We're happy to be able to help them out."

On top of all this excitement, the Grand Festival of Nations will also feature city officials and local celebrities. *Post-Dispatch* columnist Elaine Viets will serve as emcee, officiating over the opening ceremony and overseeing the day's activities.

"This festival is a great way to celebrate all of the different people who make up the South Grand neighborhoods," Elaine says, "and I'm looking forward to seeing all of my friends and neighbors in South St. Louis again."

If you or your group would like to take part in the Festival of Nations, it's not too late to get involved. Mari is always in need of more vendors, entertainers, and volunteers. Other interested ethnic groups can still get involved, too. Call Mari at 771-1119, or page her at 320-5494.

We'll see YOU at the Grand Festival of Nations, June 8!

**The Tower Grove Heights Gazette
Publications Chairperson:**

Don Hardin

Editor: The Staff

Graphics Editor: Michele Kerr

Staff: Marilyn Abbott, Tom Booth, Elizabeth Braznell, Benjamin Chu, Richard Clinebell, Matthew Fernandes, Tim Fox, Stephanie Gavin, Don Hardin, Jodie Heliker, Tricia Heliker, Rich Iezzi, Donna Mayes, Terry Mayes, Janice Nesser, Erin O'Reilly, Fredrick Rissover, Jay Rosloff

Graphic Artists: Michele Kerr, Janice Nesser,

Database Manager: Tom Booth

Business Manager: Marilyn Abbott

Circulation Coordinator: *NEEDED*

Typesetting: David Nitzche, Don Hardin

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The Gazette/TGHNA 3203 S. Grand Blvd., Suite 103 St. Louis MO 63118

MADAM ZODIAC

CAPRICORN: Your stubborn nature will make you stand your ground about attending the next neighborhood meeting.

AQUARIUS: Full of idealism and ideas, you must join a committee to achieve your full potential.

PISCES: Your dreamy nature will force you to work to realize your dream of every porchlight lit on your block each night.

ARIES: A true leader. Head a committee to use your talents to the fullest. Aries make excellent presidents.

TAURUS: Your strength can be best put to use folding Gazettes at the next folding party. Bring four other Tauruses with you.

GEMINI: Your dual personality means you must convince two neighbors to join the Neighborhood Association, perhaps a Leo and a Pisces.

CANCER: Your sensitivity will aid you in resolving neighborhood issues at the next neighborhood meeting.

LEO: Your upbeat nature indicates you would make an excellent Block Representative; true happiness will follow this decision.

VIRGO: Your analytical nature would be best utilized on the Promotion and Marketing Committee.

LIBRA: Your love of beautiful things means you must find out more about the Trees and 50/50 Sidewalk programs.

SCORPIO: Your intensity would be best put to use working with the fun and creative Gazette staff.

SAGITTARIUS: Your uninhibited nature will force you to patronize every store and restaurant on Grand South Grand.

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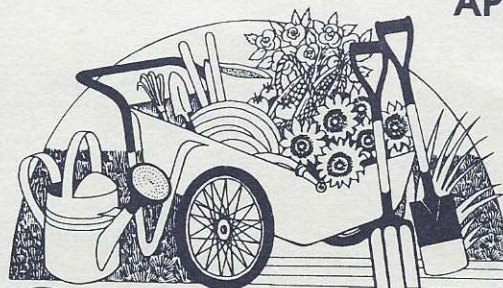
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AT THE MOVIES..."LEAVING LAS VEGAS"

By Stephanie Gavin

Every year Stafford and I frantically try to see as many movies nominated for various Academy Awards as possible before the big night. This year it seemed more of a chore than entertainment sitting through films such as **Dead Man Walking** and **Leaving Las Vegas**. The performances of Sean Penn, Susan Sarandon, Nicholas Cage and Elisabeth Shue were indeed outstanding, but the movies were difficult to sit through, especially **Leaving Las Vegas**.

In this dose-of-reality film, Nicholas Cage plays Ben, an alcoholic who, after being fired from his film-writing job, goes to Las Vegas to drink himself to death. There is scene after scene of him doing and saying things that leave the audience in constant discomfort, like downing an entire fifth of whiskey like an athlete would gulp Gatorade and recording aloud into a handheld tape player in line with strangers cashing checks filthy sexual fantasies about an innocent bank clerk. And just when it seems things couldn't get much bleaker, along comes Sera, played by Elisabeth Shue, a Vegas prostitute who quickly befriends Ben.

After Ben and Sera meet, the film becomes an odd, depressing love story that has no hope for a happy ending. Despite his love for Sera, Ben still intends to drink himself to death, preferably within four weeks, and he warns Sera not to interfere with his plans. And she certainly doesn't, even gifting him an engraved flask as a special gift.

The film continues with parts that made me squirm, including a graphic rape scene. The director, Mike Figgis, also nominated for an Academy Award, not once strayed from the darkness of the film. There is no comedy relief, despite Cage's past comedy performances. There is no redemption of character that made **Dead Man Walking** bearable. There is only the depressing, sad reality of knowing people like Ben and Sera exist in our world. **Leaving Las Vegas** was not entertaining in the traditional sense, but it left me thinking of the world beyond my own, and appreciating all I have. The performances are so incredible, and the directing unusual and artistic, that it is definitely worth renting some time. But definitely after the kids are in bed!



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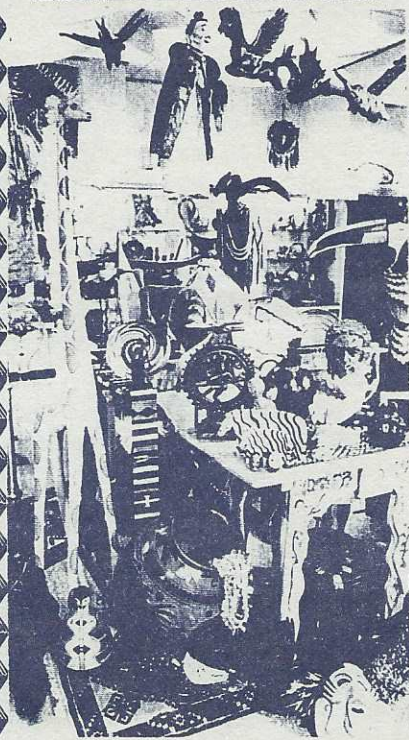
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SPRINGTIME IN THE GARDENS OF TOWER GROVE HEIGHTS



by Richard R. Clinebell II

The Composting Revolution. Tower Grove Heights, and indeed all of south St. Louis was originally tall-grass prairie. This means the original soil was jet black and rich in organic material. However, the long history of removing lawn clippings to dumpsters has resulted, at least in this garden at Hartford Street, in soil almost totally devoid of organic matter, leaving little but clay. Of course, it may be that in the original excavation of basements, subsoil ended up on top. Perhaps someone knows how this was handled at the turn of the century. Whatever the cause of the poor soil, it is a severe problem for organic gardeners.

This is why I "raid" the dumpsters of lawn clippings which I owe to the largesse of my nongardening neighbors. Throughout the growing season I fill many bucketfuls of "green manure" (lawn clippings) and scatter it over our vegetable garden. This accomplishes four good things: 1) slowly adds to the organic content of the soil; 2) provides a surface mulch to hold down weeds; 3) provides moisture conservation; and 4) slows the hardening of the clay soil surface into "concrete" during dry, hot spells.

Additional mulch is provided by our compost pile -- this consists of weeds and the shredded clippings from last year's dead plants well-mixed with all kinds of stuff from the kitchen -- coffee grounds, eggshells, vegetable peels and fishbones, for the

most part. Pretty much all the other leftovers from the kitchen table go to a feeding tray for the birds and squirrels, which will eat essentially anything from Spam to spaghetti to stale bread, cut up into birdsize morsels.

The compost pile is turned regularly with a spade, and watered when it gets dry. When the compost is mature, in early spring, it is sifted onto the garden through a wooden-framed screen of about 1/4" mesh. Well-matured compost takes about a year to produce. The pile is disguised for about half the year by a miniforest of Castor Bean plants. In the winter it is visible, but not overly unsightly. Other useful soil emendations are sand and coarse "traction sand." Working together, the compost and sand are slowly converting our inhospitable clay into an airy, porous, organically-rich loam, perfect for gardening.

Tomatoes and Marigolds. I call marigolds "magic flowers." They are credited with repelling both mosquitoes and various insects which attack vegetable crops. Whatever the mechanism, marigolds in this garden have probably helped in (knock on wood) three years of virtually no pest attacks on our vegetables. Not using insecticides also promotes the giant, locally-established Praying Mantis (which is from China) and many other good insects. I scatter marigolds throughout the garden. Together with zinnias, these trusty Victorian garden flowers have provided many long-lasting summer bouquets for us, and for our neighbors.

I start our tomato plants indoors in 4-inch plastic pots in the south-facing kitchen window in earliest February. This is to give me something to do during February's jolt of winter "cabin fever." Tomatoes (and zinnias, but not marigolds) are very frost tender, and so, though the tomato plantlets can be taken outdoors to soak up sunshine (in partial, not full sun) in late winter's warm spells, it is risky to set them out in the garden until, say, May 10. They are grown in about 2/3 potting soil and 1/3 traction sand. The sand prevents "damping off," the death of baby plants from fungus attacks, which even with the sand, claims about 1/3 of the young plants. When they are set out into the garden, they are protected for the first month with a coffee-can collar, without which many are pulled out of the ground by birds. The cans also provide a bit of protection from late frosts.

One of the best tomatoes to buy is "Big Boy." The reason to grow them, I guess everybody knows, is that the taste of homegrown tomatoes is so superior to the "vegetable cardboard" available in stores. Tomato seeds (or plants) are best purchased, as they are hybrids,

(continued on page 14)




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A MESSAGE FROM ALDERMAN VINING

F.Y.I. #1

In the near future you will be asked to vote on proposed Water Division Legislation, which I co-sponsored. This would include Board Bills 289, 290, 291, and 292. Board Bill 290 would expand line insurance to cover T-heads and stop boxes. There is currently a \$1.6 Million surplus in the line insurance fund. This surplus was accumulated when the line insurance fee was \$2 per quarter. Since it was lowered to \$1 about a year ago, the surplus has dropped by about \$100,000. The program could be expanded without raising the fee immediately, and it would have to be raised to \$1.50 - \$2 eventually. The current surplus will run out in about four to six years.

The current line insurance covers only actual leaks in the lateral service line and some leaking T-heads. This leads to controversies. If they break a rusted T-head while trying to shut off a customer's water or if a tree root damages the T-head, it is the customer's responsibility to keep the T-head in good working order.

This new legislation would cover ANY DAMAGE to the lateral line from the main to the T-head, the T-head, and the stop box and cover. It would authorize the Water Commissioner to make repairs as long as the problem is in the public right-of-way! For example, road construction exposing deteriorating laterals, replacing T-heads that are frozen due to corrosion, and lead line, etc. The bill calls for an August 1996 vote. There would be no change in the maximum fee of \$3 previously authorized by the voters.

F.Y.I. #2

On February 23, 1996 in the Rotunda of City Hall, Barbara Potts, 15th Ward Neighborhood Stabilization Officer received an award at the 8th Annual Black History Day Observance. Barb is respected throughout the community for her unwavering dedication to the needs of our neighborhoods. Barb works closely with the Aldermen and other City departments to respond to the many needs of the residents. Barb is a wonderful example of how hard work and sensitivity to neighborhood concerns can result in success that become the foundation of a strong and vital neighborhood. Congratulations, Barb!

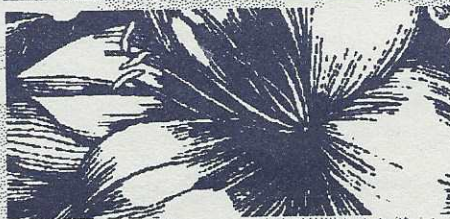
F.Y.I. #3

Fannie Mae, together with the City of St. Louis and local mortgage lenders, have created House St. Louis. This new five-year, \$275 Million plan offers a set of mortgage options for low-moderate and middle income home buyers that feature low down payments and closing cost assistance throughout the City.

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For an application or more information, call S.L.D.C. at 622.3400 or Darlene Rich at Grand-Oak Hill, 865.5530. Remember you do not have to move to live in a well maintained or safe neighborhood. It just takes some forward thinking about where we are going and how we are going to get there.



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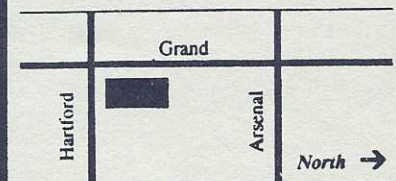


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REPORT FROM THE CAPITOL..."NO MORE DRIVE BY DELIVERIES"

Rep. Pat Dougherty

The current legislative session is well underway and the House has considered numerous bills and sent them to the Senate. I thought you would like to know about some of them.

The house gave first round approval to a bill that would mandate health insurers cover minimum hospital stays for women who deliver babies.

Currently, insurers make the determination when mom and her new baby will leave the hospital. All too often, they are released within 24 hours after delivery. Under this new proposal, mothers would have the option of staying in the hospital for 48 hours after a normal delivery and 96 hours following a C-section.

Several bills dealing with this same concept came to the Children, Youth and Families Committee, said Rep. Dougherty, chairman of the Committee. We decided to combine these bills and pass out of committee this substitution which allows the decision "to stay or not to stay" be left up to the woman and her doctor, and not the insurance company.

If the mother chooses to go home early, she may, with doctors' approval. The bill has a provision that would require insurers to cover the cost of several home visits by a registered nurse. This will provide, especially new moms, professional help with the initial day to day problems of having a new baby in the home.

Increase Immunization Rates

A major statewide effort to increase immunization rates among our youngest children is underway. Part of this effort includes a bill we recently passed which would require insurance companies to cover immunizations up through the age of 5. It would also allow parents to authorize other adults to take their child to get the actual immunizations.

Sexual Predators

Another measure which has gained approval by the House,

requires that anyone found guilty of a Class A or B felony sex offense shall be classified as a sexual predator. They will be sentenced to life in prison, and although they could eventually be eligible for parole, they would be required to continue reporting to the Board of Probation and Parole for life.

Safe Schools Act

Soon we will be debating the Safe Schools Act. This measure proposes numerous changes in school/juvenile laws. Here are some of the provisions:

- Makes it a felony to assault school personnel
- Offers funding from Missouri Department of Elementary and Secondary Education for school districts to set up alternative programs for students who cannot be adequately served in a regular classroom; these are often the most disruptive students.
- School officials must report certain violent acts committed on school property to juvenile authorities
- Juvenile authorities must notify

school superintendents when a petition is filed against a student attending their school accused of committing certain violent acts.

• If a student attempts to enroll in a new school district after a suspension or expulsion from another district and a determination is made that the student's conduct would have resulted in the same suspension or expulsion, then the new enrolling school must uphold the suspension unless the pupil is enrolled in an alternative school program

- Most school suspensions must be in-house suspensions
- Discipline records must follow the student wherever he or she enrolls
- Violence prevention programs must be offered to all schools
- School policy must require expulsion for students who possess weapons on school property.

As you can tell this bill contains major changes in our school laws. If you would like a copy of this or any other bill, call me at 1-573-751-3599.

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A CLARIFICATION

In our interview with Neighborhood Stabilization Officer Barb Potts in the February 1996 issue of the Gazette, she was quoted as saying in regards to the handling of truants in our neighborhood that we need to send them the message that every time they decide to skip school, they will get caught in our neighborhood because we are watching them and will report them. The comment Barb made was "So if you don't want to get caught go East of Grand, because you WILL get caught here..." Some residents living East of Grand Avenue took offense at the comment, and Barb wants to make clear that the comment was NOT intended to color any other particular neighborhood in a negative way, but to make the point that any other neighborhood would be a better choice for truants because our neighborhood is particularly vigilant.

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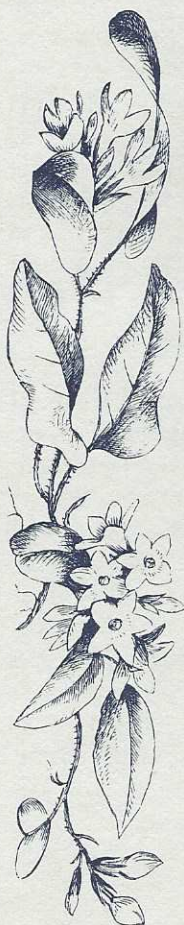
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REAPING THE REWARDS OF ROBBERY



By: Matthew Fernandes

As my wife and I drove home from the March meeting of the Tower Grove Heights Neighborhood Association, crime was on our minds. Much of the evening's discussion revolved around crime prevention, the strengths and weaknesses of the St. Louis Police Department, and the always engaging dog debate. You know, the debate in which one person repeating the line *"Shut your **** dog up!"* is pitted against another person who replies *"My dog keeps my family safe at night . . . besides my Pookie isn't the one barking anyway!"*

As it turned out, we wished we had a dog that night. While we were at the meeting, someone mistook our side window for the entrance to Best Buy and made off with our VCR and CD collection at the lowest price in town.

The thief entered through a side window recently closed (but not locked) after an unseasonably warm day. On the window sill was a glass bowl of old Christmas candy, a small bottle with a flower in it, and a hacky sack. (More on these items later.) The burglar was unusually tidy as he went about his business - immaculate even. Not one corner of one rug was turned up, no dirt tracked in at all. The VCR was taken off the TV set without disturbing any of the surrounding items (although he forgot to take the remote control without which the VCR is virtually inoperable.)

The CDs were stacked on an unstable tin shelving unit that also contained stacks of cassettes, vases, and other odds and ends. It is not the ideal set up for one's music collection. Oftentimes when my wife or I have attempted to retrieve a CD or tape, an entire stack has fallen to the ground with a crash producing a general state of mayhem. The thief, however, did not disturb a thing. Everything on the shelving unit was as we left it minus about 30 CDs.

Perhaps the strangest aspect of the thief's performance was the man-

ner in which he exited the house - through the front door. When my wife and I approached the house, the front door was swung wide open. Our first thought was that we simply had failed to lock the door and the wind had blown it open.

For about five minutes, we both milled about the flat aimlessly. A feeling set in that something was not quite right. There was some elusive presence in the air that neither of us could identify. Suddenly, Sarah blurted out in a raised voice, "Matt, Why is that window wide open?..." I froze. There was still some logical explanation for this, I hoped. I opened my mouth expecting a clear and completely rational reply to come forth,

My, this thief was tidy!

thus settling the nerves of my eight-months-pregnant wife. Nothing came out. "...and why is our VCR gone?!" Finally, it was established that we had been robbed. We could finally discard that feeling of uncertainty for that always fun hunch that an armed convict could be in the bedroom.

It didn't take too long to figure out that whoever robbed us was not present and to call all of those people one is supposed to call after being robbed. We tried to account for everything that was missing, the VCR, CDs and a large suitcase (he needed something to carry it all in), and wondered why nothing more was taken. There had to be *something* else missing, we thought.

After a few days, we remembered that there were some objects on the sill of the window the thief had entered through that were now gone. Why, we asked, would a thief want a bowl of candy, a worthless bottle, and a hacky sack? Suddenly images popped into our heads of thief-in-question standing around with his friends playing hacky

sack, eating stale Hershey Kisses, and listening to Jewish Klesmer Music, Stevie Wonder, The Jesus Lizard or any of their other choice new CDs. It was not until I walked around to the side of the house that these images ceased. Directly under the window was an old bucket turned upside down (obviously used as a stepladder), the bowl of candy, the bottle with flower, and the hacky sack all placed neatly in a row. My, this thief was tidy!

During the days following the theft, our esteem and regard for the neighborhood were reinforced. A good half-dozen neighbors made a point of stopping by and presenting us with cards and various dessert items. Our neighborhood stabilization officer's concerned call after hearing of the event was also reassuring. We realized that the families and residents around us were really watching out for us and each other . . . almost like a real community . . . yes, a real village. You remember that phenomenon which sustained human life for centuries and allowed it to forge on, don't you? The one where people helped each other out in times of need . . . where dangerous threats from outside forces were no match against the strength of the community . . . where people spent their resources primarily inside their own locality . . . You remember?

The isolationist, suburban mindset has brought true communal living to its knees. It is not at all uncommon that a resident of the suburbs will tell you that they have lived 5, 10, even 15 years in a neighborhood and still have never really gotten to know their neighbors. To me, this type of lifestyle is unacceptable. The generosity and interest our neighbors showed us after we were robbed revealed the character of this neighborhood to us. Communal living may be down in St. Louis and most other American cities, but it is here to be seen in Grand South Grand's Tower Grove Heights!

EARTH DAY COMES TO TOWER GROVE HEIGHTS

By Matthew Fernandes

Earth Day has come upon us once again. This weekend (April 19-22), the festival is taking place within the placid confines of Tower Grove Park and the Missouri Botanical Garden. As in past years, this year's event brings all of the sights, sounds and tastes needed to educate you on the laws of nature and elevate you to a higher understanding of humanity's relationship with Mama Earth.

The weekend kicked off last night at the Ridgeway Center of the Botanical Garden with "a town hall meeting" where the topic was "The Cost of Air Pollution." The meeting was coordinated by the American Lung Association, Bi-State, RideFinders and other organizations.

The bulk of the events takes place today and tomorrow in the area of Tower Grove Park surrounding the big red Band Stand. Activities to look out for include: the All Species Parade (Saturday at 2pm); One Sacred Earth - Interfaith Exhibit; Family Share Fair (produced by the St. Louis Association for the Educators of Young Children); and Planet Passports - an "interactive

educational tool." Sunday there will be both a bike ride and a "Run for the Earth." Events at the Botanical Garden during these two days include: Communication Technology; Hands-On Computer Exhibits; and Sustainability Displays.

Monday (April 22), the Botanical Garden will be the site for "Environmental Education Day - Natural Step Seminar." The seminar represents the birth of the St. Louis Chapter of a growing international organization called The Natural Step.

Det Naturliga Steget (The Natural Step) was founded in Sweden in 1989 by Karl-Henrik Robert, former head of Sweden's leading cancer institute. With the help of others in Sweden's science community, Robert developed a consensus paper rooted around the "cyclic principle." According to Mary Scott, who covered the group in the magazine *Utne Reader*, this principle simply states that "there must be as much reconstruction of material as there is consumption, and that excess waste must not accumulate in nature."

The Swedish government endorsed Robert's consensus paper

and more than 25 of the country's largest corporations have changed operation and production processes after undergoing training from The Natural Step. U.S. corporations which have signed on to The Natural Step's philosophy include Odwalla (fruit drinks) and the St. Louis-based company Monsanto.

A related event will take place two days later (April 24) when a bus will carry citizen lobbyists to Jefferson City to voice their support for an array of environmental causes. The Missouri Coalition for the Environment is sponsoring the event and will concentrate on issues such as: the renewal of the state parks and soils tax; protection of the "Toxics Right to Know" law; the promotion of stricter environmental regulations at the state level; and the regulation of livestock farms to benefit small family farmers.

The following are the numbers to call for more information. For Earth Day events, call 776-4442. For the Natural Step Seminar, call 773 -1940. For the bus trip to Jefferson City, call 727-0600.

Happy Earth Day!

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NEIGHBORHOOD REINVESTMENT SEMINAR HELD

An Idea Whose Time Has Finally Come

By Jay Rosloff

More than twenty people attended a meeting organized and hosted by reinvestment pioneer Susie Guder-muth last month. Ms. Guder-muth noted that the last time a similar project was attempted about four or five years ago, "There were probably as many speakers as attendees. Maybe this turn out shows that this is an idea whose time has finally come." While several of the participants shared information regarding their success stories, the focus of this first in what will probably be a continuing series of meeting was the use of HUD's 203(k) loan program.

The advantage of the 203 (k) program is that the borrower can obtain a mortgage based upon the value of the property after rehabilitation with an equity MUCH smaller than that of a conventional mortgage.

For instance, up to 97% of a \$99,150 loan may be financed for a single-family unit. Even some multi-family structures on a non-owner occupied basis may qualify for an 85% loan - less than half the conventional rate. There are drawbacks to the program, however.

One of the guests who has recently taken advantage of the loan program, Beverly Dougherty, spoke of the difficulty in executing the volumes of paperwork required by the agencies involved. She and others shared the benefit of their experience in gap financing and managing cash flow. They also pointed out that although the requisite detailed bidding and inspection schedules were at times daunting (and even a little discouraging), the careful preparation and planning produced a more realistic estimate of

time and costs. The Rehabber would like to point out that while the HUD program requires you to budget for professional services, it allows the purchaser to apply sweat equity and re-allocate the surplus elsewhere.

Our host forwarded a list of the attendees to the offices of CDA which will distribute packets of information with additional details regarding the program, a list of financial institutions administering the loans, and information regarding other services available to those who wish to get in on the ground floor of a wonderful opportunity. It appears that this was just the first in a series of seminars. Future meetings will cover such topics as conversion of multi-family units, commercial properties, improvement priorities, and any other topics as the participants would care to organize.



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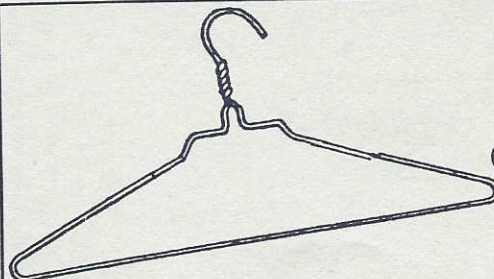
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DON'T WORRY BE HEALTHY

Compiled by Tom Booth

It may be my own bias, or a tendency to look back at the world of my youth with rose-colored glasses, but it didn't seem years ago that my friends, relatives, and neighbors were as fraught with mental disorders as we seem to be today. Emotional and psychological disorders seem to be on the rise in our society. Many people believe the source may be the conditions we live in: too many people, too much traffic, too much work, too little time to get the anything done. Many health care providers believe the prevalence of emotional disorders in our society is at least partly the result of nutrient deficiencies in our diets. Much of our population is lacking in adequate vitamins and minerals, according to a study in Nutrition Report (May 1992). The diets of teenage girls were found to be deficient in calcium, magnesium, copper and iron. The diets of adult women were deficient in calcium, magnesium and iron as well. The diets of older women were deficient in

calcium, magnesium and zinc. The diets of 2 year olds were low in calcium and zinc, and magnesium was found to be low in the diets of teenage boys and older men.

Copper was found to be low in all the groups with values at less than 80 percent of the suggested intake. In addition, approximately 80 percent of the population is magnesium deficient, according to a report published in Internal Medicine World Report (1992, vol 7). The authors stated that magnesium deficiency has been linked to, and is prevalent in, psychiatric disorders such as anxiety, panic disorder, agitation and depression.

Between 10 and 85 percent of older adults living in nursing homes or other institutions are malnourished, according to a study in the Journal of the American Dietetics Association (Sept. 1992). The authors noted the existence of a high incidence of dementia and depression among malnourished patients. They also noted that a link existed between psychiatric wellness and nutritional status.

In 1991, The Journal of Applied Nutrition reported on studies performed by California State University at Stanislaus over a 10 year period on the effects of nutrition on behavior. The studies showed that implementing nutrient-rich diets in more than 800 state facilities such as mental institutions resulted in improved conduct and intelligence. Also, supplying vitamin supplements to inmates in correctional facilities reportedly resulted in improved conduct and behavior of the inmates.

In addition, in double-blind, placebo-controlled studies, children who were placed on vitamin and mineral supplements demonstrated less violence and less anti-social behavior. The authors of this report concluded that patients who were suffering with or experiencing unexplained violence, poor academic performance and behavioral disorders should be evaluated for malnutrition.

You might wonder if any evidence exists which points to specific

(continued on page 14)

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MEET THE VANDERHEYDENS: The Hardest Workin' Couple in St. Louis

by Tim Fox

For over five years, Brian and Betsy Vanderheyden have served as block captains for the 3600 block of Wyoming. They've seen a lot of changes in the neighborhood over that time, and a lot of changes in their lives—daughter Amanda, 5, and son Alex, 2, keep them on their toes. But their commitment to the neighborhood has never wavered.

"I love the neighborhood," Betsy says. "It's up to all of us to keep it a nice place to live, and to make it better."

Brian agrees, quickly rattling off a list of Tower Grove Heights' selling points. "I like what's going on up on Grand," he says. "It's like the University City Loop, a real jewel. The kids love the small children's playground in Tower Grove Park, and walking up to the library. And it's easy to get to downtown."

Betsy and Brian are both from the St. Louis area. Betsy moved to Tower Grove Heights from Dogtown in 1977, and Brian moved from Affton in 1988. Betsy bought the home they live in on Wyoming in 1983. They live on the top floor, and rent out the first floor.

Most of what the Vanderheydens do as block captains is serve as a liaison between the neighborhood and city hall.

"We try to keep an eye on the block," says Betsy. "If there's a dumpster overflowing, or someone causing trouble, we'll put a call in to city hall or the police. We just kind of watch out for things."

These busy block captains also keep in close contact with other blocks through monthly meetings. Their own block, Brian says, is "pretty stable," though there is always room for improvement. "Absentee landlords can be a problem," according to Brian. "We'd always like to see more owner-occupied property. And the landlords who don't live here need to make a real effort to stay on top of their properties."

Betsy adds that the key is to get "more people involved in any way that they can" in neighborhood improvement and stabilization.

To show that they walk the walk as well as talk the talk, the Vanderheydens help to organize the annual

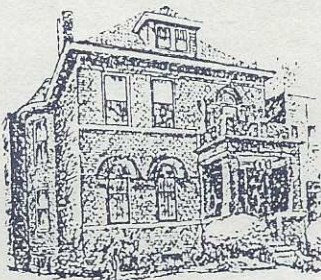
Operation Brightside cleanup each year. And that's not all. In addition to being parents and block captains, Betsy is a teacher in the Webster Groves school district and Brian runs his own home repair business. Many of his clients are people in the neighborhood.

"Tower Grove Heights is like an old-time city neighborhood," says Betsy. "You can walk any place you need to go: the church, the library, the grocery store. And I like knowing people in the neighborhood, being able to talk to people when we're out."

"You can't find neighborhoods like this in the county," Brian adds. "Or housing like this, with the high ceilings and woodwork. It's really amazing."

One activity the Vanderheydens enjoy together is biking. It's not unusual to see Betsy, Brian, and Amanda tooling around Tower Grove Heights on their tandem bicycle in the spring and summer, with Alex riding in a cart behind. But the days of the tandem bike may be numbered, according to Amanda: "I just got a new big girl bike with a helmet," she reports proudly.

And so it is that families in Tower Grove Heights, just like anyplace else, grow and change with their neighborhood. Thanks to families, and block captains, like the Vanderheydens, Tower Grove Heights will be a strong, family-oriented neighborhood for many years to come.



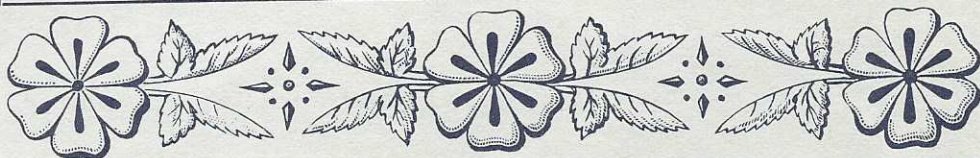
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3. Can't remember the color of the carpet in her teen's room, or if it has carpet.
4. Thinks pizza, not milk, is the perfect food.
5. Can smell a dirty diaper....upwind....at 100 yards.
6. Can't tell the difference between son's laundry and the cleaning rags.
7. Eats cold, leftover Spaghettio's....and likes it.
8. Always answering the phone, but it's never for her.
9. Keeps her cool when three kids have 3 baseball practices at 3 different locations at the same time.
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Investing in Your Neighborhood

By Erin L. O'Reilly

Rich and Jean Iezzi have lived in the Tower Grove Heights neighborhood for 17 years. They rehabbed their own house on Hartford Street and have since bought and rehabbed 7 pieces of property in the neighborhood. Rich does 90% of the rehab work himself! He learned the rehabbing process on his own just by doing it and states that after doing it once, it is the same basic process every time.

Many people are afraid of the work involved in rehab, but Rich states that he keeps realistic goals and works slowly... one project at a time.

He estimates that he spends approximately 16 to 20 hours per week when he is actively engaged in a rehab project. He gives up TV and other entertainment during that time but gains the satisfaction of accomplishment.

Rich notes that when someone invests in the neighborhood through this rehab process, they not only gain property and income but also a more stable and secure neighborhood and good tenants and neighbors. He and Jean enjoy this neighborhood more knowing that they have helped to improve it through their investment. He states that their time, energy and money has been well spent and recommends that other ambitious people try it too!

(continued from page 4)

but you can save your marigold and zinnia seeds from year to year. The garden-collected zinnia seed will revert to the natural form -- growing up to four feet tall and very floriferous! My grandmother grew some of these last year that I took to her, and she still talks about them. Perhaps this is how they grow in their native Mexico. The marigolds will self-seed in the garden, as will the Castor Beans, and some of the Sweet Basils. It is always an adventure to see what goodies might pop out of the ground in the spring Tower Grove Heights garden.

Aside from being lots of fun and healthy exercise, and all the goodies that a flower and vegetable garden produce, I particularly enjoy the opportunity to chit-chat with my neighbors -- which spending time in the yard invariably affords. Let's hope 1996 will be a good year for tomatoes, zinnias, marigolds and neighborly fellowship!

(continued from page 11)

nutrients or lifestyle factors that are most commonly associated with the conditions we've discussed. The answer is yes.

Many people in our society consume stimulants including caffeine on a daily basis: in coffee, soft drinks, diet pills, chocolate and antihistamines. Many who suffer from general anxiety disorder have an abnormal sensitivity to caffeine, and caffeine can induce anxiety in these people (Archives of General Psychiatry, Nov. 1992).

Other studies point to the effect that diet can have on our emotions. 149 men and 156 women were monitored for emotional changes after a 5-year dietary intervention. The individuals who consumed a low-fat, high-complex carbohydrate diet showed a significant decrease in depression and aggressive behavior or hostility. It seems the adage "You are what you eat" has never been more true than it is today.

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