

Tower Grove Heights Gazette

Grand to Gustine

Arsenal to Utah Place

Volume 9, Number 2

October 11, 1997

TOWER GROVE HEIGHTS IS A STAR!

compiled by Bridget Moss

Tower Grove Park and Grand South Grand were featured in a Kansas City Star travel article this summer. The article spotlights four St. Louis neighborhoods for visitors to explore on foot. Next time you have out-of-town guests, be sure to introduce them to the park and Tower Grove Heights, along with other St. Louis locations.

by Aaron Barnhart

Staff Writer - Kansas City Star. This article is reprinted with permission from the Kansas City Star.

I am strolling through Tower Grove Park on a gorgeous weekday afternoon in the heart of Missouri's largest city. I've forgotten my hat, and if I'm not careful, the premier Victorian park in the United States will very likely charm the socks off me as well.

Created in 1867 by one of the town's fathers, Henry Shaw, Tower Grove Park is a living, oxygenating symbol of the St. Louis that once was and, thankfully, is becoming anew. Shaw took this 40-square block patch of prairie and filled it with more than 8,000 trees, seven miles of meandering footpaths and delightfully oddball architecture including a set of faux ancient ruins and a bandstand surrounded by busts of the great European composers.

Even if you're a St. Louis native, or you go there often, Tower Grove Park is probably something of an unexpected pleasure. The travel books would rather steer you to the city's more famous outdoor venues:

Forest Park, where much of the 1904 World's Fair took place, and the Missouri Botanical Garden, another Shaw creation just to the north of Tower Grove Park and a magnet for horticulturists around the world. Likewise, out-of-towners tend to make a beeline for the waterfront, close to the Arch, the riverboats, Busch Stadium and Souldard, the home of Budwieser. (Souldard, with its jazz cafes, eclectic antique shops and historic farmers market, is arguably St. Louis's hottest neighborhood.) And at one time perhaps, that would've suffice for the tourist.

Today, however, many of the older neighborhoods that once saw their fortunes ebb, as its denizens pushed west to greener pastures in the suburbs, are alive and kicking. Residents old and new, people who equate venerability with virtue, give these places - the Hill, University City, Central West End and Grand South Grand among them - their own unique attractions and character.

"More than most American cities, St. Louis has experienced the rise and fall and rise again of neighborhoods," writes Barringer Finfield in his indispensable 1987 walking guide, *Seeing Saint Louis* (Books & Books; Washington University). Walking, in fact, was exactly how I saw much of St. Louis this visit, simply hoofing it, city block after city block, past flora and fauna, retail and restaurant...

"Seeking a more permanent reminder

of my visit than a sunburn, I exited Tower Grove Park at its southeast corner and discovered one of St. Louis' latest renaissance districts, Grand South Grand.

Essentially a row of ethnic eateries and urban shops, Grand South Grand offers the best Thai and Vietnamese restaurants in St. Louis, according to a recent newspaper's reader poll. But I was drawn to Siete Mares, a restaurant whose north wall is festooned with mementos from Nicaragua, co-owner Sonja Trogler's home country. Even though I accidentally ordered the repochetas for lunch, the Nicaraguan version of grilled cheese sandwiches, they were redeemed by the flavorful salad and rice on the side.

At Vintage Haberdasher, a men's and women's resale shop, I found dozens of excellent vintage neckties. The store's owner, Joile Mackney, said she had operated a vintage shop for 11 years in Souldard before coming here.

"I keep a lot of the same customer base because it's close by," said Mackney, who moved after losing her lease in Souldard. "It was a hard decision. I absolutely loved Souldard, but there wasn't anyplace with the space that I needed."

A better location for resale than Souldard? I asked. The store's manager, who helped me pick out a dandy gold-on-brown cravat, circa 1960, shrugged and said, "I guess Grand is coming back."

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 Colleen Santino at 773.5772. Your letters and comments are always welcome at the Gazette. Mail them to: The Gazette/TGHNA P. O. Box 63002, St. Louis, MO 63163.

HALLOWEEN SAFETY TIPS

Reprinted from the October 28th 1989 Tower Grove Heights Gazette - by Mike and Judy Johnson

It's that time of year again. You're trying to decide whether or not to buy a giant pumpkin to set on your porch, and your children are trying to decide whether they should dress as a monster or a rock star. With decisions like these to make, the question of safety might not even cross your mind, but The Safety Council of Greater St. Louis asks that you take just a moment to consider these few tips that can help make this a safe as well as fun Halloween.

1. Make sure your yard is clear of obstacle for youngsters.
2. Try to stay with light-colored costumes.
3. Decorate costumes with reflective tape.
4. Consider using makeup rather than a mask, so your child's field of vision is clear.

5. If a mask is used, be sure it has big enough eye and nose hole to allow for good visibility and ventilation.
6. Children should carry colorful treat bags. Try decorating them with reflective tape.
7. Remind your children that treats are not to be eaten until they get home.
8. When they do get home, examine all treats for possible signs of tampering.

The safety council also has a couple of extra thoughts for those of us who will be on the giving end of the holiday. first, consider alternative treats like baseball cards, non-toxic crayons, colored pencils, or snack coupons for local restaurants. Also, if you are dressing and going somewhere to celebrate with fiends, don't wear your mask while driving, and avoid wearing a costume that will keep you from freely moving your arms and legs.

Keep these safety tips in mind, and have a ghoulishly happy Halloween!!!!

Upcoming Events

October

La Maison en Fleur

October 10-12, Tower Grove House
Experience the grand allure of Henry Shaw's Victorian home dressed in elegant floral finery, hosted by the Ladue Garden Club. Admission: \$5

Gateway Gesneriad Society Show and Sale

October 25-26

The Society displays the popular "African Violet" plant family. Proceeds from sale benefit the Missouri Botanical Garden. Free with regular Garden admission.

Mid-America Regional Lily Society Sale *October 26*

November

Holiday Preview Sale

November 6, 7, 8, and 9, Garden Gate Shop

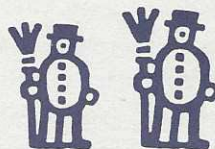
Day After Thanksgiving Sale

November 28, Garden Gate Shop

Holiday Exhibit

November 25 - January 2

Floral artists from the community collaborate on fabulous wreaths, trees and other traditional holiday decor to create a fabulous holiday exhibit. Free with regular Garden admission.



Holiday Flower Show

November 26 - December 29

"For the Young and Young at Heart", including a 140' track, G-gage model train which will wind through the show carrying holiday plants in some of the cars, three 9' tall nutcrackers, a giant jack-in-the-box, huge rocking horses, a super spinning top and horticulture elves. Admission \$2 Adults, \$1 Seniors



Missouri Botanical Garden

4344 Shaw Blvd.
Call 577-9400 for information.

BICYCLEWORKS IN TROUBLE!!!

by Audrey Anderson

Funding is desperately needed for an extremely worthwhile program in our area. You probably have heard about the organization, but let me fill you in.

BicycleWORKS was started by Roy Bohn about ten years ago. A machinist and a vocational ed teacher who lived in the city, he saw the need for a program that would provide neighborhood children with goals. Roy decided that bicycle ownership was the perfect motivation for children and the "Earn a Bike" program was begun.

To earn a bike children must put in a certain amount of time doing repair work on a used bike. They receive instruction in repairs, must be on time for work, learn how to get along with others by maintaining certain standards of conduct, and must put in a designated number of work hours. Just like a job! When they have completed the program, they are rewarded with a bike. During the past year, computer have been added to the incentives youths can earn by completing the "Earn a Computer" class. Adapting the needs of the area, more programs, including tutoring are offered at BicycleWORKS. Stop

by 4100 Shenandoah and ask some of the friendly well-mannered, confident children about the program. Getting back to funding, donation and volunteers are needed if BicycleWORKS is going to stay afloat (Even \$5 or \$10 will help). If you can assist with fund raising, computer skills, field trips, carpentry or rehab skills, bookkeeping, tutoring or if you have an old computer to donate, stop by 4100 Shenandoah, and if you want to help financially, send your check to BicycleWORKS, 4100 Shenandoah, St. Louis, MO 63110. e-mail stlbwork@fastrans.net.

GREETINGS!

By Erin O'Reilly

The Parkgate Card Shop, adjacent to Botanicals on the Park, is a new addition to our shopping district. Dan His is the owner and he opened the shop last April in response to the demand for a more comprehensive supply of greeting cards and paper goods. The store is an extension of Botanicals and adjoins it.

I met with Dan and Kelli Tovar who is the buyer for the shop and they

showed me around. They still much more than greeting cards of which they have a large selection of traditional and unconventional, single and boxed cards for every sort of occasion, season, holiday or person. They also have stationary, wrapping paper, gift bags, bows, paper picnic supplies, candles and holders, wall decoration, wreaths, and CD's and tapes for which they have a listening area with headphones. If you're

hungry they have treats such as truffles, jelly beans and candy sticks. With each season they will have a large selection of paper products geared to that season and its holidays. Gift wrapping will also be available. So now you can buy your gifts, have them wrapped and select the greeting cards all without leaving the store or the area! Hours of operation are Monday thru Friday 9:00 - 6:00, and Saturday 9:00 - 5:00.

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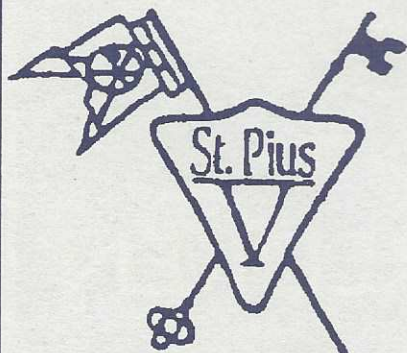
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REAL PEOPLE

One of the greatest things about Tower Grove Heights is the *real* people who live here. A neighbor submitted this look at Bill and Mary Moore.

Bill and Mary met at Eureka High School; his brother set them up on a blind date. They were married on June 2, 1942. They moved to Hartford St. in December 1962. Before that they rented a house at Utah and Arkansas, but with two children they felt they needed a larger house, and were looking for good neighborhood schools. Their children went to Fanning School and then Roosevelt High. Later, both kids graduated from St. Louis Univ. Their daughter Marsha was born in 1947, and after graduating from St. Louis Univ. attended Wayne State University and Washington Univ. and received an MS in Psychology. She has been working as a Psychotherapist for several years, and is now working on her Ph.D. from St. Louis Univ.

Son Doug was born in 1950, and has an MS in Computer Science from Fontbonne College and a certificate in

Education from St. Louis Univ. He is currently a teacher at Central High for the Performing Arts, teaching math and computers, and is working on his Ph.D. at St. Louis Univ.

Mary Virginia is a Eureka, MO native. She worked for Lipic Pen Co., then went to work for Tower Grove Bank in 1963. She worked her way up from clerk to Executive Secretary. She retired from full-time work in 1971 and worked for a while as an office temporary.

Bill is from Eldorado, IL, and is from a farming family. Bill worked construction and did carpentry for awhile, and then World War II came along. He served as a Medic, first in the Aleutians at the islands Attu and Kiska. He was then transferred to England, and went ashore at Normandy at D-Day plus 6. He was in the 3rd. Army, 20th. Corp., and went across Europe to Pilsen, Czechoslovakia. Some of you may remember that the 3rd. Army was under the command of Gen. George Patton. Bill has the distinction of being bawled out by Gen. Patton for not

having his helmet on. At one point he and his commanding officer were caught in a German counterattack, and spent two days hiding in a root cellar with no food and one canteen of water until the Americans came back. Another time he was checking out a building as a possible hospital when he walked out of a room just as a German soldier walked out of another room. The German fired at him, and Bill ran. Bill said, "I don't know who was more scared, he was a young blond kid, and his helmet came off in the excitement." Bill was decorated for his service, and has some interesting stories to tell about being a Medic. In 1946 he went to work for Monroe Systems and stayed with them until his retirement in February 1987. He started out repairing equipment, and ended up as Service Manager.

Bill's comment on Tower Grove Heights is "Best neighborhood we've ever lived in".

If you have interesting neighbors (I'm sure you do.) tell us about them.



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THE NEW GUSTINE MARKET

by Jenny Young

Corner markets have always existed in neighborhood communities - no matter where you go - Northside, Eastside, The Hill, Soulard, or the **Southside**. They've always been there for our convenience.

Jeff and Kim Benne have made Gustine Market (on the "2nd" corner of Hartford and Gustine) their family run business of supplying groceries, fresh cuts of meats on the weekend (just go in and ask) and fresh deli sandwiches (which I've eaten firsthand - and they are good!) Jeff's dad-in-law is none other than Larry LaCourse, our next door neighbor

here on Hartford! (What a small town!) Kidding aside, they've worked hard to have the business there (almost 2 years). It will be undergoing a few new changes soon. Jeff is working with Lenita Moore and Marge Vining utilizing the 50/50 Neighborhood Program for the initial renovation... It's the "Neighborhood Commercial Incentive Program." He's still getting bids, but the main focus will be to install a window on the front of the store so patrons (and police) may see in - making a safer environment and a nice looking solution to open up the space. The floor plan will be changed to be

"more customer friendly", and the change will alleviate "grab and runs" by unsavory patrons. New paint, better organization, and room for new promotional products are key elements. There's a great ice cream selection - and when you go in, you may meet Sam, Matthew, or Jacob. Sam's the oldest, at nine, Matthew's seven, and Jacob is the baby at three. (Yes, they're Jeff and Kim's!) So, next time you're needing some items, or just to beat the crowds, or to save time, support your neighborhood and head on down to our own Gustine Market - a great addition to our neighborhood.



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ONE HUNDRED YEARS YOUNG

by Don Hardin

Our amazing neighborhood not only has beautiful homes, but also contains many homes that are 100+ years old.

What about yours?

Mark Abbott has compiled a list of the construction dates of most of the homes in the Heights.

In each issue of the Gazette we will publish a list of the members of the current 100+ club.

In October we have two new members to this elite club:

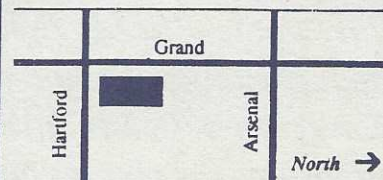
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SPRING HOUSE TOUR

by Don Hardin

April 1998 is when a several neighborhood house tour is planned. We need homes and apartments for the tour. Don't be shy, we are looking for distinctive and interesting more than fancy. Taking part in a house tour is one of the best ways to "talk up" this great neighborhood we live in. If you are interested in taking part, call Jean at 772-4987.

HOW DO I JOIN?

Joining the Tower Grove Heights Neighborhood Association is easy! Just call Jody at 776-6442 for details of our several types of membership. She will provide you with a form to fill out. You will receive six issues of the City's premier newsletter, the Tower Grove Heights Gazette and the latest neighborhood Buzz Book. Premiums are offered for certain membership levels. Be a part of what's happening. Call Jody at 776-6442 or contact your block representative.

LIGHT THE NIGHT!!!

by Don Hardin

With longer hours of darkness upon us, it is even more important to turn your porchlight on every evening.

Not only does this make our neighborhood less attractive to burglars and general mischief doers, but it makes is more attractive to the eye.

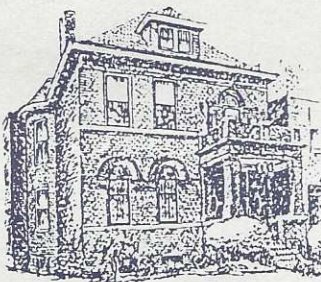
If your porchlight is not working talk to a neighbor or your block representative. This is a real neighborhood - we will be glad to help you "light the night".

I have been thinking about forming a porchlight police force - to make sure no one is breaking the "light laws".

TOWER GROVE HEIGHTS RENTAL REFERRAL SERVICE

by Don Hardin

Did you know that TGH has its' own rental referral service? My son has used it and so have many of my friends. Do you know someone wanting to rent an apartment or house? Do you have an apartment or house you would like to rent? Call the Tower Grove Heights Rental Referral Service (Jean) at 772-5982 or 772-4987. She will be glad to help. By the way, the service is FREE!!!



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"My home office is right here in Tower Grove Heights. I am happy to meet with you about selling your home or buying another one here in the neighborhood. And, if you're interested in investing in rental property, call me! There are special loan programs for you if you live here and want to invest here!"

Mark

2016 S. Big Bend. St. Louis, Missouri 63117



THE TOWER GROVE TATTLER

Joe Thele, National Night Out Coordinator, has reported that the Tower Grove Heights Neighborhood had the most participating blocks for National Night Out! Block activities included volleyball, football, water balloon toss, light bulb guessing competition, flashlight tag and glow in the dark sidewalk chalk. Food from desserts to BBQ was served. The 3800 Block of Humphrey was



cited for its outstanding effort and received an award from the City of St. Louis at a ceremony Sept. 10. Block Representatives **Robert Reed** and **Marcia Recks** organized an international food feast with contributions from a variety of countries - Vietnam, Thailand, Laos, Russia - combined with "good old American BBQ". Visitors included Chief of Police, **Ronald Henderson**, District 3 Commander, **Joe Richardson**, and Alderwoman, **Marge Vining**. A couple of radio announcers conducted interviews that were broadcast over several stations. In recognition of the award, the block will be receiving banners designed by Joe.

Congratulations!

Welcome to **Emma Christine Potts**, 6 lb. 9 oz., daughter of **Barbara and Doug Potts** born on September 10. Older sibling, **Douglass**, has returned to St. Louis after successful surgery at John Hopkins Hospital. Barb, our Neighborhood Stabilization Officer, will be on maternity leave for 8 weeks. **Mike Flood**, voice mail 773-0574, is covering in her absence.

Another Sept. arrival is **Thomas Andrew Wilder**, 7 lb. 3 oz, born Sept. 3. Proud parents are **Jim and Kathleen**. Maybe Emma and Thomas will be playmates.

Speaking of new, TGH has some new volunteers. New Gazette staff members are: Staff Writers-- **Bridget Moss**, and

Cinder Wilkinson; Gazette Business Manager-- **Colleen Santino**. Colleen replaces **Marilyn Abbott** who has done a wonderful job in getting the Gazette Business Operations in order. In fact, the Gazette is now paying for itself. Thanks, **Marilyn!** New Block Representatives are **Kathleen Pfeiffer** and **Cinder Wilkinson**, 36-3700 block of Hartford; **Fran Armstrong** and **Rodney Dillon**, 36-3700 block of Juniata; **Sarah Griesbach**, 36-3700 block of Connecticut; **Bob Walker**, 36-3700

Block of Wyoming; and **Susan Freedman**; 36-3700 Block of Humphrey. Welcome and thanks for being willing to help!

The Gateway Region Kiwanis Foundation has signed a contract with Tower Grove Park to light the park for the holidays beginning the Sunday after Thanksgiving to Dec. 28. Funds raised will benefit the Park and Kiwanis charities. **John Karel** says the aim is to light up the Victorian charm of the Park with a holiday flavor. The entrance and exit are planned to be off Grand Avenue. With the aim of tying into the park's celebration, the TGH's Holiday in the Heights Committee is forming. **Cheryl Jones** has agreed to be co-chair with committee members **Tom Tritschler**, **Susan Freedman** and **Jay Rosloff**. If you would like to help give Cheryl a call at 579-1199.

The light bulb request for Union Electric is being finalized. To encourage maximum participation the light bulb delivery date has been pushed back to coincide with "Holiday in the Heights."

Trash update: **Marge Vining** has reported that trash cans are on order for Spring, Gustine, Morganford, Gravois, Chippewa and Arsenal. And the city will be emptying them! The 3800 Block of Wyoming has had success with residents taking responsibility for trash receptacles in the tree lawn.

Residents In the News: **Dan Hill**, owner of Botanicals on the Park, new Channel 5 Show Me gift "guru." and **Dr. Mark Abbott**, professor of History at Harris Stowe College, quoted in a St. Louis Post-Dispatch front page article on the city's future.

The Tower Grove Heights Development Corporation is about to launch a neighborhood reinvestment program. Stay tuned for details.

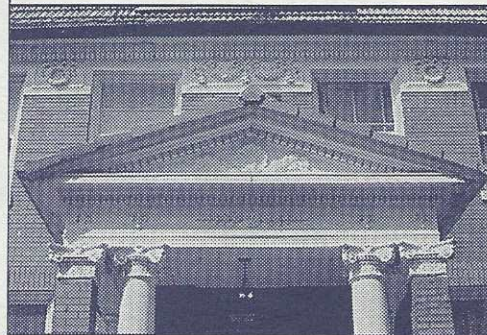
And, finally, who do most of us know



who has five houses and not one fully functional bathroom. No names, but her initials are D.H. Do you have any news you want to share? **WRITE TO THE TATTLER** in care of the Gazette.

ARCHITECTURAL TREASURES by Don Hardin

This entire front of this house is an architectural treasure. I believe it is in the 3600 block of Utah.



What great detail and workmanship!!

RECYCLING AND YOU

by Bridget Moss

Recycling isn't a waste of your time. Recycling conserves natural resources. Using recycled materials uses less energy and creates less pollution.

Where Do I Go?

One of the obstacles is knowing where to take your recycleables. Several sites are set up throughout the city. The types of products each site accepts varies. For example, the Operation Brightside Recycling Center at Kingshighway and Highway 44 accepts telephone books, while Firehouse #35 at 5450 Arsenal does not.

Find a recycling drop-off center that works best for you. The one closest to Tower Grove Heights is Roger Place, in the alley north of Parker Avenue and another at 3523 Magnolia (behind the firehouse). There is one bin for aluminum cans, tin cans, glass bottles and jars, and plastic marked with the "1" or "2" recycling symbol, and a second bin for newspapers. The bright blue recycling bins are located just west of Roger Place. Cans, glass, plastics, phone books, cardboard, paperboard, office paper, newspaper and magazines can all be recycled at the Operation Brightside Recycling Center at Kingshighway and I-44 or at the City of St. Louis Refuse Division at 4100 S. First, near Gasconade and I-55.

Team up with your neighbors when recycling. You may want to take turns going to the recycling center, conserving

time and gasoline. Or you may be able to find a center that is on your way to work or on the way to a favorite store or family member's house.

For those who prefer to have recycleables picked up, Earth Circle Recycling now offers curbside recycling in Tower Grove

... "Find a recycling drop-off center that works best for you" ...

Heights for a monthly fee.

Recycling Basics

It's important to clean and sort your recycleables so they can be used to make new materials. Every recycler will take different items, but here are some general guidelines for sorting and cleaning up items:

Aluminum cans - Rinse out.

Tin cans - Rinse out.

Glass - Remove lids from jars and bottles. Rinse out. Most places do not accept windows, dishes, mirrors or light bulbs.

Plastic - Remove lids, rinse and flatten bottles and jugs. Sort the plastics by the recycling symbol on the bottom or side. Most plastic recyclers accept type "1" or "2" plastics.

Newspapers - Keep separate from other paper. Must be clean and dry. Do not include magazines, mail, phone books or any other materials.

Corrugated cardboard - Removing

packing material and flatten.

Paperboard - Remove liner and flatten. Do not include frozen food boxed or boxes with a wax coating.

Office paper - Keep separate from newspapers and magazines. Remove any rubber bands or staples.

Recycling Yard Waste

The City of St. Louis Refuse Division provides yard waste recycling. The green dumpsters in our alleys indicate whether they are for yard waste or not. Make sure everyone who takes out the trash in your household knows which dumpsters are used for trash and which are used for yard waste. Branches and tree limbs are picked up with the monthly bulk item pick up. They must be cut in six foot lengths or less.

For More Information:

Look in the Yellow Pages for recycling centers for items such as paint, chemicals, and florescent light bulbs. To learn where other nearby recycling centers are located, call Operation Brightside at 781-4556 and ask for the St. Louis Recycles brochure.



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LIVE LONGER...BETTER...HAPPIER!

from Top Health Newsletter

Although genetics play a role in how many years you have left, experts say *how you age* is mostly a matter of *how you live*. Here's how to maximize your health span as well as your life span:

Nurture friendships. Numerous studies have shown that people with close relationships have a lower rate of serious illness following personal crises, while those who don't have close friends have more health problems and are unlikely to live as

long.

Keep moving. The sooner you start exercising - even 20 minutes every other day - the lower your risk for major killers like heart disease, high blood pressure, diabetes, obesity and possibly certain types of cancer. *Idea:* Start walking with a friend.

Build strength. Weight lifting and other strength builder combat the loss of muscle and bone that occurs as you age. *Example:* In one study, 70-year-old men were just as strong as

28-year-olds. *The difference:* The older men had done strength training since middle age; the younger men didn't strength train at all.

Enjoy nature's best. Eat a variety of whole grains, fruits and vegetables. *Benefit:* They are low in fat and calories, making it easier to achieve healthy weight and avoid major health problems like heart disease, diabetes and arthritis

Get regular checkups. Screening tests can detect many disease in their early stages, when chances for successful treatment are greatest. If you haven't done so already, speak with your doctor about a screening schedule that's right for you.

Pursue pleasures. Consider "can't hurt, could help" strategies to help enjoy the passage to time. *Suggestions:* Try a sauna occasionally.. Practice daily meditation...make time for music and art...bring flowers into your home.

Laugh! Seriously...laughing ease tension, improves circulation, boosts alertness and helps strengthen relationships. So see a comedy play, read a humor magazine and exchange funny stories with a friend - a laugh your whole life long.

"How old would you be if you didn't know how old you are?"

Satchel Paige.



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VET VIEWS

by Cinder Wilkinson

There are growing numbers of people out there whose best friends do. As people work more and are home less, pets have taken a turn toward the lower maintenance versions which can be kept comfortably in a 20 gallon aquarium. Many people choose fish, but, with a few exceptions, fish aren't much fun to interact with. The next, less obvious choice is a reptile or amphibian. Herps, as they are known to those "in the know" can be a fun, relatively easy alternative to fish for the very busy or very allergic. They can be friendly, animated, cuddly and fun. They are generally not slimy (except some amphibians) and are usually surprisingly soft and warm to the touch. Many of them need to feed relatively infrequently, require minimal cleanup, and little space.

There are issues to consider, however, before choosing a herp as a pet. As with all pets, herps do require ongoing care, and when taking a pet into our lives we accept responsibility for not only its well being but for its very life. Herps vary greatly in their dietary needs. The best herps for the beginning herper are carnivorous (meat eating), so you should consider your ability to feed and house a live food source, crickets, mealworms, and sometimes mice or rats. Most of the herbivorous (plant eating) herps are very difficult to feed correctly and are not recommended for beginners. Also, housing is an issue. For a small gecko or snake a 20 gallon aquarium may be adequate, but an enclosure suitable for an iguana could take up your entire livingroom!

Most herps also have humidity and temperature requirements. These can be met with lamps, and other heat sources which raise the ambient temperature. Some also require certain types of full spectrum lighting. Most require some form of vitamin supplementation, and some actually need to hibernate or have long dormant periods. All require frequent handling if they are to be tame enough to be held or cuddled.

So, like all pets, herps require time, effort, research and financial investment. Also, if you need to leave town this is a pet your mom may not want to petsit ! A

professional pet sitter familiar with herps is your best choice, as herps can intimidate neighbor kids, and your pets health can deteriorate rapidly without the sorts of outward signs one would notice with a cat or dog.

There are some herps which are better choices for beginning herpers than others. Most of the herps recommended

... "The next, less obvious choice is a reptile or amphibian"...

here are widely available captive bred. This means that probably several generations have been cared for and selectively bred by humans. This is environmentally sound as well as producing more healthy, socialized pets. Captive bred animals are less likely to have health problems, be stressed by human contact and captivity, and to have parasites. Here is a short list of great choices and not so great choices. **Lizards-** Leopard Geckos are neat little guys who are relatively easy to keep in a 20 gallon aquarium. I petsit for a charming one now who has me convinced I need one of my own. They grow to about 8 inches long, eat crickets and pinkie (newborn) mice, and are easy to find captive bred. They need sand, an undertank heater and nocturnal overhead heat source. **Collared Lizards-** Set up like the Leopard Gecko, but need 55-60 gallon tank, and special UVB light source and higher daytime heat. Most are wild caught and grow to 10-12 inches. **Bearded Dragons-** Set up as the Collared. They are sweet tempered slugs, but buy one at least 6 inches long, younger babies have a high mortality rate. Start feeding mouse pinkies. Dragons have a winter slowdown when they'll sleep for weeks at a time. Grow to 20 inches. Other recommended lizards are the Blue Tongued Skink and Savanna Monitor, however both of these grow quite large, two feet and four feet, respectively, so large enclosures are a must. **Snakes-** Corn Snakes are easily tamed and come in many colors. Grow to 4 feet, can be kept alone or in pairs in a

20 gallon tank. Feed on killed mice. **Captive bred Kingsnakes-** Kingsnakes should be kept alone as they will eat other snakes. They are usually great eaters and can be taught to eat thawed frozen rats and mice. Need 20-30 gallon space as adults. **Captive bred Ball Pythons-** If you want a python buy only directly from the breeder. Most stores sell wild caught snakes that do not recognize mice as food. They are often stressed, parasitized and diseased.

Now the **Inappropriate For Beginners/Kids** list for various reasons, from dietary requirements to venom. **Herbivorous Lizards-** are inappropriate first pets because of extreme dietary needs, large size, tropical habitat and powerful bite and tail action. They are also often wild caught, with health problems. These include, **Chuckwallas, desert Iguanas, Green Iguanas, Uromastix/Spiny tailed/dab lizard.** Other difficult keepers are **Agamas** because of difficulty correctly identifying species and care accordingly, **Ameivas aka. Junglerunners/Dwarf Tegus. Anoles,** which are often mislabeled **Chameleons, Basilisks, Day Geckos, Green Iguanas, and other iguanids, spiny-tailed-, helmeted, crested iguanas, Mountain Dragons, Monitors, Tegus, Tokay Geckos, Tree Dragons, Sailfin Dragons, Water Dragons.** Snakes that are unsuitable for beginners include **Anacondas, Burmese Pythons, Hognose, Rainbow Boas, Red-tailed Boas, Reticulated Pythons, Tree Boas or Pythons, Water snakes, venomous snakes. Turtles and tortoises** (Chelonians) are difficult to keep healthy and are not great handling pets. Most are wild caught and have many health problems. Some captive bred box turtles and sliders can be the exceptions, with instruction from your local herp society. Where do you find a good herp pet? There are breeders, pet stores and rescue groups which specialize in herps. The best plan is to contact your local herp society and let them help you find a breeder or rescue group. Things to look for when purchasing a herp are, clear, clean eyes and nostrils, smooth skin, activity. Be sure to have the owner feed the animal and observe it eating.

(Continued on Page 14)

DON' T WORRY, BE HEALTHY

Compiled by Tom Booth

I've recently been exploring new topics in alternative therapies and stumbled upon an approach to healing that is quite unlike what we have been conditioned to think of as "treatment". It is called "Pranic Healing".

Pranic healing is the scientific use of "prana" or energy to heal physical, mental and emotional imbalances. It was developed by Master Choa Kok Sui, a Chinese man who was raised in the Philippines. He was an engineer by trade who found himself interested in alternative healing. He was seeking the quickest and most efficient method to help the body heal itself. He studied various forms of alternative healing and conducted numerous studies with the aid of physicians, and came up with a logical, systematic way to present his findings. As a result his books resemble cookbooks, where you look up a medical or psychological condition and find step-by-step instructions to follow.

Pranic healing acts as a powerful catalyst to spark the body's inborn ability to heal

itself. However, it is not meant to replace orthodox medicine, but rather to complement and enhance it. Pranic healing requires no medication or gadgets or physical contact because it works with the energy body.

The energy body is more commonly

*... "the scientific use of
"prana" or energy to
heal"...*

known as the "aura". When you look at pictures of saints, you see depicted a field of light around their body. It can be seen clairvoyantly as rays of light surrounding the physical body. These rays of light protect and shield our bodies much like quills protect the porcupine. Pranic healing's effective relies on the intimate connection between the physical body and the aura.

When a person experiences stress, this stress energy is absorbed into their aura, effecting their physical and emotional health. This person then comes home

from work and dumps their stress energy on their household members, affecting their health as well. Stress energy can be seen clairvoyantly as dirty gray on the aura.

Pranic Psychotherapy is the process of cleansing and energizing the aura to remove stress and negative emotions from the energy body and make it more resistant to negative energies like stress. A healthy aura acts as a strong and resilient guard that actually shields us from stress.

Pranic Psychotherapy is used to heal emotional and psychological problems. When patients talk to their counselors, it is actually a process of externalizing the negative emotional energies stored in their aura. Negative emotions and traumatic experiences are essentially negative thoughts and emotional energies lodged onto the aura and the specific energy centers of the subject.

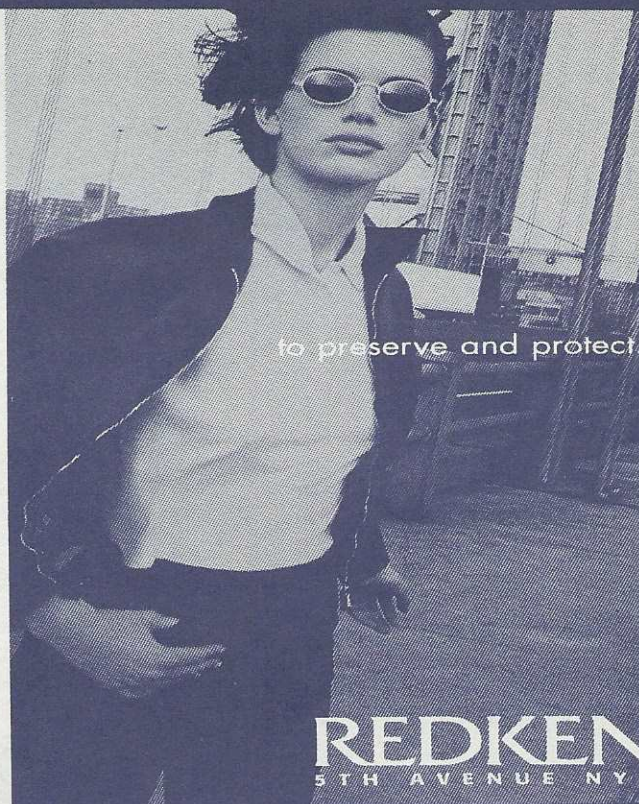
These energies are often difficult to release, requiring months or even years of traditional psychotherapy.

(Continued on Page 14)

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I.F.O.'s in Tower Grove Heights (Identified Flying Objects)

by Richard R. Clinebell

I have spent most of my life, as a prairie biologist, "preaching to the choir," in the sense that most of my efforts are carried out in the company of other environmentalists rather than the population at large. Circumspectly, since there is now a little prairie on Hartford Street, the "Crazy Horse Plot," and since our neighbors essentially view it on a daily basis, I am very happy to report that in its fifth year, the plot has received some favorable press, in the sense that the splendid and beautiful wildflowers it contains are "migrating" into some of our neighbors' yards, which is extremely precious and rewarding to me.

Again, circumspectly, it is indeed tragic and poignant that most of our citizens have never seen a prairie plant, much less recognize that only 0.00001% of the original tallgrass prairie originally inhabiting the St. Louis region yet survive today. For this reason, I experience great joy that we again have a little prairie here in our neighborhood. I wish to thank in a truly heartfelt manner the very great appreciation that I feel for those of our neighbors who view the beauty of the native prairie wildflowers as something they would like to have in their own yards! (Thanks, guys!)

In addition to the beauty of the wildflowers, we also get wonderful birds and butterflies visiting the Crazy Horse Plot. Our neighbors, Frank and Jenny, are avid birders, and so I tried hard to introduce into their backyard the native food plants of the **Ruby-throated Hummingbird**, namely the **Cardinal Flower** and **Scarlet Catch-Fly**. As faith would have it, the hummers did come, and pollinated these scarlet-flowered rarities. Frank and Jenny got to see hummers, and I got seeds of rare St. Louis plants for restoration purposes.

We also love our **Pipevines**. Our neighbor Trish is enamored of the **Japanese Wisteria**, to the point that she has it on her kitchen walls. A few years back, we found this plant growing up a cyclone fence at a yard sale, and her plants are from seed thereby collected. This was a popular Victorian landscaping plant when our neighborhood was young. Crafty little devil that I am, I snuck in a native pipevine in the arbor she built for

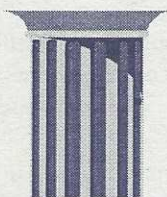
her wisterias. These are the host plant of the beautiful **Pipevine Swallowtail Butterfly**. The pipevines are well-mannered and fairly non-weedy, and we hope that, one day, Trish's pipevine will nourish the caterpillars of this native butterfly which has become rare due to the rarity of its host plant.

Our neighbors Terry and Donna are also getting into the native thing. They have a wonderful prescient rock garden on the south-facing front of their house, right across the street. This area bakes in summer, but is a wonderful candidate area for our native cacti, which are chomping at the bit to get established this fall. These also attract butterflies when in flower.

Our neighbors Larry and Donna are our

partners in tomato growing. A single **Maryland Cassia** snuck into the tomato patch, and I begged Larry to allow it to grow. The seed came from our garden, and probably went through the gut of a **Mourning Dove**.

I am grateful to our neighbors for allowing us to insert native plants and the IFO's they attract into their landscape plans. It is amazing how resilient our IFOs are in spite of the historically unfriendly aspect that we have presented to them. It is very nice that nature persists here in Tower Grove Heights, in spite of the low priority we have given to them. There is no reason for our IFOs to continue to struggle here. A modicum of informed concern would do wonders, if we all chip in just a little bit!



Kurt E. Wolfgram

Attorney at Law

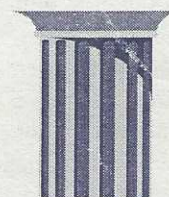
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NOTICE OF ELECTION OF OFFICERS

The nominating committee presents the following names for 1998 election of officers for the Tower Grove Heights Neighborhood Association:

Michael Decamp - President Elect
Diane Hurwitz - Secretary
Stacy Liembach - Assistant Secretary
Suzanne Golemb - Treasurer

The election will be held on:

November 25, 1997 at First Divine Science Church, 7:15pm.

At that time, any other nominations will be accepted from the floor.

Jodie Heliker (nominating chairperson)

IN THE FALL

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An eagle is born
In the shadow of its mother,
Safe and nurtured in the nest,
At no risk.
On the horizon,
Another possibility comes to light,
Enticed by its mother flying near
with food,
The eaglet leaps, unknowing.
It starts falling. Breathtakingly
fast.
Startled, frightened, and totally
present.
Building momentum, accelerating,
There is no turning back.
Ever.
In the fall, discovering for itself,
What it can or can't do,
Truth, an achievement, showed up.
In the fall, in the light,
Speculation initiated,
Inertia disappearing as it arises,
Terrible uncertainty faced,
A new beginning.



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Susie Gudermuth (3725)
Veda Lynn (3855)

VET VEIWS (Continued from page 10)

Don't fall for the "Oh, he just ate" story. You want an animal that will feed well. And a breeder you can come to with questions.

There are some great websites on herpetology and herpetoculture, and there are societies all over the world devoted to the love of and study of herps. Here are a few good places to start.

Melissa Kaplans Herp Care at www.sonic.net/~melissk/frame.html,
Herpers Bizarre at members.aol.com/nootnerd/herpers.html, and
St. Louis Herpetological Society, Jim Brumley-Pres. 631-7272.

Cinder Wilkinson is a former veterinary technician, member of Mound City Obedience Training Club, The Association of Pet Dog Trainers, Alaskan Malamute Protection League, Belgian breeds Rescue and owner/operator of Best Friend Pet Care and Training, a licensed, insured petsitting, training and consulting service at 664-8607

BE HEALTHY (Continued from Page 11)

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