

Tower Grove Heights Gazette

Grand to Gustine Arsenal to Utah Place

Volume 8, Number 2³

December 9, 1995



HAPPY HOLIDAYS ON GRAND SOUTH GRAND



By Matthew Fernandes

In an age of department stores, parking garages, stale air and fluorescent lighting - the age of the megamall - South Grand reminded many shoppers last month just what city living is all about.

Hundreds of anxious holiday shoppers flocked to the area on November 11th and 12th for the Grand South Grand Holiday Preview and Open House. Shops were filled to near capacity, storefronts showed off holiday displays and an overall festive atmosphere pervaded up and down South Grand.

In an effort to lure Christmas shoppers to the district, South Grand's business association created the idea of an open house. A 'Holiday Guide', which contained a schedule of ongoing events along with full page advertisements of many of the South Grand businesses, was produced and distributed in street shops. It is a result of a "united effort of many businesses to attract more holiday shoppers," according to one store owner.

Unseasonably cold weather did

not deter the herds of people who came to browse and buy gifts for their loved ones. They came prepared to shop and, for those who wisely skipped breakfast, to eat. Gourmet food and beverages were offered in many stores such as Botanicals on the Park, Artifice and Siete Mares Restaurant.

...can't find that at the Galleria.

Despite the large crowds in some stores, the food and champagne never seemed to run dry.

Grand Books held a book signing featuring such authors as John Lutz and Mary Bartley. Faru, an international folk art and jewelry store, held a textiles preview and gave beading and weaving demonstrations. Botanicals on the Park attracted a very large crowd - perhaps due to their lavish holiday displays. Artifice showed that not only does someone have a taste for eccentric art, but someone has a talent in the culinary arts as well.

An unoccupied space near Grand and Wyoming was used for gift wrapping during the weekend, courtesy of the business association and radio station KDHX. Gift wrapping services were planned for each weekend leading up to Christmas until the space was rented out to a business interest.

Ongoing events will be occurring throughout the season. An ornament signing will be held on November 30th at Botanicals on the Park featuring an internationally known artist who has appeared in USA Today. The artist, Christopher Radko, does signings in many of America's large cities. His appearance at Botanicals marks a change of pace for him, as his signings are usually held in large department stores such as Bloomingdales, Sax 5th Avenue, and Neiman Marcus.

The Gothic Coffee House will hold an art show entitled "Angelic Enlightenment". They will also feature "Kareoke Santa" (yes, it's what you think) during the morning of Christmas Eve. What better way to spend your Christmas Eve morning?

Santa impersonating Elvis...can't find that at the Galleria!

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, Tim Fox, Ellen Reed-Fox, Matt Fernandes, Stephanie Gavin, Don Hardin, Jodie Heliker, Tricia Heliker, Rich Iezzi, Michele Kerr, Donna Mayes, Terry Mayes, Janice Nesser, Fredrick Risover, Jay Rosloff, Steve Telford

Graphic Artists: Michele Kerr, Janice Nesser,

Database Manager: Tom Booth

Business Manager: Marilyn Abbott

Circulation Coordinator:

Typesetting: David Nitzche, Don Hardin

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Suite 103
St. Louis MO 63118

HOLIDAY IN THE HEIGHTS FESTIVITIES PLANNED

Come join in the festivities as our neighborhood once again celebrates Holiday in the Heights on Sunday December 10, 1995.

It's time again to get out the ladders and tangled masses of lights for this year's lighting competition. Judges will be cruising the neighborhood from 6:00 to 9:00 p.m., choosing the best-lit houses in the following categories:

- Most whimsical
- Best outdoor tree
- Most outlandish
- Best holiday theme
- Most tasteful
- Best door or entryway



Fabulous prizes will be awarded to the lucky winners. The judges will hopefully have made their decisions in time for presentation at the reception following the concert at the Divine Science Church.

Be sure to attend all of the Holiday in the Heights festivities this season!

Holiday in the Heights At-A-Glance

6:00-9:00

Neighborhood lighting competition

5:30-6:00

Lighting of luminaria along Spring Avenue

6:00-6:45

Big Sing and visit from Santa at Wyoming and Spring

7:00-8:00

Concert of early English carols at Divine Science Church

8:00-9:00

Reception with light refreshments



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CHANUKAH

Festival of Lights

December 17, 11:00 - 5:00 pm
The day will include craft workshops from 11:00 to 2:00 pm, sing-a-longs, puppet & magic shows, storytelling and a musical concert. Additional fee for concert.

KWANZAA

Festival of the First Fruits

December 30, noon - 4:00 pm
Spotlighting African-American culture, this day features **Taifa**, at 3:00 pm, cooking demonstrations and a Kwanzaa exhibit created by members of the West Side Missionary Baptist Church.

"THE LEGACY OF WILDNESS"

Photographic Display

January 26 - March 15
An exhibit of 29 color and B/W photographs by Robert Ketchum.

ORCHID SHOW

Orthwein Floral Display Hall

January 27 - February 25
Escape to Polynesia to enjoy hundreds of unusual and spectacular orchids from the Garden's award-winning collection. Admission fee plus regular admission.

ARTS & EDUCATION WEEKEND

February 10
St. Louis Camera Club Presentations at 10:00 and 1:00.
Viva Flamenco at 11:00 and 2:00.
Flute Society Ensemble at 12:00 noon.

BLACK HISTORY MONTH

Celebrate The Gospel

February 18
Performances by St. Louis' finest gospel groups.

HAVE A GRAND (SOUTH GRAND) CHRISTMAS!

By Tim Fox

Belly dancers... An aluminum tree decorated with stuffed pink flamingoes... Three-dimensional globe jigsaw puzzles ... If this doesn't sound like the usual trip to the mall, you're right - it's not. It's Christmas in our favorite city shopping district, Grand South Grand.

Since revitalization began on Grand South Grand in the early 1980's, the blocks between Arsenal and Utah have strived to offer shoppers an experience that can't be had anywhere else in the city. And they have succeeded. For while there are similar districts in the city - the Central West End is the most obvious example - the shops along Grand South Grand have a unique hometown feeling. Still undiscovered by many who live west of Skinker Boulevard, these

shops draw strongly on the neighborhoods around them for their clientele, and as a result are more responsive to the needs of the South St. Louis community.

But like other shopping areas in the city and county, Grand South Grand likes to do the holiday season up right, and this Christmas is no exception. Grand South Grand will be full of holiday cheer throughout the months of November and December as merchants welcome shoppers of all interests, tastes, and budgets (see related articles in this issue of the Gazette).

Below is a sampling of some of the more unique shops along Grand South Grand, but don't let it limit your explorations. The lights are on, the trees are up, and snow is in the air, so get out this year and do your shop-

ping just up the street at Grand South Grand!

Cheap Trx (3211), which calls itself "artsy fartsy" with pride, offers furniture, jewelry, art, and a large selection of cards and gifts for gays and lesbians. Personal favorite: T-shirt with the message, "White does not mean racist, Straight does not mean homophobic, Male does not mean sexist." Cheap Trx also features the Shadowflash Body Piercing Studio, for those of you who want to give your parents a Christmas they'll never forget.

Need something loud at 120 beats a minute to clear Johnny Mathis' "Merry Christmas" album from your head? **On the Grid** (next door to Cheap Trx at 3207) is the place for you.

(continued on page 7)

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By Rich Iezzi

◆◆◆◆◆◆◆◆◆◆ HOLIDAY FIRE PREVENTION ◆◆◆◆◆◆◆◆◆◆

If you're like many people you think fires only result from crunchy extension cords or nocturnal smoking. Maybe you're more thoughtful and careful than most but let's face it, how many of us could handle standing in a dark smoke filled room listening to our smoke alarm shriek. During the holidays, you and your house will be running at 110% of having a fire, so let's talk briefly about common sense fire protection.

A big cause of fires anytime is **electrical overload**. Make sure extension cords can handle their requirement. If they feel warm, replace the cord with a heavier one or reduce the load. Some of our houses still have one circuit which feeds all the outlets on one floor. Find out if your house has several circuits and spread your usage among them. If a fuse blows, find out why instead of increasing fuse size. The high resistance that caused the fuse to fail may also start a fire if additional load is added through higher fusing. Make yourself have the wiring and electrical capacity of your house checked if you have concerns.

Christmas lights can be safe is displayed according to manufacturer's guidelines. Keep larger bulbs which produce more heat away from curtains and other flammables. Low voltage lights are now available to eliminate electrical shock and are ideal for outdoor applications where rain is a hazard.

Other holiday and general precautions should include:

- Checking your Christmas tree every day for water.
- Keeping your pot handles turned inward when cooking to prevent knocking them off the stove.
- If a grease fire starts, slide a lid on the pan and turn off the burner. NEVER put water on a grease fire.
- Plan and practice an escape route out of your house.
- Always keep matches away from children.
- If you burn wood in your fireplace, make sure your fireplace and chimney are safe. Be aware that wood fires burn hotter than decorative gas fires.

- If you smoke, make sure your cigarette is out when you are finished. Annually, tens of thousands of home fires are caused by carelessly discarded cigarettes. Keep a fire extinguisher near your bed for easy access at night when most fatal home fires occur. After securing the safety of others in the house and calling 911, your goal should be to put the fire out. Never run if your clothing becomes inflamed. STOP, DROP, and ROLL to put out the flames. If your room becomes smoke-filled, crawl low to escape. The cleanest air will be just off the floor, away from the hotter toxic smoke. Install and maintain smoke detectors, since most fatal home fires start at night, smoke detectors will alert you during the early fire state, hopefully allowing you enough time to react.

How many times have we heard all these things? Hopefully, many times, but we always need to mentally review such lists to avoid overlooking simple preventions. We all want to enjoy many more holidays in our beautiful Tower Grove Heights homes.



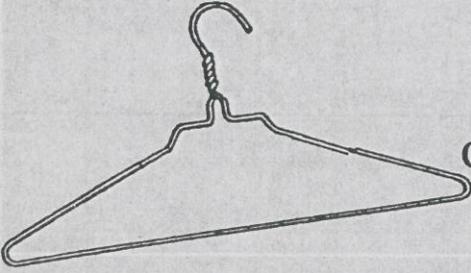

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By Elizabeth Braznell

WHAT, IF NOT CHRISTMAS?

Catholics, protestants, and non-denominationists are gearing up for Christianity's major celebration: the anniversary of the birth of Jesus. It's easy to get lost in the glitz and glitter, the glamour and glory of Christmas, especially if you are not Christian.

Moslems, Jews, Buddhists -- Tower Grove Heights is rich in cultural diversity. Many of these religions observe holidays and festivals at this time of year. Jews, of course, celebrate Chanukah, the Festival of Lights. The date changes each year because the Jewish calendar is lunar, but the holiday generally falls in December and marks the successful conclusion of the Macbean revolution in 164 B.C.

When Jews wrested control of Jerusalem from the Greeks, they found only a small amount of holy oil to purify the defiled Temple.

Miraculously, the oil lasted eight days. To commemorate the miracle, Jews eat foods fried in oil, such as

latkes (potato pancakes) and doughnuts. Children receive small gifts on each of the eight nights, and play a traditional game with a top. One candle is lit the first night of Chanukah, and two the second night, continuing until there are eight candles burning on the eighth night.

Monique Trinh, manager of Ba Le' Vietnamese Restaurant, says the Buddhists in her native country celebrate Christmas. It is a secular holiday, with trimmed tree and exchange of gifts. The major Buddhist winter festival is the New Year celebrated at the Chinese New Year in January or February. Firecrackers are set off, and packets of money wrapped in red paper for good luck are given by older people to those younger.

Mohamad Farhoud, owner of the South Grand Deli, is originally from Egypt. He explains that the Moslem calendar is lunar, and does not

correct for seasons. Thus, a holiday may occur in Summer one year, and several years later be in Spring or Winter.

The major Islamic holiday season begins with the month-long Fast of Ramadan, marking the period during which the Prophet Mohammed received divine revelations. Moslems fast from sunup to sundown, consuming nothing - not even a cigarette. At the end of Ramadan is the three day Little Feast, during which sweets are eaten, children are given new clothes and small gifts of money. The Festival of Sacrifice, of Big Feast, comes 70 days after the end of Ramadan. This family holiday marks Abraham's obedience to Godin sending Ishmael into the desert.

Children are again treated to new clothes and gifts of money, and those who are able, travel to Mecca.

We of other faiths extend best holiday wishes to our Christian neighbors. May 1996 bring peace, joy, health, and prosperity to us all.

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HOLY FAMILY PRESCHOOL RECYCLING

Holy Family Preschool will continue its recycling fundraising efforts by collecting newspaper, magazines, and catalogues every month.

In cooperation with Operation Brightside, the preschool will have a recycling truck parked outside the school at 4161 Humphrey from December 18th through the 26th. The truck will be open from 4 p.m. to 6:30 p.m. on the 18th and 19th, from 3 p.m. to 6:30 p.m. on Friday the 22nd, and from 9 a.m. to 3 p.m. on Saturday December 23rd.

The preschool will be continuing the recycling program every month.



CHRISTMAS DESSERT

This recipe is from the Tower Grove Heights Dessert Cookbook.

Check with your block captain about the availability of this great cookbook (it makes a perfect Christmas gift).

PEPPERMINT ANGEL CAKE

Linda Fick - Wyoming

1 cup finely crushed peppermint candy

1 angel food cake mix

Prepare cake mix according to package directions. Fold in peppermint candy and bake according to package directions.

Note - Great for Christmas.

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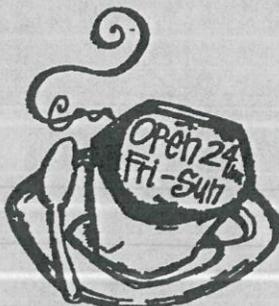
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(continued from page 3)

Billed as "DJ Headquarters", this is the place to go if you want to put together your very own holiday rave. On the Grid has the best collection of dance music - imports, twelve-inch singles, remixes, compilation albums - to be found anywhere in St. Louis, bar none.

Recently opened at 3183 is the **Gothic Coffee House**. Not only a great place to stop if your energy starts to flag a bit, Gothic also features a wide selection of coffee mugs - always an appropriate gift for hot beverage lovers. And if you buy three mugs at \$4.00 each, you get a fourth one free.

And now for something completely different... **Rocket** (3167), whose motto is "couture is a state of mind," caters to those who prefer to come out at night. Featuring "wearable arts," body jewelry (for after your piercing session at Shadowflash), accessories, and just about anything else for those with a fondness for black - and I'm not talking about Johnny Cash fans.

In a similar vein is the **Vintage Haberdashery** (3143). Grand South Grand's answer to such resale meccas as Hullabulloo, where yesterday's fashions get a new lease on life. Hats, suits, dresses, shoes... if it looks like it would fit right in on the set of the movie "Chinatown", you can find it at Vintage Haberdashery. Who knows, you may even find a crisp hundred dollar bill in one of the pockets!

Faru (3111), perhaps the finest

craft store on a street full of craft stores, carries handmade art from around the world. Whether its earrings, wind chimes, or huge dead bugs in a shadow box (no kidding), it can be had at Faru. Even if you don't buy anything (though of course you should), just walking in is an invitation to adventure.

By the time you work your way down to Grand and Arsenal, you'll probably be ready for more coffee. Take a hard left on Arsenal to **MoKaBe's**, rapidly becoming one of the hottest places in town to see or be seen. With Tower Grove Park just across the street, this coffee shop

Grand South Grand will be full of Holiday cheer...

offers scenery as well as good conversation and great coffee.

Back up at the corner is the recently opened **Artifice Functional Art Gallery** and the not-so-recently-opened **Botanicals on the Park**. If you want to see a store that goes all-out for Christmas, Botanicals is a must. These guys must have started decorating on the Fourth of July; prepare to be impressed. They can help with any interior decorating need you might have, from rugs to lampshades. Artifice, which specializes in art made by professional artists from across the country, raises South Grand to a new level aesthetically. Their merchandise is selected with as much care as it is prepared.

Next door to these corner stores is the new **Once Upon a Vine** cafe. Stop in for a glass of wine, sandwich, or piece of cheesecake before you venture on up the east side of Grand.

If you just can't stand the thought of another holiday season full of the same 'ole turkey you had last year, a stop by **Jay International Food** (3172) is a must. Voted the best place in St. Louis to go for ethnic foods for the past six years, Jay offers foods from all parts of the world. From Africa to Egypt to the Philippines, if people eat it somewhere else, they sell it at Jay's. In fact, Jay's played a big role in attracting immigrants to the South St. Louis area, and many of the fine ethnic restaurants that have sprung up on Grand South Grand owe their popularity - and quality - partly to Jay's.

Two fine bookstores very close to each other - **Books & Co.** (3196) and **Grand Books** (3200) lend a literary feel to Grand South Grand. Books & Co. features fine used books, as well as antiques and complimentary coffee. Grand Books, which I think has the most festive holiday look of any store on Grand South Grand (so far), features not only used books and unused bestsellers but also unique gifts such as the three-dimensional globe jigsaw puzzle and handblown glass ornaments.

Finally, **Whiz Bam!** (3206) lives up to its claim of offering "The Most Unique Video Rental Selection in Town" with a special display of weird and wacky Christmas videos. Stop in to check that out, but stay a while and explore the other hard-to-find videos and magazines that Whiz Bam stocks.

That about rounds it up. Like I said, this is not an exhaustive listing by any means, but if I don't finish this story soon my own Christmas shopping will never get started. So do yourself a favor this holiday season. Forget the mall and head straight to where the action is - our own shops along Grand South Grand.



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From Your Alderwoman

By Marge Vining
Alderman of the 15th Ward

Turning a neighborhood around requires a good deal of citizen involvement and participation. In the early 80's we started to experience an aging and a more diverse population. Lack of property maintenance, especially rental properties was on the rise. In some cases the faint-of-heart moved up and moved out. But many of those who stayed found solutions to the problems. They formed an alliance with the churches in the area and the Grand Oak Hill Community Corporation. The Corporation set out to promote positive change. They accomplished this by working with other neighborhood groups. They formed a Housing Corporation and encouraged the use of tax abatements to stimulate the development of businesses and the rehabilitation of property. And the list goes on and on! Unfortunately for us, cuts in funding are on the way, and the Senior Program at Grand Oak Hill will most likely be on the hit list. And since this is the season of giving I am appealing to all of you to support our effort to replace our 1984 van with 90,000 hard city miles on it. Our van won't last much longer and we can't get another one until 1997. The van is used to deliver Meals on Wheels, to transport seniors to and from doctor appointments, to and from the center for nutrition and health activities, field trips and many other activities. Without a van the Senior Program would be unable to continue on a daily basis.

So please, won't you open up your heart and your pocketbook and send your donations to:

Grand Oak Hill Senior Van Fund
4168 Juniata St.
St. Louis, MO 63116

Our Seniors desperately need the services that this van provided. We need the cooperation of the community to get the job done!

Thank you and have a Happy Holiday Season.

CHRISTMAS DISPLAYS BRIGHTEN THE HOLIDAYS

By Tom Booth

Although the holidays mean that we have to say goodbye to another year, they also mean it's time to celebrate the friends and good times we've had. A good way people have found to celebrate is to string colored lights around and in their windows, and in their trees and bushes. Most of us find it a real treat to drive around the city and enjoy these individual displays, and also the many displays set up around the St. Louis area. There are a number of displays to enjoy.

The Christmas lights will be on at Keiner Plaza in downtown St. Louis, marking the official start of the holiday season. The Salvation Army Tree of Lights display in Union Station will again be the focus of their annual fund drive.

The National Shrine of Our Lady of the Snows in Belleville, Illinois, invites the public to its Way of Lights, featuring more than a mile long display of 150,000 white lights, electro-art sculptures, a live animal corral, and a life-size nativity scene.

The Winter Wonderland at Tilles County Park at Litzinger and McKnight Roads offers a sparkling holiday display which can be seen from your car. The mile long route winds through the park and provides views of popular cartoon characters and holiday scenes under a canopy of 500,000 twinkling Christmas lights. Advance tickets are required for Saturday night visitors, but tickets for other nights do not have to be purchased ahead of time.

The Anheuser-Busch brewery once again provides an impressive display of lights. More than 800,000 lights illuminate the skyline surrounding the brewery complex in its annual Christmas lighting display. Lights will grace the trees along Pestalozzi Street, the Brewhouse, the famous clock tower, and the former malt house.

Besides the official displays, there are a lot of enthusiastic decorators at work on their own homes, so be sure to take in their work also. It's always fun to take an adventure and explore the neighborhoods around the city and county in your car. You'll be surprised at what you'll discover.



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Reprinted from an article by the National Christmas Tree Association

▲ WHY USE A REAL CHRISTMAS TREE? ▲

Real or plastic? Many consumer will be asking themselves that question this holiday. In the age of environmental awareness it's appropriate to know a choice of a real Christmas tree over an artificial tree is still the environmentally sound choice.

"What could be simpler or more natural?" says Bob Scott, President of the National Christmas Tree Association. "Buying a real Christmas tree is definitely an environmentally sound choice. Consumers are showing their preference for real, natural products and are attracted to the tradition of celebrating Christmas with a real tree."

Christmas tree farms stabilize soil, protect water supplies and provide

refuge for animals and insects. Often, Christmas trees are grown on soils that could not support other crops.

A benefit to the atmosphere, real Christmas trees absorb carbon dioxide and "breath out" oxygen which helps prevent the earth warming "greenhouse effect". One acre of Christmas trees provides the oxygen requirements of 18 people. With approximately one million acres producing Christmas trees, that translates into oxygen for 18 million people every day.

Real Christmas trees are an all-American, recyclable resource. Artificial trees are produced in Korea, Taiwan or Hong Kong, they consist of plastics and metal that aren't biodegradable and will never deteriorate in

landfills. Their effects on our environment are devastating and will last for generations.

Real Christmas trees may not be always reusable for their initial purpose, but are recyclable and can be reused for other purposes:

Christmas trees are biodegradable - the branches may be removed and used as mulch for gardens, parks or in animal stalls. The trunk can be chopped for the same purpose. Mulching programs have become popular with communities throughout the nation. Check with your local department of public works for information.

Large quantities of Christmas trees make effective sand and soil erosion barriers, especially at beaches.

Christmas trees also make excellent bird feeders, adding color and excitement to the winter garden. You may attract birds with orange slices, suet and bird seed. They will come for the food and stay for the shelter in the branches.

Living Christmas trees that come with their roots intact may be planted outside and enjoyed for years.

So think about it, make the right decision...this year, by a real tree and have a "real" merry Christmas.

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CARPENTER BRANCH LIBRARY



By Erin O'Reilly

The Carpenter Branch library has a new manager, Ms. Chang Lin. Chang has worked with the St. Louis Public Library system since 1991 and was previously at the Carpenter branch from 1991 to 1993 as an assistant manager and then acting manager. She was promoted to manager at the Kingshighway branch. Now she returns to Carpenter as manager and as Regional Coordinator of three other branches. She is happy to return to Carpenter because of all the support she received from community

people and the beautiful library building in which she will work.

Chang is originally from China where she was also a librarian. When she came to the United States in 1988, she returned to school at the University of Michigan at Ann Arbor to reeducate herself in library science with a special interest in public library management. In 1990 she moved to St. Louis after obtaining her Masters Degree and began her service with the public library system.

She compliments the St. Louis library system and states that last year it achieved the highest circulation ever. St. Louis libraries are better

funded now and able to offer a greater variety of services including non-traditional and new technologies such as computer services. The Carpenter branch library offers the following: books, magazines, CD's, videotapes, personal computer services, monthly book discussions, preschool story times and special programs for the holidays and other occasions. A meeting room is also available for community activities, free of charge, if booked in advance. A new parking lot is on the South side of the library. A newsletter of library activities is available.

Chang's vision for the Carpenter library is to continue to offer excellent service to the public, to update and make the library more appealing, and to preserve the beauty of the building. She wants the library to be a safe haven for the public. She welcomes suggestions and input from the community and can be reached at the library (772-7686) as of 11/27/95. We welcome Chang back to the library and this community.

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IN THE NEIGHBORHOOD

By Marilyn Abbott

Perhaps you didn't know it, but Tower Grove Heights has its own version of the Cheers bar. Located at the corner of Spring and Wyoming, the Blackthorn Pub has been a neighborhood gathering spot for the past nine years. Owner Dave Difani may not be Sam Malone, but he is a friendly guy who tries hard to remember your name.

Besides the usual refreshments, the Blackthorn features several other types of diversion, including pinball, darts, foosball, and a putting lane. A recently completed remodeling permitted the installation of an indoor driving range, which Dave enjoys during slow times, and which he also lets the customers use. Every Fall, the Blackthorn sponsors a golf tournament, and in the Summer, they organize a co-ed softball league that plays in Tower Grove Park. Also, on Monday nights during the football season, Dave reports that a rabid group of foosball players gathers for weekly tournaments.

Recently the Blackthorn has added a new attraction - homemade pizza. Mike Snow, a new Tower Grove Heights resident, is working with Dave to offer eat-in, carryout and delivery service. The pizza, which Mike makes fresh to order, has a medium-thick crust and a wide choice of ingredients. It looks and smells delicious. (They weren't offering free samples the night I was there.)

Mike Snow, the pizza chef, moved from Maplewood into his house in the 3700 block of Wyoming about three months ago. In his day job, Mike is a computer technician for Create-a-Card. (You know those machines that produce personalized greeting cards). Mike has worked at 3 or 4 other pizza restaurants in the past, and is very excited about starting this new venture with Dave. So the next time you come home too tired to think about cooking but you can't face another Domino's night, give Mike and Dave a call (776-0534) or stop by and see if they remember your name.

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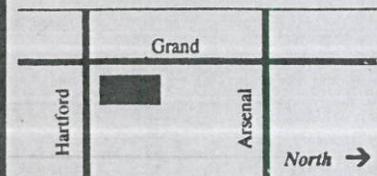


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THE RENOVATOR

Chimney Inspection & Cleaning

By Steve Telford

Chimney inspection and cleaning is a chore that should be performed at least twice a year. The furnace and water heater flues should be checked for holes and proper fit before the heating season and again in the Spring to ensure all combustion exhaust exits the home. Debris such as fallen mortar, leaves, bird droppings and even nests can block your chimney and cause dangerous carbon monoxide to build up within your home, resulting in headaches, nausea, and even death.

Every year, we hear of yet another death from carbon monoxide. Quite often the victim complained of headaches and other flu-like symptoms. The colorless, odorless gas deprives the brain of oxygen and causes brain damage in the smallest concentrations. If you suspect carbon monoxide buildup, turn off your furnace and evacuate everyone from the home promptly. Have the chimney and furnace flue pipe inspected for obstruction and perforation.

Chimney inspection and cleaning done at regular intervals will also improve the efficiency of your furnace and gas-fired water heater. A properly vented gas appliance will burn cleaner, heat faster, and consequently use less gas. Most heating and cool-

ing contractors can inspect your chimney and flue pipe, and include both in regular clean-and-check service calls. If your contractor does not, remind him to do so on his next visit.

Rising energy costs have made alternative methods of home heating more attractive, particularly wood burning.

In older turn-of-the-century homes with a fireplace in every room, the temptation to utilize these heirlooms is great. The fireplaces in the majority of our homes were designed to burn coal or were decorative in nature, with clean burning gas logs. The attempt to convert a coal burning fireplace to burn wood can be expensive, frustrating and dangerous.

Before loading your old fireplace with an armload of firewood, step outside and look at your chimney. If it stands at least three feet above the peak of your house it's tall enough. Most of the chimneys in our neighborhood have been lowered at sometime by a wary homeowner faced with a large tuckpointing or chimney rebuilding estimate. With safety and cost as his guide, he had it either lowered significantly or lowered to the roof, capped and sealed.

Therefore, I caution you not to burn anything in your old fireplace until it has been inspected by a

professional chimney sweep. He should run a whisk from top to bottom to check for blockage or at least lower a weighted sack to ensure that the way is clear. Some chimneys bend and curve in such a way as to make visual inspections impossible.

If your fireplace was designed to burn coal, its firebox may be narrow and shallow. Wood-burning fireplaces are deep and wide to accommodate larger pieces of fuel. Coal, although banned from residential heating long ago for pollution problems, burns cleaner than wood, therefore allowing for smaller chimneys and different dimensions than does a wood-burning model. The smoke from a wood fire in a fireplace designed for coal will not be drawn up the chimney quickly enough, nor will it provide sufficient heat to justify continued attempts to alter its structure.

If you are one of the lucky few who has original equipment wood-burning fireplaces in your home, chimney inspections and cleanings are necessary each year before that first fire of the year. Chimneys are an attraction to most birds and squirrels as ready-made shelters. Their nests and litter often clog chimneys.

Wood-burning fireplaces are also susceptible to creosote buildup. Creosote is a natural by-product of the wood burning process which condenses on the sides of a chimney and, if left in quantity, can ignite and destroy the chimney or dwelling. Most chimney sweeps are equipped to remove this tar-like substance and this should be done regularly. Creosote can be minimized by burning only seasoned hardwoods and by boosting the venting ability of your chimney with a fan.

Chimney inspection and cleaning is an often overlooked and yet simple task with benefits far exceeding its inconvenient and dirty reputation.

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RESIDENT PROFILE



by Don Hardin

Alice Boyle and her husband Brad moved to St. Louis six years ago. She was born in Winnipeg, Province of Manitoba, Canada (just north of North Dakota). Alice attended the University of British Columbia and earned a Bachelor of Music. Alice's husband Brad is a PhD candidate in biology at Washington University. In 1990, Brad and Alice went to Costa Rica so he could do field work for his thesis. Alice obtained a position with the Costa Rican Symphony as a violist. During

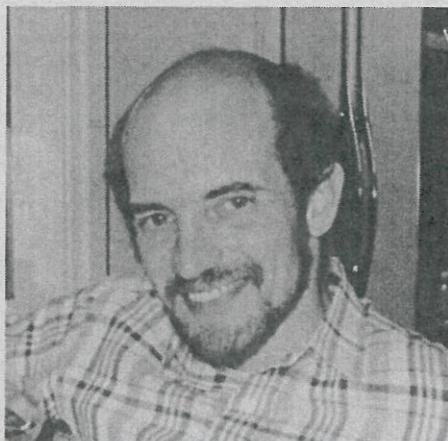


the next four years, while with the Symphony, she also played with a string quartet. Alice's viola is an extraordinary instrument. It was created by John Newton, a Canadian who is gaining a well deserved reputation for crafting world class violas.

Richard Clinebell moved to St. Louis seven years ago. He has lived in Tower Grove Heights for about four years. Originally from Peoria, Illinois, Richard honed his musical skills at an early age. At the tender age of five, he sang with a local country western band on the radio. He started playing the guitar at age fifteen and went on to master the banjo, mandolin, fiddle and piano. Richard majored in music at Knox College in Galesburg, Illinois. He changed his major to biology and went on to earn a BA in that field. Later

came a BS in applied math from San Francisco State, followed by an MS in biology from University of Missouri in St. Louis. Back to mathematics - an MA from Washington University in statistics and (finally?) now Richard is a PhD candidate in biology at St. Louis University.

Years ago Richard played in coffee houses in Greenwich Village in New York - but more recently - the performance of *Alice and Richard* at The Garden Party on Hartford has brought them both well deserved



acclaim from friends and neighbors.

Don't miss this talented duo when they repeat their musical union for Holiday in the Heights. Sunday, December 10th at First Divine Science Church, 3617 Wyoming, 7:00 pm.



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DON'T WORRY, BE HEALTHY

By Tom Booth

Garlic is known most commonly as a pungent herb used in cooking. What most people don't think of is its medicinal properties. The first recorded consumers of garlic for medicinal purposes lived in China during the era of the North and South Dynasties, around 510 A.D. In modern China, garlic is considered a folk remedy, used by much of the population, rather than an "official drug" plant. One of the primary uses of garlic in modern China is as a preventative for colds, and there is some evidence to support garlic's potential use as an immunomodulator. (continued on page 14)

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DON'T WORRY, BE HEALTHY

By Tom Booth

I read an article the other day in the paper about how a low fat diet can greatly slow the growth of cancer tumors in research mice. The researchers were astonished at the effectiveness that their low-fat diet had. I wondered why is it that for so long this same message from so-called quacks like chiropractors and homeopaths have gone ignored. I guess if it takes studies conducted by M.D.'s to make believers out of people, then so be it. Anyway this reminded me of another dietary issue important to our health: fiber. I know you've heard a lot about fiber, but I find it an eye-opener to see specifics about it.

So what exactly is fiber? Fiber is the part of food which is not digested by the human body. It consists mainly of cellulose, hemicellulose, lignin, pectin and gums. Like a broom, fiber sweeps through the digestive tract without being absorbed or assimilated. It binds bile acids, increasing fecal bulk, (stay with me), diluting the concentration levels of sugar and other rich foods, decreasing bowel transit time, and more. Fiber also has the ability to neutralize, absorb and facilitate the elimination of toxic waste.

The dietary fiber of the average American is only one-fifth what it was a hundred years ago. Chronic diseases such as cancer, diabetes and heart disease are practically non-existent in primitive and non-westernized cultures that ingest more than adequate amounts of dietary fiber. The average American consumes only 9 to 12 grams of fiber a day. This is much lower than the fiber intake recommended by most researchers of 50 to 60 grams. In our western culture, we are surrounded by processed, refined, fat rich, fried food, that will (to put it simply) kill us.

Studies show that the main component of the average American's meal consists of meat and poultry products, which contain absolutely NO FIBER. Second on the list is dairy products like milk, cheese, yogurt, eggs, which also contain NO FIBER. It's never too late to change our eating habits. So let's stay healthy. Get primitive and eat more fiber.

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