

OLYMPIC FLASHBACK, 1904

by Matthew Fernandes

The 1996 summer games brings an end to the first century of modern Olympic competition.

Here's a flashback to the 1904 Olympics which were held on the campus of Washington University. The Olympics were closely aligned with the Louisiana Purchase Exposition (1904 World's Fair) which occurred at the same time. President Theodore Roosevelt served as honorary president of the Olympics. David R. Francis, successful grain merchant, former mayor of St. Louis, ex-governor of Missouri, secretary of interior in the administration of Grover Cleveland, head of the Louisiana Purchase Exposition and later ambassador to Russia, was named the official president of the Olympics.

The Olympic stadium (capacity, fifteen thousand) was built on the Washington University campus (and still stands at the intersection of Big Bend and Forsyth) and named after Francis. The games included events such as track and field, gymnastics, swimming, football, basketball, baseball, golf, archery, wrestling, boxing, fencing, and tennis. The exposition's Departments of Anthropology and Physical Culture conducted a "scientific" experiment designed to determine which races and cultures had the most athletic ability. "Tribal Games" were held featuring such athletes as

Tehuelche Indians from Patagonia in South America and central African Pygmies. Cash prizes of three dollars for first or second place and one dollar for third place were offered to the winners. Given amateur rules in 1904, these monetary awards deemed these athletes ineligible for future Olympic participation.

The 1904 games did not boast the

**...the 1904 Olympics
... were held on the
campus of Washing-
ton University.**

international flavor of the current Olympics. Small, unrepresentative contingents from Australia, Austria, Canada, Cuba, Germany, Greece, Hungary, Ireland, New Zealand, and Switzerland made the journey to St. Louis. England and France did not send a single competitor. The 1904 Olympics marked the beginning of the custom of giving gold, silver and bronze medals for first, second and third places, respectively. Runners were openly given "performance-enhancing" drugs by scientists looking to test the stamina of the human body. One runner, Thomas Hicks of Massachusetts, was given a dose of brandy, strychnine and egg whites twice during the race in the hopes of enhancing

his performance. Automobiles followed the runners around the course, each car occupied by a physician in charge of monitoring the conditions of the racers. These autos caused some athletes to stop periodically and clear their throats of the dust and exhaust which hovered over the course. The first marathon runner to enter the stadium was greeted by cheers until he was escorted off the track for cheating. Exhausted, he had stopped half way into the race and later hitched a ride on an automobile to the stadium. St. Louis spectators applauded the first African American medalist in Olympic history when the University of Wisconsin's George Poage finished third in both the two-hundred-and four-hundred-meter hurdles.

While no women competed in the twenty-six event program that most Americans considered "official," American women did compete in archery contests in spite of International Olympic Committee (IOC) policy. In 1900 at Paris, French officials also ignored the IOC's anti-women stance and held competitions for women in golf and tennis.

In 1904, Tower Grove Heights was not much more than farmland situated beside a recently-built Tower Grove Park. During the next two decades, the area would become the vibrant neighborhood which exists to this day.

The Tower Grove Heights Gazette

Founding Editor: Janice Nesser
Publications Chairperson - Editor:
Don Hardin

Graphics Editor: Michele Kerr

Staff: Marilyn Abbott, Rick Armstrong, Donna Branca, Tom Booth, Elizabeth Braznell, Benjamin Chu, Richard Clinebell, Matthew Fernandes, 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:

Typesetting: David Nitzche, Don Hardin

The Gazette is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Marilyn Abbott at 776.5354. Your letters and comments are always welcome at the Gazette. Mail them to:

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

TAKE A HIKE!

by Rick Armstrong

Would you like to explore every nook and cranny of Tower Grove Park, with a map? The St. Louis Orienteering Club is hosting a "Summer Fun O" at Tower Grove Park on Sunday August 25. Neighbors, beginners, families, and experienced orienteers are all welcome. Our daughter Suzanne says, "Fun for all ages!"

Orienteering is a sport that is popular in Europe. Participants are given a detailed map of the park with the location of about twenty orange markers indicated. For beginners, the challenge is to learn to read the map and then find the markers spread throughout the park. You may go out as individuals, pairs, or groups. We provide a Beginners' Briefing and will gladly answer your questions. For veterans, the challenge is a combination of map reading, good route choices, and running.

Come join us Sunday, August 25, at the Turkish Pavilion (on Center Drive, near Arsenal). Registration begins at noon. We will provide a Beginners' Briefing at about 12:20. The Orienteering starts at 1:00. The cost is \$5.00 per group (or individual) that goes out. We promise everyone a good time and a detailed, five-color map of Tower Grove Park. For more information, call Rick or Fran Armstrong at 771-4402 or the meet director, Dave Kuechenmeister, at 388-1423.

Come to enjoy yourself, to meet neighbors, and explore Tower Grove Park. Bring snacks or a lunch if you wish.

Doing More Than You'd Ever Imagine



Missouri Botanical Garden

EDUCATION

RESEARCH

HORTICULTURE

Imagine how you can help. Call 577-5100 for information
on becoming a Garden Member or volunteer.

**4344 Shaw Boulevard
St. Louis, Missouri**

Home Loan Program Offers Opportunity for Home Buyers

There are optimistic signs for those of us looking for ways to attract homebuyers to the city: a home loan program offering a forgivable \$2,000 incentive.

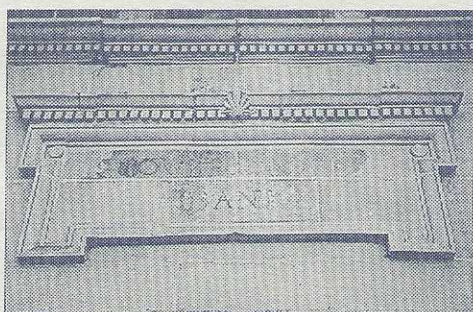
On a first-come first-served basis, the city offered a \$2,000 loan for the down payment and closing costs of buying a home in St. Louis. If you live in the home for 5 years, the loan is forgiven. Four hundred applicants are selected for the loans, with the money for the loans coming from the President Casino on the Admiral.

To apply, the applicants have to have a contract to purchase a 1 to 4 family building in St. Louis and that closing had to take place between July 22 and September 11. The city appropriated \$1 Million of its gambling revenue for the program, with \$800,000 allocated for home loans. The other \$200,000 for \$5,000 matching grants to homeowners for repairs and remodeling. Buyers don't have to be first-time home buyers, and there are no income restrictions.

This is the second time this loan program has been offered. The first time being last February. At that time, the average income of the home purchasers was \$45,000 a year, with the average purchase price at \$70,000.

Sixty-five buyers are moving into the city from elsewhere, and 129 renters became homeowners.

Tower Grove Bank?



see page 10



JEFF BENNE,
PROPRIETOR

GUSTINE MARKET AND DELI
SUB

SANDWICHES

BUTCHER SHOP AND SAUSAGE MAKER

3150 GUSTINE

ST. LOUIS, MO

772-5003



LARRY LACOURSE,
SAUSAGE MAKER
AND BUTCHER



CONDITION AND COLOR,
TOGETHER AT LAST!

SHADES EQ™
Conditioning Color Gloss

It's the haircolor that thinks it's a conditioner. Brilliant, super natural color provides shimmering, conditioned shine in a palette of fabulous shades. Ask us about the Shades EQ Conditioning Color Gloss that's right for you.

- Professional Hair Care
- Manicures • Pedicures
- Body Waxing & Makeup
- Skin Care & Facial Services

DAVID'S DESIGN SALON

2223 S. Grand Blvd.
St. Louis, MO 63104
314-771-9001

REDKEN
5TH AVENUE NYC

RESIDENT PROFILE: DAVID LATIMORE

By Erin L. O'Reilly

David Latimore is a member of our community living on Utah Place. He recently received the honor of becoming a 40/40 member, which is a distinction given to 40 St. Louis people who are under 40 years of age yet have excelled in their professions and are on the forefront in the business community. He received this award in recognition of his work at Mercantile Bank of St. Louis. In December 1994, he started his work there as Assistant Vice-President in Sales and Marketing of Institutional Retirement Services. Just 9 months later he was promoted to Vice-President and group manager of that department.

He moved to St. Louis after a hiatus of 10 years during which time he completed his education at Harvard and received a degree in Economics in 1990.

He then worked in San Francisco for a consulting firm and was involved with the Teach for America program raising \$200 Million funding dollars in just 1 year. From there he went to New Orleans and worked for another consulting firm for 3 years. So over a short period of 6 years he has achieved this distinction within his field of work.

David has a powerful-looking physique combined with a soft voice. Words flow as easily from him as you would imagine a football would sailing from his arms. He attributes his success to being a man of faith, as he is also a Baptist minister. Many of his skills as a minister help him in marketing. He says a good marketer has to be a person of faith to better weather the storms and rejections of marketing. His main strategy for both of his professions is to connect with people and give them a sense of his dependability and credibility.

In addition to being a businessman and a minister, he is also a husband to Tammy who is from New Orleans and a father to 2 girls, Grace and Sidney. They are new to Tower Grove Heights and enjoy the neighborhood for its proximity to Tower Grove Park, housing, the Grand street shops and restaurants, and the constant efforts to improve the community. He credits his wife with finding the place on Utah and says the street and houses remind them of New Orleans. They are currently looking for a house to buy and we hope they find one in Tower Grove Heights.

AT THE MOVIES with STEPHANIE GAVIN

It's amazing how having children changes your whole perspective on movies. I can remember, before kids, being appalled that BEAUTY AND THE BEAST was nominated for best picture a few years back. Today, I'm hoping Disney's 34th full-length animated film, THE HUNCHBACK OF NOTRE DAME, receives similar recognition. I still don't think an animated film should win against real-life actors and directors, but THE HUNCHBACK is a very entertaining film with imaginary characters that leave a real impression. The villain of this movie is as bad as any I've seen in Disney films. Not only is he the murderer of Quasimodo's mother in the very first scene, *(continued on page 14)*



Dan Hill • Donna Zuke
Linda Reis-McGovern

3559 Arsenal

Near the corner of Grand and Arsenal

St. Louis, Missouri 63118

314.776.2828

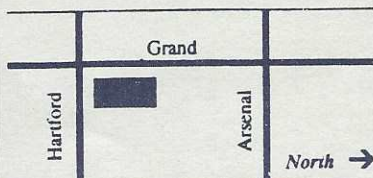


Over 7,000 Movies & Games

Free Popcorn

Free Membership

Free Parking in Rear



3120 S. Grand • 664-2844



- Diner Classics
- Vegetarian Selections
- Specialty Coffees
- Breakfast, Lunch and Dinner served anytime

Sundays~Noon-2pm
Dave Black Acoustic Guitar

Mondays~7:30-9:30pm
Singer/Songwriter Monica Casey

Wednesdays~8pm
New Moon Rendezvous music reflecting South City's ethnic diversity

Thursdays~8pm
Tom Hall 12-String Steel Guitar

A Diner with a Difference

OPEN AT 7AM MON.-FRI.
OPEN 24 HRS FRI.-SUN.
3141 S. GRAND 772-6100

ANCIENT ANDEAN MUSIC WHISPERS THROUGH TOWER GROVE TREES

by Matthew Fernandes

It was an unlikely musical match July 15 for the performance in Tower Grove Park, but the result was delightful. Sukay, an Andean Mountain music quartet, made their second swing through St. Louis, performing alongside the Compton Heights Concert Band.

Sukay brought their music, which blends the indigenous sounds of the Andes with robust Spanish motifs, to the same venue two years ago to an approving audience. The large crowd picnicking among the old trees went away from this show similarly inspired.

The Concert Band opened the concert with "The Boys of the Old Brigade March." The march was performed with flair, yet was ill-timed as a prelude to the pre-Columbian music. (With the martial music resounding and the American Flag waving, I had to take a second look at my program just to make sure I was at the proper concert!) After getting the patriotism out of their system, the Concert Band settled into a more Spanish-influenced program which included Antonio Perera's "El Capeo" and Mitch Leigh's "Man of La Mancha". The

familiar "Barber of Seville" overture, in which Giacomo Rossini drew upon popular Spanish tunes of the early 1800's, was a crowd-pleaser.

Sukay's first selection was the popular Peruvian classic "El Condor de Pasa" - a tune which was played on turntables across the country after Simon & Garfunkle used it on their 1970 album "Like A Bridge Over Troubled Waters." After the Concert Band played several measures of the song, Sukay came on wearing blazing-red festive garb. Playing their zamponas (pan pipes), kenas (notched flutes), and churangos (five-stringed instruments), Sukay meshed with the Concert Band and added an ethereal, rhythmic touch to the music. Sukay's raw, impromptu style interweaving with the Concert Band's brassy eloquence was a musical journey for the listener from the present, to Incan times and back again in full-circle.

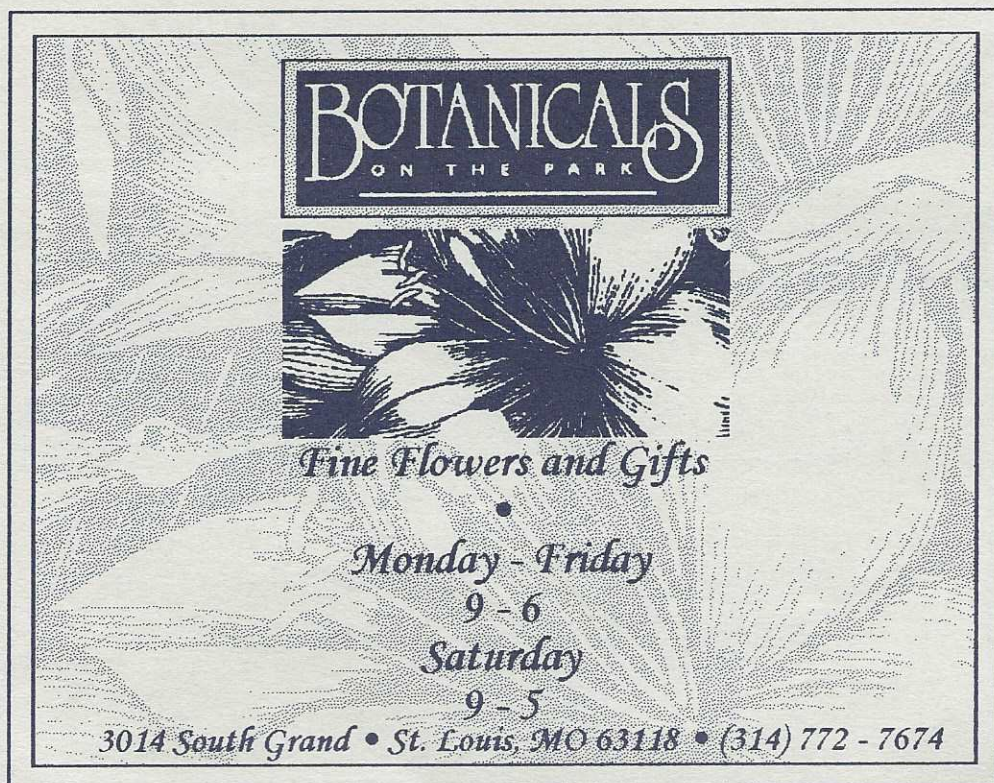
Keeping the crowd engaged with a wide assortment of themes and instruments, Sukay played the next set alone. Eddy Navia, who is widely regarded as Bolivia's greatest living composer, dazzled the crowd with his churango playing. On "Sikuriada," he went to work on the tiny instrument,

strumming it at a dizzying pace. His virtuoso playing was enhanced by a simple drumbeat which faded in and out. Quentin Howard, a founding member of Sukay who first hooked Navia as a band-mate and later as a husband, was featured in the haunting "Danza del Sicuri No. 1." Amid mesmerizing background rhythms, Howard blew on a toyo (a bass pan pipe), executing deep, heady tones and somber phrases. The audience was lulled by the powerful instrument and willingly hypnotized until, all at once, the song shifted gears into an upbeat, joyous melody. This playfulness persisted and increased in intensity, embellishing to a finale which drew roaring applause.

As a continually touring band turning up in spots around the globe, Sukay makes instrument changes seem effortless. The quartet often became a virtual sextet as a few musicians doubled up on pan pipes and guitar or drums. A vital part of the Sukay "experience" is storytelling. Howard told lively anecdotes of their travels and explained their music between each song. She peppered these tales with jokes, putting a positive spin on accounts of the hardscrabble lives of South American campesinos (small farmers) and their struggles with oppressive governments.

Andean Mountain music has been preserved through the ages due, in large part, to geographic seclusion. As multi-national music labels aim to exploit and water-down music of all types, the Andean tradition continues to thrive in small rural festivals throughout Ecuador, Bolivia and Peru. The founding members of Sukay honed their skills at such gatherings in the 1970s. The genre has, however, evolved and been influenced by other types of music, especially in urban areas like Quito. Some groups, Sukay included, blend jazz techniques with pan pipes and churangos. It is a natural fit, as both styles stress spontaneity, improvisation and open-ended compositions.

The numerous elements included in the program made for a chaotic concert, at least on paper. Sukay and the Compton Heights Concert Band proved to the audience that out of chaos can come a harmonious order.



BOTANICALS
ON THE PARK

Fine Flowers and Gifts

Monday - Friday
9 - 6

Saturday
9 - 5

3014 South Grand • St. Louis, MO 63118 • (314) 772 - 7674

NOTES FROM THE ALDERMAN

By Marge Vining

I have been concerned about the redevelopment of our neighborhood and the South Grand Business District. Aldermen Craig Schmid, Martie Aboussie, Paul Beckerle, and I have come up with a plan to spark redevelopment on South Grand. The area runs from Utah Street to Meramec Street along Grand Avenue. It comprises parts of the 9th, 10th, 15th, and 25th ward and is designed to spur needed development in the area.

Included in this area are several residential properties who will be urged to consider upgrading their property to take advantage of a tax abatement that will be available with the passage of the Redevelopment Plan. The use of *eminent domain* may be allowed to acquire commercial properties and residential properties that are not owner occupied. This will not affect owners of residential properties that are owner-occupied.

If this plan is successful, it could tie into another commercial develop-

ment I have been working on for the past year. "Home Depot" will have a new home at the old American Can Company site. Home Depot will be one large commercial development and, if everything goes according to plan, I anticipate a Spring 1997 opening. As I see it, South St. Louis is a retailers' dream come true!

The YMCA will be building a new facility on seven acres at Arsenal Street and Sublette Avenue. It will include aquatic and wellness centers, a gymnasium, and outdoor facilities for day camp and youth sports programs.

We have a new "Nuisance Ordinance" introduced by Alderman Martie Aboussie and Alderman Craig Schmid. Board Bill #54 will soon empower city officials to impose sanctions and penalties against public nuisance violations. This is how it works:

1. A nuisance occurs
2. Police are called and an arrest or summons will be given.
3. Police notify the Health Commissioner.
4. The Health Commissioner in-

structs the City Marshall to notify the property owner through the issuance of a Warning Notice of the violation. If there is an additional violation within 60 days, the Health Commissioner can issue a Final Notice to Abate to the property owner.

5. The Health Commissioner authorizes the Director of Public Safety to give notice of a public hearing. If found guilty of a nuisance the hearing officer may prohibit the occupancy of the property for a time period of not less than 30 days or more than one year.

HATS OFF!!!

From the staff of the Tower Grove Heights Gazette, "HATS OFF" to Lenita Moore and the merchants of Grand South Grand and the others involved in THE FESTIVAL OF NATIONS.

What a special time and what a great showcase for Tower Grove Heights and the other surrounding neighborhoods. Thanks from all of us.

Don Hardin - Editor

**OPEN TILL 10 PM
7 DAYS
STOP BY FOR
LUNCH OR DINNER!**

HODAK'S
Restaurant & Bar

WHERE CHICKEN LOVERS COME TO ROOST!

BULK RATES

10 LB. CHICKEN WINGS	\$37.70
50 PC. FRIED CHICKEN	\$37.70
100 PC. FRIED CHICKEN	\$75.40
SLAW (Gallon)	\$ 8.00
BAKED BEANS (Gal)	\$10.00
POTATO SALAD (Gal.)	\$11.00

2100 Gravois • 776-7292

LOOKING FOR A CHURCH HOME?

Oak Hill Presbyterian Church

4111 Connecticut Street
St. Louis, Missouri 63116
664-5525

George Wilcox, pastor

ALL ARE WELCOME!

Sunday School for all ages - 9:15 a.m.
Worship Service - 10:30 a.m.
Childcare provided



BOOKS AND COLLECTIBLES

Used & Out-of-Print Books, Antiques & Collectibles,
Interesting People, and Thoughtful Conversation...
Next to the Post Office at 3196 So. Grand & Wyoming

OPEN DAILY
FREE HOT
TEA / COFFEE

771-3196

DSC, MC, VISA
CARDS
ACCEPTED



Books & CO



Your Favorite Mechanic

By Terry Mayes

In this segment, Terry explains how to handle a too-common problem situation: **hoses and belts**.

Now, how many times have you had overheating problems because a silly alternator belt, or a radiator or heater hose was broken? Well, the best solution to these problems is to have your hoses changed every 1 to 1 1/2 years. Your belts should be changed maybe a little more often. If you happen to be lucky enough to own a car with front wheel drive and overhead cam engine, make sure you replace those belts and hoses once a year, especially that timing belt.

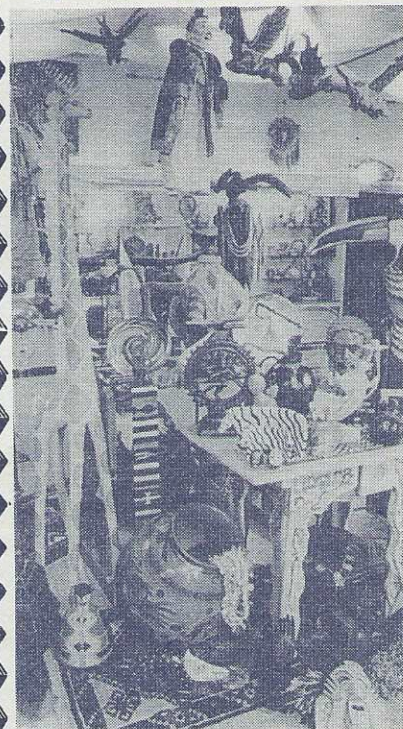
In emergencies, which in our case applies, take with you a large roll of duct tape. This tape is excellent for repairing radiator and heater hoses on the road. Actually, the best thing to do is to tell the mechanic to save the old ones for spares for emergency road service when you have your hoses or belts replaced. When you fool around with an overheated car, be sure to give the motor about 15 to 20 minutes of cooling time before you open the radiator cap. That is, unless you broke a

hose, then there should not be any pressure on the system to blow up in your face. A bad radiator cap will also cause a vehicle to overheat.

Changing a Radiator Hose or Heater Hose

This is simple. If you are carrying what I told you to carry earlier in the book, dry the area of the broken hose and wrap the duct tape very tightly around the broken area. Be sure to refill the radiator once it cools down. If you should break a hose, get to the side of the road and shut your car off immediately. You will see steam coming from under the hood. Find out which hose is leaking (steam or water will be coming from the broken hose). To change the hose, simply loosen the two screw clamps with a straight slot screwdriver. Save the clamp and re-use if possible. Clamps and hoses are of various sizes and shapes but are made of rubber. Heater hoses are smaller in diameter and much longer (like a piece of garden hose). They also have clamps on the ends. You should also carry extra clamps and 1 to 2 gallons of water or anti-freeze. Belts are sometimes more difficult to change so I would get help if possible.

FARU



INTERNATIONAL FOLK ART

A world mix of the unusual... Jewelry, Beads, Clothing, Ethnic T-shirts, Sarongs, Textiles, Baskets, Wood Carving, Masks, Kachinas, Fetishes, Kokopelli, Storytellers, Bola Ties, Handbags, Ikebana Pots, Pottery, Icons, Santos, Angels, Prayer Wheels, Drums, Music, Menorahs, and **MORE**

3111 So. Grand Blvd.
St. Louis, MO
314-773-7733
FAX: 314-773-1942

Plumbing,
Mouldings, Doors,
Furniture

The Resource

Vintage Home Supply
1-800-475-0191
FAX: (314) 822-TRIM

Window Hardware,
Bath Accessories,
Columns

South County
3818 Lindbergh
St. Louis, MO 63127
(314) 842-1008

Historic St. Charles
400 N. Second St.
St. Charles, MO 63301
(314) 947-9970

Kirkwood
238 Meacham
Kirkwood, MO 63122
(314) 984-0191

Pediatric Specialists

CITY SPEECH, INC.

Lori R. Linder, MA., CCC/SLP - President
Speech - Language Pathologist

Diagnostics
Therapy
Training

By Appointment Only

3825 Utah Place
St. Louis, MO 63116
(314) 773-3060

HOW WINNERS DO IT

by Donna Branca

Born in the rolling hills of Jefferson County in Festus, MO and raised in a family floor covering business, Dan Hill developed the concept of "Botanicals on the Park" some 10 years ago. The establishment began at Grand and Shenandoah, moved to the location next door to its current location until finding its current home 2 years ago. Spacious and impeccable, the two story location is home away from home for this reporter. As a regular "botanicals" shopper, the opportunity to meet and interview the owner was an absolute pleasure.

The story begins for Dan Hill and Botanicals when the idea "grew" from a family history of retail. Dan's talents also include careers working at Walmart and Famous-Barr. In 1986, his career began to expand exponentially consistent with the space Botanicals has occupied. The 1986 space Botanicals occupied was 600 sq feet. Currently, Botanicals maintains 10,000 sq ft. Dan owns the space rented by Artifice. With two partners, Once Upon A Vine, also is a part of his business life.

What's his strategy for success? Significantly, Dan has lived in the city for 15 years. Studying the demographics, he saw them as correct for the successes of his businesses. The opportunities others didn't take advantage of; including the increases in 2 heads of households and the fact that neighborhood businesses offer 60% repeat customers. Add to that his keen management sense which focuses on quality selection and better prices than Nieman and Pottery Barn and you have a successful business plan.

Dan travels and oversees all the buying with 2 of his buyers. He employs two full time display staff to manage the SKU, Stock Keeping Unit. These same staff are responsible for the fact that you and I see a different eyeeful each time we walk into Botanicals. Studying trade, decorator and floral publications, they have a natural eye for quality which makes Botanicals a trend setting establishment unlike any other in St. Louis. Dan also manages the color schemes to represent the predicting

colors of the season 50% of the time. Regarding sales, he chooses the first 10 items recommended by the top buyers.

Exclusive to Botanicals is the 2nd floor Christopher Radko collection. Dan and Christopher began their current careers approximately at the same time. Dan bought 10 ornaments from Christopher Radko originally. As their friendship grew, so did their careers. Botanicals is currently a Rising Star store making it the largest store in the Midwest to sell Radko ornaments. This year Radko has designed an ornament for us which features Santa in a football uniform in the Rams colors. The Gazette will keep you posted on the Christopher Radko signing which will take place at Botanicals this fall.

(continued on next page)

Tower Grove Bank?

This stone plaque is over the door of the King and I restaurant . . . do you remember when Tower Grove Bank was at that location?

**RECYCLE TODAY
FOR A BETTER
TOMORROW**

REDEEM FOR ONE FREE LESSON *

the Studio

3815 Kosciusko, St. Louis, MO 63118 (314) 664-1966

Wayne Carl Huber, Artist / Educator

* Applies to day and evening lessons in drawing; design; color theory; oil, acrylic, and watercolor painting for adults.

**Grand
BOOKS**

We buy sell & trade books

Coupon: recieve \$2 off any \$10 new book purchase.
offer expires 9-30-96

3200 S Grand @ Wyoming

664-5511

(continued from page 10)

Once Upon A Vine, the name reeks romanticism, was created by Dan and a partner who has a sales background and a friend who caters. Currently, Dan has capitalized on the quaint and delicious cafe managed by 2 female partners. The menu is developed from the personal choices of the three. Again, as I am a "Once" frequenter, I can attest to the impeccably prepared soups, sandwiches, pasta and salad. There are plans to increase the menu to twice its size and to add more tables in the next two years. Reservations are highly recommended.

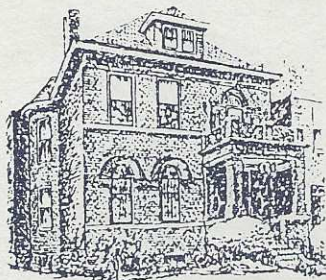
The remainder of the interview Dan and I discussed the future of his enterprises. It's time now for all good

TGHNA members to take pen and calendar and note the following. Look for a 12 page color catalogue from Botanicals on the Park to appear in time for the holidays. To become a part of the mailing list, drop into Botanicals and ask any of the exceptional staff to assist you in engaging yourself as part of this group. Mark those calendars for the 2nd week of November 1996 for the annual most excellent Holiday Open House at Botanicals on the Park. The atmosphere, cuisine, and music make this event the official beginning of your holiday season. To expedite your holiday shopping, Botanicals plans to bar code all its merchandise in order to computerize and catalog by item number.

As you are shopping, dining, or

wine tasting, feel free to welcome Dan Hill officially to our neighborhood as entrepreneur and as resident. Soon Dan will join us in owning a TGHNA prestigious residence. His reasons for living in TGH are the diverse demographics of the neighborhood and his commitment to his own personal satisfaction. It is this same commitment that drives his commitment to customer service at his establishments. He states "satisfied customers return."

Also growing exponentially is the Wedding Business at Botanicals. Selectively trained staff provide personal, church and reception services to customers. Interior Design Consultation Services are available in store or in home at an hourly rate. Gardening tips are available by phone.



THE WINTER HOUSE BED AND BREAKFAST

Hosts: Kendall & Sarah Lee Winter

Give Your Out-of-Town Guests a Home
Away from Home

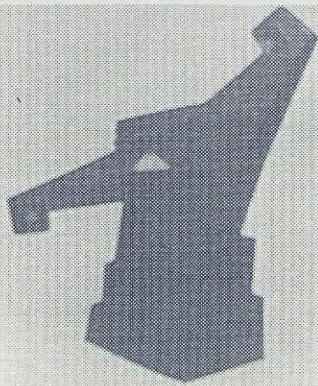
3522 Arsenal Street
Saint Louis, Missouri 63118

(314) 664-4399

Nu PERU

INTERNATIONAL FOLK ART

ART GALLERY ART GALLERY



ART GALLERY ART GALLERY

Grand Opening
September 1

3120 S. Grand



Icons
Pottery • Jewelry
• Clothing
Musical Instruments

3210 S. Grand
664-4026
1st Floor Union Station
231-PERU

PROPERTY VALUE CAN'T CLIMB IF COMMUNITIES ARE CRUMBLING.

When neighborhoods crumble, property values tumble. That's why a non-profit partnership called NeighborWorks is working to reverse housing decline. To find out more, call 1-800-245-6957. Or write NeighborWorks, P.O. Box 41406, Baltimore, MD 21203-6406.

NeighborWorks
Reversing decline. Rebuilding pride.





Don't Worry, Be Healthy



Compiled by Tom Booth

If the body is deprived of proper nourishment, it will affect the hair, skin and nails. In fact people who have suffered deprivation of calories and nutrients will sometimes have bands of color in their hair that correspond to their periods of malnourishment. Dry, scaly skin, brittle nails and dull thinning hair are all classic tip-offs that your diet needs an evaluation. A diet that's well balanced is the goal, but here's how some nutrients are especially friendly to your skin, hair and nails.

Vitamin A helps slough off dry skin cells, keeping the surface soft and smooth. It also stimulates the growth of new, healthy cells and protects against dryness, premature aging and acne. It will improve the sheen of your hair and protect against dandruff and itchy scalp and prevent dry, splitting nails. Best sources for vitamin A include carrots, squash, sweet potato, cantaloupe, beet greens, broccoli, spinach, apricots, chicken, fish and liver.

Pyridoxine, or B6, is necessary for the production of collagen and elastin, which help the skin stay smooth. It's also thought to protect against hair loss. Get B6 by eating soybeans, kale, spinach, bananas, lentils, liver, salmon, meat, chicken and milk.

A lack of **B2, or riboflavin**, may cause "perleche", or gum problems and erosion and cracks at the corners of the mouth. To get enough, eat cottage cheese, low fat milk, yeast, broccoli and mushrooms.

B3, or niacin, maintains the nervous system and gastrointestinal tract. If you don't get enough you might suffer from "Casal's necklace": scaling, brownish skin around the neck and the backs of the hands and feet. Niacin is found in lean meat, fish, poultry, soybeans, cottage cheese, beans, peas, yeast, and peanut butter.

B12, or cyanocobalamin, is found in cottage cheese, milk, eggs, cheese, liver, kidney and chicken. A lack of it can cause pale skin and dandruff.

Vitamin C helps keep skin and hair healthy by maintaining a good supply of oxygen to the capillaries that carry blood to the follicles. Adequate vitamin C aids wound healing, helps prevent wrinkles, maintains oil production and prevents premature aging. Get plenty of vitamin C by drinking orange juice and eating citrus fruits, cantaloupe, leafy green vegetables, broccoli, Brussels spouts and red and

green peppers.

Vitamin E (tocopherol) increases the oxygen intake of cells, which speeds healing and regeneration. Sources include corn, brown rice, almonds, beet greens, blackberries, spinach, sunflower seeds and cold-pressed vegetable oils.

Iodine, found in fish and seaweed, protects against rough and wrinkled skin and keeps hair strong and glossy.

Iron is the most important mineral for healthy hair. Because it promotes healthy red blood cells, it also results in good skin color and strong nails. Women are often deficient in iron. Boost your intake with prune juice, beans and lentils, spinach, eggs, liver and blackstrap molasses.

Protein maintains the elasticity and structure of the skin and regulates skin pigments. It's essential for heal-

thy hair, which is made up of 97% protein and 3% water. Get enough by eating milk, cheese, meat, fish, chicken, beans, nuts, and seeds.

Zinc is an important co-factor for enzymes involved in wound healing. Those who don't get enough zinc may have dry, scaling skin. Beans, rice bran, soy products, whole grain products, meat, yeast, fish, pumpkins seeds and green peas contain zinc.

Fiber keeps skin clear and healthy looking by aiding digestion and elimination. All raw fruits and vegetables contain fiber; so do sesame seeds and natural grains like oats and wheat.

Water is crucial for maintaining skin moisture and normal oil secretion. Drink those eight glasses a day.

For a really healthy look,
look to your diet.

St. Pius V School
3530 Utah at Grand
NOW ENROLLING
Grades K-8
Average of 18 Students Per Class
773-8770

Lucas Optometry, Inc.

TODD N. LUCAS, O.D.

Eye Examinations • Contact Lenses • Eye Glasses

**3165 South Grand Blvd.
St. Louis, MO 63118**

Office Hours By Appointment

(314) 772 - 3737

BARB POTTS ON THE SPECIAL UNITS AND RELATIONSHIP OF TGHNA WITH THE POLICE

by Donna Branca

Emphatically, Barb repeated "the absolute most important function of the TGHNA is its relationship with the police department." This relationship,



**Tower
Grove Heights
Homes**

SUSIE GUDERMUTH
3724 UTAH PLACE
ST. LOUIS, MO 63116
(314) 771-7097

BRANDENBURG & LOWNSDALE

ATTORNEYS & COUNSELORS at LAW

SUITE 1106
222 SOUTH CENTRAL
ST. LOUIS (CLAYTON), MISSOURI 63105

KURT E. WOLFGRAM

TELEPHONE (314) 721-8899
FACSIMILE (314) 721-0703

according to Barb, "tauts viability and stability." TGHNA is known for being one of the most involved neighborhoods in the city. Its eyes are always open and it reports what it sees. To quote Barb, "TGHNA sees, reports, and gets involved." Reportedly, the police find this an easy neighborhood relationship.

For example, 911 calls are consistently utilizing the callback loop in the TGH area. That is, when a TGH resident makes a 911 call, the dispatcher asks if a callback is requested. Seldom are callbacks refused in TGH. This allows police responding to the call to call back the caller and gather further information and requests for back up calls. Barb sees this as a value to service on the part of the police and the neighbors.

On behalf of Barb and the neighborhood, "we are most grateful for the wonderful support we have which leads to police/community rapport."

Special Units which will be featured at an upcoming neighborhood meeting include:

BATMOBILE: This unit includes the breathalyzer test mobile utilized by the police when checking blood alcohol levels at various checkpoints.

CANINE: This special unit is a very viable unit of the police. The unit utilizes police specially trained dogs to search for drugs and missing persons.

NARCOTICS: This special unit deals primarily with drugs entering the city. This unit also executes search warrants.

Other special units named but not described are:

DARE
MOBIL RESERVE
MOUNTED POLICE
BIKE COPS
SEX CRIMES
JUVENILE

Barb asked to close the interview with a quote from Officer Kim Castro. "A wheel is held together by many spokes. If any spoke is missing, the wheel is not as strong or stable. I think we have a good wheel."



OAK HILL TRUE VALUE HARDWARE & PAINT CO. 4100 CONNECTICUT ST. AT OAK HILL 776-0741

HOURS: Monday thru Friday 8 to 5:30
Saturday 8 to 5

**A FULL SERVICE FAMILY OWNED HARDWARE STORE
SERVING SOUTH ST. LOUIS FOR OVER 60 YEARS**

We Specialize In:
Plumbing, Electrical, Builders
Hardware, Lawn & Garden, Hand &
Power Tools, Locksets, Cleaning
Supplies, Bulk Nails & Fasteners,
Paint and Painting Supplies.
SPECIAL ORDERS WELCOME
MASTER CARD, VISA, &
DISCOVER ACCEPTED

Our Services include:
Key duplicating
Glass & Plastic cutting
Window & Screen Repair and
Fabrication
Pipe Cutting and Threading
Delivery within our area
Window Shade Cutting
Sharpening Service

**TOWER GROVE HEIGHTS
NEIGHBORHOOD ASSOCIATION**

President: Joe Thele
President Elect: Sara Langan
Secretary: Diane Hurwitz
Asst. Secretary: Jodie Heliker
Treasurer: Suzanne Golemb
Past President: Jean Iezzi

COMMITTEE CHAIRS

Block Representatives:

Marcia Recks
Fun and Fundraising: Jeffrey Blunt
Promo. & Marketing:
Susie Gudermuth
Publications: Don Hardin

BLOCK CAPTAINS

3600/3700 Arsenal

Diane Hurwitz (3640)

3800 Arsenal

Elliott Blevins (3850)

Fredric Rissover (3850)

3600/3700 Hartford

Marilyn Abbott (3648)

Ken Johnson

Rocky Keel

3800 Hartford

Bill Wright (3836)

Tom Booth (3807)

3600/3700 Juniata

Sara Langan (3639)

Jim Mooney

3800 Juniata

Tod Flak (3850A)

3600/3700 Connecticut

Lisa Jokisch

3800 Connecticut

Curt Gilker

Sherry Taylor

3600/3700 Wyoming

Paddy McPhillips (3668)

Janet Golitko

Brian & Betsy Vanderheyden

3800 Wyoming

Linda & Peter Fick (3879)

3600/3700 Humphrey

Stafford Gavin (3651)

Mary Wilsman

3800 Humphrey

Robert Reed

Marcia Recks

3600/3700 Utah Place

Judy Newman (3729)

Michele Kerr (3636)

3800 Utah Place

Susie Gudermuth (3725)

Veda Lynn (3855)

(continued from page 4) but he

hides poor Quasimodo in the bell tower of the Notre Dame cathedral for years. And all the while he convinces Quasimodo that his imprisonment is in Quasi's own best interest. Even small children will sense the cruelty of Quasi's "master." Quasimodo escapes the tower to attend the annual Feast of Fools celebration. Once he's crowned king of the Feast of Fools, it is discovered that his face is not a mask, and the crowd begins to taunt him with cruel names and acts. As to be expected, there are people who come to love Quasimodo for the kind, unselfish man that he is. One of whom is Esmeralda, a beautiful black-haired, green-eyed gypsy who is also an outcast in Paris. Demi Moore is Esmeralda's voice; it is difficult not to just think of her as Demi, especially when she dances her STRIPEASE-like dances. It is true that there are a couple of Esmeralda scenes in which lust is alluded, but I can't imagine any child catching on to the harmless allusions.

Quasimodo is a truly unique hero. I think it's wonderful that Disney took an extremely disfigured character and turned him into someone children admire and respect. He's even more likeable than the other hero, the handsome, blond Phoebus (who looks like John Smith, according to my 4-year old, Claire). But Phoebus provides a lot of comic relief, as do Quasi's imaginary Gargoyle friends, Victor, Hugo and Laverne.

I was curious to see how Disney could take such a sad story and turn it into a thrilling adventure. In fact I was on the edge of my seat for the last 15 minutes or so of the film, experiencing a similar exhilaration that adult movies such as DIE HARD create. I probably shouldn't admit that to just anyone, but like I said, your perspective changes when you have children. I'm ready to see THE HUNCHBACK OF NOTRE DAME again, which is a good thing since it'll be on video in a few months and on our T.V. non-stop for weeks. I look forward to it.

(continued from page 7)

Having created the garden, I then had to devise some way to keep the native pollinators out of the flowers so that I could perform experimental crosses.

The natural pollinators of these penstemons are native bees (especially queen bumblebees) and other species of penstemons are pollinated, variously, by hummingbirds, butterflies, beetles, bee flies and wasps. Penstemon flowers are so delicate that I had to build wooden framed mesh cages to place over the whole plant. These are about 2-1/2 feet tall, on a one-foot square base, and sort of look like bird cages in the garden. I can lift the cage off the plants and perform various self-and cross-pollinations, much like Mendel and his peas.

While all of the above may sound a bit much in terms of developing fundamental information on plant biology, the alternative to creating an experimental garden of plants from far-flung sites all over the Midwest is to burn a lot of rubber on the highways travelling to all these sites, and risking the vandalism of the experiments.

I am particularly fortunate to be able to have this experimental garden in my backyard as opposed to one of the local biological preserves. Experimental plants do require daily care, and it is much cheaper to do this in the backyard than to fight traffic and traffic jams. An added dividend is that many of my neighbors now know what a Purple Beardtongue -- which occurs in nature in only five Missouri counties -- looks like, not to mention the Queen-of-the-Prairie or the Rattlesnake Master. It's very rewarding to be able to grow these historical plants in our historic Tower Grove Heights neighborhood.

Tower Grove Heights Gazette
3203 South Grand Blvd., Suite 103
St. Louis, Missouri

Printed on Recycled Paper