

# Tower Grove Heights Gazette

Grand to Gustine

Arsenal to Utah Place



June 22, 1995

Volume 7, Number 5

## COFFEE BREAK

### *Rehabbing As Art*

By Elizabeth Braznell

Jay confessed last night that he likes working on the house. It's a creative process--almost sculpture.

For instance, there's our couch. Margie Meyer called four years ago and offered us an antique couch. "My mother found it in the alley but Paul and I don't want it," she said. Paul delivered a 7'-long monstrosity upholstered in harvest gold Herculon.

This couch wasn't hit with the ugly stick. No, the whole ugly forest uprooted itself to stomp around on this ugly couch. It stank, too, as if someone had died on it.

We were ecstatic. It fit well with our decor. It stood on end in our dining room, looming over boxes and tools, for three years. Now it was time to rehab the first floor, so the couch had to be stored for about six months. Solution: upholstery.

I consulted interior designer, neighbor, and friend Debbie Akin. "First choose your wallpaper," she advised.

"Then choose the fabrics to coordinate."

She and I sat on her kitchen floor with wallpaper and fabric books, drinking wine and having a great time. We hit the perfect combination--a stunning paper of large florals on a mellow yellow background; the colors echo perfectly the striped upholstery for the couch.

Getting Jay to appreciate our taste was, well, difficult. His exact response was, "Over my dead body!" Of course, eventually he gave in, albeit not exactly gracefully.

I called Mr. Killmade, the upholsterer, who said he could do the job in two weeks. I asked for a year. We settled on four weeks. Thirteen weeks later the couch returned, and it's stunning. Drop-dead gorgeous. It's Architectural Digest stuff. Even Jay likes it.

The house is metamorphosing, too. Jay has turned a really scary 8'x4' hole in the back of our house into a

lovely door onto the deck. The electric is done and inspected and we're finishing the drywall. Then we move the band saw, table saw, and sander into the dining room to have room to work on the living room.

Meanwhile, the couch is going to live with my friend Margaret while we finish the downstairs.

Living in a house and doing the rehabbing yourself has lots of negatives, like living 19 months without a kitchen and battling plaster dust constantly. But there's lots of good, too. Jay and I love working together to build our home. Neighbors have been unstinting in their help and praise for our efforts. And we really feel a strong commitment to the house and neighborhood.

I've heard people complaining about the neighborhood, but stand on your front porch one Saturday morning and listen. You'll hear hammers and saws and lawn mowers. People are on ladders, scraping and painting. We think the money and time we are

## IN THIS ISSUE

There's something of interest to everyone in this issue of the Gazette. Elizabeth Braznell offers her view of rehabbing as an artform, something

which should encourage all of us who labor unrecognized and unappreciated. Rich Iezzi gives a rundown of the House Tour activities on page 2. You can find guidelines for working with lead paint, tips on handling the Sum-

mer heat, two book reviews, a block captain meeting update, a movie review, and resident and block captain profiles -- a good way to get the Summer started.



## 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 Donald Hardin at 772-9151. 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

## IT WAS GRAND

**By Rich Iezzi**

The Grand South Grand House Tour was held on May 20 and 21 and featured 14 homes. Tower Grove Heights displayed 4 homes. The other participating neighborhoods were Tower Grove East, Compton Hill Reservoir Square and Shaw. Over 500 people toured these great homes and many discovered the wonderful restaurants and shops on South Grand during the tour.

As always, great stories were heard from these tours that make it all worthwhile. A quick survey of several tour workers revealed some interesting comments. "There's enough wall space for my art collection," said one "tourist" as he looked at the 2 family conversion on Utah Place. The 2-family conversion especially sparked comments about creativity and spaciousness. Overheard

at the "Hartford Arms" on South Spring was a wistful remark, "The neighborhood wasn't like this when I lived here. It's much nicer now!"

According to Anne Moore, one of the tour's movers and shakers, the most often overheard phrase was, "Gee, I didn't know there were still such great homes in the city." Anne received great compliments on the tour but is also frustrated that the city is still so undiscovered. Many people said they only heard about city negatives and were amazed that quiet tree-lined streets and fabulous homes still existed.

While it's great to live in one of the best kept secrets in town, it's time to get the word out. Ask yourself how we can get better publicity and then go to work on it. Remember, everybody likes to hear a secret.

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dardized so investor can easily compare performance figures. Investment companies currently manage more the \$1.7 trillion.

Many investors, however, look to private money managers to handle their investments. Thousands of companies manage money for individual and institutional investors. These companies range for home-based operations to corporations with large staffs of research analysts and economists. Most private money manager only accept accounts of \$100,000 or more although a few

accept smaller accounts.

How do you select a private money manager? One way to screen prospective money managers is by referral. Ask a trusted friend or business associate for a recommendation. If you don't know anyone who can provide a personal referral, professional research organizations are available that report on money managers and their performance.

Money managers must register with the SEC and inform clients of their background, business practices, conflicts of interest and more. However, they do not disclose results for individual accounts. Typically, they report combined results for all the money they manage. Ask for audited reports, and if necessary, check with the auditor to ensure correctness. Find out if the reports include reinvestment of dividends or compounding of gains. Compare these results with accepted market standards like the Standard & Poor's or the Dow Jones Industrial Average.

Selecting a private money manager requires time and research. But if you want your investments to enjoy smooth sailing, it's time will spent.

Article provided by Tom Borich, Investment Representative, for Edward D. Jones & Co.



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# PROTECT YOURSELF WHEN WORKING WITH *LEAD PAINT*

Since we have decided to live in old houses, and therefore houses containing lead-based paint, the following are some helpful guidelines to use when working on your house.

- Remove or cover all carpets with 6 mil or thicker polyethylene plastic sheeting. Tape edges with plastic. Remove or cover furniture. Remove or bag clothing, cooking utensils and other belongings.

- Cover floor in the work area with 2 layers of 6 mil or thicker polyethylene plastic sheeting to catch paint chips and dust.

- Close and cover heating system air vents to prevent dust and fumes from circulating beyond the work area.

- Wear protective clothing such as an extra work shirt, overalls and hat. Inexpensive disposable Tyvek suits are available at major hardware store and are recommended. Disposable shoe covers are recommended.

- Wear a half-face air-purifying respirator with high efficiency filters which have been approved by OSHA or NIOSH. These rubber masks and replaceable filters are available at major hardware stores. **DISPOSABLE**

**PAPER MASKS ARE NOT ADEQUATE.** Be sure the respirator fits and that you clean and store it properly. Change filters as specified by the manufacturer and be sure that the filters are HEPA filters.

- If possible, do one room at a time and remove furnishing or push them to the center of the room and cover with plastic and tape. Each work area should be sealed off from the rest of the dwelling by taping plastic sheets or placing drop cloths over doorways.

- Do not use a power sander since it can create too much lead dust. Use caution when operating an electric heat gun, because excessive heat will generate lead fumes. If chemical strippers are used, follow the manufacturers directions. Respiratory protection and good ventilation are mandatory.

- Children, pregnant women, women of child-bearing age and nursing mothers **MUST NOT BE PRESENT** until all work and clean up is done.

- Keep food and drink out of the work area. Wash hands, arms, face and rinse mouth before eating or drinking or smoking. Do not smoke or chew tobacco or gum in the work

area. You should wear the mask at all times while in the work area.

- At the end of each work session, put the chips and debris in a double plastic bag, close it with tape or twist-ties, and put it out with the household trash into a closed trash pickup container.

- When removal is completed, clean up and bag all removed paint and other debris. Vacuum the entire work area and remove plastic. Use a high 15% phosphate detergent or TSP (trisodium phosphate) to wash and mop. Wet mop the floor. Use a wet cloth to clean all walls, sills and any other surfaces where paint or dust is clinging. Repeat the vacuuming and wet cleaning at least once. Change the water frequently during cleaning.

- Remove protective clothing and work shoes in the work area to avoid carrying lead dust into the rest of the house. Wipe off shoes with a wet rag that will be laundered with the work clothes. Launder work clothing separately from the rest of the family laundry. Wash hair and body thoroughly with soap and water at the end of the work day and before contact with others, especially children

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## REVIEW FROM THE HEIGHTS

### Novel Without a Name By Duong Thu Huong

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#### Reviewed by Tim Fox

Even though former Secretary of Defense Robert McNamara has come to terms with his feelings about the war in Vietnam - he feels real bad about it according to his new book - the rest of the country seems a bit less certain. At least, that's the way it seems, judging by the unending production of and enthusiasm for books, movies, and even songs about the Vietnam War.

Part of the problem is that movies and literature about the war have confused horror and heroism. Both pour on images of death and destruction, the grosser the better, theoretically to make a statement about the pointlessness of war in general and the war in Vietnam in particular. But because the genre depends on heavy doses of excitement, pumping adrenaline, and good old fashioned male bonding, the sensations of terror and stimulation meld together for many viewers and readers into a rush of generally good feelings.

That kind of ambiguity - that uncomfortable blending of disgust and delight - almost becomes a physical presence in Duong Thu Huong's novel about the Vietnam War, *Novel Without a Name*. But there are several important features of Huong's novel that set it apart from other interpretations of the war from the outset.

First, the author is a woman. Only in the genre of war fiction could this be a remarkable fact; men have just about had the lock on war stories for as long as there have been wars, which accounts, no doubt, for their testosterone-fueled action.

Second, the author served in the North Vietnamese army during the war, even led a Communist Youth Brigade. The novel's narrator, a man named Quan, is North Vietnamese as well. We are not used to accounts of Vietnam written from the perspective of the victor.

Finally, there is hardly a single battle scene in the entire book - at least in the traditional bombs-bursting-in-air sense. Almost all of the conflict in this quietly disturbing novel takes

place in Quan's head, in his anguished memories of the past: memories of his country, his family, his war.

All of these factors combine to make *Novel Without a Name* a unique contribution to our understanding of what the war in Vietnam was about, not from Robert McNamara's perspective, but from the perspective of the people on whose soil it was fought.

Unlike many American soldiers, Quan and his counterparts - mostly childhood friends, but also men who serve under and above him - did not go grudgingly into the war. They went at very young ages with high ideals and visions of bringing glory and honor to their home villages and to their families; Quan remembers the slogans that were plastered on the village walls at his induction ceremony: "Long live the new combatants for our country! The young people of Dong Tien village uphold ancestral tradition! Long live invincible Marxism - Leninism."

When the novel's action takes place, seven years have passed since that ceremony. And though the North Vietnamese are very close to "winning" the war at that time, Quan has seen enough to realize that all of these enthusiastic messages had implications that he did not realize at the time. Most of the combatants, on both sides, did not enjoy long lives; the "ancestral tradition" is one of endless bloodshed and futility; Marxism-Leninism is far from invincible, as the new Marxist leaders turn out to be more of the same corrupt politicians. Only the ideology has changed.

Quan is a tortured soul. As the novel follows him through the jungles of Vietnam - his first mission is to travel alone to a remote outpost to check up on a childhood friend who has gone mad, with the opportunity to visit his home village offered as inducement - he is plagued by dreams, memories of his childhood, and visits from the ghosts of his ancestors. He vividly recalls the terrifying scene of his mother giving birth to his brother, the cruelty of his father, and the relatively carefree days of his youth,

before the countryside had become a battle ground.

The novel does not proceed in a strictly linear fashion. There is no classic structure of conflict, crisis, denouement. There are very few characters aside from Quan; people float in and out of his consciousness. But each one leaves an imprint, and toward the end of the novel those accumulated imprints lead Quan to only one conclusion: "On both sides (of the war) you screamed, you killed in mad, frenzied bursts, shrieking for joy when the blood gushed, the brains shattered; you went at one another like savages under the dense rain of machine-gun fire. On both sides you died believing that you had attained your ideal."

When all is said and done, Quan realizes, wars come full circle. The snake ends up swallowing its own tale, the two sides meet themselves coming around the corner, and the changes that everyone - American and North Vietnamese - fought to achieve end up being the new status quo.

It is this truth that most horrifies Quan, and when other people in the novel attempt to point it out to him he becomes very angry. This truth about the war is his weak spot; though he knows it better than the jungle in which he fights, some part of him clings to the glory of battle. It is that part that comes out of him and fights when he is confronted by others who know the truth but are not disturbed by it. To them, the war has become a silly game, but for Quan, it is a battle for his soul.

I had a hard time reading this book - it took me over two months - but I am glad I stuck with it. *Novel Without a Name*, as well as the author's other novel, *Paradise of the Blind*, was banned in Vietnam, an indication that Duong Thu Huong is familiar with the truth of war as well. But the book is available here, in a country that, like Quan, needs to come to terms with the dual, conflicting perceptions of war - the realistic and the romantic - that have been part of its history since the Revolution.



By Tom Booth

There is a great deal of information available about vitamins and herbal supplements which provide alternative approaches to maintaining health. This information is not intended to replace conventional medical treatment, but rather to act as a supplement to it. In this issue of the Gazette, I bring you information about *ginkgo biloba*, a natural extract from the ginkgo leaf which has a number of benefits especially for not-as-young-as-we-used-to-be individuals.

According to the Herb Research Foundation, (a non-profit group dedicated to disseminating information about natural remedies), there has been more than 20 years of research done on ginkgo which documents that this safe and natural remedy may revitalize the circulatory system. Their

## DON'T WORRY.....BE HEALTHY

research indicates that it helps improve memory and cognitive function, prevents senile dementia, speeds recovery from head injury, improves vision and hearing in the elderly, and prevents oxygen deprivation of the heart muscle.

### "AMONG THE MOST COMMONLY PRESCRIBED DRUGS (IN EUROPE)"

According to Steven Foster in his book, *Ginkgo*, clinical research including randomized double-blind studies documents the effectiveness of ginkgo in decreasing blood clotting. The resulting increased blood flow helps

provide oxygen and nourishment to the brain, eyes, ears and heart muscle.

In two trials of elderly patients, ginkgo extracts helped normalize the electroencephalograms of elderly patients with cerebral insufficiency. Tests also show it helps increase cognitive function of the elderly. The symptoms often experienced by the elderly which ginkgo addresses include concentration, memory failure, absentmindedness, confusion, lack of energy, depression, anxiety, dizziness, and tinnitus (ringing in the ears). The effect of ginkgo seems to be related to a restoration of membrane integrity.

While herbs are pooh-poohed for the most part in America, the British medical journal *The Lancet* documents substantial knowledge about ginkgo. In 1992, The Lancet summarized the results of a number of controlled trials of ginkgo biloba extract, noting that it is "among the most commonly prescribed drugs (in Europe)." Unfortunately, American doctors know little or nothing about herbs, but if you'd like to know more about ginkgo or other herbs you can contact the Herb Research Foundation at 800-748-2617.

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# BLOCK CAPTAINS MEETING

## BLOCK CAPTAINS MEETING

By Tom Booth

The May meeting of the block captains was held on May 2 at Nancy Dietz's house in the 38XX block of Wyoming. Seating was at a premium for the large turnout which spilled out of her living room and into the hall.

Nancy began the discussion by noting that a house on her block had been recently sold and the new owners intend to rent it as Section 8 housing. Some concern was expressed about the need to limit the number of Section 8 buildings in the area. It was mentioned that a building on another block of Wyoming became a problem because of overcrowding, and that it was eventually condemned on that basis. The importance of pursuing building code violations was emphasized as a tool to handling problem tenants.

There was a suggestion made that at the next general meeting members of particular blocks in Tower Grove Heights form smaller groups to discuss their own block's unique problems.

Diane Hurwitz mentioned that in June there would be a "hardhat" housing tour directed to potential real estate developers. It is hoped that the tour will present the Tower Grove Heights area as a desirable area to renovate and resell real estate.

Margie Meyer passed around the flyers she created for Operation Brightside which she made available to everyone for their own blocks. Additional information about how the block captains could organize their own blocks for Operation Brightside was discussed.

The participation of the neighborhood organization in the May House Tour was also mentioned.

It was mentioned that Treasurer Don Detsch had resigned and no longer lived in the neighborhood.

There was some concern expressed that at the present there was no membership committee chairman.

A block captain mentioned having

sent a letter to State Representative Pat Dougherty regarding the existing law which allows a tenant to fight eviction for a considerable time. Through the following discussion, it was generally agreed that the current law allows the eviction process to last too long. Everyone felt that pressure needs to be placed on the state legislature to support landlords and that by doing so the viability of neighborhoods could be better protected.

It was mentioned that Marge Vining is Geraldine Osborn's choice to replace her as alderman of the 15th ward.

One of the block captains suggested that there be a special meeting of the neighborhood association in order to promote the "blockwatch" idea in our area, but stressed that it is important to take a personal approach in presenting it to residents in the area. The distinction between "Mobile Patrol" and "Mobile Reserve" was made, clarifying that the Mobile Patrol

*(continued on page 11)*

## Hot Town, Summer in the City

The St. Louis Summer heat can be punishing for everyone, but especially for seniors. Now that Summer is here, keep some things in mind when the heat begins to be too much.

For seniors, consult your doctor to see if you are at risk from the heat. It depends on the shape you're in and the medicine you take. If your doctor tells you that heat may be a problem for you, be cautious.

If you hear heat warnings on the radio or TV, you should

- Stay out of the sun
- Drink lots of liquids
- Take cool baths often
- Use air conditioning at a least a couple of hours a day to help your body recover from the heat. If you don't have air conditioning, go to a friend or neighbor's home, or to the library, shopping center or grocery store.

*(continued on page 11)*



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# BLOCK CAPTAIN PROFILE: Nancy Dietz - Wyoming

By Tom Booth

When we talk about the Heights, we usually talk about what great neighbors we have and how that's one of the big reasons we live here. Well, Nancy Dietz is a prime example of just who those great neighbors are. Nancy and her husband Tom have been married for 21 years, and bought their present home on Wyoming 19 years ago. Nancy, however grew up on her current block of Wyoming, in a home in which her parents still live.

They have 2 kids, a daughter Carrie, who is attending classes at UMSL, and a son, Jeff, a freshman at St. Mary' High School.

Nancy is an R.N. at Incarnate Word Hospital's Rehab unit, working with stroke and head injury patients, and patients with orthopedic problems. She says she finds working with those patients particularly satisfying. Nancy says, "It's really rewarding to see how far we can bring people... how much progress they can make. Most of our patients end up going home versus a nursing home, so it's really rewarding."

Nancy began her nursing career by working for a year with the Christian Appalachian Project (CAP) in the Appalachian mountains. She says, "It was sort of the Catholic version of the Peace Corps... Volunteers came from all over the country: teachers, seminarians, nurses, whoever wanted to volunteer. They would come and work at the project for either like a Summer or maybe stay for a year." Nancy explained, "It was a farming community at the foothills of the Appalachian mountains and there were a handful of rich people... but most of the other people were very poor... a lot of poor coal miners. The experience we had was very much like the TV series 'Christie'. Things were that far behind, I mean people didn't have electricity, they didn't have running water, kids walked barefoot in the snow to get to school. The highlight of our social life down there consisted of a cattle auction or an antique auction on Friday night."

Nancy met her husband Tom during the time she was working with the CAP project. She explained, "He was in the seminary ... and had some friends down there and he would come down and visit them and maybe spend a week or two and he would also help out." When she returned home to St. Louis after a year, Nancy started seeing Tom and they ended up getting married.

Nancy and Tom originally bought their house on Wyoming as a starter house so she could be home with her children. She worked as a nurse part-time in order to be a full time mom. Nancy explained, "That's why we bought the 2-family unit, so we could rent out the other half so I could be

home with the kids. It kind of started out to be starter house, and we put lots of time and work and money... I mean it took more time than what we thought it was going to take. I don't know, I just love the neighborhood... I just couldn't imagine living anywhere else."

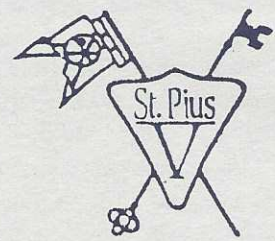
They rent the downstairs unit to a woman who has lived there for 8 years, so they've been very happy to have a dependable tenant for so long. Nancy's husband Tom is a machinist at Natoli Engineering, which recently moved from Chesterfield because of the flooding. The company is now in a new building in Weldon Springs, so Tom's commute just got a little longer. Tom's family lived in North St. Louis for many years, but moved to north county when he was in college. "Neither one of us are county people", she said.

When the neighborhood association first began, Nancy and her husband joined as members and have been very active in their block watch group, picking up trash, helping to plant flowers, mulching the trees on the block, and writing letters to landlords. Nancy says that their block has added 40 trees in the last two years. "Our street did not have any trees... I planted three myself which kind of started it, and then Susie Gudermuth planted a couple, and then Linda Fick called Geraldine

Osborn and she got us about 40 more. We've lost a couple of trees due to kids hanging on them and whatever, but we have about... probably 40 to 45 trees that are 2 years old and have survived the kids on the street."

Nancy explains that a small corps of residents on her block have worked together to keep the block clean and cared for. "Every Spring we try to get them (trees) mulched. I have 6 hoses that I try to water the trees around me during the Summer during the dry spells. We kind of split the street up and try to water the trees..." "There's a small group of us but we've really worked hard to try to clean it up and turn it around," she says.

Nancy explained that the things she loves about the neighborhood is "being able to walk to the park and be close to Shaw's garden, those are my two favorite places. I spend a lot of time there. I love the diversity... I love all the little shops and restaurants on Grand. It's really coming to life and it's really neat to see so many people up there. I love the old houses, I love just the charm... and I love the community spirit of the neighborhood, I don't think you get that in the county."



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If you're a Billy Crystal fan, you will probably appreciate **Forget Paris**, his latest movie endeavor. His starring role as Mickey, an NBA referee, is a perfect vehicle for his humorous antics and one-liners. In fact, some of the movie's best moments are when players, performed by real NBA pros in cameo appearances, are arguing with Mickey over calls. But **Forget Paris** isn't about basketball; it's about marriage.

Debra Winger plays Ellen, an airline publicist stationed in Paris, France. Ellen and Mickey meet when her airline misplaces the casket carrying Mickey's father, whose one request was to be buried with his war buddies in a small French town. Again a perfect opportunity for Billy Crystal's funny sarcasm. Ellen and Mickey fall in love, of course, during a whirlwind, passionate week of Ellen showing Mickey Parisian "stuff." This was my favorite part of the movie; I came away all but forgetting Paris. I'm ready to spend my life savings to go and see Rodin's sculptures, the Mona Lisa, the Eiffel Tower, the Seine River...But **Forget Paris** isn't about Paris; it's about marriage. And I'm

## AT THE MOVIES with Stephanie Gavin

getting to that.

Mickey and Ellen are in love. Mickey lives in California, Ellen in France. How could they ever be together without one of them sacrificing a career? They can't, so Ellen

### *Mickey's and Ellen's marital woes may hit close to home...*

sacrifices hers and moves to California and they get married. Eventually, as love becomes comfortable, resentment comes forth. Mickey quits his job, which creates even more resentment, until the marriage seems to be doomed.

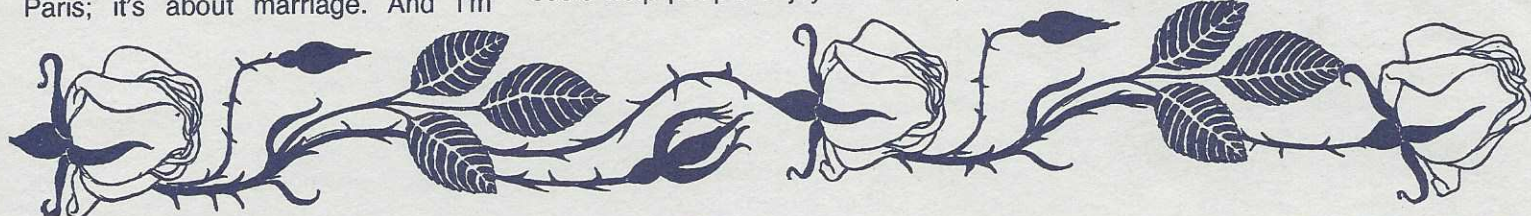
Mickey's and Ellen's marital woes may hit close to home for some folks. Not too close—just an "I've been there" kind of feeling. That connection could help people enjoy the movie, or

cause a slight feeling of boredom for some. What bothered me was that Mickey's and Ellen's situation seemed, not necessarily ordinary, but some-

what anti-climactic as far as movie relationships go. They fall passionately in love, marry, settle into a routine, doubt their happiness, resurface their love, and experience a few mini-crises along the way. I guess I prefer movies when the extraordinary happens.

The highlight of **Forget Paris** is the way in which Mickey's and Ellen's relationship is told. One of Mickey's longtime bachelor friends is about to get married. While he and his wife are waiting for his friends to arrive in a local bar to meet her, he begins to tell her the story of Mickey and Ellen. As his friends arrive, they pick up on the story with their versions of the couple's relationship. And no one knows if Mickey will arrive alone or with Ellen after his basketball game. The supporting cast is fabulous, and these bar scenes are highlights of the movie.

Overall, **Forget Paris** is entertaining, but probably forgettable in the long run, especially as other summer blockbusters open.



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# WHAT'S COOKING...a Book review by Ellen Reed-Fox

*Frida's Fiestas*. Recipes and Reminiscences of Life with Frida Kahlo. By Guadalupe Rivera and Marie-Pierre Colle. New York: Clarkson N. Potter, Inc., 1995. \$35.00.

If you are a cookbook junkie or Mexican food aficionado, *Frida's Fiestas* will be a delicious culinary journey through the life of one of Mexico's most famous artist's, Frida Kahlo (1907-1954). Frida was married to Diego Rivera (1886-1957), who, during his lifetime, was one of the most well known artists in the western hemisphere. Post-revolutionary Mexico saw a renaissance in art in which the artists directed their efforts toward the general public rather than an elite class of art collectors. Out of this movement came several famous muralists, among them Diego Rivera. Chances are if you have been to Mexico City you have seen Rivera's murals, which are found in public buildings throughout the city.

*Frida's Fiestas* is not only a collection of fabulous Mexican recipes, but also the reminiscences of Diego's daughter, Guadalupe Rivera, of a year she spent with her father and Frida. In the introduction Guadalupe writes, "Frida was an enthusiast; she got the most out of everything. The world around her was more than enough cause for permanent rejoicing." The integral element in all of Frida's fiestas and celebrations was the tantalizing dishes she prepared for her husband, family, and friends.

The first thing that strikes you as you page through this book is the vibrant and colorful photography. In addition to personal photographs of Frida and her family, Ignacio Urquiza has photographed elaborate table settings in several the Rivera's homes and many beautifully prepared dishes displayed in traditional Mexican pottery and cookware. If the pictures in *Frida's Fiestas* look familiar, perhaps you have seen Urquiza's work in another highly recommended collec-

tion of Mexican recipes, *Mexico the Beautiful Cookbook* (1991, Collins Publishers, San Francisco).

The recipes themselves include some of the more traditional Mexican fare found in stateside restaurants, but the majority are special dishes that are as unique as Frida herself. Guadalupe and her co-author, Marie-Pierre Colle, took a rather unconventional approach to the organization of this cookbook. The recipes are not arranged by course or ingredients as

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## ...a tasty trip through Mexican holidays and celebrations...

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one might expect, but are instead organized around the calendar of Mexican fiestas and Rivera family celebrations. Each month is introduced with a bit of family history and a glimpse at how Frida turned every holiday into an adventurous feast.

For example, the fiesta for the month of November is the Day of the Dead or All Souls Day. November 2 in Mexico is a holiday for all family members, both living and deceased. On this day, families prepare a table laden with food offerings for departed relatives to share with them. Typical items found on Frida's table were cookies and confections in the shape of skulls and skeletons, Dead Man's bread, tamales in banana leaves, yellow and red mole, chicken in *pipián* sauce, pumpkin in syrup, and strawberry *atole*. So that you can sample one course of this meal without purchasing the book, the following recipe is for the *atole*.

### Strawberry Atole

(8 Servings)

1 1/4 cups masa harina

6 cups water

2 cups strawberries washed and hulled

3/4 cup brown sugar

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Dissolve the masa harina in four cups of the water. Let stand for 15 minutes. Strain. Puree the strawberries with 2 cups of water and the sugar. Drain. Combine both mixtures in a large saucepan and cook, stirring constantly, until thickened. Serve piping hot.

Each month presents a different celebration and a new adventure in Frida Kahlo's versions of traditional Mexican cuisine.

I do have a warning for those who have a difficult time remembering their high school Spanish. The names of some of the ingredients might not be familiar, and those ingredients probably won't be readily available at your average grocery store. However, because we are fortunate enough to live in the ethnically diverse South Grand neighborhood, a trip to Jay's International Grocery, the Tropicana Market on Lindenwood Avenue, or a query to the talented cook at Siete Mares could well answer any questions that arise during your meal preparation.

Above all, *Frida's Fiestas* is much more than a cookbook. This collection of recipes offers insight into the life of a fascinating figure in Mexican history, a tasty trip through Mexican holidays and celebrations, and the opportunity to explore new culinary avenues. Local availability of *Frida's Fiestas* is limited, but Barnes and Noble does carry it and most bookstores can put in a special order. ¡Buen Provecho!



## LETTER TO THE EDITOR

The following letter comes out of the past to the pages to the Tower Grove Heights Gazette. The letter was found stuck in the door frame of a garage that was recently torn down.

"December 30, 1949

I, Charles Allison will say things are good...lots of work from \$15.00 to \$20.00 a day...lots to eat...bought very nice ham at \$1.20 a pound...shoes at \$10.00 to \$20.00 per pair for man or woman. This is a warm day and me and my kids had a good Christmas. I got, well, a good car paid \$2,600 for it. I am 60 year old, fat as XXX, so long."

## GENERAL MEETING DATES/TIMES

The next two general meetings of the Tower Grove Heights Neighborhood Association are **Tuesday, June 27th and Tuesday, July 25th. Both will be at First Divine Science Church, 3617 Wyoming. Meetings begin promptly at 7:15.**

*(continued from page 7)*

involves resident volunteers and the Mobile Reserve is made up of St. Louis Police Officers, teams of which concentrate on a particular residential areas. The Grand Oak Hill organization presently has a Mobile Patrol and the block captains expressed interest in getting our organization involved in it.

The discussion shifted to the current membership drive and the need to contact our neighbors and talk about everything that the organization gets involved in. it was mentioned that plans are currently afoot to put together a neighborhood buzz book.

*continued from page 7)*

- Use fans to pull in cool air at night or from a shaded side of your home, but don't use fans in an area that's hotter than you are. Fans blowing hot air are worse than no fans at all.
- If you know someone who might be in danger from the heat, invite him or her to share your air conditioner for a couple of hours. If he or she sounds confused, weak or dizzy, call 911.



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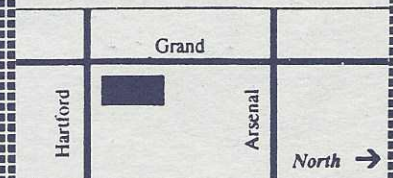


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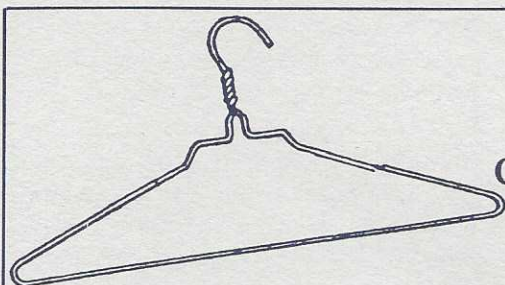
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17th 7 p.m. Book Discussion Group,  
Time and Again, by Jack Finney.

Tuesdays and Thursdays: 9 a.m. -  
12 noon G.E.D. Class

#### Children:

5th 2 p.m. Magic Tricks, Grades 2-5  
Registration Required

13th 2 p.m. Mid - Summer Party

19th 2 p.m. Puppet Show, "Fun at  
the Circus" pre school - 2nd grade,  
Registration Required - 5th, 12th,  
19th, 10 a.m. & 6:30 p.m.

Pre-School Story Time, Ages 3-5  
Registration Required

#### Young Adults:

6th 2 p.m. Craft, Make key chains,  
grades 6-12 Registration Required

20th 2 p.m. Craft, Make bead bands,  
grades 6-12 Registration Required

#### All Ages:

11th 2 p.m. Family Films, "Digging  
Up Dinosaurs" & "Stanley and the  
Dinosaurs"

18th 2 p.m. Family Films, "Prisoner  
of Zenda"

25th 2 p.m. Family Films, "Legend of  
Wold Mountain"

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August 1995

#### Adults:

21st 7 p.m. Book Discussion Group,  
Grapes of Wrath by John Steinbeck.

Tuesdays & Thursdays 9 a.m. - 12  
noon G.E.D. Class

#### Children:

9th 2 p.m. Be a Clown! Create your  
own clown makeup and costume.  
Grades 1 - 5, Registration Required

#### Young Adults:

3 2 p.m. Cartooning with Bryan Loy,  
Grades 6 -12, Registration Required

#### All Ages:

1st 2 p.m. Family Films, "Hound  
Who Thought he was a Raccoon"

8th 2 p.m. Family Films, "Pigeon  
That Worked a Miracle"

771-5462

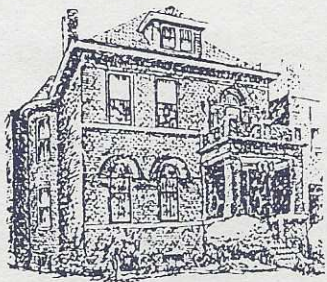
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**Publications:** Don Hardin  
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## RESIDENT PROFILE

**By Erin O'Reilly**

Lori Linder is an ambitious gal from St. Louis County who has lived on Utah Place for 5 years, since returning to St. Louis from New Jersey. She chose this area because of the "East Coast feel". Coincidentally, her sister Pam and her family bought a house one block over about the same time and Lori gets lots of opportunities to be a supportive aunt.

Lori has a Masters Degree in Speech Pathology from St. Louis University and has been practicing since 1985. She started her career in Florida at the Palm Beach County School System and then moved to New Jersey and worked for the Medical Center at Princeton with pediatric clients. Upon her return to St. Louis 5 years ago, she became the director of the Scottish Rite Clinic for Childhood Language Disorders. Her specialty is pediatric speech pathology and after 9 years of experience she has gone into private practice serving St. Louis city children. She cites a 2 month trip through southeast Africa as the impetus for going into private practice.

After getting a business permit, she began operating her practice out of her home and although she works more hours than when she was an employee she has a more flexible

being able to give more personal service to her clients, and less bureaucracy.

She has established several contracts for her services including the St. Louis Public School System at the



South Grand Early Childhood Center, The Salvation Army Hope Center, the First Steps program, and the SLU Speech Pathology Graduate Program (her Alma Mater) for which she supervises the students during their clinical practice. She also does speech and language evaluations for

disability determinations. Private patients are referred to her from various sources including the Parents as Teachers program, for which her sister Pam is an educator. Her practice has expanded so much over the first year that she plans to hire another Speech Pathologist to work with her. If you know of someone who needs her services, you can contact City Speech, Inc. at 772-6646.

In addition to her work, Lori likes to hike, visit Tower Grove Park and Shaw's Garden, ethnic restaurants on Grand, and spending time with family and friends. Don't worry when you meet her that she'll be evaluating your speech, she's not always "listening shop".

*Tower Grove Heights Gazette*  
 3203 South Grand Blvd., Suite 103  
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