

# Tower Grove Heights Gazette

Volume 9, Number 4

Grand to Gustine

Arsenal to Utah Place

February 28, 1998



## A LETTER FROM THE PRESIDENT

Dear Neighbors:

It is indeed a great honor and pleasure to begin serving as the President of the Tower Grove Heights Neighborhood Association. Tower Grove Heights is the best neighborhood in St. Louis and TGHNA is its best neighborhood organization!

But it is with more than just a little trepidation that I follow Sara Langan as your President. Sara ably led the Association with grace and wit. I know I represent the neighborhood in thanking Sara for a job extremely well done.

However, I feel confident that we can build upon Sara's excellent work in the year to come. Sara will be staying on as Past President and President of the Block Representatives and we are fortunate to have an extraordinary board of directors.

As we enter the 12th year of TGHNA's existence, the neighborhood is entering a period of challenges and opportunities. On the negative side, Tower Grove Heights is part of the City and because of that fact, the Heights faces many of the same problems that other neighborhoods face. Regional economic decline, an aging housing stock, suburban sprawl, crime, the state of the schools, and racial tensions are just some of the obstacles which the neighborhood is encountering.

However, as daunting as these problems are, Tower Grove Heights is poised to take advantage of a number of key developments that have occurred during the last few years. Grand has obtained a unique identity and increasing vitality. Developers such as Suzie Gudermuth, Suzanne Golemb, and Phil Duckwall have changed

significantly the appearance of the neighborhood. John Karel has gained national prominence for his work in Tower Grove Park. The infusion of our African-American, Vietnamese, and Eastern European neighbors has given the Heights a tremendous boost of energy. But the strongest asset that the Heights possesses is its neighborhood association. Its size and range of activities continually reflects just what an amazing community the Heights really is.

Consequently, we look forward to making TGHNA even stronger in the year to come. With this goal in mind, the Board has set the following objectives for 1998:

### **Increase Membership:**

At present, approximately 200 households are members of the Association. This represents about a sixth of the neighborhood. We have set 300 households -- a quarter of the units -- as our new target. We are especially interested in expanding the number of tenants who are represented.

### **Embrace Our Multiculturalism:**

If the Heights is going to continue to thrive, we must become truly integrated. This means that we not only live next door to one another. But that we work together to make the Heights a reflection of a shared vision. As an association, we have made it a goal to increase African-American and Asian American membership and to facilitate more racial interaction in the neighborhood.

### **Make the Heights the Cleanest Neighborhood in the City:**

Litter not only undermines neighborhood pride, but it detracts from housing values and creates an atmosphere for crime.

Following Sara's lead from last year, we are committed to expanding efforts to improve the cleanliness of the Heights.

### **Start a Juvenile Mediation Program:**

Crime stats for the Heights are very low, but juvenile crime has become a problem -- especially graffiti and "car bashing." Unfortunately, crimes such as these usually go unaddressed since they are seen as "minor." We are working to start a mediation program involving the neighborhood and juveniles who are referred by the police.

### **Expand Member Involvement:**

The strength of a neighborhood association is dependent upon the involvement of all its members -- not just its board. As a result, one of our goals this year is to expand member involvement by expanding the committee structure.

Two committees we would like to introduce are Neighborhood Safety and Beautification and Physical Improvements. If you would like to serve on either of these two committees or have suggestions for additional committees, please let us know.

### **Have More Fun:**

One of the key reasons to belong to a neighborhood association is to have a good time. As a result, we have planned more activities that involve food, music, and special interests. If you have any ideas, again, please share them with us.

I look forward to a great year. With your help and support, I am sure it will be. See you at the monthly meetings!

*Mark Abbott*

## The Tower Grove Heights Gazette

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The Gazette is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Colleen Santino at 773.5772. Your letters and comments are always welcome at the Gazette.

Mail them to: The Gazette/TGHNA

P. O. Box 63002, St. Louis, MO 63163

## MEET SHAWN SCOTT

by *The Neighbor*

Shawn Scott opened Grand Books on the southeast corner of Grand and Wyoming on May 1, 1992. Shawn lived in Connecticut until 1988, then moved to Hazelwood, where he lived in three different places in three years. He never got to know his neighbors, so in 1991 Shawn moved into the Shaw neighborhood.

He worked for a friend for ten months in the book business, and during this time saw a need for a bookstore in the South Grand area.

Since opening Grand Books, Shawn has seen business steadily improve. He offers new and used books, newspapers, magazines, greeting cards, and will special order an item he doesn't stock or locate a book someone wants. He feels that customer service is the best way to keep his business prospering.

When you drop in to see Shawn, be sure and pet his dog Koa and ask him why he's always taking Hawaiian vacations.

## SPRING HOUSE TOUR

by Don Hardin

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

If you are interested in taking part, call Jean at 772-4987.

## HOW DO I JOIN?

Joining the Tower Grove Heights Neighborhood Association is easy!

Just call Stacy at 771.1764 for details of our several types of membership. She will provide you with a form to fill out.

You will receive six issues of the City's premiere newsletter, the Tower Grove Heights Gazette and the latest neighborhood Buzz Book. Premiums are offered for certain membership levels.

**Be a part of what's happening.**

Call Stacy at 771.1764 or contact your block representative.

## Upcoming Events

### March/April

#### "Flowers from Shakespeare"

rare book and engravings  
by Gerard Brender à Brandis  
through March 6

#### "Photographs for the Outdoors"

photographs by Robert Lindholm  
through March 6

#### "Egyptian Oasis" Orchid Show

see one of the largest orchid collections in North America while you rendezvous with Ramses II, gaze deep into mysterious tombs, view paintings of ancient gods, and ponder the secrets hidden in Egyptian hieroglyphics  
through March 15



#### Orchid Paintings/Illustrations

by Marion Sheehan  
through March 26

#### Reading/Reception

reading of letters between Mary Banning and Charles Peck, followed by a reception  
March 20

#### "Each a Glory Bright"

watercolors of mushrooms  
by Mary Banning  
March 21 - May 17

#### Neighborhood

#### Open House

at **The Monsanto**

**Center** research facility

March 29, from 10 a.m. - 5 p.m.

#### Earth Friends Day

a biodiversity event  
April 11

#### Garden Gate Shop Spring Plant Sale

April 16 - 19

#### Rose Society of Greater St. Louis Miniature Rose Sale

April 18 - 19

#### Garden Expo

Garden tours, information booths, hands-on workshops, demonstrations, promotions, food, and children's activities  
Weekends: April 18 - 19, 25 - 26,  
May 2 - 3, 9 - 10

#### Senior Day "Earthday"

free admission, tram rides, refreshments, giveaways, and special presentations for senior citizens  
April 21



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# MR. MANNERS TALKS ABOUT.....SNOW ETIQUETTE

Dear Mr. Manners:

The snow and ice storms last week got me thinking about last year's bad weather and how inconsiderate my neighbors were. I got tired of constantly clearing a parking spot on the street, only to have it taken by someone who was too lazy to clear a space in front of their own house. One time I put out trash cans to save my space. But when I came home, I found that one of my neighbors had removed the trashcans and still took my space! I swear if the same guy does that again, I will take my snow shovel and bash out his windows!

Dear Gentle Reader:

Mr. Manners can empathize with your frustration, however, violence and vandalism are never the answer. Indeed, because the street is public space, you do not have a legal right to claim a space--even the one right in front of your house. But having said that and with legalities aside, Mr. Manners still feels that good manners dictate that people act as if the clearing of a space entitles the person who did the shoveling, "ownership" of that space. If you have not cleared a space, the polite thing to do is ei-

ther park in an uncleared space or better yet, clear another space before parking. To do otherwise, will force people to assume that anyone who is so clueless parkingwise, must be from the County!

Dear Mr. Manners:

My neighbors are always nagging me to clear the snow on the sidewalks in front of my house. What's the big deal! The snow will eventually melt and the path that is created by people walking on it is good enough. Don't you think that I should tell these whiny, busybodies to buzz off?

Dear Gentle Reader:

I am afraid I do not concur with your deductions. Not only do good manners dictate that you clear off the snow from your sidewalks as soon as possible, you have a legal responsibility as well. Even though sidewalks are technically public property, city ordinances make homeowners and landlords liable for the condition of their sidewalks. Besides being unneighborly, then, leaving sidewalks either mushy or slippery may result in a citation.

And since we are on the subject, one

of Mr. Manners' pet peeves is for neighbors not to pitch in and help seniors clear their snow. If neighbors work together and get to the snow before it turns into ice, it takes only a few minutes to clear a sidewalk and a parking space--even in the biggest of snows. In my mind, working as a team to clean up the snow after a big snow is what city living is all about. Besides, what neighborhood looks prettier in the snow than Tower Grove Heights?

## ONE HUNDRED YEARS YOUNG by Don Hardin

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

What about yours?

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

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

The following list takes us to the end of February 1998:

3818 Hartford - February 11, 1898;  
3820 Hartford - February 11, 1898; 3826  
Hartford - February 11, 1898; 3830 Hart-  
ford - February 11, 1898.

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## TALKING WITH... JIM BOHMAN

by Erin O'Reily

When I went to interview Jim Bohman for the Gazette, I recognized him as one of the regular Tower Grove Park walkers that I have come to know over the years. He and his wife, Gretchen Arnold, and their daughter Lena, and their dog, Theo live on Hartford street and often take advantage of their proximity to TGP. They have lived in TGH for 12 years now, at first renting on Utah and then settling in their home on Hartford. This area is also convenient to Jim's work as a professor of Philosophy at St. Louis University. Gretchen has to travel farther to her job teaching sociology at UMSL but they are happy to be a "one car family" as Jim can bike or bus to work.

Jim's areas of interest in philosophy are 19th and 20th century German philosophy and "deliberative democracy". He studied in Frankfurt, Germany for a while with the philosopher, Habermas, from the "Frankfurt school" of philosophical thought and became interested in Hermeneutics, the study of interpretation. Jim researches and teaches about how groups of people come to a shared understanding through public deliberation and how they modify their opinions based on shared viewpoints.

The big question is how to make public deliberation more effective and how to overcome such difficulties as cultural conflict, inequalities, and unwieldy size of groups. His book, *Public Deliberation*, covers these issues.

Another book he has written is *The New Philosophy of Social Sciences* which is about the interpretation and explanation of Social Sciences. He is also involved in and writes about this ongoing research.

Jim, Gretchen, and Lena enjoy living in this area because of the convenience, diversity, the beautiful houses, Grand Street businesses and restaurants, the TGHNA, and lost of good neighbors with lost of kids in the area for Lena to play with. And of course, The Park, which is where many of us go to philosophize, socialize, exercise....

## IT IS BETTER TO LIGHT A CANDLE

by Patrick Murphy

Thank you neighbors! The forty or so volunteers who provided the labor for the luminaria display for 1997's Holiday in the Heights celebration are to be congratulated. (With special thanks to Jay Rosloff, organizer supreme!)

Many were veterans of previous efforts, many were new to the Heights and had not seen the previous shows. It is a privilege to live in a neighborhood where busy people of disparate backgrounds can agree on at least one thing: At the darkest time or the year we all need a little light. Dozens of people passing through our little corner of the city stopped to ask what it was all about and to say how lovely they thought it all was.

The eloquent letter to the Post Dispatch (January 6, 1998) by Walter Gunn of the Tower Grove East Neighborhood (reprinted to the right) was especially heartwarming in that he "got it".

## ILLUMINATING IDEA

On Saturday evening December 13, our family set out for a short trip across town. Our route took us through the Tower Grove Heights Neighborhood. What we encountered there was nothing short of overwhelming.

Hundreds, maybe thousands, of luminaria bags with a glowing candle inside each stretched as far as the eye could see. Block after block like minuscule hearths or comforting silent sentinels, they lined the sidewalks in front of every house and two-family flat and apartment building linking them in a spirit you could feel. Around the corners and through each side street of the neighborhood their gentle radiance was more beautiful than anything I have seen light up the sky on the fourth of July.

It was extraordinary, it was moving, it was an elegant thing to do. We want to thank our neighbors for the extraordinary gift of warmth in a sometimes cold and unconnected world. *Walter F. Gunn*

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# GROWING GARDEN PLANTS FROM SEED

by Richard R. Clinebell II

Flowers and vegetables are wonderful companions anywhere, and I think especially in a historical neighborhood such as Tower Grove Heights. Built before modern mass media, one of the great joys of the Victorians in winter was to browse through wonderfully illustrated mail-order seed catalogs. Today, garden plants still look wonderful amidst the great architectural beauty of our neighborhood, and we have one up on the Victorians in that most garden plants -- both vegetables and flowers, can be started indoors in January or February. Maybe the Victorians did this too; after all, the Linnaean House at the Missouri Botanical Garden (oldest greenhouse west of the Mississippi) housed tropical plants long before the advent of electricity and gas heating. Perhaps they started their tomatoes and peppers in a window near a fireplace!

Be that as it may, those of us who like to dicker with plants in winter have it easier than the Victorians. South-facing windows are the best, but you can even grow plantlets in the basement under fluorescent lights. Speaking of same, Don has a long history of helping wire various homes in the neighborhood and there was a time when he had a work bench ("shop bench") in the basement. There was one of those 4-ft. long, industrial fluorescent "shop lights" and when I moved in five years ago, the invasion of Don's tools began. Gradually, the single shop light has grown to seven, along with three more over the lower shelf. The diaspora of Don's tools began years ago, but they now have new permanent homes in the basement and their former domicile now abounds with frost tender plants and seedlings.

The south-facing window in the kitchen represents something less of an invasion, as it was formerly pretty much empty. It now has four shelves, something like bookshelves, with small fluorescent lights (the size in, say, a ten-gallon aquarium) mounted on the undersides of the wooded shelves. The small lights are

mounted about a foot above the plants, while the large shop lights are one to two feet above. This is the first year we've used timers, and you can get away without them, but now we have them on about 14 hours of light and 10 hours of darkness.

What happens if you donna got no lightz? Well, the poor little things grow tall and spindly reaching out for the light that never comes until they become so weak they fall over and expire. So, somehow, you have to provide some extra light for winter flower and vegetable seeds.

Now that you have a light set-up, what next? There are half-price seed sales in early January at some of the larger nurseries, such as Frank's, and even at K-Mart, and these are worth watching for. Any clay or plastic pot will do, but 4-inchers seem the easiest to arrange in a windowsill. More important than the pot is the soil mix. It is good to mix commercial potting mix with sand, traction sand (coarser than builder's sand) and/or vermiculite to promote good drainage.

Why is good drainage important? Because without it, you will lose bunches of seedlings to a fungus disease called "damping off." This is characterized by, say, a perfectly healthy tomato seedling keeling over in a totally limp state and gradually rotting away. Damping off can be combatted in two ways: 1) buy some "Captan" and water the pots with a solution as described on the package; this is available at our new Home Depot. Be very careful with this stuff and read the package because it is toxic. 2) Without Captan, damping off can be minimized by keeping the seedling pots a bit on the dry side. One way to do this is save all those plastic frozen food plates and dishes and use them as "bottoms" for the pots. With such a bottom, you can do most of your watering right into the "bottom" and this allows the water to slowly percolate upward into the soil of the pot. It is also provident to do some of the watering with a mister (an old Windex bottle will do if you don't want to buy one).

Most failures at starting your tomatoes, peppers, eggplant, parsley, marigolds, zin-

nias and whatever else botanically turns you on, are due to one of the above two problems -- not providing enough light, and keeping the soil so soggy that attacks by damping off fungi occur. Do not be dismayed by occasional failure -- last year I started about ten 4-inch pots of tomato seedlings and lost two of them to the damping off disease. Another reason for hedging your bets in many small containers rather than a few large ones.

In spite of loosing some of your baby plants to the universal vulnerability of infancy, you should be able to grow enough material to keep you (and your neighbors) very busy for the coming year in just a small amount of window space, or basement "shop bench" space. Virtually all of the flower and vegetable seed you see tempting you to dream of spring that are displayed in stores of many descriptions now 'til spring can be started indoors in January or February using the tricks described in this article.

The little plantlets should be transplanted into individual 1-inch or 2-inch pots when they have achieved at least three pairs of leaves and have hardened their stems somewhat -- in March or April. They appreciate being taken outdoors in the first warm days, but you will need to bring them inside on nights for which frost is predicted. May 15 is the "magical" day when virtually all danger of killing frost is past. The plants should also be fed every two weeks with a dilute solution of plant fertilizer from germination to frost.

While you can save a bit of money growing your own garden plants, I do it because it's kinda fun, and allows one to do a bit of gardening in the winter. I always grow enough surplus plants to spread around the block and also take plants up to my parents in northern Illinois. They always say that they just can't do this, and I always say that it really isn't that hard if you do most of the right things. I hope that this article might give some tips to anybody that has wanted to start little plants indoors in winter, but hasn't yet benefited from reading a "how-to" essay.

# Children and Guns

by Audrey Anderson

A gun at home is 43 times more likely to be used to kill a family member or friend than a criminal intruder. Forty thousand Americans die each year from gun shot wounds and many of those who die are children.

Parents must realize that the primary responsibility in gun safety rests with them. Parents must keep weapons out of the way of children, and parents must realize that there is no force greater than a child's curiosity.

If you must keep a gun in your home, empty it out and lock it up! Store the bullets in a separate location, also locked up.

Teach your children the three things to do when they see a gun:

1. **Stop! Do not touch the gun.**
2. **Leave the area immediately.**
3. **Tell an adult, now!**

Children learn gradually and often forget and test the rules, so periodically repeat the message to stay away from guns.

Inquire about guns at your children's friends' homes . . . and don't be shy about asking the parents of these friends if there are guns in their house. It is your child who could become an innocent victim of someone else's carelessness.

Depressed teenagers commit suicide with guns more often than with any other method. Make sure your teenager does not have access to guns.

Your most important responsibility is ensuring that your children cannot get their hands on loaded firearms. The precautions you take must be completely effective. Anything else invites tragedy.

## TALKING WITH... FATHER MIKE LYDON

by Erin O'Reilly

Father Mike Lydon has been the pastor at St. Pius since June of 1995. St. Pious' Neighborhood overlaps with the Tower Grove Heights area and so he has an interest in the neighborhood since one of the priorities for his church is community outreach. He summarizes his religious work in four categories:

**1. WORSHIP** and religious inspiration.. This involves the worship services which are Saturday 4:30 pm, Sunday at 7:30 am, and Sunday at 10:00 am, and tending to his parishioner's needs.

*(continued on page 16)*



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# March 1998

## TOWER GROVE HEIGHTS NEIGHBORHOOD CALENDAR OF EVENTS

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Botanical Garden Orchid Show Thru 3/15	2 Carpenter Library AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-6586	3 Carpenter Library AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-6586	4 Botanical Garden Admission Free Until Noon	5	6 Carpenter Library Board Games 3 - 5 pm Ages 7 - 17	7 Botanical Garden Admission Free Until Noon
8	9 Carpenter Library AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-6586	10 <b>Block Captain Meeting 7:30pm Connecticut and Spring</b>	11 Botanical Garden Admission Free Until Noon	12	13 Carpenter Library Board Games 3 - 5 pm Ages 7 - 17 March 14 - St. Elizabeth's Annual Dinner, Auction	14 Botanical Garden Admission Free Until Noon Library - Green Stories and Crafts 2 - 3pm Grades 1 - 5 Saint Patrick's Day Parade - Noon
15 <b>Bulk Trash Pickup Week</b>	16 Book Discussion "The Giant's House 7pm Carpenter Library/AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-6586	17 <b>Saint Patrick's Day!</b>	18 Botanical Garden Admission Free Until Noon	19	20 Carpenter Library Board Games 3 - 5 pm Ages 7 - 17 <b>First Day of Spring!</b>	21 Botanical Garden Admission Free Until Noon
22 Botanical Garden Watercolor Exhibit - Ridgeway Thru 5/17	23 Carpenter Library AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-6586	24 <b>General Meeting 7:15pm First Divine Science Church</b>	25 Botanical Garden Admission Free Until Noon	26	27 Carpenter Library Board Games 3 - 5 pm Ages 7 - 17	28 Botanical Garden Admission Free Until Noon
29 Botanical Garden Open House - New Research Building	30 Carpenter Library AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-6586	31				

February

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# April 1998

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5 <b>Palm Sunday</b>	6 Carpenter Library AARP Tax Assistance for Seniors 9am - 1pm. Call for appt. 772-65586	7	8 Botanical Garden Admission Free Until Noon Carpenter Library Pre School Storytime Ages 2 - 6, 10 - 10:45 am	9	10 Carpenter Library Board Games 3 - 5 pm Ages 7 - 17 <b>Good Friday</b>	11 Botanical Garden "Earth Friends Day" Botanical Garden Admission Free Until Noon <b>Passover</b>																																																	
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19 Botanical Garden Miniature Rose Sale March 18 & 19 Ridgeway <b>Bulk Trash Pickup Week</b>	20 Carpenter Library Book Discussion "Their Eyes Were Watching God" 7pm	21	22 Botanical Garden Admission Free Until Noon	23 <b>Gazette Folding Party 7:30pm 3636 Utah</b>	24 Carpenter Library Board Games 3 - 5 pm Ages 7 - 17	25 Botanical Garden Admission Free Until Noon Botanical Garden Expo																																																	
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A MESSAGE FROM  
CONGRESSMAN DICK GEPHARDT

Throughout my time in congress, I have fought to reform the tax code in this country, which I believe is too complicated and unfair. Not long ago, I offered a plan that would reform our tax system by giving almost 75% of Americans a tax rate to no more than 10%.

My 10% plan would eliminate the complexity and bureaucracy of the tax code, creating a system that is simpler and more fair. Hardworking Americans already feel they're overtaxed. We shouldn't add insult to injury by making it difficult for them to comply with the law.

Under my plan, deductions on interest for home mortgages, on health care premiums paid by employers, and the standard deductions would be retained. In addition, I would eliminate the marriage penalty, which is an unfair increase in tax rates some couples incur under current law when they marry. These changes, if implemented, would also mean that tax rates could only change in the future by national referendum. We can and should have a fairer and simpler tax system in this country that gives Americans more power over their own economic lives.

# The Palm House

## by Bridget Moss

The restoration of the historic Palm House in Tower Grove Park is nearing completion.

The Grand Opening is scheduled for May 2 at 4 p.m. A contingent of the St. Louis Symphony Orchestra will perform pieces by the composers whose busts surround the Music Stand.

The finishing touches are now being put on the Palm House. The basic construction work came to a close about a month ago.

The construction included an extensive amount of work on the fundamental systems – new heating and cooling, insulation, and a whole new floor, according to John Karel, Director of Tower Grove Park. The former boiler room has been converted into a modern restroom. An addition will house a kitchen.

The Palm House, built in 1878, is the oldest standing greenhouse west of the Allegheny Mountains. Karel said the Palm House was first used as a conservatory where the tropical plants from the lily pad ponds were taken in and displayed during cooler weather.

The Palm House, which is located just

north of the Lily Ponds, eventually went into disrepair and disuse. As late as the 1940s, the building was being used for lectures. When Karel came to the Park in 1987, the landscaping was overgrown and it was being used to storage for park equipment. Mortar was spilling out of the bricks and the roof was leaking.

"From the first day I saw it, I knew it would have to be converted back. . . . It was a dreary, forbidding atmosphere," Karel said. "Though all that you could see what an extraordinary building it was."

The Palm House will now be used for a purpose befitting its architecture. "It's got a glorious sense of space," Karel said.

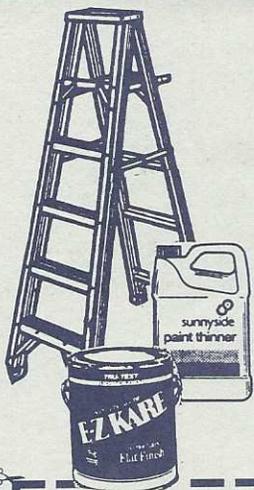
The central area is open, with a high ceiling and plenty of natural light. In the middle of the area a beautiful urn with a fountain. The exterior landscaping will use plants characteristic of the Victorian period, such as boxwoods and English ivy. Tropical plants will again be housed inside the Palm House.

The building will be able to host park events and exhibits, and also be available for rentals. The park has already received inquiries about the Palm House from businesses, individuals and organizations.

The one million dollar renovation was financed through donations to the Palm House Phase II campaign. Crosby Kemper, president of UMB Bank, is chairman of the Phase II campaign. The exterior renovation, also known as Phase I, was completed a couple of years ago.

The renovation was difficult, but the rewards of doing the job properly are great, Karel said. One of the biggest challenges was making sure the colors and other details were true to the original time period of the building.

The next big project for Tower Grove Park is the Pool Pavilion, located just to the west of the Flag Circle. The physical structure has been restored through a grant from the Gateway Foundation. With financing from the Whitaker Foundation, the building will be converted for use as an outdoor performance area.



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# DON'T WORRY, BE HEALTHY

Compiled by Tom Booth

It seems that the older you get, the achier you get. With that in mind, I have tried to maintain a physically active life in order to avoid those aches and pains. For many, those aches are not just a discomfort, but the signs of oncoming arthritis, an ailment for which a cure seems far in the future if possible at all.

A substance was discovered during a study conducted in 1964 and has recently given indications that it could provide comfort to those with arthritis.

The substance, an oil called cetyl myristoleate (CMO), has been found to prevent arthritis in mice. Dr. Harry Diehl, Ph.D. found a way to produce CMO by making a chemical change in myristoleic acid which is abundant in nature, found in fish oils and cow's milk butter, and adding to it cetyl alcohol, a molecule found in palmitic acid (from coconut and palm oils).

CMO is new to the market, having been introduced in 1991 as a dietary supplement, so there is little formal clinical research available on its likely outcomes in arthritis treatment. There is, however, a growing body of anecdotal reports from those who have used it. Chiropractors Charles Cochran, D.C. and Raymond Dent, D.C. presented six detailed patient case histories in a recent issue of "Townsend Letter for Doctors & Patients". To cite one case: J.P. was first diagnosed with rheumatoid arthritis 15 years ago, with symptoms that included swelling in the joints of his fingers and painful ulnar deviation of both hands (the radius and ulna are two bones of the lower arm). He was on the conventional medications methotrexate, prednisone, Plaquenil, and NSAIDs. In February, 1997, J.P. began taking CMO, stopped the methotrexate and Plaquenil, reduced his prednisone intake by two-thirds, but continued with the NSAIDs.

J.P. experienced transient pain during his first four days on CMO, but was subsequently pain free and the swelling in his hands has continued to improve ever since, according to Dr. Cochran. J.P. is also taking glucosamine sulfate (a natural substance known to reduce arthritis symptoms; a typical dosage would be 1,500 mg daily for 3 months), and an extract from the green-

lipped mussel as complementary anti-inflammatories to support the activity of CMO.

In 1996, the professional medical journal "Lipids" published the results of possibly the first human trials with CMO, conducted at Albany Medical College in New York. The study, involving 431 arthritis patients with joint swelling and pain, revealed that 63% of those using CMO alone and 88% of those using CMO with glucosamine, sea cucumber, hydrolyzed cartilage, and CMO applied as a salve, achieved significant improvement. Only 16% of the group receiving a nonactive placebo felt any benefit.

It is not yet clear precisely how CMO produces its arthritis relief, but it may have to do with the kind of oil or fatty acid it is. CMO has many of the same functions as essential fatty acids (EFAs) in the body.

A fatty acid is a building block for an oil in the same way amino acids form proteins. EFAs are obtained through the diet and are important for growth and prolonging the suppleness of body tissues. They are also necessary for the production of prostaglandins, hormone-like substances that help the function of smooth muscle cells and inhibit inflammation.

CMO helps to lubricate tissues and thin the synovial fluids surrounding joints, making these fluids less "sticky", which, in turn,

allows for easier movement of the joints.

Research has shown that although taking EFAs can ease the symptoms of arthritis, you need to take EFAs over a long period of time, perhaps even years, for them to show any effectiveness. Yet some claim CMO seems to produce the same effects as EFAs, but after only one month. Also, while EFAs must often be taken in large cumulative quantities, all the average patient needs to take 12 to 15 g of CMO in a one month treatment.

Dosage will depend on the severity of the condition and the number of sites in which cartilage has been worn away. A patient with osteoarthritis of four or five spinal discs or of both hips and knees may need 15 to 20 g, or perhaps double this in a second month's course.

CMO seems to be able to stop the depletion of EFAs, a condition usually associated with chronic inflammation (such as arthritis). It can also enhance liver function to stimulate the production of immunoglobulins to help the immune system work better, increase production of prostaglandins which help reduce swelling, and generally tone down the self-destructive autoimmune response associated with conditions such as rheumatoid arthritis.

It's essential to consult your health practitioner about your own situation, but for those with arthritis, CMO seems to be a viable option to pursue.

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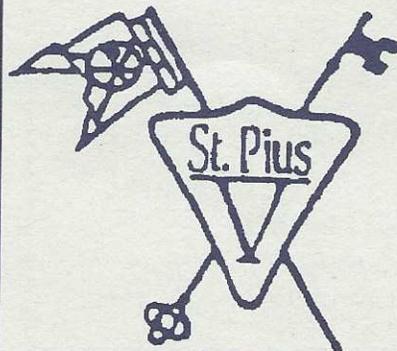
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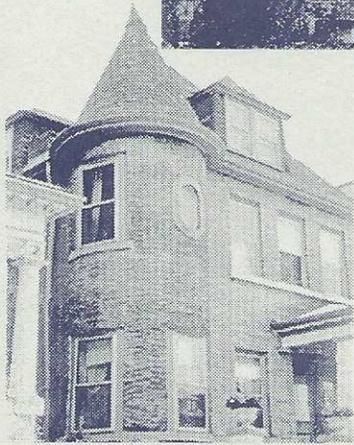
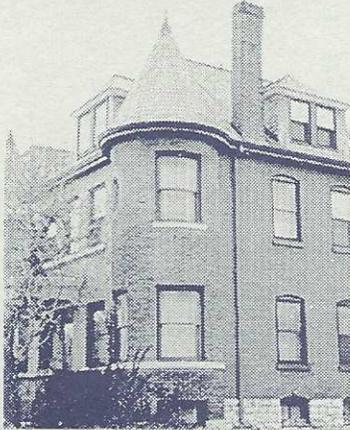
government lunch program

Girl Scouts & Boy Scouts

## Architectural Treasures

The Gazette is going to start the new year with several new series of photos of our beautiful neighborhood.

We have lots of turrets in the neighborhood ...these two are in the 3800 block of Hartford. I wish I had one, don't you?



## THE TATTLER

Did you recognize any TGH residents on the Oprah Winfrey show on Dec 10? Oprah was looking for examples of people reaching out to help others for her Angel Network, "mini miracle" series. Liz McQuinn responded with an email stating she had planned a birthday party for her husband, Daryl. Instead to presents she had requesting toys for the Women's Safe House. The show called and sent a camera crew to tape over 2 hours of the party which translated to 27 seconds of air time. Daryl said they had a huge turnout and collected over 900 toys for the shelter for battered women. The idea for the party came from 2 former residents Mark and Tina Gunter who had collected toys at Elf Club Christmas Parties.

A Post-Dispatch article featured Jay and Elizabeth Braznell from 3800 Juniata. They recovered their stolen mantle from The Henderson Co., an antique shop on Cherokee Street. "Braznell credits her neighbor, Mike Daus, (who spotted the mantle at the shop) with helping get her mantel back. The Tower Grove South neighborhood, where Braznell and Rosloff live, is especially tightknit, and neighbors look after each other, she says. "It's an amazing story, the fact we got it back," she

said. "It just doesn't happen that often" (St. Louis Post-Dispatch Dec 29).

Architectural thieves are still on the prowl. A local resident spied a man around 7 am placing a stained glass window in the alley near a vacant house in the 3700 block of Juniata. The window was placed near the dumpsters in the alley. Suspiciously a light blue pickup was seen scouring the alley later. Fortunately the resident recovered the window before it could be picked up--thus thwarting this theft.

I heard the Kiwanis Club has committed to the Christmas Lighting Display at Tower Grove Park for five more years. Did you catch the article (reprinted in this issue) Walter Gunn wrote to the Post about the luminaria that brightened up TGH on Dec 13? He ended with "We want to thank our neighbors for that extraordinary gift of warmth in a sometimes cold and unconnected world." At the Christmas party that night, Barb Potts celebrated the big 40. Charlie Godar was also on hand to celebrate his birthday.

Grand happenings: Pho Grand has purchased the house next door and plans to expand their restaurant by spring. Once Upon a Vine is also expanding into the space previously occupied by Artifice. A new restaurant, The Mongolian BBQ, is slated to open at the old New Dawn location.

Susie Gudermuth has purchased Sidney Jack's building on the corner of Wyoming and Spring. She has made some immediate improvements and plans to develop and renovate the building to accommodate 3 or 4 residential units.

Check out TGH on the internet Our address is <http://stlouis.missouri.org/towergrovesouth/>. Stacy Leimbach is our WebMaster. If you have any ideas, comments or suggestions send her an email! Many thanks to retiring block representatives Stacy Leimbach, Lisa Jokisch, Betsy & Brian Vanderheyden, Jenny Young, David Goodson, and Rita Sanders. Welcome to new Reps- Joe Thele, Ric White, Loretta Morgan, and Betsy Ward. The January membership drive was kicked off with a mass mailing to all the residents in the area—over 1,300 households! Thanks to all who made it possible especially Stacy!

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# VET VIEWS ... Well, where DO I get a Puppy?

by Cinder Wilkinson

After the last issue, I'm sure a lot of people said, "Okay, so I'm not supposed to go to the pet store, the newspaper, the grocery bulletin board, so where DO I get my dream puppy?" The answer to that question can vary. It depends on what your dream puppy is. Is it a small dog? Large dog? Hairy? Smooth? Quiet? Protective? Purebred? Wacky-looking who-knows-what mix? How active are you? How active do you want your pet to be? How much time are you home? Kids? Cats? Significant Other? Do you want to participate in any dog sports/activities? Conformation shows? Obedience? Agility? Carting? "So, this is trickier than I thought," you might say to yourself. For a purebred dog, the best place to start is with a reputable breeder or rescue group. If you have a dog in mind, find a breeder of this breed, either from the national breed club referral service, a local service like Kennelwood's breeder referral at 429-2100, Best Friend Pet Care at 664-8607, or Purebred Rescue referral at 957-DOGS(3647).

Where do I get a mixed breed pup?"

Locally we have several no-kill shelters, as well as conventional shelters. A few of these are Martha's Pet Sanctuary, Open Door Animal Sanctuary, (both no-kill), the Humane Society of Mo, Animal Protective Association, St. Louis Animal control. There are also mixed breed private rescue groups. Getting a pup from a shelter is always a gamble. Since you usually know very little or no background on the pup it is difficult to know what to expect, as far as energy level, trainability, size, and temperament. It is best to take someone with some dog experience along, and don't fall into the trap of taking the saddest looking one, the shyest, or the fiercest. These are all behavioral pitfalls that can spell trouble in the future. Don't take a pup because shelter personnel tell you it's going to be put to sleep tomorrow, unless you really, really want that dog. There are too many dogs out there to take one you don't really want. Your perfect match may be put to sleep tomorrow because you took a dog you don't really want, out of guilt or pity. If you don't see the dog you want the first time you go to the shelter, wait. Go again in 5-7 days, there will be new dogs there, I guarantee. Eventually the right dog

will come along. Remember this is an investment and an 8-10 year commitment, at least. You don't choose a girl/boyfriend or a spouse just because he/she was there the day you decided you wanted one! (I hope...) Choose the friendliest, cutest, healthiest puppy you see and like, train him or her well, and that pup will do it's best to be your dream dog.

For the purebred puppy buyer:

Why do I have to go to a breeder?", you might ask.

Because reputable breeders:

- 1) know their breed,
- 2) can help you find the RIGHT puppy
- 3) will assist you with information and advice throughout your dogs life,
- 4) Conduct proper health screenings (OFA, CERF, CHD, etc.) to ensure the healthiest pups possible
- 5) Care about the temperament of their pups
- 6) Will ALWAYS take back one of their dogs that can't be kept

"Won't it cost more money from a breeder?"

No. Breeders are not in the dog business to make money. Hobby/show breeders breed to produce the best possible dogs, to their breed standard, and so breed only their very best dogs to other breeders very best dogs. Many breedings are planned several years in advance, with homes for all puppies already chosen. Breeders are concerned with placing their pups in the RIGHT homes, the first time, so they don't get pups back and need to re-home them.

"Don't breeders have lots of contracts, and tell me what to do with my dog?"

No. A smart and responsible breeder will sell a dog with a contract stating that it must be spayed or neutered by a certain age, that they have first rights to the dog if the owner should become unable to keep the dog, and that the owner may return the dog for a replacement pup in the event of congeni-

tal health defects. Some breeders will only sell a dog with limited registration papers until the dog is spayed/neutered, some require obedience training, and will refund part of the purchase price for each class or title you complete with the dog, some breeders do have contracts stating that the dog must be shown, but unless you want to show dogs, a breeder won't sell you a show pup anyway. And unless you have a lot of experience with dogs and will be showing, avoid anyone who insists that you must breed the dog. This person is NOT a reputable breeder. Good breeders do not want everyone in the world producing pups with their bloodlines indiscriminately.

"Won't I have to wait a long time for a puppy?"

Maybe. It depends on what breed and what attributes you are looking for. Remember, this is at least an 8-10 year commitment, what's your hurry? Be sure this is THE one.

"Why shouldn't I go to a pet store? Their puppies are AKC registered..."

Never, never, never go to a pet store for a puppy! For that matter, don't buy supplies from stores which sell puppies, either. Pet store puppies come from two places-Puppy Mills and private homes which can't place the pups from their breeding. Pet stores get free pups from private owners who bred their pet store pup to the neighbors pet store pup, thinking they'd make back the money they spent on the dog. (Like the store told them they would...) Then when they can't place them they take them to the shelter or give them to the pet store. (which sells them for 3-4 times what a quality pup from a breeder would cost). But by far the majority of cute pups you see in pet store windows come from puppy mills, most here in the Missouri, Kansas and Iowa area. Dogs are farmed as a commodity in our state, under terrible conditions, with no human contact, poor medical care, if any, often underfed, unwatered with no shelter from the elements. The females are bred with each heat, then killed when they stop producing puppies. the males are treated much the same. Often several breeds are housed together, so parentage is not necessarily known, pups are registered to the dogs which are of the same breed.

(continued on next page)

(continued from page 12)

Health problems such as epilepsy, hypothyroidism, hip and elbow dysplasia, blindness and deafness go unnoticed, and are not screened for, so many of the pups have these heartbreaking illnesses. Trainability and temperament also mean nothing to these people, as they never interact with their dogs. Puppies are taken from their mothers at inappropriately young ages, both so the mother can be re-bred sooner, and so the pups reach the pet store windows at their cutest, so they don't learn proper social behavior from their mothers and litter mates, and they are often traveling in boxes for long distances during crucial fear-imprinting periods. These things, coupled with having to urinate and defecate where they sleep, can make pet store pups almost impossible to housebreak, train, or prevent from biting. Pet stores will tell the consumer that they don't buy from puppy mills. This is technically true, they buy from Class B animal dealers, who sell dogs wholesale, but don't breed their own animals for sale. The B dealers are the ones who buy from the puppy mills. Pet stores order from dealers, who in turn order from puppy millers. This is what drives up the prices as well. The original puppy miller probably sells the pups for anywhere from \$5.00 for a common buff-colored American cocker spaniel, to \$40 or \$50.00 for a dog special ordered, like a Mastiff, or Bouvier. The class B dealer sells the pups to the pet store, for 2-3 times what he pays, plus transportation, then the pet store sells the cocker to the consumer for \$250.00-\$300.00 and the Mastiff for \$750.00-\$1000.00. The pet store will also sell the consumer all the supplies at inflated prices, and tell the consumer what a great deal they've gotten. If the dog has problems, the guarantee usually only covers replacement with another pup, or the cost of euthanasia, within 60 or 90 days. If you have behavior or congenital health problems down the line, too bad. They'll be happy to sell you another pup after you drop the first one at the shelter, though. But the puppies that make it to the pet stores from the puppy mills are the lucky ones. The mothers and fathers are the ones who really suffer, though they generally don't survive much past 3 or 4 years. So, if you want to "save" a puppy's life-don't save one from a pet store by buying it! You are only condemning it's mother to one more miserable

litter, and making puppy milling and dealing the profitable business it is here in MO. If you want to save a puppy, go to the shelter or a rescue organization and really save a life. Boycott pet stores that sell dogs and cats, and tell others why they shouldn't buy from these establishments.

"Why shouldn't I buy a puppy out of the newspaper, or from my friend at work?"

In our part of the country, many of the people who advertise in the paper are puppy mill operators, some USDA licensed, some not, but this is not where you want to get your puppy. Most reputable breeders have a waiting list for pups because they breed infrequently, so don't need to advertise, and most of the breed clubs have a breeder Code of Ethics which prohibits advertising in the paper. Some good breeders do advertise, and if you check their home, see the parents and kennel area, and are happy with the background and health information given by the breeder, by all means, buy the pup. Beware of people who offer delivery, won't let you see their dogs's area, won't let you see the parents, at least in photos, or have more than one litter of pups at a time, especially of different breeds. If your friend at work has had her dog properly health evaluated, researched her dogs family tree, knows what characteristics she wants to propagate and how she'll achieve that with the dog she's breeding to, then get a puppy. She could be a great resource for the future care and training of your pup too. But if she's "just doing it once, because I want a dog JUST LIKE the one I have..." or "Because our neighbors dog is so-o sweet too..." beware of congenital problems like epilepsy, deafness and hip dysplasia.

So, if you really want a puppy, do your research, be patient and find the one you'll be able to live with for the next 15 years. If you want help, call a professional. Dog people like nothing more than to talk about dogs. A breeder, handler, trainer or fancier will be more than happy to tell you more than you ever wanted to know about their breed or breeds, and to help you choose an appropriate pup for you.

*Cinder Wilkinson is the owner of Best Friend Pet Care, Vice President of Mound City Obedience Training Club, a member of the Association of Pet Dog Trainers, Alaskan Malamute Protection League and Belgian Breeds Rescue. She can be reached at 664.8607*

## THOUGHTS TO SOAR BY

While one person hesitates because he feels inferior, another is busy making mistakes and becoming superior."

*Henry C. Link*

Earth is crammed with heaven.

*Elizabeth Barrett Browning*

Obstacles are those fearful things you see when you take your eyes off of your goal.

*Henry Ford*

People are like stained-glass windows. They sparkle and shine when the sun is out, but when the darkness sets in, their true beauty is revealed only if there is a light from within."

*Elizabeth Kubler-Ross*

The man who removes a mountain begins by carrying away small stones.

*Chinese proverb*

Good timber does not grow with ease. The stronger the wind the stronger the trees.

*Williard Marriott*

If you can dream it, you can do it.

*Walt Disney*

There are two lasting bequests we can give our children: One is roots. The other is wings.

*Hodding Carter, Jr.*

What the world really needs is more love and less paperwork.

*Pearl Bailey*

Don't go through life, grow through life.

*Eric Butterworth*



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# WOMEN IN THE NEW MILLENNIUM

by Donna Branca

What choices exist for women in the new millennium? A Friend of mine is convinced we've been sold a "bill or goods". To clarify, she states, "I'm here to tell you, husband, children and career", she states, "it's just not possible to have it all and have time for yourself - not all at the same time."

Being a woman who loves a challenge, I'm certain we/I can. I believe it's a matter of managing multiple priorities. As women, we are instinctively capable of following our "intuition". Once in touch with this, we are capable of "having it all". Here's the research.

"Working Women" magazine has identified professional areas women are exclusively carving out for themselves. These areas include a growing \$3,000,000,000 women's market for executives capable of positioning their company, product and services to gain the competitive advantage.

The challenge is focusing on the new work/family economics by utilizing flex time, job share and family leave accommodations. Further challenges exist in gender relations with goals of reshaping organizations to attract and keep teams defining new performance standards. In essence, changing the dynamics of the way business get done.

Women are leading the supercompetitive international marketplace by learning the realities of money, time and expansion strategies.

Women's health research is finally on the radar, and venture capitalists are pumping major money into entrepreneurial projects, especially in the area of infertility.

Women business owners are pointing and clicking their way to profits even faster than their male counterparts. 47% of

women now subscribe to an on-line service in comparison to 41% of men. In use of the internet for E-mail, women surpass men 51% to 40%.

The 19th annual salary report for "Working Women" indicates women have caught up with and surpass men in some areas. In advertising for example, women have surpassed men in their current salaries.

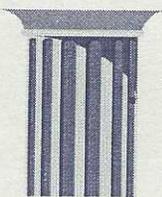
At the university level, positions at the administrative level as deans of arts and sciences and chief financial officers have witness a growth in women with salaries surpassing men to match this growth.

In education, primary and secondary schools, salaries for teachers are equal for women and men.

"Working Women" also suggest negotiating a compensation package that can include health care, stock options, tuition reimbursement, credit card options, health club memberships, travel packages, etc.

*I'm definitely ready for the challenge.*

Feel free to further explore dynamics of this experience in "Working Women" magazine's 1997 and 1998 issues.



**Kurt E. Wolfgram**

Attorney at Law

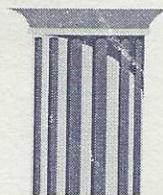
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and this property is beginning to shine!

Since Rich & Jean purchased 3856 Wyoming  
(Matt Meer's 4 family)  
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and this property is  
starting to light up the neighborhood!

Both properties  
are beginning to have a "someone cares" look  
thanks to Susie and to Rich & Jean

## EVERYTHING YOU ALWAYS WANTED TO KNOW ABOUT ST. PATRICK'S DAY

St. Patrick's Day is celebrated on March 17 to honor Patrick, Ireland's patron saint.

Almost 1500 years ago the patron saint and national hero of Ireland was born to a Gaelic family who had migrated to Britain. The child was called Succat, which means "warlike". Since Britain was part of the Roman Empire and had become Christian, the child was baptized and called Patricius, meaning "noble". For 16 years, Patrick lived a normal life as the son of a prosperous landowner and magistrate.

Captured and forced into slavery, Patrick spent 6 years herding sheep. What is known is that he escaped. What is also known, is that after a period of time, Patrick returned to Ireland to do missionary work.

On his return to Ireland, Patrick was a missionary who worked for 40 years in Ireland, preaching, baptizing, and

establishing churches, schools, and colleges. History reports that he used shamrock leaves to explain the meaning of the Trinity. It is also stated that he drove snakes from Ireland, banishing the venomous serpents by beating his drum. It is sometimes reported that St. Patrick died on March 17, 493 after bringing the Christian faith to Ireland. This date is not confirmed.

The first Irish celebrations on the date of St. Patrick's death were noisy affairs. As the Irish emigrated around the world, they took the St. Pat's celebration with them, and today parades are held in some of the unlikeliest places you can imagine.

The Irish heritage has had a profound influence on our nation. Nine of the people who signed our Declaration of Independence were of Irish origin, and nineteen Presidents of the United States proudly claim Irish heritage, including our first President, George Washington.

## Chocolate Chip Cookie Recipe

from the Internet  
[www.joyofbaking.com](http://www.joyofbaking.com)

**1 cup** (2 sticks) (226 grams)  
unsalted butter, room temperature

**3/4 cup** (150 grams) white sugar

**1 1/4 cups** (270 grams) firmly  
packed light brown sugar

**2** large eggs

**3/4 teaspoon** pure vanilla extract

**3 3/4 cups** (525 grams) all-purpose  
flour

**2 teaspoons** (10 grams) baking  
soda

**1 1/4 teaspoons** (6 grams) baking  
powder

**1/2 teaspoon** salt

**2 cups** (375 grams) semisweet  
chocolate chips

**3/4 cup** (84 grams) walnut pieces  
(optional)

Preheat oven to 350 degrees. Line two large baking sheets with parchment paper.

In a mixing bowl cream the butter. Add the sugars and beat until well combined.

Beat in eggs one at a time making sure to beat well after each addition. Add vanilla and beat until incorporated.

In a separate bowl, combine flour, baking soda, baking powder, and salt. Add the dry ingredients to the egg mixture and beat until just incorporated. Stir in the chocolate chips and nuts, if using. The cookie mixture will be moist and hold together.

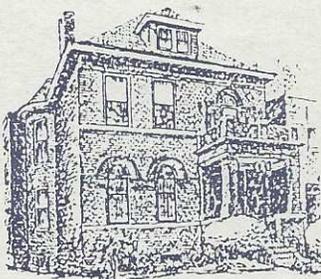
Using two tablespoons, drop about 2 tablespoons of dough (38 grams) on the prepared baking sheets. Do not flatten cookies. Bake on the center rack of oven for 12 minutes, or until golden brown and still soft when gently pressed.

**Makes about 48 cookies.**



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Loretta Morgan

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**3800 Utah Place**

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Betsy Ward

(continued from page 6)

2. **OUTREACH** to his parishioners, the elderly and homebound, and to immigrants in the area.

3. **NEIGHBORHOOD STABILIZATION** for viable and vital neighborhoods.

4. **SCHOOL.** The school has 165 students in K-8 grades. Greater than 50% are minorities with 40% Vietnamese. There is a 1:18 teacher-student ratio. One quarter of the students are non-catholic. He is proud to claim that the school is one of the

most culturally and religiously diverse school, which is reflective of its community.

Father Mike is also president of the "C4" organization which stands for churches committed to community concerns and involves several area churches. This organization addresses those issues which are of concern to the communities in which the churches operate.

Father Mike seems very outgoing and easygoing, yet is firm in his dedication to the church and community.

**IMPORTANT PHONE NUMBERS**

<b>Barb Potts</b>	<b>Neighborhood Stabilization Officer</b>	<b>622-4628</b>
	<b>pager: 990-3644</b>	<b>voice mail: 773-0531</b>
<b>Marge Vinning</b>	<b>Alderman 15th Ward</b>	<b>3919 Fairview</b>
		<b>622-3287</b>
<b>Col. Ronald Henderson, Chief of Police</b>		<b>444-5624</b>
<b>Lt. Col. Ray Lauer, Commander—Area One</b>		
<b>Cpt. Joseph Richardson, Commander—District 3</b>		<b>voice mail 444-0125</b>
<b>On-duty Sergent Beeper</b>		<b>253-8593</b>
<b>Barry LaLumandier, 3rd District Public Affairs Officer</b>		<b>444-0169</b>
<b>Citizen's Service Bureau (Complaints—trash, graffiti, etc.)</b>		<b>622-4800</b>
<b>Drug Hotline</b>		<b>241-COPS</b>

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