

Tower Grove Heights Gazette

Volume 18, No. 2

Grand to Gustine

Arsenal to Utah Place

Summer 2007



Mother Nature brings both Crisis and Opportunity for Tower Grove Park's Director John Karel By Deborah Springer

I sat down to talk with John Karel, director of Tower Grove Park, on an unseasonably warm March afternoon. The day might have been just an Indian summer tease of warmer weather to come, but Mr. Karel is a man who looks on the bright side—and he sees nothing but Spring ahead for his Park. With the turbulent year 2006 brought to the park, such optimism might not seem warranted. But listening to Mr. Karel talk about the silver lining in each fallen tree just may change your mind.

Mr. Karel, who lives on grounds, in the Park Director's residence, is understandably pleased with the progress the park has made in the last 15 years. "I'm most proud that the park has become a magnet for families," says Mr. Karel. "Realtors in the past used to avoid telling people about the park being nearby and now it's actually a selling point for neighborhood properties. The Park has gone from being a perceived negative, to a true gem of the neighborhood. And that's a reflection of the fact that the neighborhood has supported the park"

A framed portrait of Henry Shaw hangs in Mr. Karel's Park office reminding both staff and visitors that Tower Grove Park is the vision and bequest of one man. Henry Shaw, the Park's benefactor, was a man with

both a plan and the financial means to mold what was then rough country into much of what we see today.

The artistry with which the Park's greenscape has been arranged makes it easy to forget that the 289-acre parcel didn't begin as an urban forest. When Henry Shaw bought the property on the edge of "civilized" St. Louis, the land was open prairie with nothing peaking above the horizon taller than a scrub tree or native bush. It was Shaw's passion to sculpt the landscape as an expression of his ideal Victorian vision—a controlled, ordered, but naturalistic forest suitable for strolls and picnics. In keeping with his keen interest in botany, Shaw also selected each tree for Botanical interest, disease resistance and adaptation to Missouri climate.

Over the years, as the fortunes of the city shifted, trees were replaced with more regard for thrift than long term suitability. Those making the selections became progressively less able to return trees of the same quality—or even of the same species. In addition, the trees in the park became over-planted. There became a shortage of spring flowering trees, and summer shade was no longer focused on walkways.

The ramification of these changes were painfully felt by the Park on Friday, July 19th, the night the area experienced strong straight line winds and pounding rain that took many of the Park's aging trees to the ground. "July 19th brought the whole community into our living room to talk about the problem", says Karel. "The park was disproportionately affected by the storm since so many of our trees were already diseased and weakened."

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Farmers' Market Kickoff Celebration May 12th



Music at the Market

We are working with 88.1 FM, KDHX, on a great music lineup for the 2007 season. Check out the website for the schedule.

When - 2007 Season: Every Saturday from May 12 through October 27, 8:30am until 12:30pm.

Where - Tower Grove Park, West of the Pool Pavilion

Become a Friend of the Market

For only \$25 you can help guarantee the continued success of the market and get a free gift!

Although in 2006 the market was a success on many levels for the farmers, community, and the local economy, the market itself actually had a net loss on the year. (The three managers did receive a small salary of \$295 for the year, which came out to roughly 29 cents per hour.) They need our help to get them to the point where the market can be sustained without losing money, and where the necessary time can be devoted to keep the market in the thriving community-gathering space that it became last season.

May 12th is the kickoff for the 2007 regular season in Tower Grove Park at the Pool Pavilion. There will be top notch music, fun activities, and a great assortment of seasonal foods. The festivities will run from 9 a.m. - 3 p.m., and will include some great happenings:

Cooking Demonstrations

New to the market in 2007, area chefs and nutritionists will be showing how to make healthy, delicious and seasonal dishes. A schedule will be posted on the website soon.

The goal is to raise \$5,000 from our Friends this year, which will help get to that point of sustainability. Further details are available on the website.

By supporting the market you are supporting regional agriculture, the local environment, and the economy and the health of St. Louis residents. You are also helping to ensure that we keep this weekly source of fresh, healthy food thriving in the city.

We are proud of our park and many people spend lot of time there, so let's support the Farmer's Market and help to keep it in the Park.



Check out the website...

www.tgmarket.org

Tower Grove Heights Gazette

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TGHNA General Meetings are held at 7:15 PM on the 4th Tuesday of each month (except December) at the First Church of Divine Science, 3617 Wyoming. Everyone is welcome to attend.

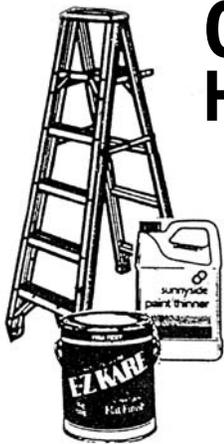
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Crisis & Opportunity for TGP

... continued

Cleanup from the first storm was still underway when the November 30th ice storm hit the Park. That night neighbors struggled to understand what they were hearing as the ice piled up on brittle limbs. Unable to bear any more weight, the branches finally snapped, sounding for all the world, like not so distant artillery. Trees damaged but still standing, after the winds six months before, were now cracked mid trunk, and the splintered limbs littered the grounds by daybreak. No place in the city was the damage more severe than within the gates of Tower Grove Park.

After "once in a career" storms that came one on the heel of the other, it might seem that the Park's director would be staggered by the damage. But Mr. Karel looks at the situation less as disaster and more as an opportunity to put the Park back on track for the future. "We will be planting more trees than were destroyed in the storms," says Karel. "Each tree going in will now be chosen for spring bloom, summer shade, fall color, or winter interest. We plan to replant much of the central axis. We're truly grateful for the opportunity to bring back some of the choice species and make the landscape closer to what Henry Shaw intended."

Now, the challenge for the Park's crew is to evaluate the trees that have been damaged, but are still standing. Some large specimens bear long white scars where branches have been ripped off. Extensive pruning, necessary to mend these injuries, often distort the shape of the tree, and make it vulnerable to further damage and disease. Many trees, in the end, will still need to be removed.

The work for the Park is really just beginning, but planting with thoughts toward the future is the most rewarding part of Karel's job. "Henry Shaw had a vision of the park as a gathering place for the people of the neighborhood," he says. "People will be tickled to see the forest we plant today, grow in the years to come. What we do now is really for the benefit of generations that will come and enjoy the park in 50 or even another 100 years."

A Look to the Future

- Look for the successful Farmer's Market to grow in size.
- Popular events such as the Festival of Nations, Pagan Picnic, Shakespeare's Birthday Celebration, Movie Nights, Children's Concerts, a Lecture Series, and the Compton Heights Concerts will again be held.
- Don't forget brunch at café Madeline from 10-2PM on Sundays with outdoor seating available.
- Standout special evenings are planned including another "Martinis at the Mansion" fundraiser and the annual Gala on October 6th.
- Although there was consideration of putting a "dog park" in the Park there was no way to fit one into the Park's overall plan. Still, Mr. Karel was involved with the Shaw Neighborhood to place a dog park in that area and he plans to work with Alderwoman Jennifer Florida to determine if an appropriate location can be found south of the Park to serve the neighborhood's many dog owners.

What each one of us can do?

Neighbors who value the park as an extension of our urban backyards can take active steps to ensure the park remains a safe, clean, beautiful green space. Why not take the time right now to program the Ranger phone number into your cell phone. That way you will have it should you ever need to call. You can reach the Tower Grove Park Ranger at 314-565-4613.

- Parents, make your next visit to the Park a teachable moment for the family. Give each of the kids a garbage bag and a pair of fun garden gloves and let them pick up litter during your next day at the park.
- If you notice any graffiti, report it immediately to the Park Ranger. The quicker graffiti is removed the less likely it is to return.
- Pet owners are reminded that all dogs should be leashed at all times during visits to the park. It's not only the law; it's also a common courtesy to other people and pets visiting the Park. And of course, don't forget to bring a bag or two to clean up after your pets.



- Please remember that glass containers are not allowed in the Park.
- Consider getting involved at a true "grass roots" level. The Park is always looking for volunteers to help with both day to day activities and for special projects.
- To be part of the rebirth of the Tower Grove Forest, in a truly tangible way, consider making a \$250 donation to buy a tree. The staff can even arrange a planting ceremony and the opportunity to help select the specie. With your donation, an engraved plate is included, and will be added to a wall display in the Park Office. What a perfect way to celebrate a marriage or birth! Planting a tree and watching it grow is a great way for new neighbors to feel connected to the area.
- Of course, the park accepts donations in any amount. The more area households who donate; the easier it is for the Park to solicit grants from outside agencies. ⚙️

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HOUSE TOUR

BY DIANE
HURWITZ

The weather was perfect, the houses were at their best, and the visitors were pleased. Yes, it was another successful Grand South Grand house tour.

This year's tour (April 21 and 22) showcased a total of ten houses, one prize winning garden, and one church. Five neighborhoods were represented on the tour: Shaw, Tower Grove East, Compton Heights, Compton Height Reservoir Square, and our own Tower Grove Heights. This year was the fourteenth year for the tour, originally organized by Anne Moore of the Tower Grove East neighborhood and chaired by her once again this year. The houses ranged from elegant to charming, from brightly colored walls and simple furnishings to the Victorian ornate. All reflected the varied lifestyles of our neighborhoods and residents. Many of the homeowners remained in their homes for the majority of the tour answering questions from, "What color paint did you use in the kitchen?" to "Who was the original architect/builder for your house?" and even, "Where did you find those wonderful jars, sign, print?" Everyone seemed to be very enthusiastic and appreciative of the opportunity to get a taste of our various neighborhoods and the many businesses and restaurants in the area. An added feature this year was a trolley, transporting eager tour goers to the various stops.

Proceeds from this year's tour will benefit Tower Grove Park. If you would be interested in having your home on the tour next year or helping out in any way, please contact any of the TGHNA board members or Anne Moore. Thanks to all of the residents who helped in any fashion: From picking up litter, allowing room for the buses to drop off tour goers, and for being such wonderful ambassadors to all those who visited our neighborhood during the tour. 🌱

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by Patrick Bost



"To insure good eye health and comfortable vision, it is advisable that you have an examination." Annual reminders to all the patients of Dr. Todd N. Lucas, Optometrist, go out without delay. When was the date of your last visit? "The early detection of eye disease is more successfully treated with pharmaceuticals today and much more preferable to surgery, which could result should the problem go untreated". Wise words from Dr. Lucas, a generalist in a field of health care, gradually succumbing to name brand outfits who are discounting services to draw in the numbers of the already HMO weary, visually challenged folks, trying to save a buck. Can you really trust the health of one of your most precious senses to the hands of big business? How scary is that!

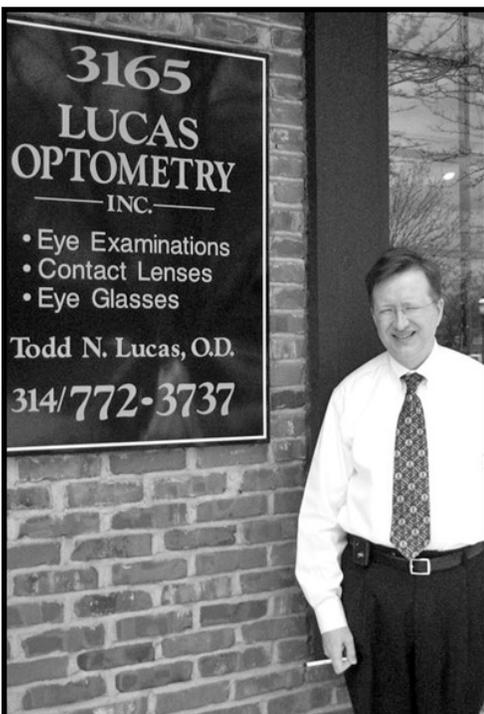
Personalized care, through private practice, is still out there and welcoming new and returning patients every day. Lucas consults patients for everything available to maintain or improve their vision including the latest in contact lenses and glasses to the possibilities offered with Lasik and similar surgeries. Though Lucas does not perform laser surgery, patients considering the technique are strongly urged to consult with the doctor first to determine if the procedure will benefit the patient to their expectations, or not. Those that do go under the laser should continue their yearly exams as the possibility of eye disease is still there, if not more susceptible following corrective surgery.

For the more traditional near, far or nearly non-sighted, the showroom at 3165 South Grand features a vast selection of frames and accessories from the majority of name brand suppliers. If you do not see, or for that matter, cannot see, what you're looking for, there is a full time optician on staff to help you make a selection either from the showroom or from a number of catalogs that complete the collections available. Also assisting Lucas is Pam, his trusted receptionist of 16 years. Another full-time administrator helps keep this bustling practice running smoothly.

Todd Lucas has always been into eyes. The son of an optometrist, Lucas worked odd jobs as a kid for his father in a practice that began with the elder Lucas in 1949. He officially joined Lucas Optometry with his degree in 1984 and worked along side both his father and brother at the present location. The building itself dates back to the 1920's and originally had two store fronts. They eventually expanded into both spaces and remodeled the interior as well as the façade as it appears today. Lucas and his brother furthered their practice south by opening a location in South County, splitting their time between the two offices. Todd eventually limited his practice to the South Grand office as he found he enjoyed the diversity of patients this location offered to the South County office, where his brother took over full time.

If you can read this - get an eye exam anyway! Call Pam at 314-772-3737 for an appointment that will fit your busy schedule. Office hours are Monday, Tuesday, Friday - 9am to 5pm, Thursday - 9am to 8pm, Saturday - 9am to 1pm.

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RESIDENT PROFILE:

Doug & Carrie Samsel

By Allison E. Bruns

Doug and Carrie Samsel first became interested in moving to the Tower Grove Heights neighborhood in the early 1990s. The couple was unable to make the move work, however, and instead they landed in St. Charles, until a fateful evening 5 years ago.

“We were to have dinner in Soulard, and we drove around Tower Grove Heights before going to the restaurant”, said Carrie Samsel. “During the course of our drive, it didn’t take long to remember why we originally loved this neighborhood. We felt that we had found the place where we could make our move. And that is exactly what we did.”

The features of Tower Grove Heights that originally attracted the Samsels to the neighborhood still

hold true: The amazing architecture of the homes and the diversity of privately owned businesses in the South Grand commercial district. They feel that the lack of “chain” restaurants and stores on South Grand adds to the diverse atmosphere of the Tower Grove Heights neighborhood.

After moving to the Tower Grove Heights neighborhood, the Samsel family has found they appreciate other aspects of the Tower Grove Heights neighborhood even more. “We are lucky because we have the most amazing and friendly neighbors,” Carrie said. “We all really look out for each other and we are very close.”

Carrie has noticed a change recently in the neighborhood. She stated that more families seem to be moving into the area. “This is a very exciting time because of all the families moving into the neigh-



The Samsels

borhood. Some of us have started a Yahoo! Group’s list for moms so we can connect.”

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OUT OF ST. LOUIS TO SOUTH AFRICA

BY LINDSAY ROME

While there was snow on the ground at home this past February, I traveled to the steamy tropics of the southern hemisphere. It wasn't a typical tropical vacation, although there were many very beautiful beaches nearby. I went to work at a bush hospital called Manguzi near Kosi Bay on the northeastern coast of South Africa.



My name is Lindsay, and I live with my fiancé, Matt, at the corner of Utah and Gustine. I am a medical student, and this trip's purpose was to fulfill a four-week "international health experience" as part of my school's curriculum.

What a health experience! Snake bites, malaria, multi-drug resistant TB, rheumatic fever, bilharzia, kwashiorkor--these were the cases on a routine ward round. And of course there was AIDS. Thirty percent of the population of the country is estimated to have the disease. It is staggering.

I had plenty of medical topics to read about nightly, as my classmate and I settled into our mosquito net-covered beds in our round, thatched-roof hut, called a rondavel by the locals. The mosquitoes weren't as big of a nuisance as were the geckos that liked to drop onto our heads at night.

continued on page 12

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REHABBING WITH RICH

BY RICH IEZZI

GOING GREEN ON GUSTINE

Where can you find 'green' boulders, dual flush toilets and rediscovered coal from an old mine all at the same corner? If you guessed the project at Gustine and McDonald, you'd be correct.



When I visited the job site to speak with Jason Stone of Sage Builders, I thought I saw coal lying around. Neighborhood lore claims the area is the site of a former coalmine and a Google search revealed that a Parker-Russell coalmine with a 20-30 foot shaft was abandoned and then reopened in 1917 for local use. Jason confirmed that his crew hit coal 'right below the big rock'. The rock boulders stacked along the sides of the new building walls were originally one enormous rock shelf 35' by 75'.

For a guy who didn't recycle until 2006, Jason is all over the idea now. The Dogtown project that Jason, Rick Hunter and Mike Green of Sage Builders designed was awarded 'Best Green House'. Sage Builders is also involved in other sites throughout the area. The Sage Builders website at www.sagestl.com states their goal of 'minimizing our ecological footprint' which distills the entire idea behind green building.

Take the boulders, for example. Normally they would have been hauled away but going green meant the rocks were also 'green' and didn't belong in a landfill.

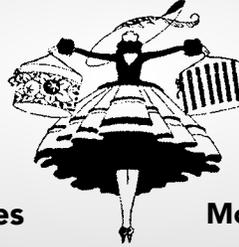
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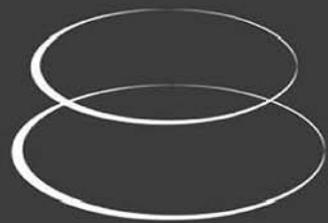
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OUT OF ST. LOUIS TO SOUTH AFRICA

continued

Certainly the medicine was interesting, but I was especially fascinated with the culture of the Zulu people--specifically in that area. Every morning I was greeted in isiZulu with Sowbona! To which I finally learned the appropriate reply was not to repeat that word but to inquire, Un jani? The Zulu people laugh a lot, especially at foreign medical students, and are very joyous and encouraging, even under the direst of circumstances.

And the circumstances in that part of the world are dire. South Africa straddles the spectrum between first and third world countries. There are incredibly cosmopolitan cities such as Cape Town and Johannesburg, as well as rural areas, such as those served by Manguzi where there is 95% unemployment, little transportation, and scarce clean drinking water. Families live in one room rondavals, and plumbing doesn't exist. Children with burns are very frequent as most people in rural areas still cook over an open fire. Children routinely walk up to 20 kilometers a day to get to school. Violence is everywhere, and crime affects everyone.

And yet the people are joyous. Every morning, the ladies of the female ward would start the day with singing. Likewise, during a Cesarean section to deliver a baby, the mother (who was being operated on) would hum. As the birth progressed, the scrub nurses would join in and by the time the child arrived there would be a chorus singing. It was such a moving experience, and so foreign to what I had experienced in the US.

Most of the doctors who staff the hospital are around 25 years old, and are doing their mandatory community service year. They were a great group, and were very social. They planned parties for every occasion, so at least

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'The Secret' of Yoga

By Kathryn Heitzenroeder

It's no "Secret" that the power of positive thinking has become a new phenomenon. With the endorsement of Oprah and the attention from many comedians, this idea of positive thinking is becoming more and more common.

Many yogis have been practicing this for years. Yoga focuses on positive thoughts, self image, and breath work that all support a centered universe. In fact, the eight limbs of yoga are a series of steps to purify the mind and body. Yamas, the second limb, are divided into five moral injunctions, aimed at breaking down negative human characteristics. This practice evolves through self-discipline in thought, word, and deed. It is believed that focusing on five conditions of behavior: non-violence, non-stealing, chastity, absence of greed, and truthfulness will improve the individual self by enabling positive thinking. When working on Yamas, we learn that all of life is a relationship to someone or something. We relate to people, things and ideas. We start to see that our actions reflect the tone and substance of each relationship. Our awareness' are heightened and the self becomes conditioned to sending and receiving positive messages.

Like Yamas, meditation is another source for positive reflection. Either creating a mantra that projects good thoughts or desires, or by cleansing the mind with the breath. Meditation helps bring clarity and opens the heart to infinite possibilities. Asanas can work in the

same way only using the body to channel the energy. Whether the practice is Anada, Kundalini, Kripalu or Anusara, the result is the same. Bringing the attention of the breath through the mind and body opens the line of communication with the universe.

Positive thoughts become a way of life and 'The Secret' is just a small part of it.

Namate!



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Kathryn Heitzenroeder 314.773.3578 / 314.413.7711
kheitzenroeder@yahoo.com

"All things are perceived in the light of charity, and hence under the aspect of beauty; for beauty is simply reality seen with eyes of love."
~Evelyn Underhill

Please remember the Tower Grove Heights Neighborhood Association when you are making donations this year. 100% of your donation to TGHNA is tax deductible and the money will be used to improve the neighborhood. If you would like to donate, send a check made out to "TGHNA" to:

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OUT OF ST. LOUIS TO SOUTH AFRICA

continued

twice a week there was a braai (a barbeque), a costume-theme night or a dinner out at the local lodge. We went away most weekends as well, and so I was able to visit many places within the country including a magnificent cave that was hidden behind a waterfall. I learned to camp African-style that night, as we did not take any gear. We slept on a rock ledge with everything else that lived in that cave.



Matt was able to have a taste of Africa as well. We spent a week touring the country, with the highlight being a safari in Kruger National Park. On safari, the goal is to see the "Big Five" (Elephant, Rhino, Leopard, Water Buffalo and Lion), and we saw four of them up close--almost too close for comfort. And yet it was all also exciting.

That's how I feel about the medical experience as well. It was sad and scary at times, while all the while exhilarating. I definitely feel that my world-view has been forever changed for the better. ☺



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Doug & Carrie Samsel

... continued

Connecting other children with our children in the neighborhood is one of the difficult things Carrie would like to change. "It seems like the children go to so many different schools in the area. It is a challenge to find ways for children to meet each other and cultivate friendships within the neighborhood."

The Samsel family also has a fondness for the closeness and richness of Tower Grove Park. Carrie said that she is impressed by the vast amount of different trees and plants within the Park. "I cannot imagine ever moving further away from Tower Grove Park."

Doug and Carrie Samsel live in the 3700 hundred block of Hartford with their son and two dogs. Doug is a professional marriage and family therapist. Carrie, a former high school biology teacher, is now a full-time, stay-at-home Mom. Carrie is also the former editor of the Tower Grove Heights Gazette, a position she held for over 4 years.



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GOING GREEN ON GUSTINE

continued

The resulting wall of boulders is eye catching and will host future plantings.

Jason is truly enthusiastic about this concept and explained that 'green' involves all aspects of the project. Everything, starting with the extra water-proofing of the foundation, PEX water supply system and dual flush toilets, windows, furnace, insulation, roof design and even the ash content of the cement, is directed toward saving 35% or more on energy while minimizing the ecological footprint.

That doesn't mean that Jason isn't fussy about how the building looks. While we spoke, he walked to a brick garage wall to examine its aging brick patina. After a close inspection he proclaimed, "That's what we're looking for, something that doesn't look like it's in the county". I like this guy.

In their early stages, the buildings looked like four family flats but the blueprints reveal a townhouse design featuring a second floor laundry, convenient layout and top of the line building materials and appliances. When completed, there will be two separate buildings. Each contains side by side 1,800 sq. ft. townhouses that will occupy the entire west side of Gustine from McDonald north to the alley. When I asked what problems occurred on the job, Jason mentioned the furnace. "We couldn't find one small enough to match our heating requirements," he explained.

Jason is a man truly in his element and enjoys the concept of building along with the challenges of a green project. He wanted to be a part of the recent green movement and his timing might just be right. Even the normally staid 'This Old House' program is currently featuring a green renovation series. No matter what, the green houses at McDonald and Gustine will be a solid investment. With those boulder walls surrounding them, these houses aren't going anywhere. ⚙️

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Neighborhood Night at the Garden

The Missouri Botanical Gardens
is grateful for good neighbors!

As our way of saying Thank You, we are pleased to provide residents of Tower Grove Heights, Southwest Garden and Shaw Neighborhoods with free admission to **Chapungu Nights** on either Thursday, May 17 or Thursday, May 24.

Thursday Chapungu Night

Date: 5/17/07 or 5/24/07

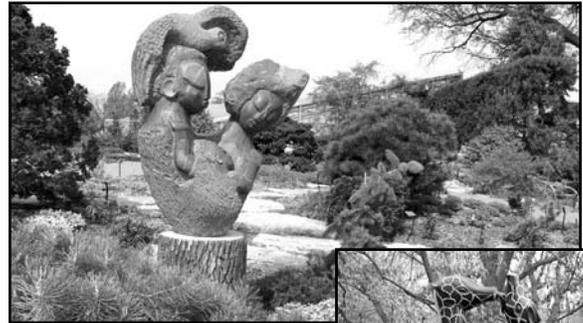
Time: 5:00 p.m to 9:00 p.m.

R.S.V.P.

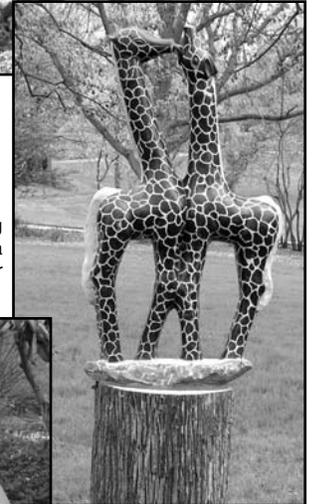
REQUIRED:

Call 314-577-5117 and leave your name, address, and phone number no later than **Monday, May 14th**. To receive your free ticket, present proof of residency at the Will Call window when you arrive on **Thursdays, May 17th** or **May 24th**.

Commitment
Taylor Nkomo
Photo credit: Cindy Lancaster



Chapungu Protecting Family
Gedian Nyanhongo
Photo credit: Cindy Lancaster



Young Giraffe Playing
Fungayi Mwarowa
Photo credit: Brian Mueller



Water Spirit Returning Child
Sylvester Mubayi
Photo credit: Cindy Lancaster



Me Too Mama
Taylor Nkomo
Photo credit: Brian Mueller



TOWER GROVE HEIGHTS Neighborhood Association Contact List

Monthly meetings 7:15 pm on 4th Tuesday (except December),
First Church of Divine Science on 3617 Wyoming Street

President: OPEN
Secretary: Diane Harwitz
Treasurer: Jan Clinite
Asst. Secretary/Membership: Pauline Ashton
NSO: Anthonio Passion

Committee Chairs

Block Representatives: Tom Reitenbach
Fundraising: OPEN
Gazette: OPEN
Promotion: OPEN
Webmaster - towergroveheights.com: Brian Marston

Block Representatives

3600/3700 Arsenal: Recruiting!
3800 Arsenal: Recruiting!
3600/3700 Hartford: Mark Abbott/ Sherri Craven
3800 Hartford: Rich Iezzi
3600/3700 Juniata: Lynne Casey
3800 Juniata: Tom Reitenbach & Kim Cole
3600/3700 Connecticut: Jodie Heliker
3800 Connecticut: Virlene Reichert
3600/3700 Wyoming: Gen Obata
3800 Wyoming: Theresa Mithen
3600/3700 Humphrey: Recruiting!
3800 Humphrey: Erin L. O'Reilly/ Georgiana Grant
3600/3700 Utah Place: ..Christy Andrews/ Susie Gudermuth
3800 Utah Place: Pat Edwards/ Jim McClaren

TOWER GROVE HEIGHTS NEEDS YOU!

The Tower Grove Heights Neighborhood Association can only be YOUR association if you join.
 We need your participation if TGHNA is going to be a reflection of what YOU want the Heights to become.
 So please don't delay in joining or rejoining.

PLEASE PRINT:

Please indicate your membership level choice:

- Individual (1 vote) \$10/year**
- Household (2 votes) \$15/year**
- Lifetime (1 vote) \$100 single payment**
- Business (1 vote) \$25 /year**
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- Yes No, Include my name, address and contact information in the TGHNA Buzz Book
- Yes No, Please add my email address to the Neighborhood Forum Email notification list

Return this form and tax deductible gift to your block representative or send to:

Tower Grove Heights Neighborhood Association • 3735 Connecticut, Saint Louis, MO 63116
(TGHNA is a tax exempt 501c3 organization)

HOILDAY CARD PHOTO CONTEST



Submit the best photo you have taken of the neighborhood for consideration as the cover of the 2007 TGHNA Holiday Card!
(Photos can be either Color or Black & White.)

All photos must be received by September 15, 2007 to be eligible.
 Please include your name and phone number with your photo and send it to:

Tower Grove Heights Neighborhood Assoc.
 3735 Connecticut Street - Saint Louis, MO 63116

For questions or additional information,
 please contact Jan Clinite at 314.773.2907.

At the September TGHNA Meeting, all members present will vote to select this year's winner.
 The holiday cards will then be printed and available for purchase beginning in October.

✂ Clip & Save Reminder ✂

Area Events & Activities

Tower Grove Farmers' Market Kickoff Celebration
- **May 12th**, 9 a.m.- 3 p.m. Visit the web site, www.tgmarket.org for more info.

Tower Grove Farmer's Market - May 12 - October 27 Saturdays only – just west of the Pool Pavilion in the center of the Park. Market times are 8:30 a.m. – 12:30 p.m.; For info call: 772-3899

Compton Heights Concert Band Memorial Day Concert - May 28 Music Stand; 3 p.m. FREE; For info call: 776-2227

Tower Grove Movie Nights: June 9, July 14, August 11 Grab a blanket, pack a picnic, and bring the kids for a fun movie with the family in Tower Grove Park. Whitaker Theater at the Pool Pavilion; Movie starts at 8:30 p.m.; FREE

Mothers' Night Out: Last Thursday of the month at Erato Wine Bar 7:30 p.m.; Informal get-together for any moms in the South City area. Call Carrie Samsel at 662-2982 for more info.

Friends of Tower Grove Park Children's Concert Series **June 13:** Sound The Trumpets! **June 20:** Go For Baroque! **June 27:** St. Louis World's Fair; **July 11:** Strings Attached; **July 18:** Percussion Discussion; **July 25:** Peter and the Wolf; **Aug. 1:** Where in the World is the Music? **Aug. 8:** The Bremen Town Musicians; **Aug. 15** Drums and More; **Aug. 22:** Meet us in St. Louis. Piper Palm House; 9:30 a.m.; FREE; For info call: 771-4424.

Compton Height Concert Band: July 2, July 9, July 16, July 23, July 30, Aug. 6, Music Stand; 7 p.m.; FREE; For info call: 776-2227.

TGHNA MEETINGS

Tuesdays @ 7:15 PM:

May 22nd • June 26th • July 24th

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Everyone is Welcome!

TOWER GROVE SOUTH SEMI-ANNUAL ARCHITECTURAL TOUR

What:

Walking tour west on Utah to Gustine
return east on McDonald Ave.

When:

Sunday, May 20th at 1:30 PM and 4:30 PM.

Tour is approximately 1.5 hours long.

**Please be ten minutes early
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Where:

Carpenter Branch Library
3309 South Grand

Cost

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TGS Dog Park.

Fee collected at the library.



Contact:

Christian at xianherman@cs.com

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An extraordinary collection of 23 contemporary African stone carvings of people, animals and creatures of legend by artists from Zimbabwe. Sculptures represent a traditional African family's attitude and close bond to nature and the environment, and the myths and legends that enrich the culture of the Shona people. 9 a.m. to 5 p.m. daily. Sculptures are outdoors, with one inside the Climatron. Smaller works are displayed and sold inside the adjacent Brookings Center. Included with admission or membership. On Thursday evenings, "Chapungu Nights" feature entertainment, cocktails and alfresco dining at the Sassafras café. For details about guided tours, artists-in-residence, sculpting workshops and more, go to <http://www.mobot.org/chapungu/default.asp>

May 19 & 20: Chinese Culture Days features a Grand Parade

with 70-foot dancing dragon, martial arts, Chinese calligraphy, painting and authentic regional cuisine. The New Shanghai Acrobatic Circus returns this year with their amazing feats of balance and strength. T'ai chi and tea tasting in the Grigg Nanjing Friendship Garden, where special tours focus on the symbolism of many plant species and architectural details. 10 a.m. to 5 p.m. (Grand Parade at 2 p.m.), both days. \$10 adults, \$7 seniors, \$3 Garden members, \$3 children ages 3 to 12, free for members' children (12 and under). Buy tickets in advance online at www.mobot.org. No trams.