

Tower Grove Heights Gazette

Volume 3, Number 1

August 25, 1990



WHAT GOOD ARE BLOCK CAPTAINS?

If nothing else, acting as a liaison between the residents on their block and the neighborhood association is one purpose that makes block captains a critical role in the Tower Grove Heights Neighborhood Association. That's what some block captains said recently when asked how they view their role.

Pat Diemer, block co-captain along with Connie Bender on 36-3700 Juniata, feels that an important role is to "keep people informed about what the neighborhood organization is doing...handing out information so they can attend meetings...." On the other side, she feels that finding out the concerns of the residents on her block and relaying them to the organization is equally important. Diemer thinks social events can also be an important way to generate a feeling of community

involvement. "Connie and I are trying to organize social things too, to make things a little more friendly," she said. Cindy Lazzari, block co-captain with her husband Paul on 3800 Wyoming, thinks that an important function of block captains is to serve as a reference point for the residents. She said that the way she approaches being a block captain is by "letting them know you're still available by just sticking with it...keep going back to their door with information...and being a friendly neighbor." Betsy Vanderheyden is block co-captain on 36-3700 block of Wyoming with her husband Brian and Sally Difani. She thinks block captains "let neighbors on the block know that there's a community here...a neighborhood community...and that we can look out for each other. It's more than just a place live - it's a neigh-

borhood." She feels that one of the best ways for a block captain to be effective is "to get to know the residents on the block so that they can be part of the effort." She said that some of the homes on her block are a good distance from her, so "if more people get involved in knowing their neighbors, that would be helpful."

According to Tricia Heliker, chairperson of the block captains "Block captains form the fiber of the neighborhood association. A successful neighborhood organization depends on a group of volunteers who give their time and energy to a variety of things." Some of these include distributing flyers and the Gazette, attending meetings to keep informed, planning block events, soliciting support for neighborhood activities, distributing welcome bags to new residents, being a block

FROM THE EDITORS

With the publication of this issue, the Gazette enters into its third year of production. For many of us on the staff, it's hard to believe that two years and twelve issues have passed between our pens to your homes. We've enjoyed writing, drawing, designing and editing the Gazette, though when deadline approaches other thoughts undoubtedly cross our minds.

The majority of the Gazette staff have been here from the very beginning when we spent endless meetings trying to figure out how it should look, what should be in it, how we were going to get it printed and where, oh where, were we going to get the money to produce it. To all those staff members who have stuck it out since those early days, and to those brave enough to recently join, we give you all our gratitude and thanks.

Most of those early questions have been

resolved. Though with each issue the Gazette continues to evolve. It is a far cry from the first issue that was only eight pages long. The Gazette is never under 12 pages now, and is usually 14-16 pages. It has become more of a neighborhood newspaper than a newsletter, with its columns on health, gardening and renovation. So, while most of the questions of content and style have become rote, the question of how to finance it still remains.

The Gazette is delivered to every household in Tower Grove Heights, and to several businesses and city officials. We publish over 1500 copies of each issue. That means that whether you are a member or not of the TGHNA, if you live in Tower Grove Heights you receive a copy of the Gazette. The Gazette is financed through advertising. But those advertising dollars are not enough to ensure the

continuation of the Gazette.

So, we are encouraging all of you out there who read and enjoy the Gazette to take a few minutes today to become association members. Your six dollars per person will not only help to support the association, but will ensure future deliveries of the Gazette to your home. If you live here, you can't afford to stay on the sidelines and watch! Become a part of the team by joining today!

The editors and staff hope you enjoy this issue of the Gazette. It is filled with great articles and ideas. We look forward to keep publishing in the upcoming months. Thanks for all your support!



Janice Nesser *Tom Booth*
Janice Nesser Tom Booth

The Tower Grove Heights Gazette

Editors: Janice Nesser, Tom Booth
Staff: Anita Barker, Benjamin Chu, Keely Cook, Don Hardin, Judy Johnson, Mike Johnson, Kathryn Kilker, Libby Kriz, Mike Kriz, Cindy Lazzari, Paul Lazzari, Amy Ruprecht-Belt, Ruth Schnurbusch, Steve Telford, David Wagner

Graphic Artists: Tim Barker, Jo Hart, Michelle Kerr, Sean Ruprecht-Belt, Mary K. Schroeder

Circulation Coordinators: Keely Cook, Cindy Lazzari

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Your letters and comments are always welcome at the Gazette. Mail them to:

The Gazette/TGHNA
P.O. Box 63046
St. Louis, MO 63163

ON GRAND

In each issue of the Gazette, this column will include information about current events on Grand South Grand and a highlight of one of the businesses.

Phase One of the Square On Grand development project is well under way on the east side of Grand between Arsenal and Hartford.

On June 18th, Brod Dugan opened its eleventh paint and wallpaper store in St. Louis at 3421 South Grand. Brod Dugan is a St. Louis based company that has been in business for 44 years. Their paints and other products are made here in St. Louis and are specifically formulated for the extremes of climate that one finds here in the Midwest. The new store is located across from Schnucks South City Market in a building that has been totally renovated.

The grand opening that was held on July 20th, 21st, and 22nd was attended by hundreds of people. I talked with Manager Bill Winkel who expressed Brod Dugan's excitement at the opportunity to be a part of the rebirth and revitalization of the city, especially in the Grand South Grand area.

The 5625 sq. ft. store boasts 4000 types and colors of paints and stains, hundreds of in-stock wallpaper selections plus wallpaper books for special orders. Every conceivable type of equipment that would be needed for the homeowner or professional contractor is available. Personal service is more than a catch phrase - with each customer receiving one-on-one advice and guidance concerning their purchases. Seminars are conducted for employees and contractors, keeping them abreast of the latest products and procedures concerning painting, papering, plastering and renovation techniques. Free in-home consultations are also available.

Brod Dugan is a welcome addition to the constant growth and development of the Grand South Grand area, and is an example of the interest of business in the exciting rebirth of the city. Store hours are: Monday 7am to 9pm, Tuesday and Wednesday 7am to 5:30pm, Thursday and Friday 7am to 9pm, Saturday 7:30am to 5:30pm and Sunday 10am to 4pm.

-Don Hardin



Missouri Botanical Garden

EVENTS IN 1990:

Climatron Reopening Celebration	March 30 thru April 1
Spring Flower Display	March 10 - April 8
Spring Plant Sale	April 28 and 29
Jazz in June	June 6, 13, 21, 27
Children's Film Fest	July 3, 11, 18, 25
Japanese Festival	August 25 - September 3
Gardens and Parks of the World	October 11 and 24 <i>and</i>
Lecture Series	November 8 and 15
Fall Flower Display	November 3 - 25
Holiday Display	December 8 - January 1, 1990

Call 577-5125 for more detailed calendar.

SECOND ANNUAL ELECTION OF OFFICERS

It's hard to believe that it's been almost an entire year since the first official TGHNA election of officers. The current officers have worked very hard to ensure that our community continues to grow and develop yet remain a safe and enjoyable place to reside, and we thank them all for their efforts. It is, however, time to begin preparing for the next election, to be held in November 1990.

A nominating committee, appointed by the current executive board, has been formed for the important task of seeking candidates for the positions to be elected this year. The committee will also oversee the election in November. The members of this year's committee are: Anita Barker (776-1839), Cynthia Bing (773-3926), Keely Cook (776-6800), Bob and Lori Holden (776-4319) and Veda Lynn (771-2928).

The Board of Directors of the TGHNA consists of the elected officers - the President, President-elect, Treasurer, Secretary and Assistant Secretary - plus the committee chairpersons and six at-large advisory directors. The at-large advisory directors, who are appointed, consist of the State Representative, the Alderman, a member of the Tower Grove South Housing Corporation, the Grand Business Dis-

trict liaison, the immediate past-president of TGHNA and a lawyer. The full Board of Directors meets annually, while the executive officers and committee chairpersons meet monthly.

The following executive board positions are to be voted on in November: President-elect, Treasurer, Secretary and Assistant Secretary. The previously elected President-elect assumes the position of President the year following his/her term as President-elect. Thus, the current President-elect, Ben Chu, will assume the office of President for the upcoming year.

Let me give a brief explanation of the responsibilities of each executive office. The President-elect will plan meeting agendas, announce meetings via flyers distributed to all residents, attend association meetings and certain city functions and hearings. Again, the President-elect becomes President of the Association after completing his/her term as President-elect. The Treasurer is responsible for the funds of the Association, shall maintain accurate and complete financial records, file income tax returns, disburse all payments and submit monthly financial reports at Board meetings. The Secretary will record minutes of meetings of the Association and of the Board of Directors. The

Secretary also maintains minutes of meetings of all standing committees. The Assistant Secretary will record minutes of meetings in the absence of the Secretary. He or she will also be responsible for maintaining an up-to-date membership list. All elected officials must also be able to attend monthly board meetings and bi-monthly association general meetings. The Treasurer, Secretary and Assistant Secretary all serve for one-year terms. The President-elect serves one year as President-elect, one year as President, and one as past-president.

The nominating committee is now soliciting and accepting applications for each of these executive offices. They want to make recommendations for at least one candidate for each office. This slate of candidates will be presented at the September general meeting and in the October Gazette. In addition, nominations will be accepted from the floor at the September general meeting. All nominations will then appear on the official ballot, to be distributed at the November annual election meeting. No nominations will be accepted at the November election meeting. A simple plurality of votes is required for a candidate to win his/her office.

The nominating committee asks all interested parties to contact a member of the committee for an application form. These applications need to be completed and returned to a committee member by September 15th. To run for office, a person should have been a TGHNA member for at least one year. To vote in the November elections, you must have been an Association member for at least sixty days before the election. Thus, anyone who has paid annual membership dues by the third week in September is eligible to vote.

It takes a commitment from all members of our community to continue to develop our neighborhood. Please consider running for office or nominating someone who would be a good candidate for one of the offices available. The nominating committee would love to hear from you.

-Keely Cook

Nominating Committee Chairwoman

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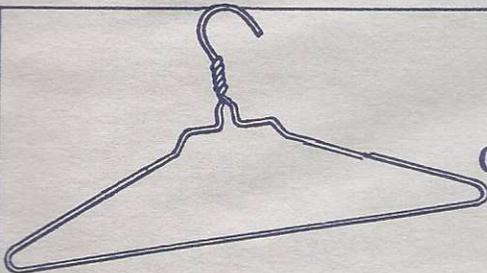


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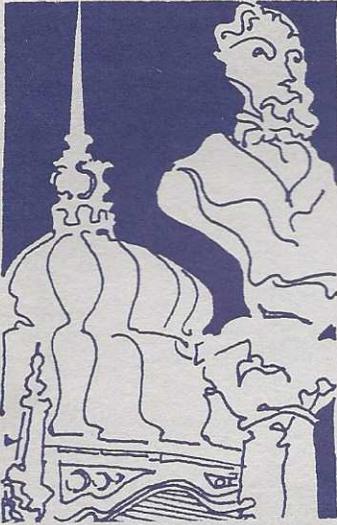
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HISTORIC LANDMARK DEDICATION



Tower Grove Park was recently designated a national historic landmark. To celebrate this event, the Friends of Tower Grove Park are planning a cocktail reception to open the Landmark Celebration in a gala fashion. On Friday, September 21 at 7pm the lily ponds will be transformed into an outdoor "Evening of Romance". Guests in semi-formal attire will stroll through the trees to the music of Maria Pinkney on the harp. Drinks will be served from a champagne waterfall. If you've never admired the water lilies at

night or would like to revisit them in a spectacular way, contact the park office (771-2679) for tickets. Tickets are \$35 per person, with proceeds benefiting the Landmark Celebration and the Friends of Tower Grove Park.

On Sunday, September 23 Tower Grove Park lovers will proudly unveil the plaque designating the park as a national historic landmark. The celebration starts at 11am and will include the Compton Heights Concert Band, an art show in the Palm House, ethnic foods in the Turkish Pavilion, living statues, a Victorian fashion show, Shakespearian theater, a winery exhibit and - of course - 5 cent ice cream cones. At 2:30pm a procession through the park will lead to the bandstand for the dedication ceremony. The Grand Marshall will be a living "Henry Shaw". He will lead the many dignitaries, and the entourage including vintage vehicles, floats and animals to the bandstand for the dedication. The neighborhoods surrounding the park have been invited to participate in the festivities, and TGHNA is forming a committee to represent us. If you would like to help, call Don Hardin at 772-9151.

-Tricia Heliker

National Night Out

TGH's residents had a coming out party on August 7. Coming out on the porch that is. They observed National Night Out, an event that originated three years ago in an attempt to heighten citizens' awareness of ways to prevent crime. Turning porch lights on all night and becoming acquainted with neighbors are two simple yet effective ways to combat crime.

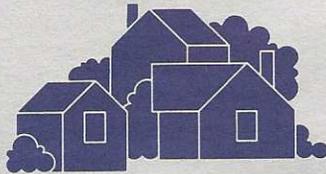
Block captains organized their blocks in a variety of ways for the event. Some blocks chose to spend a couple of relaxing hours strolling along the block visiting, while others closed the street for a full blown barbecue and block party. Others got neighbors together to build their own sundaes, munch popcorn, eat watermelon or cool down with a refreshing snow cone.

Porch lights popped on all over Tower Grove Heights and by 9:30pm the official count was 221. Great show! Criminals like the dark, so let's keep those lights turned on.

-Tricia Heliker

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ENVIRONMENTAL ALERT

You know that the landfills are filling up, so you compost and recycle. There's nothing more that you can do, right? WRONG! There is one more very important (and simple) strategy that you can use to produce less garbage. Choose "environmentally friendly" packaging.

On the simplest level, this means to buy products that have the least amount of wrapping. For instance, some things don't need any packaging at all. When buying a hammer or a few nails, go to a good hardware store, like Oak Hill Hardware, and buy the items "naked" - choose a hammer off a hook on the wall and nails out of a bin. Then be even more daring. Carry the hammer home in your hand and put the nails in your pocket.

In the grocery store, don't use plastic produce bags for items such as bananas or cantaloupe. I guarantee that the peels will keep the produce safe on the arduous trek home.

And try this - buy combination products like shampoo and conditioner in one container. This eliminates excess bottles. Consider buying items in concentrated form, too, because less packaging is used.

Avoid single serving products. Not only are they "waste-full," but you get less food for your money than if you buy in bigger packages.

Another part of the strategy is to buy

products that come in refillable, recycled or recyclable containers. Glass soda bottles are a wonderful example of a refillable container. Sixteen-ounce Grolsch beer bottles make attractive reusable bottles. And for the younger set, Welch's has reintroduced jelly jars that can be used as drinking glasses.

Excess glass is easily recyclable, too. Plastic is another matter. Many types of plastic containers may be labeled "recyclable," but in reality, few are. You can still take soda and milk containers to the bin at Schnucks, but several recycling centers, such as Kirkwood's, have stopped

taking plastic. The bottom has dropped out of the recycled plastic market. It remains to be seen if Schnucks will continue their efforts to recycle plastic.

In general, stay away from items that are over-wrapped. Re-use wrapping paper - to think that I used to berate my mother for doing that! Use the comics pages from the newspaper to wrap kids' presents. Get out of the plastic wrap rut - put leftovers in a reusable container, such as an empty margarine bowl. Do what you can to throw away less. You'll be amazed at what you can accomplish.

-Ruth Schnurbusch

TENANT-BUYER REFERRAL

The Promotional-Marketing Committee is expanding to include a tenant/buyer referral program. The Committee will compile a list of available rental and for-sale properties in the neighborhood. When prospective tenant/buyers call Tower Grove Heights seeking information about housing, this active housing list will be given to them along with the Tower Grove Heights marketing brochure.

For-sale properties will be recorded from for-sale signs and from owners in the neighborhood wishing to place their prop-

erty on the Tenant/Buyer Referral List. Rental properties will be recorded when a landlord calls with an available apartment or house.

This service is offered free to Tower Grove Heights members (membership is \$6.00 per year). To participate, rental property must have a valid occupancy permit from the city's conservation district. To have your property added to the Tenant/Buyer Referral list or for more information, call Jean Iezzi at 772-4987.

-Jean Iezzi

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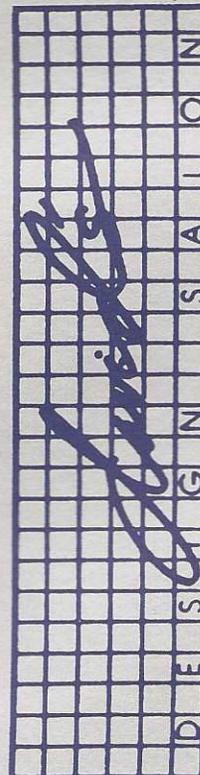
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**A MESSAGE FROM
ALDERMAN
GERALDINE OSBORN**

You may have seen the new brochure on our neighborhood, which was designed and produced by the City Living Program and Operation ConServe. This very attractive brochure points out many of the advantages of living in the Tower Grove South Neighborhood; which is bounded by Grand, Kingshighway, Arsenal and Chippewa.

This brochure will be an effective tool to let people know what our neighborhood has to offer. It describes some of the facilities which serve our neighborhood - such as Tower Grove Park, the Missouri Botanical Garden, the Southside YMCA and Carpenter Branch Library. The brochure lists the many schools which provide a wide variety of educational opportunities for young people in our area.

The brochure also lists the Tower Grove Heights Neighborhood Association and Grand - Oak Hill Community Corporation as the neighborhood associations serving our area. It also promotes South Grand Business District, the Tower Grove South Housing Corporation and the Morganford Business Association.

I believe that the people who designed the brochure did an excellent job. Obviously, some of us can find things that we would have said differently. Some of us might have mentioned other programs and facilities which were not included. For example, Grand - Oak Hill's program of meals for senior citizens is certainly worthy of mention. Possibly the most glaring omission is the failure to mention our neighborhood has been designated by ordinance as a conservation district. The requirement that residential properties receive interior inspections when there is a change of ownership or occupancy is our most effective weapon we have to maintain, improve and promote the many benefits of our neighborhood.

-Geraldine (Gerry) Osborn

773-8416 Home

622-3287 Board of Alderman

General Meeting - July 26, 1990

Don Hardin, President of the Tower Grove Heights Neighborhood Association, opened the meeting by thanking all involved with the success of the South City Sonata. Financial figures were not available, but Don thought the event would break even.

Committee reports followed. Lenita Moore, South Grand Business District Manager, revealed that the Olive Tree Restaurant at Grand and Hartford had changed hands and would re-open in 3 to 4 weeks. Keely Cook, Nominating Committee Chairwoman, explained the nominating process and indicated that her committee was seeking candidates for President-elect, Treasurer, Secretary and Assistant Secretary for the November elections.

The first guest speaker was Kathleen Becherer of Operation Safestreet. She told us of a "bulletin board" program City Hall has begun. Residents can call 622-3456 to find out what activities are happening in their neighborhood. August 7 was mentioned as the date for National Night Out. Blocks planning to close between 7pm and 9pm were reminded that a permit is required.

Terry Shoemaker, Third District Public Relations Officer, spoke about the merger

presently taking place to consolidate the 3rd District into the new superstation. He encouraged residents to participate in Neighborhood Watch groups. He said the 3rd district will begin a drug hotline to give follow-up information on previously filed complaints. He also advised residents to display an anti-auto theft sticker alert police to possible car theft during the hours of 1am to 5am.

Officer Shoemaker then fielded questions and complaints from residents. Several people requested that police avoid going to the door of a resident who has reported a crime but didn't request a visit. This is particularly troublesome during normal sleeping hours. Others voiced their amazement at how frustrating the police officer's job is with today's justice system.

Don Hardin thanked the speakers. He then mentioned that Tower Grove Park will be celebrating their national landmark status by having an evening "Night of Romance" on September 21 and a parade on September 23.

Alderman Gerry Osborn and State Representative Pat Dougherty concluded the meeting by discussing the current activities in their offices.

-Rich Iezzi



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Block Captains, Ctd.

"listener" and reporting these concerns to the proper authority, or providing direction to the individual and creating a team spirit on the block.

All the block captains interviewed felt that one of the largest obstacles for a block captain was having the personal time to do what they have to do for the organization. Pat Diemer says, "I work nights. It's a problem trying to juggle that and to also set aside the time to do the block captain stuff." Cindy Lazzari says, "there's a lot of people on the block. One hundred twenty doors. But there's not a lot of help. We need more co-captains. Betsy Vanderheyden thinks the level of involvement by the block captains is good but "I think maybe there could be two or three block captains on every block. Sally and I are doing it right now and Brian will help out whenever. It's nice to have more than two people who are going to be responsible for one thing or another. I'm not saying that my level of involvement is that high, but it's a lot more than it was before." Tricia Heliker says, "Because all block captains are volunteers who are juggling family, career, house repairs,

pets, and who knows what, it is physically impossible to do all the work without help. That's why it is so important that each block have more than one captain and ideally a backup for each one."

All of the block captains interviewed were clear about what they enjoyed about being a block captain. "I did it so I could meet my neighbors," said Pat Diemer. "Cause you can really be isolated if you let yourself. Especially if two people work full-time. You come home, do things with the kids, do the necessary things, and by then you're so tired and just go to bed. I did it so I could meet people and make friends. Plus, the neighborhood association is a good idea and I wanted to help promote that." Cindy Lazzari likes being the key person on the block, getting information to people. She said "they do call on you a lot, even if they don't show up at meetings. They know that somebody cares. Even if that's all you do is give them the fliers, they know that somebody at least to the time to do that." Betsy Vanderheyden says that when she became a block captain, "What I liked about it best was not just getting to know more people on this block, but getting to know

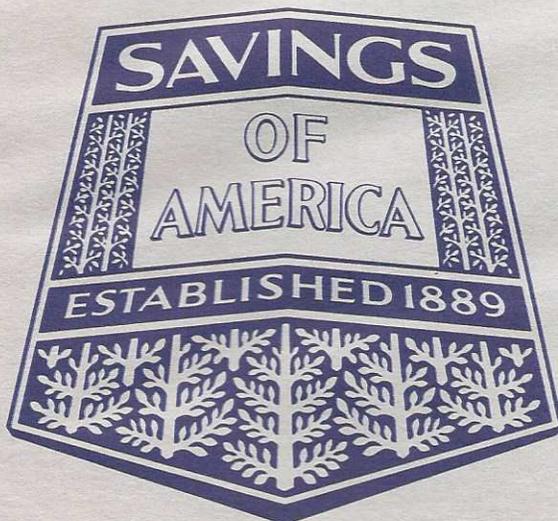
people on other blocks too. By having more involvement in the neighborhood organization I've gotten to know people behind me on Humphrey...over on Connecticut. So in that sense it's made me feel like I'm more a part of the neighborhood by getting to know other people who live in the fourteen block area."

If you are interested in becoming a block captain or would just like to lend a hand, you can contact either your block captain or block captain chairperson Tricia Heliker. The strength of the neighborhood depends on every individual within it.

Tom Booth



In today's financial climate, here's an encouraging sign.



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THE RENOVATOR

OLD HOUSE WIRING

Many of the homes in the Tower Grove Heights neighborhood were originally equipped with coal burning central heating systems, natural gas lighting and wood burning cook stoves.

The electrification of our homes occurred many years after they had been built and by today's standards that wiring, in many situations, can be inadequate and even dangerous. A recent conversation with TGHNA President Don Hardin, amateur electrician and old home renovator, shed some light (pardon the pun) on wiring problems most frequently encountered.

The original wiring systems in our homes consisted of "knob and tube" wiring, named for its characteristic knob insulators, much like those found on electric fences, and a porcelain tube insulator used when routing wire through joists. These characteristic parts are easily viewed in your basement. Don related that although crude by today's standards "knob and tube" wiring is just as safe in some respects as modern wiring. The fact that the "hot" wire and the "ground" wire travel in different wall cavities makes the chance accidental shorting due to chafe or construction damage remote. However, the drawbacks of "knob and tube" wiring greatly outweigh any advantages that system may have.

The greatest drawback of the "knob and tube" systems is that they are overloaded with the proliferation of modern electric appliances. The worst room in the house is probably the kitchen. Refrigerators, stoves, microwaves, coffee makers, toaster ovens and toasters weren't even invented when our homes were wired. The maximum amperage our homes were wired for was 30 amps, and considering electricity was used exclusively for lighting, 30 amps was more than sufficient. Today's homes, however, with their abundance of electric appliances in the kitchen, air conditioners, computers, stereos, VCR's, televisions, etc., even 200 amps begins to look a little lean!

"Updated wiring" is the most understated adjective in the real estate section of the newspaper and I sometimes wonder about its prolific usage. The wiring systems in our homes often suffer at the hands of misinformed and even careless home repair amateurs. Extensive use of extension cords, unbalanced fuse box loads,

and oversized fuses are all indications that your home's electrical system needs professional help. I must emphasize that - only a professional licensed electrician should be trusted to update your load center or fuse box. Additional wiring can be handled by the homeowner if he or she feels confident and with a good source of information the Time-Life series book on electricity.

Re-wiring an old house is no more difficult than stringing Christmas lights, but there are standards and codes to be followed, so the National Electrical Code Manual should be consulted frequently. The final check should be done by a licensed professional prior to re-energizing all circuits. A complete or partial re-wire can do wonders for a little peace of mind as well as add value and convenience to your Tower Grove Heights home.

PAINT STRIPPING UPDATE

My last article about paint stripping raised some questions from one reader concerning the dangers of heat gun removal of old paint, citing her family's experience with lead base paint. I would caution anyone with small children and an old house laden with lead based paint to think twice about heat gun stripping. If

you are convinced that you can't afford to have your woodwork professionally stripped, at least remove what you can and strip it outdoors where there is less chance for the fumes generated to cause anyone to become ill. Make sure the paint you strip is cleaned up, and remove your shoes before entering your home. If the pieces to be stripped are not easily removed then send the kids to grandma for the weekend, open all the windows and doors, turn on a fan and put on a respirator before beginning. Clean up thoroughly before the kids return home. Even small doses of lead can be quite harmful to small children - adults can tolerate higher levels. If you've been stripping lots of paint with your heat gun and suddenly feel very tired, weak and ache all over, immediately stop stripping and seek medical attention. For more information about lead poisoning or to have a sample tested contact: The Greater St. Louis Lead Poisoning Prevention Council, PO Box 63263, St. Louis, MO 63163. Or send your sample to: St. Louis City Lab Department, 634 N. Grand, Attention: Val Johnson.

-Steve Telford

Please send any ideas or comments to:
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SEEING JAPAN



The theme of the 16th annual Japanese Festival at the Missouri Botanical Garden is "Seeing Japan". This year's theme will offer the visitor a look at various aspects of Japanese culture. The festival runs from August 25 to September 3.

The weekends and Labor Day at the Garden will feature taiko drum groups, storytelling, arts and crafts, and much more. Each weekday the festival will focus on a different subject matter. Monday will feature travelogues and travel tips, Tuesday arts and crafts will be the subject, Wednesday will highlight Japanese gardening, Thursday will spotlight the visual and performing arts, and Friday is the traditional Children's Day. The popular

candlelight walks will once again be offered this year.

The Japanese Festival centers around the Japanese Garden, Seiwa-En, the garden of pure, clear harmony and peace. With its fourteen acres, it is considered the largest Japanese garden in North America. Dedicated in 1977, it was designed by professor Koichi Kawana, a native of Japan and lecturer in environmental design and landscape architecture at University of California, Los Angeles.

The design of Seiwa-En is that of a wet stroll garden. Its curving paths around the 4-1/2 acre lake gives the visitor different aspect of its beauty at each turn. Within the Japanese Garden there are traditional Japanese bridges, stone lanterns, Zen dry gardens and a sacred tea house. Tours of Seiwa-En are available during the Japanese Festival Monday through Friday from 10am to 11:30am. Tours of Teahouse Island and the sacred teahouse will take place on Wednesday, August 29 from 10am to noon and from 2pm to 4pm.

For more information on the festival and a schedule of events, call 577-5198.

-Benjamin Chu

REPORT FROM REP. PAT DOUGHERTY

During this year's session the General Assembly passed a number of bills of major importance. In the last issue of the Gazette I shared a few thoughts with you on the Comprehensive Solid Waste Recycling Bill. In this issue I would like to tell you about two other bills I had a hand in passing: a bill requiring coverage of mammograms in all health insurance policies and legislation to find out of town slum landlords.

Mammography is one of the most important tools available to women to provide early detection of breast cancer. For two years now, I have worked on or introduced legislation to mandate coverage for this procedure in all insurance policies sold in Missouri. Several of us tried earlier this year and failed. But in the closing days of the session, we were able to amend this important provision to another bill and a miracle happened. The bill passed in the House with one minute to go before adjournment. I must tell you that this was one of the happiest moments in my career as a legislator.

The last bill I wish to tell you about deals with trying to keep our city neighborhoods strong and to fight absentee slum landlords with all our might. One of the problems we have is that we frequently cannot find these people or cannot get them served with building code violation notices so we can take them to court if necessary. I passed a measure that now will hopefully remedy this. The provision will require all non-resident property owners to have an agent register with the assessor's office and be able to accept building code violations. In addition, it provides that mailing such notices will be sufficient and in-person delivery is not necessary. Any violation of this new law will be a class B misdemeanor.

If you would like copies of these bills, please call me at 772-1948 and I will be happy to assist you.

-Pat Dougherty

State Representative

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RESIDENT PROFILE

Like many in Tower Grove Heights, lifelong resident Susan Barrington has a deep concern for and appreciation of the quality of living that the neighborhood offers. Her sense of commitment to their neighborhood is seasoned by her years of experience and her belief that individuals do make a difference.

Susan's parents, originally from Canada, moved to the 3800 block of Juniata in 1916. Susan's childhood memories include picnicking and playing tennis at Tower Grove Park, swimming at Marquette Pool (Osage and Gasconade), coloring sand and selling it, riding the streetcar on trips to ice skate at the Arena and to the "Chain of Rocks." "There were not as many cars then," recalls Susan. "Parents didn't hesitate to let their teenagers go to places on the streetcar because everybody was doing it - there was little danger of being left on an isolated street."

Throughout her life, Susan has devoted considerable time to public service. During World War II, she served as a sub-engineer in the Pentagon. Although her career years included 25 years with Guardian Life and 13 years teaching English at Cleveland High School, she made time to serve on the board at her church and on the desegregation committee for St. Louis public schools.



Now retired, Susan continues to be active with the Teachers of Cleveland High School. She is a Friend of Tower Grove Park and a block captain for the 3800 block of Juniata. She enjoys the convenience of neighborhood life and makes a point of walking to shops and to every meeting and event she attends. "The more people get out and use the streets," she says encouragingly, "the safer the

streets will be."

Reflecting on the value of city living, Susan offers an inspirational perspective: "The city is a microcosm of America in the future. Here we find ourselves in the midst of life rather than in flight from it. We live together with different social classes and different races that make city living interesting - and we make it work!"

-Anita Barker

DISCOVER

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CULTURE VULTURES

The Impressionism exhibit at the St. Louis Art Museum (July 14 - September 9) came to town with the kind of advance publicity usually reserved for blockbuster summer movies, like this year's Dick Tracy. Does it live up to all the hype? Based on our visit to the Museum, we'd have to say - almost.

The main selling point for this show is the opportunity to see 85 works by 21 artists in one exhibit. Drawn from the collections of five U.S. museums, the works include paintings, drawings and sculpture by artists such as Cezanne, Manet and Monet, and of course, the big guns of the late impressionist movement, Van Gogh and Gauguin. Also represented were lesser-known (at least to the two of us) talents Pierre Bonnard and Gustave Caillebotte. It was good to see that a painting by Mary Cassatt - Young Women Picking Fruit - was included, but we would have liked to see more women artists represented.

The show is presented in several sections, starting with the Realist beginnings of Impressionism. For us, the most interesting of these early works was Degas' Portrait of Henri Rouart. The sense of movement and purpose in this portrait is emphasized both by showing the man in profile and placing a working factory in the background. In keeping with the Impressionist purpose of being true to nature, it conveys a real sense of the man, an industrialist, much better than the traditional seated pose with neutral background could.

Also high on our short list of favorites from this section of the exhibit was an

early Impressionist painting, *Nude on a Couch*, by Caillebotte. This large, beautiful painting of a reclining nude is the most sensual and alluring work in the show. Amy was slightly shocked to see it - she didn't realize that the Impressionists ever painted anyone without their clothes.

Works hung in the next gallery are drawn from the height of the Impressionist movement. Several of Degas' studies of ballet dancers are displayed there, and they alone are well worth the trip and the wait in line. However, we were disappointed to see a large photo-reproduction of his *Ballet Rehearsal*. Including this and another photograph of a painting seemed inappropriate to the spirit of the exhibit, no matter how important the paintings they represent are.

Further along is *The Garden of Les Mathurins, Pontoise* by Camille Pissarro. This is a stunning example of the feathery look, bright colors and natural settings most associated with this style of art. It is also Sean's favorite piece in the show.

Perhaps the most visually exciting pieces in the exhibit are found in the last galleries, which show works by artists who took the concepts of Impressionism further to create their own interpretations. The precision of the Pointillists, who used dots of paint instead of brushstrokes to achieve their effects, is well represented by Signac's *Entrance to Grand Canal, Venice*, with its pink and blue and green tones creating a fairyland feel. We were drawn to it as soon as we entered the room. Amy noticed that most of the children in attendance loved it, too.

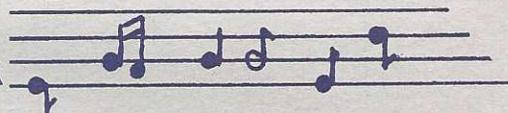
The next gallery in the exhibit contained a splendid selection of the work of Van Gogh, Gauguin and late works by Monet. Four of Van Gogh's paintings from the last year of his life hung on one wall and, magnificent individually, made you a little dizzy when looked at collectively. Two of the three huge panels of Monet's *Water Lilies* were hung side-by-side - breathtaking! Imagine what all three together could have been. Tucked into a corner in the same room was one of Monet's paintings of a favorite subject, the Japanese bridge in his garden at Giverny, but painted in riotous reds and purples rather than the soft pastels we're used to. Because it made her think about Monet's vision and palette, it is Amy's favorite painting in the show.

The final painting in this show is also one of the most intriguing and a beautiful last image to take home with you - Pierre Bonnard's *Dining Room in the Country*. The lively colors and comforting spaces of the room and the garden outside, as well as the look on the face of the young girl looking in the window, convey the pleasure and ease of life in a French country home.

While this exhibit may not be as spectacular as we would have liked (a very small number of the paintings are pretty mediocre works by great artists) or were led to believe it would be by the advance publicity, we were favorably impressed on the whole. There are many beautiful images to capture and think about, and there are really only a couple of better ways to spend time than looking at the best of what five museums have to offer in one set of rooms. Go see *The Impressionists* before it moves on to Toledo, Ohio. You owe it to yourself to enjoy the beauty and diversity it offers.

-Sean & Amy Ruprecht-Belt

SUCCESSFUL SONATA



The "South City Sonata", held on July 21 was a great success. Hardly anyone who attended had ever been to a recital featuring trombone and piano before, and they were all pleased with the result.

Roger Oyster and his accompanist Patti Wolf performed several light classical pieces including the works of Sergey Rachmaninoff and G.B. Pergolesi.

Oyster's final piece, a rendition of *Carnival of Venice* on the euphonium - a form of baritone horn - was a big crowd pleaser. Both Oyster and Wolf were greeted with a standing ovation. Oyster responded with an encore on the euphonium. To everyone's surprise and delight, it was a duet

with Master of Ceremonies - Ron Klemm.

Mother Nature didn't cooperate with the concert-goers. It had rained before the concert, but many people believed the clearing skies and left their umbrellas at home. They got very wet when they went home during the next down-pour.

Many sonata-goers stayed for the reception that followed the performance. Everyone enjoyed appetizers and conversation, and Oyster autographed posters and programs.

Attendance was very good, with about 200 advance tickets sold by our enthusiastic block captains, and more sold at the door. Many people from our neighbor-

hood, and the rest of St. Louis attended the concert.

Of course, thanks go to many people who helped make the concert possible: Roger Oyster, Patti Wolf and Ron Klemm who performed, First Divine Science Church who graciously donated the auditorium, the many sponsors - Shenandoah Coffee, Mangia Italiano, Black Thorn Pub, KFUE-FM, Schnucks and Botanicals on the Park - and the organizing committee - Susie Gudermuth, Don Hardin, Trish Heliker, Pat Linebach, Janice Nesser, and Becky Staup.

-Mike Kriz

AIM FOR HEALTH

When I agreed to do this column I thought it would be worthwhile from an educational perspective, to cover a broad spectrum of topics related to healthy living. Toward that end I adopted the ten commandment concept at the outset and introduced it in the April edition of the Gazette. Although I plan to address each of these "commandments" over time, I have opted to deviate from the precedent that I established for myself to answer some questions from my readers and to follow-up on ideas I introduced in previous columns.

Let's talk about a subject that is unfortunately near and dear to a lot of hearts...fat! I have talked with several readers in response to my last column on the subject of nutrition. One reader liked the formulas I gave for calculating caloric and fat intake (she's a math teacher!), another thought they were unnecessarily complex and boring (would you believe a bookkeeper?). Anyway, here's a simpler version. To calculate your caloric intake to maintain a certain ideal body weight just multiply your weight in pounds by 15. The formula is a little less accurate than the one I reported in the last issue since it doesn't take into account your activity level, but it errs on the side of the more active life style, which should be an excuse to exercise....Right?

Another alternative calculation for determining your daily fat intake is one even



I can do in my head. All you have to do is divide your ideal body weight by two to find the maximum number of grams of fat you should be consuming in a day, easy huh! As you know already, high-fat diets have been linked to heart disease, obesity, and cancers of the colon, breast and prostate, so you have plenty of cause to keep tabs on your fat intake.

Another reader wanted to know what food manufacturers mean when they make claims like "85% fat-free" on packaging and in advertising. You might be surprised. While these figures sound healthful, they represent fat content by WEIGHT, not by calories. For example, one slice of 85% fat-free bologna will have 15% fat by weight. But that fat contributes well over 50% of the total calories, making one slice of 85% fat-free bologna just as fatty as a juicy Big Mac! "How can this be?" you say. Fat is very light in weight but very dense in calories. In another familiar example, 2% milk, which sounds like diet food to many, is 98% fat free but contains 4.7 grams of fat in just one cup, which contributes more than 30% of its total calories. To avoid being bilked by this

deceptive labeling, focus on the grams of fat per serving, and use this simple fat formula: There are 9 calories per gram of fat. Multiply grams of fat by 9 to get "fat calories". For example, 2% milk - 4.7 (grams of fat) X 9 (calories per gram) = 42.3 "fat calories". Approximately 42 of the total 122 calories, or 35%, comes from fat. If more than 30% of a food's calories come from fat, it is considered to be a high fat food.

To finish this treatise on fat, some grocery shopping tips. When in your local store look for the following:

- Breads - with 2 grams or less of fat per serving
- Cereals - 2 grams or less per serving
- Crackers & chips - 3 grams or less per ounce
- Pasta, potato, rice and stuffing mixes - 1 gram or less fat per serving
- Soups - 2 grams or less per serving
- Frozen dinners - 8 grams or less per serving
- Cheese - 0-5 grams per ounce
- Cookies and baked goods - 2-3 grams per serving

These are some examples of low-fat choices. Happy shopping and eating!

-David W. Wagner

Certified Physician Assistant and Professor at St. Louis University School of Allied Health Professions

Questions and other inquiries should be directed to him in care of the Gazette, PO Box 63046, St. Louis, MO 63166

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CLASSIFIEDS

The classifieds are open to all TGH residents at a cost of \$1.25 for two lines, \$.50 for each line thereafter. To place one, call Janice, 776-5780 or Tom, 771-7675.

WANTED: Pedestal bathroom sink and white porcelain kitchen sink with single drain board. Call Jean at 772-4987.

CONGRATULATIONS to Jo Hart and Jim Schmidt on the birth of their beautiful baby girl, Adriana Blaise Hart-Schmidt.

Born 5-19-90, 7:46pm, 10lbs 2oz, 22 inches long. — Love, the Gazette Staff

A SPECIAL THANK YOU to all our friends and neighbors in Tower Grove Heights for the kind expressions of sympathy on the death of my father. Your thoughtfulness means more to us than words can express.

- Ben and Janice Nesser-Chu



NEWS AND NOTES

3800 Connecticut Residents

Plans are underway for the 2nd Annual Block Party and Pot Luck dinner on 3800 Connecticut. Last year's event was such a great success with over 100 residents and their families turning out, that it was decided to form a planning committee for this year's event. If you would like to be on the planning committee contact either Janice Nesser, 776-5780 or Keely Cook, 776-6800.

The date for this year's party has already been set for Saturday, September 22 from 4pm to 8pm. Mark your calendars!

TGH Quilt

Just a reminder - anyone interested in working on the TGH quilt should contact Tricia at 773-7130. The quilt will depict the original fourteen blocks of the Heights. This is a great winter project for anyone

looking for something to do. This is not a project for expert quilters only. Anyone with an interest and enthusiasm is welcome.

Progressive Dinner

On July 28 the resident of 36-3700 Juniata held their fifth annual progressive dinner party. Appetizers were served at the home of Greg and Lee Falk. Participants enjoyed shrimp cocktail, cheese and crackers and garlic toast while touring the Falk's vintage home. The next stop was at Bill and Barb Despagni's home for salad. Pasta salad, one with seafood and another with vegetable were the fair along with lively conversation. The main course was served in the cool night air at Jim and Gail Planer's Home. Guests were treated to roast turkey, shrimp casserole and an oriental vegetable dish. The evening wound down at Leslie Coriell's home where dessert and coffee were served. Cheesecake was the featured dessert with chocolate,

New York and cream cheese varieties along with other confections. It was a memorable evening where neighbors were able to get to know one another and talk about our great neighborhood!

-Pat Diemer

Porchlight Safety

Would you spend a penny a day to reduce your risk of burglary and assault by 80%? That's all it costs to leave your porchlight on all night. Imagine a burglar driving down your street deciding which house to break into. Statistics prove that he will choose the house that has a poorly lit exterior. A timer or photo-electric cell is inexpensive and assures that your porchlight will always be on when needed. A dimmer reduces the cost of operating your porchlight and increases the life of the bulb by a factor of 10 or more. Imagine every house on your block with the porchlight on...and work to make it a reality.

-Don Hardin



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 Treasurer: James Lynn
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 Needs a Chairperson
 Promotion and Marketing:
 Susie Gudermuth
 Publications: Janice Nesser

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 3600/3700
 UTAH
 Janis Bello
 Randy Dirnberger
 Dolores Queensen

HUMPHREY
 Nik Moon

WYOMING
 Betsy & Brian Vanderheyen
 Sally Difani

CONNECTICUT
 Michaela Turner
 Kay Lynn Firsching

JUNIATA
 Connie Bender
 Pat Diemer

HARTFORD
 Becky Staup
 Libby Kriz

ARSENAL
 Robert & Cynthia Bing

3800
 UTAH
 Susie Gudermuth
 Veda Lynn

HUMPHREY
 Clint Raglin
 Tricia Heliker

WYOMING
 Cindy & Paul Lazzari

CONNECTICUT
 Janice Nesser & Benjamin Chu

JUNIATA
 David Goodson
 Jerry McGeehan
 Susan Barrington
 Joe & Tammy Zakibe

HARTFORD
 Pat Linebach
 Bill Wright

ARSENAL
 Jean Iezzi

CALENDAR

August

August 25 - September 3

Japanese Festival at Missouri Botanical Garden. Theme is "Seeing Japan". Details are available by calling the Garden at 577-5198.

September

September 3

Labor Day. Remember to fly your flag!

September 14

Photography lecture at Missouri Botanical Garden at 1:30pm in the Ridgway Center. Guest speaker James P. Blair from National Geographic

September 19 - September 21

Fall bulb sale at Missouri Botanical Garden Ridgway Center. Hours are 9am to 6:30pm on Wednesday and Thursday, 9am to 5pm on Friday and Saturday

September 20

TGHNA General Meeting - 7pm at First Divine Science Church, 3617 Wyoming

September 21

"Evening of Romance" in Tower Grove Park at 7pm. See the article in this issue or call the park office at 771-2679 for more information.

September 23

Dedication of Tower Grove Park as a National Historic Landmark. Festivities start at 11am. More details in this issue.

October

October 8

Columbus Day Observed - Fly your flags! Columbus Day activities in Tower Grove Park. Call 771-2679 for more information

October 20

Block Captain "Scavenger Hunt" for all block captains and their spouses. More information to come.

October 24

United Nations Day - Fly your flags!

-Compiled by Cindy Lazzari

KIDS CORNER ★★★★★★★★★★

CLOTHES PIN CHARACTER

- 4 tblsp. flour
- 2 tblsp. salt
- water
- 1 wooden clothespin
- 1) Mix flour and salt together.
- 2) Slowly add enough water to form a moldable dough.
- 3) Cover the top of the clothes pin with the dough. Shape or mold as desired. Make indentations for eyes and pull out dough for ears and nose.
- 4) Slip the clothespin over the rim of a deep baking pan.
- 5) Bake the figure for about an hour in an oven at 325 degrees.

The clothespin character can be painted when cool. Great for decorating potted plants

CHOCOLATE NO-BAKE COOKIES

- 1 c. milk
- 1 stick margarine
- 4 c. sugar
- 3/8 c. cocoa
- 1 c. crunchy peanut butter
- 2 tsp. vanilla
- 6 c. quick oats
- 1) Mix milk, margarine, sugar and cocoa in a sauce pan over medium high heat. Bring to boil and let boil 1 minute.
- 2) Add peanut butter and vanilla. Stir until peanut butter is melted.
- 3) Add oats and stir until oatmeal is coated with cocoa mixture.
- 4) Drop by teaspoonful on wax paper. Let stand for 1-2 hours or until set. Makes about 100 cookies!

-Libby Kriz

The TGHNA Gazette
 P.O. Box 63046
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