

Tower Grove Heights Gazette

Volume 18, No. 4

Grand to Gustine

Arsenal to Utah Place

Winter 2007



SPREAD SOME JOY THIS HOLIDAY SEASON

BY **Ellen Wilson** If you are someone who gets enjoyment out of the holiday season, take a minute this year to help spread that joy to others less fortunate. For the fourth year in a row the **Tower Grove Heights Neighborhood Association** is joining the **100 Neediest Cases** to help two St. Louis City families have a wonderful holiday. You can help by contributing a gift or monetary donation to one or

both of the families. Our neighborhood has been very generous in the past and we have been able to provide a Christmas morning filled with wonder and joy for kids as they rip into mountains of presents. We have also helped pay hundreds of dollars of utilities bills and helped to give families some joy and comfort during a difficult time.

If you would like to contribute this year, helping is easy!! Either donate a

new unwrapped gift that fits one of the family members or themed baskets or donate cash (or check – made out to TGHNA) which will be used to buy gifts and help our adopted families pay for utilities. Donations of gift wrapping materials (holiday paper, ribbon, tape, name tags) are needed as well. Drop your donations at the drop point and we take care of the rest. All gifts will be wrapped and distributed to the families.

Pick one (or more) to buy for:

Family 1: Single mother working part-time after leaving an abusive husband.

Mother, (27) Size XL; 18 pants

Son, (7) Spiderman, cars, trucks, Bob the Builder; Size 10 Huskey

Daughter, (6) Dora Doll or Baby alive; Size 7

Special Requests: DVD/VCR player; winter clothes and toys for kids; blankets and towels, utility payments, food gift certificates

Family 2: Single mother lost job due to recent surgery.

Mother, (30) Size 14 top; 10 pants

Daughter, (12) Portable CD Player; decorations for nails; Size large top; 7 pants

Son, (2) learning games; trucks; cars; Size 2

Special Requests: Washing machine; toys for kids; clothes for all; utility payments, food gift certificates

Due Date for Donations:

December 14th

Wrapping Party:

December 15th

at 10:00 a.m.

at Ellen's house

Drop Point & Contact:

Ellen Wilson,
3617 Juniata St.,
314-771-1732

Both families need the following:

Health Care Basket – Consider: personal hygiene products, home cleaning supplies...

Holiday Food Basket – Consider: fruit, holiday meals, a frozen turkey...

Entertainment Basket – Consider: lightly used videos/DVDs, age appropriate books...

Cash – for gifts or utility bills which are paid directly by 100 Neediest Cases (checks to TGHNA)

In past years, the donations from the neighborhood have occasionally resulted in duplicate gifts. This year we will contribute any duplicates to the shelter.

Each year we have a wrapping party to organize and gift wrap everything. If you are interested in helping to wrap, contact Ellen.

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Tower Grove Heights
NEIGHBORHOOD ASSOCIATION

Holiday Card PHOTO CONTEST

Winner of this year's photo contest is,

TRICIA HELIKER

Thanks to all who participated!

The winning photo appears on our
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which is for sale in packets of 10 for \$10.00.

The card is blank inside and is appropriate for
any message of your choice.



For sale at TGHNA meetings or at The Shop at Spring & Wyoming.

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

TGHNA MEETINGS

**Tuesdays
@ 7:15 PM**

None in December
January 22nd 2008
February 26th 2008
March 25th 2008

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

The Gazette/TGHNA
3735 Connecticut • St. Louis, MO 63116
or email

gazette-editor@towergroveheights.com.

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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Autumn Fest 2007 Burritos Anyone??

Oct. 13 started out more like a Friday the 13th than Saturday the 13th. It was cloudy, windy, and drizzly, leading to some furrowed brows among the organizers of the 2007 Tower Grove Heights Autumn Fest. But the evening turned out just right - the rain stopped, the breeze died down, and the temperature was downright comfortable.

About 140 friends of the neighborhood attended the event. We even had some notable politicians visiting. Alderpersons Jennifer Florida and Stephen Gregali, Aldermanic President Lewis Reed, and even tuxedo-clad Mayor Francis Slay put in an appearance.



Trish Heliker's beautifully decorated Hartford home was the first stop. Wine tasting in the foyer, a soothing harpist in the living room, and a lavish spread of hors d'oeuvres in the dining room (donated by local restaurants) were appreciated by the attendees. Trish's art studio was opened for wine sales with a table of Tower Grove Heights t-shirts available outside.

Down on Wyoming, The Shop was open, with bluegrass musicians and demonstrations of pottery throwing. Add to that a table of delectable desserts.

Susie Gudermuth and Tim Hays also opened their garden on Utah Place to appreciative guests.

The delightful pool and garden area featured young violin and guitar players, providing a romantic setting for further wine sipping.

To transport guests from site to site, the Autumn Fest again provided horse and carriage rides. In addition to this unique activity, soft pretzels, hot dogs, and gyros were available, adding to the festive air.

Oh, you're wondering about the "Burritos"? The first neighbor to walk past our featured hot dog stand (shaped like a giant hot dog in a bun) asked the vendor "You're gettin' ready to sell burritos?" Hmm. Maybe that's an idea for the next Autumn Fest!



autumn fest photos were taken by Lilly Hine

THANKS to all our ADVERTISERS Happy Holidays AND A Prosperous New Year

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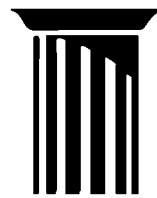
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GROVE FURNISHINGS

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by Patrick Bost

"Shop Independently – Shop Uniquely" is the motto this Morgan Ford furniture and gift shop has adopted as a means to convey the atmosphere and overall presentation of the store. The owners, Bill Waggoner, Ana Casey and John Pipkins opened the store in April 2005, intentionally to give the struggling area a boost in its redeveloping rump. They, along with the new owners of the then unknown Tin Can Restaurant, which opened its doors on the eve of their grand opening, became the anchors of what soon became one of the fastest redeveloping commercial strips in recent City history.

Their commitment to the neighborhood extends beyond operating a retail boutique. Local events are often hosted at the shop. The intention is not merely to bring folks into the store, but to re-introduce the neighborhood and showcase its amenities and potential. The events are promoted through their mailings and e-mail lists. So be sure to sign-up on your next visit.

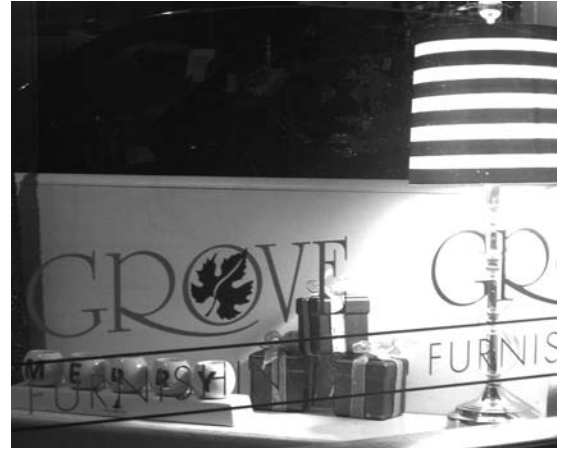
The attraction of the area to our owners is in its historic layout, as a walk-able business district. A row of shops and restaurants where one can walk from one to another, located within a thriving historic city neighborhood, plus adjacency to one of the City's jewels, Tower Grove Park, is very appealing to them and they believe to others, as well. Especially with the trend today, away from the congestion of shopping malls towards destination shops where one can park nearby and have a more pleasant experience. This is the experience

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So, if you are looking for that perfect gift or home accessory, you're sure to find something unique and thoughtful at Grove Furnishings. Stop by Today



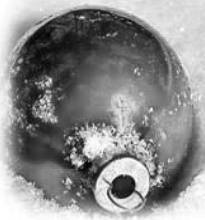
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RESIDENT PROFILE:



Veda & Jim Lynn

By Sara Langan

Veda and Jim Lynn, life long St. Louis residents, have lived in Tower Grove Heights, on Utah Place, since 1938. Although their families both lived in the 3800 block of Utah, they met on the Compton Heights Reservoir tennis courts. The tennis courts, built of concrete on top of the reservoir, were a popular place to play tennis. One day Veda and her girl friend were playing singles, and Jim, needing a court, suggested that he play against the two of them. Veda didn't like the way he cut the ball down the sidelines. Due to Jim's fondness for chocolate covered raisins, they met again at Woolworth's where Veda worked on Saturdays while she was attending Harris Teachers College. Veda came from a family of dancers,

and Veda's mother was especially fond of Jim. When Veda objected to Jim due to his lack of interest in dancing, Veda's mom said to bring him over, and she would teach him to dance. The attraction grew and Veda learned to skim the tennis ball over the net so he had to grovel for it. They dated for seven years before they got married. One of their favorite pastimes was going to the picture shows, four of which were within walking distance.

After Jim came back from WW II, he, Veda and their daughter Maryanne moved into their current home on Utah



with Jim's mother. Veda happily says her mother-in-law was a sweetie. Jim Jr and Veronica joined the family and there are many happy memories of neighborhood children playing. According to Jim,

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REHABBING WITH RICH

BY RICH IEZZI

MOVING TO THE BIG HOUSE WITH STOPS ALONG THE WAY

I've always enjoyed entering our neighborhood from Spring, just south of Utah. Traveling north from McDonald, Tower Grove Heights appears in all its glory and I especially enjoy the intersection of Spring and Utah with its vast openness and tree lined streets.

The house under renovation at the northeast corner of Spring and Utah is the work of Chris and Lisa Grus. The Grus family lived in Baldwin until March of this year when they purchased 4100 Humphrey as their office location and temporary home. They were motivated to move into the city because their company, Premier Realty Exclusive, did a lot of city business and they also wanted to avoid the highway 40 morass. When I asked Chris how they liked everything so far,

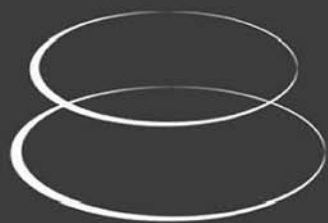


photo by Mychael Wozniak

all he said was "Love it". Chris and Lisa, along with their children, 5 year old Jordan and 2 year old Caleb, enjoy the Farmer's Market and love spending time in Tower Grove Park. Chris is happy to be five minutes from The Hill and ten minutes from downtown.

As much as Chris and Lisa enjoy their situation, the move didn't go as planned. It seemed so simple---buy a city house, spend the summer renovating it, then move in. Instead, the entire family is living over their

continued on page 15



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RESIDENT PROFILE:
...continued

Veda & Jim Lynn

their back yard AND the Utah medium were dust bowls from all the activity. They did help plant trees in the medium, in fact three trees stand today, planted for each of their three children.

In the 1970's, a nearby house was a drug house which would even sell marijuana to little kids. Jim and Veda helped collect names and addresses of neighbors and invited them to a meeting with the police. They liked the neighborhood, they had friends and good neighbors and they figured they could fight it. They did. It made a difference and things got better. Both Jim and Veda have been very involved in the Tower Grove Heights Neighborhood Association through the years. Jim served as President and Treasurer and Veda as a Block Captain. Although Veda is 4'11" and weighs only 80 pounds, she is not a woman to whom you would say "no". There was no doubt that when she approached you, you would say "yes". She was one of the best membership recruiters we have had.

Today, with their daughter and son-in-law living upstairs, Jim and Veda continue to have a lovely life in Tower Grove Heights. We are lucky to have them.

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more yoga at my desk

In the last issue I introduced a few stretches to try at your desk that can either relieve some stress, or help regain focus and energy while at work. I focused on the hands, head and the neck. I would like to take it a step further, opening up the arms, the waist and the hips so that you have plenty of options to stay centered during the day.

The Arms:

1. Sitting tall in the chair with the shoulders over the hips and the feet flat on the floor,

Straighten the left arm into the air with the palm facing the right. Take the right index finger and thumb

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By Kathryn Heitzenroeder

around the left wrist. Inhale as you lift up through the center of the body. When you exhale, stretch the torso to the right. Keep drawing the shoulders in, to the sockets, while you lift through the body.

Repeat with the right arm.

2. Realign the body as you bring the shoulders over the hips and secure the feet on the floor. Stretch the left arm in front of the body, across the chest. Keep both shoulder blades flat on the back and use the right arm to gently stretch the left arm across the chest. Now, bend the left elbow, taking the left hand onto the shoulder blade. The elbow will point up toward the ceiling. Take the right thumb to the inside of the left elbow and spin the elbow toward the face. This ensures that the left shoulder is flat on the back. Take the right hand and bring it to the front of the left elbow as you stretch the elbow back. Remember to keep the torso lifted. If you'd like, you can now reach the right arm behind the back, working the fingertips toward each other. If possible, lock the fingers together and take 3 deep breaths through the center of the chest.

Repeat on the right side.

3. Interlace the fingers and bring the backs of the hands to the top of the head, pressing the elbows back. Keep the torso lifted as you inhale through the sides of the body. When you exhale, press the palms of the hands up toward the ceiling as the shoulder blades reach down the back. Repeat 6 times.

The Waist:

1. With the fingers interlaced and the backs of the hands on the top of the head, lift up from the sides of the body as you inhale. Exhale slowly as you bend the torso to the right, taking the left elbow up toward the ceiling. Inhale coming back to the center and repeat on the left side. Complete 6 sets

2. With the feet flat on the floor, take the hands to the waist and stack the shoulders over the hips. Inhale as you reach the torso forward, circling to the right and exhaling around to the left. Repeat this side 3 times and then reverse the direction. Repeat 3 more times.

3. Bring the shoulders back to the center, over the hips. Take the right hand to the back of your chair, while you place the left hand on the outside of the right knee. Inhale as you lift up through the center of the body, exhale as you twist to the right, taking the chin over the right shoulder. Stay in this twist for several breaths and then repeat on the left side.

The Hips:

1. With the right foot flat on the floor, cross the left ankle over the right knee. Flex the left foot and press the left hand to the left knee as you reach the torso forward toward the legs. Hold the pose for several breaths and repeat on the other side. Try to keep the foot of the bent leg flexed during the duration of the pose.

2. Take the right foot to the floor and draw the left foot into the seat of the chair. Draw the foot as close to the body as possible and wrap both hands around the knee. Hold for several breaths and repeat on the other side.

3. Stretch both legs out in front of you, with the feet flexed. Shift the feet from left to right as you keep the hands on the thighs. Repeat several times. After loosening up the hips, lift the legs slightly into the air and breathe as you rotate the feet in one direction and then the other.

Many of these stretches can be modified to a car or plane. While we all have busy lives, it is important to honor your body and rejuvenate it whenever possible. Stress has a way of settling into our muscles and can restrict us from our daily activities. Add these poses to your daily routine and notice the difference in your productivity, energy and attitude.

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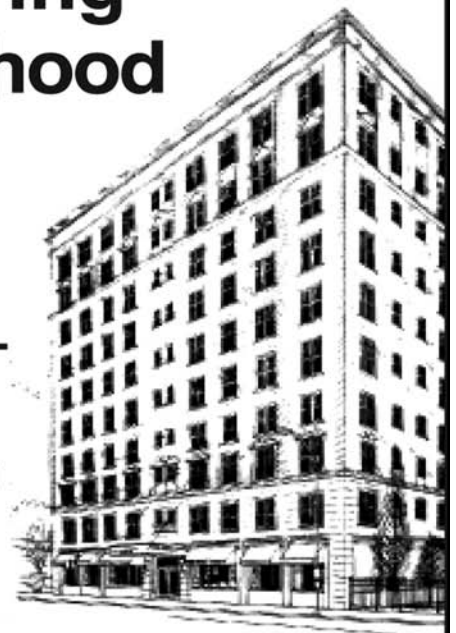
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MOVING TO THE BIG HOUSE WITH STOPS ALONG THE WAY

continued

business on Humphrey while the Utah house is being finished. "We've downsized", Chris beamed as he kept his sense of humor. Luckily, Chris and Lisa did a great job refinishing the upstairs of the Humphrey property, not knowing it would be their temporary residence. "We try to never rent out anything we wouldn't live in ourselves and that really worked out for us" explained Chris.

The open floor plan and additional space of the Utah house appealed to Chris and Lisa and the house was about to get much bigger as they took on the third floor. "There was never a staircase to the third floor, only an access panel", said Chris. Also, the third floor joists were only 2" X 6", requiring reinforcement and the joists ran front to back instead of side to side. Weird stuff.

Along with creating a usable third floor, the kitchen and first floor bathroom were rearranged to improve flow and practicality. The bathroom door that opened into the kitchen was eliminated and the butler's pantry was moved to the second floor, enabling a new first floor bathroom with a heated floor to be installed. As I remember this house, the first floor seemed wide open but Chris said they found some hallways to remove. Existing radiators were eliminated to provide even more space.

While this job is being contracted out, it's still been a bit of a grind. Chris and Lisa weren't able to do a complete budget estimate before the house was purchased in April, 2007,

continued on page 15

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REHABBING WITH RICH

MOVING TO THE BIG HOUSE WITH STOPS ALONG THE WAY

continued

and deadlines and budgets have both been exceeded. When I asked Chris about his favorite part of the project, he said "Moving in". But there has been some fun along the way. A newspaper was found that dated back to the day before Lindbergh made his historic 1927 flight and Chris has enjoyed the challenge of redesigning the house.

When asked if they would do this again, Chris said "We didn't plan on doing it this time" and advised anyone interested in doing these projects to start small and have an exit strategy if things get off course.

I know Chris and Lisa want to move into the Utah house but there's something romantic and old world about 'living over the store'. But I guess that heated bathroom floor in the big house will be pretty nice, too. 

"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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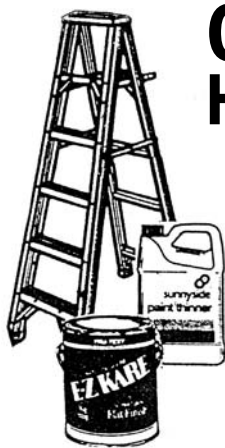
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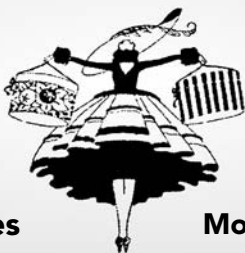
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- To find out what is happening in the neighborhood
- To make the Heights a cleaner and safer place
- To have a liaison with City Hall and other agencies
- To better protect our property values
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Area Events & Activities

December 8 Grand South Grand Cookie Crawl: 11:30 a.m. - 3:00 p.m. the Grinch will be stopping by on South Grand Blvd. The first hour, the Grinch will be appearing in the businesses on S. Grand. Pictures with the Grinch will be from 12:30 - 3:00 p.m. at Mokabe's. The cost for the picture is ONLY \$5; all proceeds will benefit the Jr. ROTC program at Roosevelt High School. Also, please bring a gift to be placed in the Toys for Tots box! For more information contact Rachel Witt at rachel@southgrand.org or call (314) 772-5750.

December 4 St. Louis Symphony Chamber Concert Series; *Holiday Music with the SLSO Trombone Quartet*: Piper Palm House; Doors open at 6:30 PM. Concert begins at 7 PM. FREE. Space is limited and no reservations will be taken. Seating is on a first come, first served basis.

December 6, 13, 20, 27 Festive Holiday Tea Series The teas will feature savories and sweets reminiscent of traditional holiday celebrations in the Old World. The exquisite spread will be a perfect match for the distinctive architecture of The Piper Palm House, which calls to mind the Kensington Orangery in London and the Pavilion du Lac at Parc Buttes-Chaumont in Paris. Piper Palm House: 1 - 4 PM. For information or reservations please call (314) 664-7680.

February 5 St. Louis Symphony Chamber Concert Series; *A Valentine's Program, Music for Flute & Strings*: Piper Palm House; Doors open at 6:30 PM; Concert begins at 7 PM. FREE. Space is limited and no reservations will be taken. Seating is on a first come, first served basis.

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 info.

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

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3800 Juniata:Tom Reitenbach & Kim Cole
3600/3700 Connecticut:Jodie Heliker
3800 Connecticut:Virlene Reichert
3600/3700 Wyoming:Gen Obata
3800 Wyoming:Theresa Mithen
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