

Tower Grove Heights Gazette

Volume 5, Number 3

Grand to Gustine

Arsenal to Utah Place

December 19, 1992



ASSOCIATION ELECTS NEW OFFICERS

By Tom Jenneman

Setting clear goals and formulating plans to meet them early in his term is a high priority for our new president. No, not Bill Clinton--Jay Rosloff, the new TGHNA president and head of the new Executive Committee!

Jay, 41, of 3806 Juniata, has lived in Tower Grove Heights for about two and a half years and has been active in TGHNA most of that time. He has served for the last year as president-elect, has been a block captain and active in other Association events.

Jay brings international experience to office. An archaeologist who has worked in such exotic places as Turkey, Israel, Texas, and New York, Jay is now the inventory manager at Auto Air Company on Kingshighway.

"We're a bunch of volunteers trying to do something nice for everybody," Jay said of the neighborhood association.

As a resident rather than president, and a big fan of trees, gardens, and neat lawns, Jay said he would like to see continued improvement of the neighborhood's appearance.

The TGHNA Executive Committee is responsible for policy, planning and implementation, and conducting much Association business. Voting members of the board for the five elected officers: president, president-elect, secretary, assistant secretary, and trea-

surer; and those who chair the Association's standing committees: Promotion and Marketing, Publications, Neighborhood Improvement, Block Captains, and Fun and Fundraising.

"We're a bunch of volunteers trying to do something nice for everybody"

Jay Rosloff
TGHNA President

President-elect Margie Meyer, 37, of 3860A Connecticut, was one of four new unopposed officers elected at the November 15 TGHNA meeting. Margie is a homemaker, mother of three children ages 6, 3, and 1, and is a nine-year resident of Tower Grove Heights. A three-year TGHNA member, she has served on the *Gazette* staff, has been a block captain, handles Market Fare, and has worked on Holiday in the Heights and other special events.

"Finding ways to turn interested members into active participants will be one focus for Margie during my term," she said.

Kati Guerra, 33, of 3671 Humphrey, will serve as secretary on the new Committee. Currently teaching voice at Forest Park Community College, Kati has sung with the Opera Theater of St. Louis, St. Louis Symphony,

Chicago Opera Theater, and others. In the neighborhood, she is a block captain, and has served on the nominating and neighborhood improvement committees.

Diane Hurwitz, 38, of 3640 Arsenal, changes hats on the Committee. She has been elected assistant secretary, and moves into that position from chair of the Block Captain committee. Diane, a law clerk for the State of Illinois, will be in charge of membership and hopes to see the Association grow. She hopes to be able to add some new benefits for members in the coming year. In addition to these duties and rehabbing two flats, she will be in charge of the Holiday in the Heights house tour this year. If you see Diane, greet her quickly. She won't be in one place long!

Don Detsch, 46, of 3628 Arsenal, has been chosen treasurer for the coming year. Don, who operates his own computer consulting and training business and teaches computer software programs, brings a strong background to the job. In addition to Ft. Lauderdale, he has been treasurer for three other cities. Shortly after moving to Tower Grove Heights a year and a half ago, Don joined TGHNA. This is his first office in the Association.

Elizabeth Braznell, 41, of 3806 Juniata, will continue to chair the Publications Com-

Continued on Page 17

Did You Know?

That until 1876, Spring Avenue was the city limit?

That the single square of concrete between your sidewalk and the curb is called a carriage block?

That the building on the alley behind 3824 Arsenal was a broom factory?

ASSOCIATION MEETING

The Tower Grove heights Neighborhood Association will meet at 7 p.m. Sunday, January 17, at the First Church of Divine Science, 3617 Wyoming. Come and discuss what you think should be the Association's goals for 1993.

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The Tower Grove Heights *Gazette*

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The *Gazette* is a non-profit publication published bi-monthly by the Tower Grove Heights Neighborhood Association. For advertising, call Elizabeth Braznell, 773-1567. The *Gazette* reserves the right to decline advertisements not in keeping with our neighborhood goals. Your letters and comments are always welcome. Mail them to: TGHNA *Gazette*, P.O. Box 63046, St. Louis, MO 63163.

ON GRAND

By Don Hardin

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.

Grand South Grand is all decked out for Christmas! Don't miss the article in this issue that you can use as a complete Christmas shopping guide without ever leaving your neighborhood!

On November 3 (Election Day), ZIPS Neighborhood Business Center #1 opened at 3203 South Grand. In keeping with their patriotic theme, a grand opening is planned for January 20 (Inauguration Day). South Grand is host to the first ZIPS Center in the country. Another store will open soon in Bridgeton and another, in Detroit, Michigan, will open early next year.

I spoke with the owner, Tony Hitt, who told me that "neighborhood" is part of their name because they feel they are here to serve the neighborhood and be a part of it. Their motto is "bend-over-backwards service." Tony, a Southside resident, chose the South Grand shopping district because he believes that the opportunities here for growth and success are unlimited for any business. He feels that any smart entrepreneur couldn't choose a better location.

A remarkable list of services are offered: mailbox rentals, fax transmission, keys made, stamps, resumes, notary public, copies, business cards, rubber stamps, gift wrapping and greeting cards (Christmas is coming!), banners and signs, UPS pick-up/drop-off center (two pick-ups a day), office and shipping supplies, income tax returns, mailing boxes and tubes, flags, film processing, typesetting of newsletters, postal services, and much more. If they can't help you, they will tell you who can.

With Christmas just around the corner, a trip to ZIPS Neighborhood Business Center can help take the hectic out of the holidays.

Operating hours are: Monday through Friday, 9 a.m. to 6 p.m. Saturday 10 a.m. to 4 p.m. Mail-box holders have 24-hour access. Phone: 772-7888.

Happy Holidays

Enjoy the Holiday Flower Show

"A Sparkling Season"

in the Orthwein Floral Display Hall

now through January 1.



Missouri Botanical Garden

The Missouri Botanical Garden will be closed Friday, December 25.

Located at 4344 Shaw Boulevard - Open Daily from 9 a.m. to 5 p.m. - GardenLine 24 Hour Hotline 577-9400

Admission is \$2 for visitors 13-64; \$1 for adults 65 and over; Free for children 12 and younger

FROM THE PRESIDENT'S CHAIR

By Jay Rosloff

Happy 1998, everyone!

As our Association begins its sixth year, its members have earned the right to look back in pride over their accomplishments. In 1987, a few good people banded together and created a focus for civic pride and identity. The results have been both obvious and subtle.

A stroll along our streets and alleys will show them cleaner while an open window lets you know they're quieter at night. We have a business district that is growing and improving the area rather than detracting from it. We have governmental agencies providing services we request, and letting us know of others available. Not bad for a recession, huh? We're a good place to live and people are moving here because of it.

Past-President Jan Nesser's theme is attributed to Margaret Meade: "Never doubt that a small group of thoughtful, committed citizens can change the world; indeed, it's the only thing that ever has." Couldn't be more true, could it? But wait! If the accomplishments of the past five years were the result of the activity of just a few good people, what can we hope for over the next five years if lots of folks pitch in? Join us in setting and meeting our goals for 1993, and who knows what we'll be able to look back on with pride in '98!

RESIDENT PROFILE

By Margie Meyer

Did you go on the house tour during Holiday in the Heights last year? Then you probably remember Paul Ladensack—he was the host with the Christmas lights wired to his body.

And if you have been on the house tour for the past two years, then you have been through the Ladensacks' house twice--and may not have even realized it.

Two years ago was before the Ladensacks purchased the big house at 3640 Juniata. At that time, the home was in its original state, and very Victorian. But in April, Paul and Jane moved in,



and started changing things.

Paul and Jane moved to St. Louis in 1989 from Phoenix, Arizona. Paul claims he was "part of the Bidwell exchange!" After talking to him for a while, I realized that we got the better part of the deal.

Paul is an architect and Jane is district manager for Ups 'n' Downs and Capezio clothing stores. They moved to St. Louis because Jane was promoted. They lived in DeBaliviere Place for a year before deciding on their home here. Tower Grove Heights was a natural choice be-



cause of the architecture and quality of the homes.

They attended a block party and met some neighbors, and it wasn't long before Paul was agreeing to be a block captain, or block sheriff as he describes it.

Being an agreeable sort of person, Paul consented to have his house on tour. The outside was the same, but on the inside, WOW! Gone were the brocade curtains, blue and green walls, antique furniture, and cozy but somber atmosphere. In their places are mini blinds with white walls (it took four

coats!), framed posters, and a comfortable, cheerful atmosphere.

Jane and Paul like TGH because it's such a family neighborhood. And family is important to the, because they are expanding theirs this spring. Yes, congratulations are in order!



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HORTICULTURAL CORNER

The Plants of Christmas

By Benjamin N. Chu,
Superintendent and Curator of the Japanese Garden at the Missouri Botanical Garden

The Christmas season is upon us and many of us will decorate our homes with various plants that have come to symbolize the holiday season. Many of these plants are associated with legends that date to primitive times.

The pine tree and its boughs, so commonly used, is said to have concealed the Holy Family as they fled Herod's soldiers. After the soldiers passed, the Christ Child blessed the pine and the imprint of his hand may be seen if a pine cone is cut lengthwise.

The fir, the traditional tree of Christmas, was once considered sacred and was referred to as the Tree of Knowledge of Good and Evil in the Garden of Eden. According to legend, the fir once bore blossoms and fruit until Eve picked them. Since that time, the tree grows only needles; but on the night that Christ was born, it blossomed once again.

In the Middle Ages, juniper was burned to ward off demons. Junipers were also planted at doorways as protection from witches. Wreaths of juniper were meant to suggest life and hope.

Holly, a plant held sacred by the Dru-

ids, often was hung over doorways, in windows, and by the chimney to prevent witches from entering. Formerly considered pagan by Christians, it was later believed to have sprung up under the footsteps of Christ. Its thorny leaves and red berries represent His sufferings. The crown-of-thorns was said to be made of holly and the white berries turned red with Christ's blood.

So grateful was Frigga that she decreed mistletoe the plant of peace and those who passed under it should exchange a kiss.

Mistletoe, also held sacred by the Druids, was considered a magical healing plant and had the ability to ward off witches and sorcerers. Condemned for centuries by the Church as evil, mistletoe was finally incorporated into Christmas through a ritual during the holiday season. The priest would initiate a holy kiss of peace and pardon by passing mistletoe throughout the congregation. The white berries of mistletoe are often called Frigga's Tears for the Norse goddess who grieved for her son, killed by an arrow made from mistletoe. The gods took pity on her and brought her son back to life. So grateful was Frigga that she decreed mistletoe the plant of peace and those who passed under it should exchange a kiss.

The herb rosemary, used in many Christmas wreaths, is an ancient symbol of remembrance. It was used in medieval England as a garnish at the traditional Christmas feast. Legend holds that the tiny blossoms of rosemary changed from white to blue after Mary hung the clothes of the infant Jesus on a rosemary bush to dry during the flight of the Holy Family to Egypt.

As we decorate our homes with these plants of Christmas, keep in mind the spirit of their legends and have a joyous Christmas and a Happy New Year.

MEMBERSHIP UPDATE

By Jodie Heliker



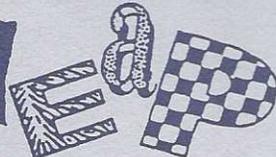
1992 ends with a total of 362 members. Thank you to all of the block captains and other members who have encouraged friends and neighbors to join our Association. And a special thanks to the new Heritage members: Chris and Rich Jamison.

A reminder that the TGHNA membership drive now runs April to April. Collection of 1993 dues will begin in April.

If you have questions or would like to work on a newly formed membership committee, please call the new Assistant Secretary, Diane Hurwitz, at 776-7360.



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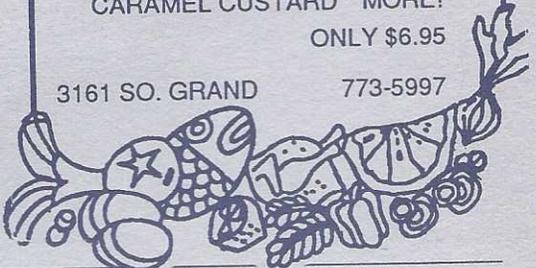
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HOLIDAY IN THE HEIGHTS ❄️

By Janice Nesser ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️

Come join the fun this Sunday, December 20, from 2 to 8 p.m. as Tower Grove Heights becomes aflutter with activities during **Holiday in the Heights**.

Kicking off the day's activities will be a holiday concert at 2 p.m. at the First Divine Science Church, 3617 Wyoming (at Grand). The program will include a wide variety of holiday music from traditional carols to inspirational to a classical guitar rendition.

Hospitality houses will be open from 3 to 6 p.m. Twelve houses will be decorated in their best holiday finery and serve hot coffee and cider. The Hospitality House Tour will begin at 3809 Hartford.

Tickets for the concert/house tour are \$4 for TGHNA members and \$5 for non-members. Tickets may be purchased the

day of the tour at the concert or at 3809 Hartford. Children under 12 are admitted free.

From 3 to 6 p.m., Santa and his merry band of elves will be visiting Tower Grove Heights. Keep an eye open for him throughout the day and at the Big Sing that evening.

Carolers will serenade the Heights between 4:45 and 6:15, collecting canned goods and other non-perishable items for the area needy. Be sure to turn on your porch light so they will stop and share a tune with you.

At 6:30, all residents and visitors are invited to join the carolers and Santa at the candlelight Big Sing on the corner of Wyoming and Spring. The Big Sing kicks off the neighborhood lighting competition, so come on out, share a few

carols with some of your neighbors, then take a stroll through the streets of the Heights and enjoy the spectacular lighting displays.

The streets will be aglow from 7 to 8 p.m. during the lighting competition and luminaria display. Area residents have donated some wonderful prizes for the competition, including a box of steaks, handmade holiday crafts, a case of beer, and much more. So let's light up the Heights! Wyoming street will represent Tower Grove Heights in a friendly lighting competition with our neighbor to the west, Parkside South.

Holiday in the Heights promises to be chock full of all the things that make this time of year so very special. So, come out and join your neighbors in some very special holiday cheer. See you there!

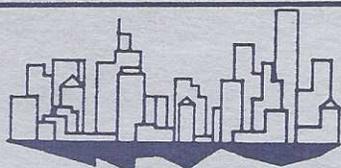
POLICE BEAT

By Ed Schroeder

The November meeting of the Public Affairs Department of the St. Louis Police Department was hosted by Tower Grove East at St. Elizabeth's Academy. The guest speaker was Barb Potts, who talked about Operation Safestreet, which has many programs available to help all area residents prevent and combat crime. One of them is the Home Security Package, which is free to qualified residents or to others at a minimal cost. They also promote the Anti-Theft collar for GM vehicles with tilt steering wheels. Ms. Potts also spoke on Safestreet's block captains and how the program assists neighborhoods to attack problems.

Information from the first group of the St. Louis Police Department's Citizen's Academy was also given. Alderman Gerry Osborn and St. Louis Public Affairs Chairman Chuck Poe were among members of the first graduating group. More classes are forming for these groups of concerned citizens who wish to ride with the police as they patrol. The police department has made completion of the Citizen's Academy a prerequisite for riding. The courses cover things like CPR and how-to's for reactions at crime scenes. The Academy sounds interesting, a good preparation for those who really want to do something for neighborhood safety. For more information about getting involved, call Officer Terry Shoemaker at the 3rd District Public Affairs Office, 444-0169.

The February 11 meeting will be at First Divine Science Church, 7 p.m.



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THE RENOVATOR

You and Your Toilet

By Rich Iezzi

Believe it or not, your toilet is one of the happiest things in your home. It doesn't need electricity to run and is one of the only things that still works as good as it did when your house was built.

Toilets work on gravity. When the toilet is flushed, a large rubber flapper valve in the bottom of the tank opens to permit the tank water to replace the bowl water. This valve is one of the secrets of the toilet world. It's hollow and floats when lifted off its seat, then rides the water level down and plops back on its seat. As the water level rises, the flapper valve is secured to its seat by the weight of the water--the more water, the tighter the seal.

During the flush, the float also rides the tide down, opening an inlet valve to refill the tank. As the water in the tank rises, the float raises an arm attached to the inlet valve, shutting off the water.

Be ready for anything when working on a toilet

So, what can go wrong? Well, toilets with shut-off valves have at least six potentially leaky joints and that's only between the tank and the floor. Leaks typically occur in the supply tube to the tank. Movement can loosen its seal, requiring its tightening or replacement. Be ready for anything when working on a toilet. The shut-off valve may not work, and pipes bonded and painted for 80 years might not come undone.

First, get that water shut off. If it won't quite stop running with the main valve closed, open a cold-water valve in the basement to let gravity divert the flow. Next, be prepared to do the job right, installing a shut-off valve if required, the supply tube, and whatever else. Parts are cheap--\$25 buys everything you need and the new stuff is really something. Plastic supply tubes can be tied in a knot and cut with a knife, and cost less than chrome.

Install the shut-off valve first. If you're sweating it on, open the valve half way to unseat the rubber "bib" washer so it

won't melt. When you install the supply tube, make it easy on yourself. Don't try to cut a 3-1/2" piece for a perfect fit. Instead, put a full loop in the tube. It's simpler and will handle movement better. Make sure the ballcock valve is secured to the tank by checking the nut under the tank for tightness before attaching the supply tube. It's murder to tell where a leak is coming from, so tighten everything as you go.

Once you've addressed the high-pressure side of the toilet, what could break? The most common problem is the flapper valve that keeps water in the tank. It can lose its seal or become waterlogged, making the toilet hard to flush. The valve costs \$3, and is easily replaced if you follow directions.

Toilets are sealed to the waste pipe by a waxed ring. A leaky ring gets the floor wet around the toilet. The ring is a \$1.50 item but requires removal of the toilet. Shut off the water, sponge out the tank and bowl and disconnect the supply tube at the tank. Remove the nuts holding the toilet down and lift the toilet straight up and place it on a newspaper on the floor.



Before installing the new ring, dry everything.

The studs holding the toilet onto the floor can twist, break or pull out. For a first-floor toilet (or one over a dropped ceiling), buy two 18" threaded brass rods. Poke holes completely through the floor to line up with the toilet holes. Mount a stout board across the joist under the toilet and drill holes through the board for the rods. Place nuts on the rods on both sides of the board to secure the rods and extend them through the floor and toilet holes. Presto! You've got a reliable, adjustable toilet anchoring system!

What if the toilet fills slowly after you've replaced everything? If you have an older toilet with a low bowl water level (therefore, not needing a fill tube), consider diverting the bowl fill tube to the tank. To do this, remove your tank top (whoa!) to find the 1/4" tube sticking down the 3/4" pipe in the middle of the tank. Lift out the end of the tube and secure it to the side of the pipe causing this supply of water to help fill the tank faster.

Happy flushing!

A graphic advertisement for Eddie Kane Building Renovation Company. The background is a light gray with a dark gray border. At the top left, there is a small illustration of a hand holding a wrench. Below it, the phone number "771-5462" is written in a bold, sans-serif font. The name "EDDIE KANE" is written in large, bold, black letters across the center. To the right of the name, there is a stylized illustration of a hammer and a saw. Below the name, the text "A BUILDING RENOVATION COMPANY" is written in a bold, sans-serif font. At the bottom, the services "CARPENTRY DRYWALL KITCHENS BATHS" are listed in a bold, sans-serif font. The overall design is clean and professional.

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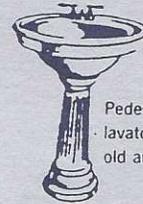
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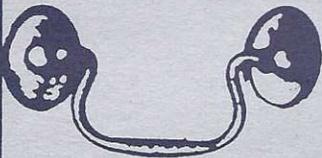
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Author! Author!

Grand Book's Great Autograph Party

By Mary Schroeder



Do the names Harper Barnes, Brian Carland, Ellen Dreyer, William Faherty, Esley Hamilton, Laurell Hamilton, Tony Hitt, Michael Kahn, Jean Keathley, Julie Keleman, John Lutz, Joe Pollock, Dennis Sanders, Ann Seebeck, Dave Simons, Bobbi Smith, Jean-Marie Smith, William Stage, Alan Steele, Elaine Viets, Steve Walker, and Kurt Wulff sound familiar? They are nationally known St. Louis authors, and they were all on hand for the city's largest book signing at Grand Books, 3206 South Grand, Nov. 14th. The autograph party was a huge success with a crowd of authors and book lovers meeting, talking, buying books, signing books, and enjoying appetizers donated by the South City Diner. Almost any kind of book was represented, histories, food reviews, travel, sports, childrens, photos, how to's, romances, humor, and mysteries. There are signed books still available, and Sean, the owner of the store, tells me that any author will still personalize any of his or her books, just come in and ask Sean about it.

A couple of extra notes, Grand Books moved two doors north of their 3206 S. Grand location to 3200 S. Grand. And there are plans for a children's story time in December, call 664-5511 for more details.



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SINCE YOU ASKED



By Don Hardin

What should the Tower Grove Heights Neighborhood Association's New Year's resolution be?

Denise Cunningham: "The progress on the Hartford Arms building is great to see. I would like to see this sort of effort and progress for our other problem buildings in the neighborhood."

Lori Fowler: "I would like to see some "hip" clothing stores open on Grand South Grand."

Brian Bender: "A top priority should be to do something about the building at the corner of Grand and Arsenal (the Kingsway Sandwich Shop). I keep hearing that things are in progress but we must keep on this."

Linda Dirnberger: "Our neighborhood banners are great, but we need more of them."

Roy Smith: "Our Neighborhood Association has done so much in such a short time. Their top priority should be to keep up the momentum."

Kevin Lanahan: "It seems you see the same people over and over again at our neighborhood functions and meetings. We need to create more opportunities to interface with more of our neighbors."

Terry Hartz: "The Neighborhood Association has grown so much since it began. Continued growth should be the first priority. Also the *Gazette* quality, which is excellent, must be maintained."

Nancy Dietz: "You may have noticed the barrels of flowers on the corners of Spring and Wyoming and Gustine and Wyoming. I would like to see flowers on every corner in the neighborhood. On Wyoming, the neighbors are working together to plant more trees. This should be done throughout the neighborhood--a Neighborhood Association effort."

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MEET THE PRESS

You read or see their work every other month, but do you know who they are or what they do in real life? We thought you might like to Meet the Press! One *Gazette* staffer will be featured each issue.

Michele Kerr, who just retired as secretary of the Executive Committee, is the Assistant Editor of the *Gazette*. Additionally, she creates ads and does the paste-up: puts the pages together, adds artwork, etc.

In real life, Michele and husband Bill work endlessly on their lovely home in the 3600 block of Utah.



COOKIES FOR COPS

By Ruth Schnurbusch

On Halloween, a vampire, a bee, two ballerinas and a token human delivered cookies to the Clark Street police station. There was only a "skeleton" crew there, but we received rave reviews from the homicide and narcotics units.

The Thanksgiving treats went again to the police at the Sublette location.

The plan is to have the next batch of treats go to the firemen on December 23, if enough volunteers call to make that work. When you're baking your holiday treats, please make an extra batch for the firemen that risk their lives for us.

If December doesn't work, then we'll have a sign-up sheet at the January meeting. Remember, fruit and candy are options if you don't have time to cook.

Thanks to the new volunteers who called and to the regulars. If you would like to help, call 776-8563.

THUMBS UP

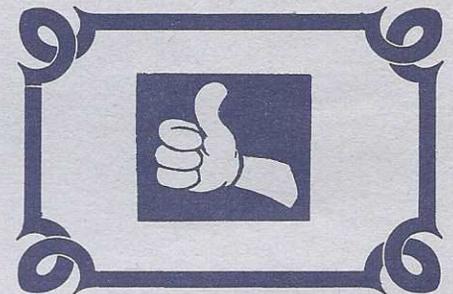
By The Thumb

As we bid farewell to 1992, we'd like to give a five-year salute and a year round thumbs up to all who have participated in any way on the *Gazette* staff. The *Gazette* has consistently been a first-class newsletter and a marvelous representation of the quality we are so proud of in Tower Grove Heights. Many of us recognize certain individuals from their bylines, but there are many who quietly work month after month doing behind the scenes jobs. These include layout, editing, typesetting, proofing, circulation, and paste-up. There are also those who sell ads and the graphic artists who perfect them. Then there's that wonderful crew of faithful folders who gather on Thursday nights to collate and frantically fold. This is followed by door-to-door distribution of 1300 copies within the neighborhood and business on Grand Avenue. Congratulations to all the Staff!



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THE YEAR IN REVIEW



By Janice Nesser, Past President

1992 was a banner year for the Tower Grove Heights Neighborhood Association. Not only were the months filled with activities and projects that helped build the community, but the Association hit its first milestone: five years in existence.

It was hard to imagine five years ago, when a small group of us were sitting around Rich and Jean Iezzi's living room, that the Association would come this far in such a short time. That a group of ten to fifteen concerned residents would grow into a membership of almost 400 who are concerned with their community and who want to be catalysts for positive change.

"There is a sense of accomplishment in knowing that the community is a better place because of our efforts"

For those of us who have been involved with the Association in the last five years, or those who have just begun to be involved, the work of building and maintaining a community does not come easy. There always is red tape to cut through, mounds of paperwork to sort and send out, and agendas to be set. There are projects that get off the ground and are great successes, and there are the great ideas that never quite materialize, not from lack of enthusiasm but from lack of manpower or time. There are agreements and disagreements, joys and frustrations, and, of course, much compromise.

But for those of us who are involved, there is a sense of accomplishment that supersedes it all in knowing that the community is a better place because of our efforts. To list all the projects the Association has been involved in this year would take more space than you can imagine. So much goes on behind the scenes that never gets acknowledged--the letters written to absentee landlords, the public hearings attended, the grants written to fund projects, the phone calls to the Citizens' Service Bureau.

Then, there are the more visible things. Block captains who go out every Sunday and pick up trash on their blocks, survey the alleys for missing dumpster lids, spon-

sor Operation Brightside, plan block parties, pass out endless flyers, and try to build a sense of community for residents on their block.

There is an extremely active Promotion and Marketing committee who this year sponsored two realtors tours, held a marketing seminar, produced a promotional poster and business cards, ran a tenant-buyer referral phone line, and more!

There was the reformation of the Neighborhood Improvement committee, who co-sponsored with the block captains the first neighborhood National Night Out and fall clean-up. And who currently have three other projects under their belts, including Light up the Heights, the Humphrey street project, and the neighborhood directory.

And then, of course, there is the *Ga-*

zette. Endless hours put in by the Publications committee in writing, designing and folding the best newsletter in the City!

There were membership potlucks, Cookies for Cops, Kids Day in the Park, Holiday in the Heights, general meetings, MarketFare, and the list still goes on!

1992 has indeed been a productive year for the Tower Grove Heights Neighborhood Association. But for all our achievements, there is still so much work to be accomplished. It takes effort by all those who live in a community to make it a safe, clean and happy place to live. Never underestimate your importance in this neighborhood, Join the Association. Volunteer your time. Start a project on your block. Get involved in '93 and make Tower Grove Heights all it can be!

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HELP MAKE THE HOLIDAYS A LITTLE BRIGHTER



By Tom Booth

Now that the holidays are here in full force, we all find ourselves scrambling for the perfect gift for those people special to us, and also for those folks not so special, but related.

Every year around this time we hear the phrase, "It is better to give than to receive." We take some comfort from the truth of that phrase and satisfy ourselves that in giving gifts we truly represent the spirit of the season. Recognizing that giving to others does reward the giver, I offer some additional opportunities for us to be good to ourselves. The following organizations accept gifts for those having a difficult time this holiday season.

Human Development Corporation
South Side Grand Branch
3626 S. Grand

St. Louis, MO 63118
771-4800

Albert Walker, Supervisor of the food pantry, says they accept donations of canned/non-perishable food and clothing between the hours of 8:30 a.m. and 5 p.m. He suggests you call first. They also accept cash donations which can be applied to recipients' heating bills as well as used to purchase food.

South Side Baptist Church
3514 Oregon
St. Louis, MO 63118
771-0157

Georgia Phillips says their organization finds housing for refugees from the former USSR, Romania, Laos, and the Philippines. They need blankets, toilet articles, clothing and furniture. Cash donations can be used to set up utility

service for refugees moving into new housing. They operate a food pantry which gives out 100 food baskets each week, so canned/non-perishable food also is appreciated.

Joint Neighborhood Ministries
2911 McNair
St. Louis, MO 63118
771-3987

Glen Koenen says donations of food (especially high protein) and clothing (especially children's) would be very helpful. They can accept frozen food provided you call ahead to verify that they have the freezer space for it. He mentioned that cash donations can be used to buy food from wholesalers, and also can be applied to recipients' heating bills.

Hosea House
2635 Gravois
St. Louis, MO 63118
773-9027

Cynthia Watson says they perform a number of social services for the community, and do not receive any United Way or government funding, so donations of any kind are greatly appreciated. They need fall or winter clothing, especially men's and children's coats; blankets for the homeless; and canned goods. Cynthia said cash donations are used for recipients' utility bills and to buy baby beds and car seats. She also mentioned the "Adoptive Family" program they have run for the last six years. In this program, donors can "adopt" a recipient family, which fills out a wish list identifying particular gifts each member would like for Christmas. The donor purchases the gifts, making the family's holiday a bit brighter.

St. Vincent de Paul Society of St. Pius V Church
3310 S. Grand
St. Louis, MO 63118
772-1525

They can use canned food primarily, but also accept cash donations which can be applied toward recipients' utility bills.

Continued on page 20

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1/3 Lb. Hamburger \$1.25	Busch 6-Pack \$3.75

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AIM FOR GOOD HEALTH

By David Wagner,

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

This article is reprinted from the December, 1991, *Gazette*

As we enter this holiday season, our thoughts turn to festivities and, of course, food! With these temptations ahead, I thought I would devote this month's column to some hints for a healthy, guilt-free season. After all, no one really needs to have to use their New Year's resolutions to undo the damage done to their body in the last month of the year. So let's party, but keep the following points in mind to avoid holiday weight gain:

Is your party within the Tower Grove Heights Neighborhood? I'm sure some will be. If so, start your celebrating with a brisk walk to your neighbor's house. Not only will you burn a few calories and spare the environment a few hydrocarbons, but activity increases appetite, which will allow you to save some of that will power for times when you may need it more.

This next one works well! Eat something before you go to the party. This will help curb your appetite. A glass or two of water before you go also will help you keep your mind off food while at the party.

It's time to eat! Go ahead, but eat smart. Select low-fat options: e.g., fresh vegetables, fruits and rolls, seafood, and meats if they are lean. Sample a little of each, but keep your portions small.

Avoid temptations! Once you have visited the buffet table, stay out of the room where the food is, or at least away from the table.

Remember that what you drink may cost you more calories than what you eat. All alcoholic beverages are high in calories. Switch to diet soda or sparkling water instead.

Focus on socializing with friends. Enjoy food as part of the festivities, not the main event.

And most importantly, don't let your holiday schedule interfere with your usual healthy lifestyle activities. You can always find time for exercise, if it's only a few minutes set aside for a brisk walk. Physical activity reduces stress and helps keep the pounds off.

If you would like to learn more about



CHRISTMAS CHURCH CELEBRATIONS

By Margie Meyer

To help you plan your Christmas celebrations, here's what the area churches are doing:

St. Pius: School Advent Program Dec. 16, 7 p.m. Family Mass geared towards children Dec. 24, 5 p.m. Christmas Midnight Mass, Dec. 24, 10 p.m. And in the spirit of giving, the parishioners provide Christmas baskets, dinners, and gifts from the giving tree for the area needy.

St. John Episcopal Church: Hanging of the Greens Dec. 20, 4:30-5:30 p.m. Come join us during the Holiday in the Heights House Tour; the church choir sings while ropes of greens are being hung. Christmas Midnight Mass, Dec. 24, 10:30 p.m.

Church of Divine Science: Christmas Eve Candle Lighting Service, Dec. 24, 7 p.m.

healthy eating year round, or if you would like to give a gift of goodness and good health, consider these great gift ideas for yourself or a friend:

Eating Well: The Magazine of Food and Health. Pick one up at your newsstand, or call toll-free to subscribe: 1-800-344-3350.

Or try one of Jane Brody's books at local booksellers, either *Jane Brody's Good Food Cook Book* or *Jane Brody's Good Food Gourmet*. Both are available in paperback.

Special thanks to Joyce Bateman, R.D., and Catherine Quin, R.D., for their contributions to this month's "Aim."

Best wishes for a happy, healthy holiday!



THE WINTER HOUSE
BED AND BREAKFAST

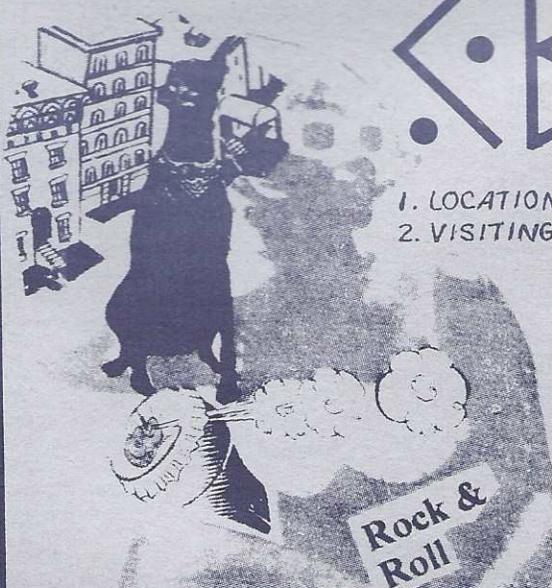
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LOOK AT WHAT'S HAPPENED

Rock & Roll

A GRAND SHOPPING SPREE

By Stephanie Gavin and Lou Jenneman

Way back in the heat and humidity of August, when the holiday season was the last thing on everyone's mind, it was suggested at a general neighborhood meeting that doing all of our Christmas shopping on Grand would be an ideal way to support the area. Well, 'tis the season already, and a lot of time and energy can be saved for the new year by indeed doing all of your Christmas shopping on Grand South Grand. From film developing at Paramount Drug to gift certificates at one of the many hair salons, Grand offers a gift for everyone on your Christmas list within walking distance. Not only will you be giving the most unique gifts received by your friends and family, you won't have to fight the mall parking lots!

For the person on your list who has everything, Grand is the best place in the City to go. It is the only place in the City to find novel items like "90s baroque wreaths," as Cheap Trx artist Frank Neal calls the amazing collage wreaths he and partner Michael Mahler have been creating for the holiday season. Featured in last month's *Post-Dispatch*, the unique, fascinating wreaths, true works of original art, are made of items such as toys, jewelry, collectibles, and attic clean-outs, attached to a large wire

Shop Grand South Grand for the most unique gifts!

circle and then sprayed with gold or copper paint. They range in price from \$75 to \$125. In addition to these art pieces, Cheap Trx is full of unique gift ideas: one-of-a-kind jewelry made by local artists, vintage dishes, stationary, and, of course, the custom-painted furniture that Frank and Michael do upon request.

Faru is another perfect store for unusual gifts. Full of ethnic novelties, Faru is the place to go for beautiful conversation pieces. Owner Helen Fabbri is encouraging "unusual ways to present gifts" this holiday season by promoting her large selection of hand-painted boxes, woven baskets, and beautiful little silk pouches from Nepal. Other gift ideas are Faru's recycled bird houses, ethnic tree ornaments, and religious carved figures, or items that "provoke a spiritual response."

Next door to Faru is The Futon Express, also selling unique gift ideas this year that don't require the purchase of a futon. The Stendig Calendars, huge black-and-white wall calendars, recognized by the Metropolitan Museum of Modern Art, are available for \$29.95. Neon clocks, lamps, and futons for kids

are other suggestions for gifts, all at reasonable prices.

At its new location Grand Books is sure to be a wonderful addition to the holiday shopping on Grand this year. A large selection of calendars, numerous children's books, and signed books from local authors are all great gift ideas available at Grand Books. Unique hand-crafted pens and pencils made of various woods from all over the world sell for \$20.

A little further north on Grand is Botanicals on the Park. Browsing through this extraordinary store should be an annual holiday event on every family's list of holiday activities. It is so richly decorated with breath-taking Christmas ornaments, displays, and decorations that it is hard to imagine that Botanicals is full of equally beautiful items the rest of the year. Every item in the store would be a wonderful gift for anyone on your list--and everything is priced reasonably. Just a few of the great gift ideas at Botanicals are unique children's trains and cars made from crayons, made-to-order silk wreaths and door swags, cotton tapestry throws in holiday motifs and everyday designs, boxed Christmas and Chanukah cards, and jewelry.



Continued on page 21.

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Day Trippin'

By Mary Schroeder

I've been told I'm supposed to give directions to the places I write about here, but I'm not sure that is always good. After all, if I had not been lost on my recent trip to St. Genevieve, Missouri, I never would have found Kaskaskia Island. (Kaskaskia Island is the only section of Illinois that is west of the Mississippi River.) So, to keep everyone happy, I'll give directions, but you don't have to remember them. Then you may have the same kind of happy accident that I did, and find someplace that you never knew existed.

Take Highway 55 South to Highway Z, go east til Highway J. At this intersection you should be in St. Marys. From there, follow the signs for Kaskaskia Island, the Kaskaskia Bell, the Pierre Menard home, or Fort de Chartres. Don't be confused by the bridge in St. Marys, cross it. You won't cross the river, but you will be in Illinois. Remember, don't let confusion worry you (I never do),

part of the fun of this trip is finding something unexpected.

There isn't a lot on Kaskaskia Island, but what is there is very interesting. The old church was founded in the mid-1600's and inside there are many old French religious carvings and decorative pieces. You can see the Kaskaskie Bell - the Liberty Bell of the West (it 's even cracked) and hear its story. The proprietor of the general store/antique shop can tell you more about the history of the area. She told us about how the island came to be West of the Mississippi. It happened when the river changed course, not during the 1811 earthquake as you would expect, but from a flood in the 1890's. Visiting the island will take under an hour. You can extend your trip to see the Pierre Menard house (French colonial architecture) and Prairie du Rocher with pre-Revolutionary Fort de Chartres. (Keep on the lookout for a Rendezvous there, when there are recreations of life during the early settlement days. They are crowded but fun).

Next time, I'll complete the trip with a description of St. Genevieve.

SKIPPING SCHOOL COSTS

Kids aged seven to sixteen must be in school according to City ordinance, and parents may be fined if their kids aren't.

If you see children aged seven to sixteen who are not in school (make sure it's not a school vacation!), call police at 231-1212. Give the location of the kids and a description, including clothing and approximate ages.

Also, the curfew ordinance prohibits children 17 and under from being out on the streets without their parents after 11 p.m. Sunday through Thursday, and after midnight on Friday and Saturday nights.

MULCH ADO ABOUT TREES



Remember, there's no Yard Waste Only pick-up until March, so after the holidays, take your Christmas tree to Carondelet Park or Forest Park to be mulched. Then, pick up some mulch for your garden.

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INNER SPACES

By Tricia Heliker

There is much to discover about using color in decorating. Color has magical qualities. It has the ability to create a mood, cause objects to advance or recede, and play tricks with proportion and perspective. It has a chameleon quality, is affected by light sources, and absorbs or reflects depending on texture.

These are all important considerations, but first we must choose a color scheme based on our personal likes and dislikes. A helpful exercise to determine our preferences is to keep a container of objects in colors that appeal strongly to us. The objects might be a marble, picture, fabric swatch, ribbon, buttons, a piece of yarn, or a clipping from a seed catalog. If more than one family member is involved in choosing the color scheme, then they should keep a separate color container.

So grateful was Frigga that she decreed mistletoe the plant of peace and those who passed under it should exchange a kiss.

This will become your personal color palette. Sort through "your" colors, creating combinations of two or three which are appealing as a group. If two people are working together, check to see if there are colors in each box that are the same. This would be the basis for a combined scheme using preferences from more than one person without concessions on anyone's part.

Don't be influenced by trends or fads. What's in today fades quickly. Rather, concentrate on colors that are truly pleasing to you and they will be "In style" until your color preference

changes. This should be the basis for creating a living space that will make you feel at home.

The colors you use to decorate your home represent you. Actually, they become a part of you. You will find that by spending some time in careful color selection, you are happier and your spirit is uplifted when surrounded by these colors.

We are often tempted to ask a friend, "What do you think of this color?" Don't! Their response to your choice is irrelevant. Everyone responds to color differently.

Be daring when you select colors for your home. If you like it, use it. Remember, once the room is furnished, the boldness of the color will be less obvious and only the mood it sets will remain to delight you.

If you have studied your box of chosen colors and are having difficulty combining them, there are sources for inspiration. Works of art that please you might be a place to start. Look for combinations of colors in oriental rugs, fabrics, a favorite toy, or choose from the marvelous combinations in nature.

Sometimes a room contains a strong color that cannot be removed, such as fireplace tiles. Experiment with colors from your color box to find one that complements the fixed color and that also pleases you. By working with color in this way, you will discover the power that color has. You will begin to understand why your personal color palette is so important.

Unsatisfactory color is the most common source of failure in interior design. Changing a color scheme is one of the easiest ways to improve a space. If you are willing to reject some colors or combinations of colors that you no longer enjoy, you will be providing an opportunity to experience the positive results of surrounding yourself with colors that truly reflect your personality.

Once a group of colors has been decided upon, it is important to study these colors in the room where they are to be used. They should be observed in that room under natural and artificial light.

It is wise to find as large a sample as possible for a color swatch. When placing two to three colors together, the swatches should be proportioned according to the side of the area they will cover in the room. This will give a truer visual than if all samples are the same size.

Start now to collect your special colors.

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THE BIG RIDE

By Rich Iezzi



I guess it all started with the car phone. There was this great deal where you made a \$20 donation to the Ronald McDonald House and got a "bag" phone. We didn't need the phone, but I got it anyway. Then we'd go for a drive and try to use the phone, but our car was so small my wife had to hold the phone on her lap. Friends would offer the use of their home phones when we visited, but I'd refuse--after all, I had the car phone at 28 cents a minute.

I should have seen the logic slipping away, but I didn't. Our car ran great, but it was just too small and juggling the car phone pushed me over the edge. A minivan or station wagon would have been perfect, but too logical. I wanted, well, a Cadillac. Eighteen feet of American's finest steel. A BIG RIDE!

If I would have tracked my recent decisions, I would have known I was in a crisis--a mid-life crisis. Things that used to make sense didn't anymore. I was in free-fall.

They guys at work were no help. They're all between 42 and 45, well entrenched in their own mid-lives. Our conversations went like this:

ME: I want to buy this big car.

THEM: Buy the car.

ME: I don't need it and should be looking at minivans.

THEM: If you want the big ride, buy the big ride.

ME: Maybe its not the financial thing to do.

THEM: Stop thinking. Buy the car.

I learned that men in their 40s and children under 10 thought alike. I confided in my daughters, ages 6 and 8, and showed them what I wanted. "Buy the big ride, Dad," they reasoned.

So, I started to look. I'd take the girls to Schnucks and swing by those used car lots on South Kingshighway on the way back. We'd run around the lots while the frozen waffles thawed in the car. We'd come home suspiciously late, but the girls kept quiet. Then I started the Saturday night ritual of running the ads and setting up Sunday appointments.

I didn't know why I was looking at Cadillacs. I knew 44-year-olds should

go for a sports car or a turbocharged something, but I've already had a GTO and MGB in my twenties and may dad had this '56 Caddy when I was in high school. I think it was an association thing--I could knock 25 years off my age by returning to the Cadillac.

Actually, looking for used Cadillacs was great fun. The owners were always gentlemen in their 50s. Conversations sounded like:

HIM: Glad you could come out, Mr. Iezzi.

ME: Thank you, Mr. Owner. Fine car you have here.

HIM: Thank you, Mr. Iezzi. Shall we go for a drive?

ME: But of course, Mr. Owner.

I took the girls to help with my failing eyesight and logic. They inspected the car from the door handles down and I had the rest. They'd sit in the back with their little poker faces as we'd drive, recording their data. Then the reports would start coming in. "The ashtrays are dirty; this car has been smoked in." "The door handle is wiggly." Or "wrong color, Dad." I should have worried that I was consulting with them, but I was still in free-fall.

It became obvious that I was going to buy a big ride one day when my wife asked, "You're really going to buy one of these, aren't you?" I heard myself reply, "I have to." That meant cleaning out the garage to park the future car. Never mind that we really didn't need

the car or that we had to buy a \$300 cedar shed to hold all the stuff from the garage to make space for the big ride. Once you removed logic from the situation, it all made sense.

"Dad, let's buy the big white ride."

After three months of looking, I was down to two cars. They were both beautiful, one silver and the other white. Both were '84 Sedan DeVilles and both around the same price: \$5,000. However, the silver one had only 32,000 miles while the white one had 84,000. Strangely, I wanted the white one. The girls backed me up--it was prettier. Never mind that it was \$1200 over "Blue Book." I took my dilemma to work.

ME: I like two cars, but one has 32,000 miles and the other 84,000 miles.

THEM: What's mileage got to do with anything?

ME: How about repairs, engine life?

THEM: If you like the white car, buy the white car.

ME: But they're both fine cars.

THEM: Then buy both fine cars.

That was on a Friday. The next morning, I announced to my family it was "Big Ride Weekend" and that we would

Continued on page 18.



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Continued from page 18.
 mittee and thereby keep her position as editor of the Tower Grove Heights *Gazette*. Elizabeth, a fund raiser for the Saint Louis Zoo, said she plans to "continue to make the *Gazette* the best it can be." The *Gazette* already is recognized as one of the best neighborhood publications in St. Louis, so she will have to stay busy.

Jean Iezzi, 41, of 3809 Hartford, will chair the Promotion and Marketing Committee for the second consecutive year. Jean moved to Tower Grove Heights in 1981, has been a member of TGHNA since its early days five years ago, and has served as a block captain since then.

Jean hopes to get a new promotional brochure this year and to contact more absentee landlords to let them know how TGHNA can help them find good tenants. She would also like to "make sure realtors know how to market the neighborhood."

Brian Stefanick, 29, of 3649 Humphrey, returns as chair of the Neighborhood Improvement Committee. Brian, who works

at a finance company, has been a Tower Grove Heights resident since August, 1991. He joined the Association in March and became a committee chair in May. He is also a block captain and writes for the *Gazette*.

Brian's goal for the year is to have projects planned at the first of the year and to carry them through to completion.

Block Captains will have a new chairman, Tom Jenneman, 36, of 3735 Utah. Tom, an RN in the Barnes Hospital Emergency Department, moved into the neighborhood in March and joined TGHNA in July. A former news writer, he is a *Gazette* staff member and a block captain.

Finally, a hearty round of applause is due to the outgoing members of last year's Executive Committee: President Jan Nesser, Secretary Michele Kerr, Assistant Secretary Jodie Heliker, and Treasurer James Lynn. Kudos as well to Benjamin Chu, who finishes three years as president-elect, president, and past president.

Thank you all.

CITY FIGHTS DRUG HOUSES

The following was received from the office of Mayor Vincent C. Schoemehl, Jr.

St. Louis residents have a new weapon to use to rid our neighborhoods of drugs and drug dealers.

The Board of Aldermen adopted a bill that gives the city the power to make landlords responsible for their tenants. And it gives us one more tool to use to rid our neighborhoods of drug lords that overnight can turn a nice area into a nightmare.

The new law is an extension of Operation Safestreet's 2-year-old practice of notifying property owners when police make drug arrests and confiscate narcotics on their property. In the past year, 400 building owners have been sent letters telling them of drug arrests on their properties. About 300 of them have taken steps to correct the problem -- usually this means eviction of the tenants.

The remaining 100 present the problem. Under this new law, the city will continue to send the letters but they will now include a warning that the city's public safety director has the power to ban occupancy of the building for as long as a year if police twice find evidence of drug dealing on the property.

If a second incident occurs, the city will mail a notice to the owner and the mortgage holder, telling them that the owner has two weeks to begin substantial abatement of the nuisance.

If the tenants are not evicted or the landlord ignores the warning, the public safety director will set a formal hearing before a panel he has appointed. This board can order the property closed for occupancy for as long as a year. It can be boarded to insure that no one lives there.

This law should be viewed as one more way we can rid our neighborhoods of drug dealers. The city does not have the power to seize the property, that can only be done by the federal government.



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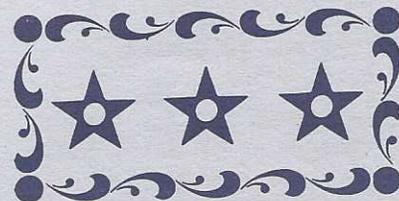
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TGHG 0992



Continued from page 16.

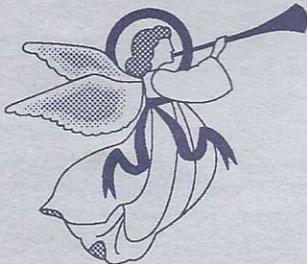
buy the white or silver car by Sunday. I was ready to connect with those high school days. Maybe I was feeling feeble and wanted those 3900 pounds around me.

We set up the appointment for the white car (using the car phone, of course!) for 1 p.m. Sunday. The girls really wanted this car. All week they greeted me with, "Dad, let's buy the big white ride."

I stressed poker faces for the delicate negotiation ritual. There they stood, 25 feet away, wearing their best poker faces while the owner mulled over my offer. Their eyes barely gave them away when I flashed a secret thumbs up as the owner filled out the bill of sale.

It was a wonderful day. I felt an immediate release. I did what I had to do. The guys at the office guessed "white car" as soon as I held up those Cadillac keys.

They say every decade in life has its advantages, but what could be more fun than a mid-life crisis?



ON THE TOWN In the Neighborhood

By Mary Schroeder

You may never have noticed Akram Hassan's Mid Eastern Market & Deli at 3201 South Grand. But if you really haven't noticed the place yet, start looking for it. It is worth the trouble.

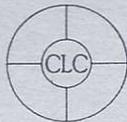
The store may be unassuming, but there's plenty there both in the market and the restaurant. Mr. Hassan specializes in Arabic, Persian, Turkish and Greek foods. The great fragrance that comes to you as you enter the shop is the wonderful combination of spices, coffee, teas, pastries, olives, cheeses, and meats. It's almost like being at a bazaar.

Ed and I love the ripe olives, there is no comparison between these real ripe olives and those we Americans eat from a can. You must try the French Feta cheese (one

of five varieties) - it's smooth, creamy and mild. Ripe olives and Feta cheese on a salad are great. Add a piece of one of Mr. Hassan's many kinds of pita bread and you have a real meal. Or just buy yourself a Falafal from the restaurant, or some broiled chicken or lamb with rice and vegetables, or a shish-ka-bob. And don't forget your baklava or some other yummy pastry. You can eat in the store or carry your meal home. The buffet menu changes daily, so there's always something different. (Note to Falafal devotees - those are always available and I hear that the Mid Eastern Market is one of the few places in St. Louis that has them.)

The best thing about Mid Eastern food is that, even though it's winter in Missouri, you can pretend you are eating your meal as you sit on a sunny-white adobe wall by the warm blue Mediterranean. Be sure to try it. The Mid Eastern Market and Deli has it all, even catering.

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A MESSAGE FROM REP. PAT DOUGHERTY

The cost of health care in America is rising at an alarming rate of about half a trillion dollars a year. At this rate, the United States will spend more than \$1.47 trillion on health care by the year 2000, and by the end of the year 2000, per capita spending on health care in Missouri could rise to \$5,837.

In an effort to increase efficiency and reduce the cost of public assistance for health care in Missouri, the Missouri General Assembly passed legislation (HB 899) that was signed into law and became effective August 28.

This law allows the Department of Social Services to maximize the use of prepaid health plans by purchasing cost-effective comprehensive health care. In order to accomplish this, the department is allowed the authority to expand purchases of medical services for people receiving public aid from prepaid health plans, health maintenance organizations (HMOs), health insurance organizations, preferred provider organizations, individual practice associations, local health units, community health centers, or primary care physician sponsors.

Any health care plans or primary care physicians' sponsors who enter into direct contract with the department on a prepaid basis or primary care case management will be reimbursed.

The result of these provisions is increased flexibility by the department to pursue the most appropriate and efficient alternative for people receiving public aid for health care.

The law also creates a Medicaid Drug Prior Authorization Committee which reviews certain prescription or non-prescription drugs and recommends whether any of them should be reimbursed by Medicaid. This committee is helping to make sure that the most cost-effective drugs are the ones approved.

If you would like a copy of this legislation, please call my home and 772-1948, and I will mail it to you.

Representative Patrick Dougherty
District 67

WINTER PET CARE



Your pets need special consideration during winter months. For instance, not all dogs are suited to below-freezing temperatures outside. Make sure your dog has shelter from wind and wet--a dog house, a shed, or access to your basement--with plenty of clean, dry bedding.

Animals cannot eat snow for moisture. They must have fresh water daily. Make sure it doesn't freeze.

Check your dog's feet for cuts and bruises, and remove ice balls that may form between pads and toes.

Your pets depend on you, that appreciate extra attention this time of year!

AND DON'T FORGET THE BIRDS

Before you take your Christmas tree to be mulched, set it up in your back yard and hang some "ornaments" for the birds to enjoy.

Fill pine cones with peanut butter, roll in bird seed, and hang with string. Cut apples in half, smear with peanut butter, and hang. Buy some suet in the meat department of the grocery store, and hang chunks in pieces of netting tied with string. Peel the sides of an orange, leaving the peel on the top and bottom. Tie a string around the middle of a toothpick, and run the string through the bottom and out the top of the orange. Hang on the tree.

And put out a dish of warm water.

A large advertisement for Sheltons Hair Salon. On the left, a dark vertical banner contains the text "Sheltons Hair Salon 3208, S. Grand" in white, with "771-4700" and "For An Appointment" below it. The right side of the ad features a stylized, high-contrast illustration of a woman's profile with long, wavy hair, set against a background of wavy lines.

WINTER BLUES GOT YOU DOWN?

By Elizabeth Braznell

Sometimes the short, gray days of winter get to me. I get kind of blue, or a bit grouchy. I feel like winter is never going to end, and that I'll never be warm again. Rather than give in, I suggest fighting it. Here are some things I do to try to beat the doldrums of winter.

Get out of the house. Sometimes the problem is being housebound. Bundle up and take a brisk walk. It's a great time to check out the architectural features of your neighbors' houses which may be hidden by trees and vines during the warmer months. Fast walking keeps you warm, too.

Indulge in a long, long-distance phone call. I have a very good friend in Alaska that I call when I'm feeling down. Karla always cheers me up. Besides, we're better off here in winter than she is in Alaska!

Buy a bird house. Shopping at the Botanical Garden turns your mind to spring, giving you something to look forward to.

Look through garden catalogues. Now's the time to plan your garden.

If these don't work, go to the library, get a good book, and settle down with a cup of coffee laced with Amaretto or Irish Cream.

And remember, no matter how long winter seems, it's only temporary!

Continued from page 11.

St. John's Episcopal Church
3664 Arsenal
St. Louis, MO 63116
772-3970

Kathryn Turman says they operate a food pantry and would appreciate donations of packaged, non-perishable foods, especially fruit, dried milk, and high protein foods such as peanut

butter, tuna fish, or jack salmon. They can be reached every day between 10 a.m. and 3 p.m.

New Harmony Baptist Church
3502 Grace
St. Louis, MO 63116
773-6650

They operate a food pantry so canned food donations are greatly appreciated. They also can use any kind of clothing, but especially winter, and particularly children's, clothing. Cash donations are used to purchase food. They also need space heaters now that the colder weather has arrive. So if anyone has a space heater to donate, it would be put to good use.

Five Church Association

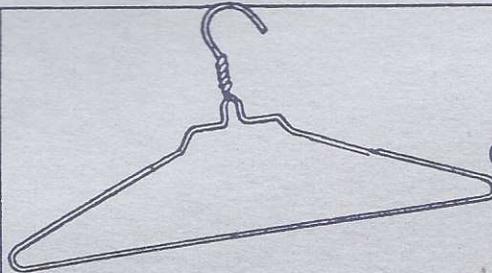
2149 S. Grand
St. Louis, MO 63104
776-1410

Raymond Sutton, head of the food pantry, says that canned food donations are greatly appreciated. They also run a clothing bank, so gifts of clothing, especially children's, would be a great help. Cash donations can be used to help pay recipients' utility and rent bills, and to purchase food. Also, new or used toys find homes here.

South Side YMCA
2232 S. Grand
St. Louis, MO 63104
865-3500

Donna Stein Coler says the South Side Y serves as a drop-off point for the "100 Neediest Cases" program. She explained they can handle clothing, dishes, and small household items, but not food or appliances.

Happy Holidays
from the Gazette staff!



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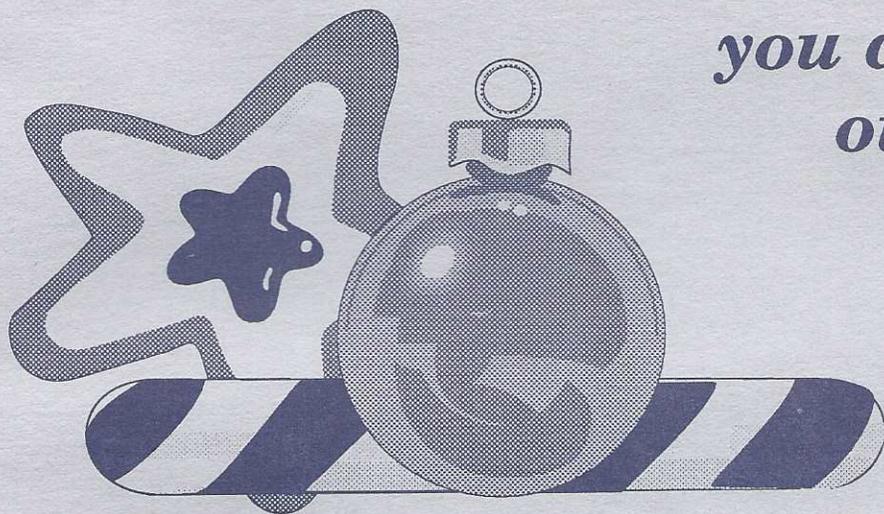
772-8407

The Tower Grove Heights Neighborhood Association

extends to

*you and yours
our*

*Best
Holiday
Wishes*



Continued from page 13

Beckers is a step into another country. Carrying items imported from Germany, the store has something for everyone. A deli features imported meats, cheeses, beers and wines. Christmas ornaments hang above. The shelves are filled with canned goods, spices, and more wines. Chocolate from Germany and Switzerland in decorative Christmas wrappings are everywhere. If food is not what you are looking for, then browse through imported china, crystal, music boxes, nutcrackers, beer steins, and Hummel figurines. Christmas items are stuffed into every crevice.

ZIPS offers new services, just in time for Christmas. Mailing is just one of the specialties this shop offers. So, you don't have a box? Never fear, ZIPS will make one, as well as package your items for safe shipment. This is also the perfect place for those that find gift wrapping frustrating. Let ZIPS do it! If you need a mailing address to receive all your cards and letters, they can provide a box with a suite number for personal or business use.

The St. Louis Bread Company can help with Christmas dinner. They have

a holiday special of cranberry muffins that come packaged individually, or in groups of 6, 9, or 12. They have braided breads in wreath shapes. Get your order in early; they will be open Christmas Eve for pick up. Santa Claus will visit on December 19 and 20 in the afternoons. Kids, come get your picture taken!!

Streetside Records has gift coins available for those hard-to-please people. They are in \$10 to \$50 denominations. Don't forget the Tuesday sales: all CDs are 20% off!! Sign up for the Streetside mailing list while in the store to assure you know about all sales.

Kinko's has a unique item: personalized 1993 calendars! Take in 13 photos of anything or anybody and out comes your very own calendar. They also can personalize specific dates. No more forgetting Mom's birthday! Prices range from \$4 to \$30, depending on size and number of pictures.

St. Louis Pet Clinic can beautify your pet for the holidays, and has gifts for your four-legged friends. Maybe some dog you know would like a gift certificate for an examination or for obedience lessons!

Dickmann's Boulevard Bakery has luscious holiday cakes and cookies to

share with friends and family who come to call. Get an extra coffee cake for Christmas breakfast, and extra cookies for late-night snacking.

Custom Works Golf Shop has great gifts for all your golfing friends. In the middle of winter, golfers appreciate a gift that helps them anticipate spring. Perhaps your favorite golfer could use a custom club or a new putter. Custom Works also has gift certificates.

Check out **Mid Eastern Market** for delicious coffees, olives, cheeses and other treats sure to please holiday visitors. For special holiday meals, they have a wide selection of lamb and other meats.

Of course, you'll want to be beautifully groomed for the holidays, so book your appointments now at **David's**, **Shelton's**, and **Salon St. Louis**. Gift certificates are available, too.

Don't forget the fine restaurants on Grand for holiday entertaining. And the best place to have your holiday finery cleaned before and after the holidays is **Orpheum Cleaners**.

Be sure to include Grand South Grand in your Christmas shopping. There are many unique ideas, and they are all within walking distance!!

AROUND THE WORLD IN SIX GRAND BLOCKS

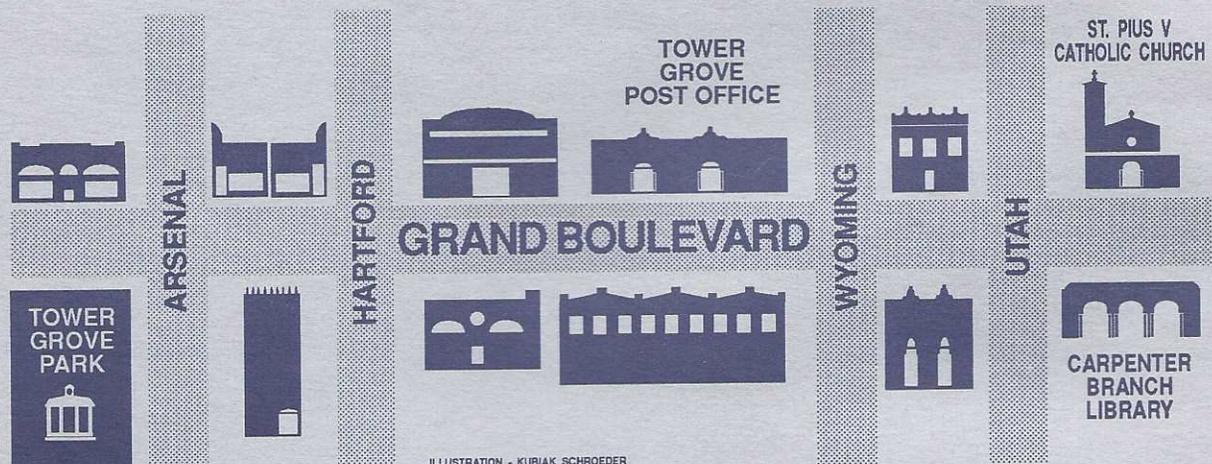
Six Grand Blocks between Arsenal and Utah Place

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DON'T MISS OUR HOLIDAY SHOPPING SEASON!

COFFEE BREAK



My mother called. "Honey," she said. I always know I'm going to have to do something when she starts that way. "Honey, would you come over and bake some holiday cookies? Since you don't have your kitchen done yet--aren't you tired of living like that?--I thought you might like to bake some cookies here."

Mothers are wonderful people, and mine is one of the best. But among their myriad skills is the ability to arouse at least twelve emotions in thirty seconds. Let's analyze my mother's request.

First, she starts with "Honey." Automatically she's asserting that she's the mother and I'm the child. Women use that term only when referring to someone of unequal rank. I'm feeling childish.

Then she asks "Would you come over?" Tied in with that is "You don't visit me enough. I have to call you and ask you to visit." Now I'm feeling guilty and childish.

"And bake." My mother knows I love to bake, and that during the rehabbing of our kitchen, I miss baking the most. So I'm feeling wishful, guilty, and childish.

"Holiday cookies" really gets me. I used to spend weeks baking and decorating cookies in Mom's cozy kitchen, leafing through recipe books while waiting for the latest batch to come out of the oven. Nostalgic, wishful, guilty, and childish.

"Since you don't have your kitchen done yet" is a motherism that makes me feel inadequate. "Aren't you tired of living like that?" states the obvious. By getting me to agree with her, she proves she's right. Now I'm wrong, inadequate, nostalgic, wishful, guilty, and childish.

"I thought you might like" is intended to make me feel that she is thinking only of me. Of course, I'm smart enough to know that Mom likes the cookies as much as, if not more than, I do, and that what she *really* wants is to have lots of yummy, home-baked cookies when the relatives arrive. Aha, Mother! I've seen through you! Add smart to the list!

"To bake some cookies." Of course I'd love to bake some cookies! Add delighted.

"Here." Oh. Mom doesn't have a food processor, and I don't like her measuring

cups. Her mixing bowls don't fit in the crook of my arm as well as mine do, and she doesn't have a Kitchen Aid stand mixer. So I have to unpack my equipment from the boxes it's been in for the last year, dig out my cookbooks, make a list of ingredients, go to the store, etc., etc. Now I'm feeling harried, delighted, smart, wrong, inadequate, nostalgic, wishful, guilty, and childish.

I say I'd love to come and bake cookies. That's not exactly so, because it's a tremendous effort when I'm not sure I have the energy and the time. I'm feeling duplicitous. I remember how gracious Mom is when serving the festive treats to friends and family. Add proud to duplicitous, harried, delighted, smart, wrong, inadequate, nostalgic, wishful, guilty, and childish.

But most of all, I remember the look on my father's face when he reaches for an anise cookie, and the smile he flashes me as the cookie crumbles in his mouth. Add love.

And may your holidays be filled with all things good, including love.

SALON T. LOUIS



3167 S. GRAND

314-771-8820

A haircut can be too much reality for anyone. At Salon St. Louis, Terry Har- knows when a client doesn't really want short hair.

"I can hear it in their voices," he says. "If I don't hear that conviction, I don't cut it short." As a prelude, he massages aromatherapeutic oils into the scalp. Clients can also wear a stress-reducing yoke that relaxes the neck muscles. Clients' kids' hair he cuts free. Call in advance; he regularly flies to Europe to do styling shows. His styles, photographed by Brenda Hootselle of St. Louis, have appeared in the international journal *Passion*, Spain's *Peluserias* and Italy's *Esthetica*.

St. Louis, March 1991



Tower Grove Heights
Neighborhood Association

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President Elect: Margie Meyer
Secretary: Kati Guerra
Asst. Secretary: Diane Hurwitz
Treasurer: Don Detsch
Past President: Janice Nesser

Committee Chairs

Block Captains: Tom Jenneman
Fun & Fundraising:
Neighborhood Imp: Brian Stefanick
Promo. & Marketing: Jean Iezzi
Publications: Elizabeth Braznell

Block Captains

3600/3700 Arsenal
Diane Hurwitz (3640)

3800 Arsenal
Jean Iezzi (3809 Hartford)

3600/3700 Hartford
Marilyn Abbott (3648)
Carol Hoffmeister (3656)

3800 Hartford
Jan Booth (3807)
Jodie Heliker (3802)

Bill Wright (3836)
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Paul Ladensack (3650)

3800 Juniata
Anita Barker (3818)
Pam Blanner (3810)
Shauna Feely (3871)
Tod Flak (3850)
Dave Goodson (3885)

3600/3700 Connecticut

3800 Connecticut
Ben Chu (3822)
Keely Cook (3830)
Margie Meyer (3860A)
Janice Nesser (3822)
3600/3700 Wyoming
Betsy Vanderheyden (3656)

3800 Wyoming
Tom & Nancy Dietz
Linda & Peter Fick
Jim & Laura Stadelman

3600/3700 Humphrey
Felicia Poland (3671)
Kati Guerra (3671)
Brian Stefanick (3649)
Joe Sueme (3728)

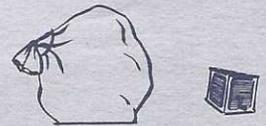
3800 Humphrey
Annette Latham (3814)
3600/3800 Utah Place
Lou & Tom Jenneman (3735)

3800 Utah Place
Katy Blair (3862)
Susie Gudermuth (3834)
Veda Lynn (3855)

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Tower Grove Heights Gazette
P.O. Box 63046
St. Louis, Missouri 63163

BULK TRASH PICK-UP



Bulk trash pick-up in January will be Tuesday, January 19, because of Martin Luther King's birthday. For February pick-up, set out bulk items on Monday, February 15. Bulk items should be set in the alley before 7 a.m. Separate recyclables such as batteries and appliances. Remember, don't block the dumpsters, or they won't be tipped!

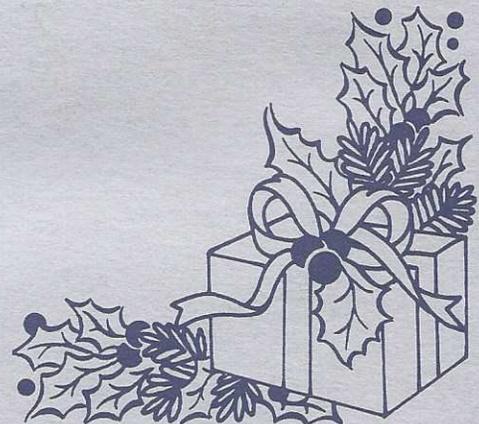
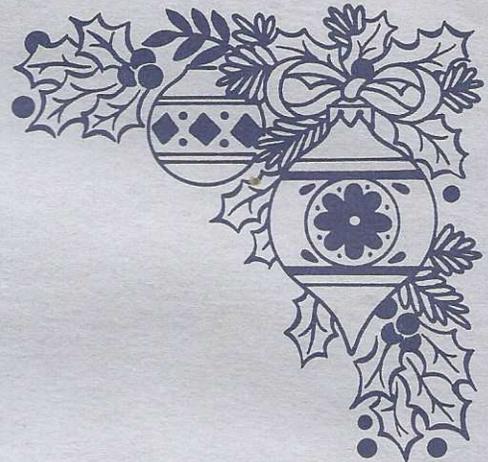
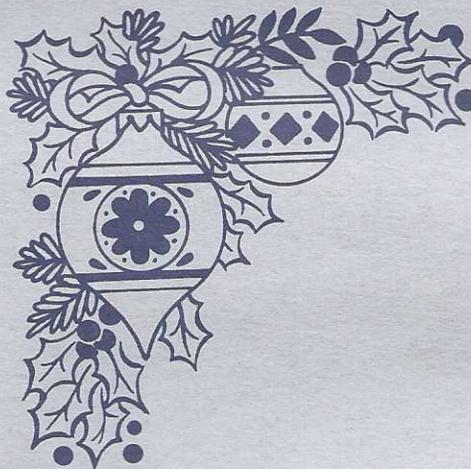
A HINT FROM ALDERMAN GERALDINE OSBORN



After the excitement of opening presents, be sure burglars don't know about your new television, stereo, or microwave. Don't leave big boxes that say "Sony" or "RCA" next to the dumpsters.

Slit the boxes down the sides and fold them flat. Put them in the dumpsters. Not only will this keep burglars from knowing what you got for Christmas, but it allows everyone to dispose of their holiday trash!

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St. Louis, MO 63163



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