

St. John's... Yet Another Jewel in Tower Grove Heights

BY JOHN PAPA St. Louis has a long and storied religious history. French explorers and their missionaries brought the Roman Catholic faith to the upper Mississippi Valley centuries ago. As the city grew in population and diversity practitioners of other denominations established faith communities here.

Meeting at Christ Church downtown in December 1841 a group of American Episcopalians recognized the call to serv-

ice members of their community who began settling south of the city center, and St. John's Episcopal Church was founded. The third of four churches built by the congregation was in the Lafayette Square neighborhood, but it was virtually destroyed by a tornado in May 1896 with only the marble altar and chancel furniture surviving.

Demonstrating a resilient spirit which has become a trademark, this band of believers opened a new church at 3664 Arsenal (just west of Grand Avenue) in 1908. It has been a spirited anchor to the Heights and neighboring communities ever since.



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- - Missouri Legislative Update - -

BY JEFF SMITH Wow. It's been a whirlwind session so far. In some ways it's been extremely productive; we've passed significant legislation to expand health insurance coverage to low income adults to add \$63 million to our education funding formula, and to require insurance companies to cover children with autism.

On the other hand, other important issues have stalled in the Senate, such as the economic development/tax credit package and the bill to allow Ameren UE to bill customers for construction of a new nuclear plant before the plant is completed.

Personally, I've been focused on issues that profoundly affect the health of the St. Louis region. The first - and the one that's occupied the bulk of my time on the Senate floor - is fighting to protect the historic tax

credit, which over the last decade has been the state's most successful program to help revive the city of St. Louis. The program has created thousands of jobs across the state, and has sparked billions of dollars worth of development not just downtown but in neighborhoods like Benton Park, Souldard, Shaw, and Forest Park Southeast. Although my stance has irritated colleagues who are tired of listening to me, and although I hate to see other good parts of the bill be stalled, I think it's worth it.

Education is another issue I continue to concentrate on. I was able to get several amendments into the omnibus education package that recently passed the Senate. One amendment provided \$5M to help fund early childhood education programs for approximately 1300 3-4 year-olds living

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FOUNDING EDITOR:

Janice Nesser

EDITING TEAM:

Mark Froese

Kyle & Shannon Froese

BUSINESS MANAGER:

Gary Kushinsky

CONTRIBUTING WRITERS:

Marilyn Browning,

Kathryn Heitzenroeder, Rich Iezzi,

John Papa, Carrie Samsel,

Claudia Seifert, MO. Sen. Jeff Smith

PHOTOGRAPHY:

Steve Liebig

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Mail them to:

The Gazette/TGHNA

3891 Utah Place, St. Louis, MO. 63116

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- CONTINUED -



Pennsylvania in 1789 just down the street from where our national government was being formed after the fight for independence.

This spirit of progressive independence is quite evident at the current St. John's. The American Episcopal Church ordained the first female priest in 1977, and it now has a female Bishop. Following in those groundbreaking footsteps, and true to a family history of grandparents who served as Baptist missionaries in Nigeria for over 40 years, the Reverend Theresa Mithen began serving as Pastor to the St. John's congregation here in 2004.

The product of parents raised in the Baptist and Roman Catholic traditions, who joined a North County integrated Episcopal Church upon relocating to St. Louis from New York before Theresa's birth, they exemplified an abiding feature of Anglicanism, the "via media", Latin for "middle way" between Protestant and Roman Catholic Churches.

Diminutive in stature but lionhearted, Pastor Theresa was called to shepherd St. John's even before graduating from the General Theological Seminary in New York City. Her bishop felt this young woman with a disarming personality and a B.A. in history from Yale and a Master's in Public Policy from the University of Chicago could resurrect a landmark parish which had lost all but 12 (symbolic?) regularly attending members.

Her talents as a community organizer were put to the test early, as she first earned the trust of the existing dedicated faithful. There was much to work with. Those original twelve congregants, who had sustained the church during years of trial and uncertainty, remained steadfast with their new priest. By being open, inclusive and true to their principles, St. John's became one of the fastest growing churches in the area with average Sunday attendance at or near 100 weekly. †





Even though the fall season is several months away, it's time to begin planning for one of the signature events around the Tower Grove Heights neighborhood. **AUTUMN FEST IN THE HEIGHTS** has proven to be a great "friend raiser". Attendees have witnessed some of the area's best culinary offerings, including tantalizing desserts, and soothing wines. Vintage neighborhood architecture has been on display from the relaxed pace of horse drawn carriages. Neighbors gathered to re-acquaint in a relaxed atmosphere highlighted by local musician's talent. If you would be interested in planning or hosting this event, please contact the TGHNA board through our website at...

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Jeff Smith - Missouri Legislative Update

- CONTINUED -

under the poverty line in unaccredited school districts such as St. Louis. Another amendment increased accountability for universities who sponsor charter schools. The most controversial one involved providing extra state money for a pilot program that will allow St. Louis teachers who so choose to opt into a special compensation track where they could make up to \$15K more annually if their students performance rises.

I also continue to work on innovative ways to encourage energy conservation. SB 430 which was voted unanimously out of committee last week, promotes environmental sustainability by providing: tax credits for purchasing a qualified hybrid car, grants to promote green practices in schools, and a requirement that all appliances purchased with any portion of state funding be Energy Star rated, which I just successfully amended into SB 376 during floor debate SB 430 builds upon Missouri's successful energy conservation legislation passed by the General Assembly last year, including my measure to create an annual "Show-Me Green Sales Tax Holiday" on energy-saving appliances. This is the first year of the sales tax holiday, which ran from April 19 to April 25 ("Show-Me Green Sales Tax Holiday").

Finally, I've worked on children's health care. The Republicans opposed funding the State Children's Health Insurance Program, for which the federal government would match our state expenditures nearly 3:1. Currently, Missourians donate millions of dollars of their federal taxes to insure children in state like Massachusetts and New York that have expanded access. It also happens to be right thing to do to insure all of our state's kids. Some opponents argue that working-class families may be able to afford health insurance for children but choose not purchase it; that may be the case in some situations, but even so, should we penalize the children for the parent's choice? I don't think so. Unfortunately, I lost in my attempt late Tuesday night to eliminate health insurance premiums for uninsured children in families just above the poverty line. On the bright side, I did extract verbal (and public) commitments of support for working to add the funding into next year's budget from the Senate President, Majority Leader, and Appropriations Chair - probably the 3 most powerful members of the Senate. We shall see.

Social Networking

Last, I want to encourage you to find me on Facebook and Twitter. They're good opportunities to check in every day, both at the Capitol and in the City, and see the inner workings of the process. It's important to keep open lines of communication with you, and I hope you'll take advantage of them.

Twitter is a site that allows you to see what's happening on the Senate floor, in committee hearings, or back in the district on weekends. I text updates frequently and try to respond to those who reply to me. You can follow me at: <http://www.twitter.com/senjeffsmith>

Facebook allows you to "become a supporter" and keep up with events back in the district and also connect with other constituents and supporters.

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ANSWERS ON PAGE 17

MU Extension Specialist offers advice to Backyard Vegetable Gardeners



COLUMBIA, Mo. - There's something especially satisfying about eating food you've grown yourself. By paying heed to some basic gardening principles, even a novice can reap a successful harvest of warm-season vegetables, a University of Missouri horticulturist said.

Tomatoes, peppers, sweet corn, squash and melons are all warm-season vegetables that thrive in Missouri gardens, said Lewis Jett, MU extension state vegetable crops specialist. Success is much more likely if the gardener follows a few simple tips.

Tomatoes are by far the most popular homegrown vegetable in Missouri. The important first step is to select the proper plants. A novice gardener might mistakenly buy plants that have already blossomed, Jett said.

"Choose healthy plants without any blooms," he said. "If the tomato plants have blooms - or worse, fruit - before you transplant, pinch off the flowers or fruit. If tomatoes set fruit before the plant produces enough leaves, the fruit is small and tasteless. The formula for successful tomato production is quite simple: Healthy leaves equal tasty fruit."

Don't ignore the roots, even though you can't see the entire root structure, Jett said. "Vigorous roots are white, without any signs of decay. Ideally, a tomato plant should be grown in a 4-inch pot." If using a peat pot for transplanting, he said, "place the rim of the pot below the soil line and tear the pot slightly to aid in decomposition of the pressed peat."

Horticulture researchers have found that deep planting often works best. "Planting up to the first true leaves of a tomato transplant can improve yield." After planting, prune off the lower 6 inches of leaves, Jett said. "This will improve air circulation around the plant and prevent certain diseases that develop when the tomato sets fruit." If using tomato cages, mulch before placing the cages around the plant and space the plants about 3 feet apart. If the plants are staked, 2-foot spacing is appropriate, he said.

Like tomatoes, pepper plants should not be flowering at the time of transplant, he said. "Remove any flowers that have formed before transplanting and for a week afterward." Another common mistake with peppers is early over-fertilization. "Don't apply too much nitrogen before the peppers set fruit, as this will encourage leaf growth at the expense of pepper production." Because peppers are shallow-rooted, he said, "mulch them to conserve soil moisture."

Sweet corn is best planted early to avoid worm and bird problems, Jett said. To facilitate wind-pollination, it is preferable to plant several short rows rather than one long row, he said. If planting white, yellow and bi-color varieties isolate the yellow corn from the others by planting the varieties two weeks apart, he said.

Squash and melons should be planted in a well-drained area of the garden, he said, and mulching is a key to improving the yield and quality. Pumpkins should not be planted too early, he cautioned. "A suitable time for planting in central Missouri is mid-June."

Source: Lewis Jett (573) 884-3287



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RESIDENT PROFILE:

Trish Heliker

by
Marilyn Browning

You may never have met Trish Heliker, but if you've strolled around the neighborhood you've seen Trish's rehab work. If you've been on the Grand South Grand home tour, you may have seen her home once or twice. And if you're reading this gazette, it's in part because Trish was in the small group that started TGHNA years ago, serving as chair of the block captains.

Trish was one of seven children born and raised in the small farming community of Hartington, Nebraska. She started her working life as a teacher, and met her husband in Denver when she returned to school to get a masters degree in education. She and her husband moved several times due to his work. With each successive move, Trish became more interested in interior design, as she found ways to make each place they lived in not just habitable, but nice to look at.

In the summer of 1978, at the tail end of her marriage, she came to Saint Louis to help a brother who had started his own remodeling business. Her mother and father had already arrived to participate in the business, and rehab houses of their own, so the work was a real family affair. By the end of the summer, Trish bought her own fixer-upper in the 3800 block of Hartford. She found a job at Saint Louis Wilbert Vault Company on Alfred and her two small children attended Holy Family School on Wyoming.

Trish's first big design challenge was the garage behind her house. Tired of paying for piecemeal repair of the aging garage, she decided to have a new one built. With more ingenuity than money, she went to the library and found a book of garage designs. She picked out a nice 1940's garage plan and proceeded to modify it. She enlisted a friend who was a



draftsman to draw up the new plans. The resulting garage/studio, with its steeply pitched roof, large paned windows, and stucco finish still sits at the alley entrance at the back of her house, where all of us can admire the result.

Next Trish invested in a run-down two-family property in the 3800 block

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The Power of Breath

By Kathryn Heitzenroeder

Yoga is not just stretching and chanting. A large part of a yoga practice is learning to breathe. While many of us take our breath for granted, breath work is a powerful tool.

A breath practice is called Pranayama which translates to: The power behind and within the breath. It is the releasing and channeling of the body's internal energy which is meant to nurture the level of bodily health and mental clarity. There are several techniques associated with this work. Each is designed to control the breath and open the mind.

One common practice is Ujjayi pranayama or "the victorious breath." This breath is done by narrowing the throat using the piece of cartilage at the top of your voice box called the epiglottis. In doing so, the breath makes an ocean sound. As you listen to the sound, you can smooth out the inhalations and the exhalations. This practice is done on its own as meditation, or throughout the yoga practice with the asanas.

Kapalabhati is a cleansing breath designed to clear the sinuses and energy channels. It enriches the bloodstream, improves circulation, and strengthens digestion. During this exercise, the inhalation and exhalation take place very quickly through the nose. In fact, the exhalation happens as a result of many quick and vigorous contractions of the abdomen. Repeating this breath for 30-40 times will create mind control, cleanse the aura, and add relief of asthma, allergies and sinus symptoms.

Another common breath practice is opposite nostril breathing (Nadi Sodhana). This breath works to balance the energies on both sides of the body. It is done by closing off one nostril, and taking a full inhalation through the other, then closing the other nostril and exhaling through the opposite side. Not only does this practice aid in digestion and enrich the blood flow, but it balances and calms the mind.

These are just a few of many Pranayama exercises. All of the techniques provide immediate and direct benefits, and, long term, offer steadiness, depth and patience. Finding a comfortable position to start and keeping faith that the breath will become steady is all you need to begin a pranayama practice. Take a moment to experiment with the breath and calm.

Yoga

with Kathryn

KATHRYN HEITZENROEDER

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RESIDENT PROFILE:
...continued

Trish Heliker

of Utah. The property had some pluses, including the original architectural details and five fireplaces, but had definitely seen better days. With the help of her brother, she converted the property to a one-family, re-wiring, re-plumbing, stripping, painting, and generally improving the house out of all recognition. She sold that house and purchased a second property in the 3700 block of Humphrey.

The Humphrey house had been stripped of its interior details, but Trish was able to call on her skills as a designer to supply the needed personality. Like every project Trish has worked on, it was a labor of love, and plenty of thought and attention went into every part of it. In fact, so much so, that when all was said and done she did little more than break even when she sold it to the delighted buyers.

Over the years Trish has expanded her knowledge of design and decorating with classes at Meramec Community College, faux painting classes, and plenty of hands-on experience. She's had the chance to collaborate with not one but two brothers, since a second brother moved to Saint Louis to start his own remodeling business.

A current project is helping her friend Victor Pham of Victor Hair Salon on South Grand. During the last year he's had an addition built on the salon building, which will contain an apartment for Victor upstairs and a restaurant where his brother will preside downstairs. Trish's contribution has been the interior design of both the restaurant and apartment, and she was happy to show me the work in progress. The restaurant has eye-catching color on the walls, modern furniture, and fabulously funky crystal chandeliers. The apartment is sleek and sophisticated, with glass tile backsplashes, stainless steel appliances and stone countertops in the kitchen, and beautifully simple furniture in the living room, including 50's modern chairs purchased at TFA, The Future Antiques, and reupholstered in a gorgeous neutral fabric.

At the end of our interview, Trish promises to show me her house and garage. "Not right now, though," she says, laughing. "My daughter is getting married in May. I'm designing the table centerpieces, I'm storing her bridal gown, and she's just returned all the furniture I loaned her." It seems there's no end in sight for Trish's projects, and that's just fine with her. †

REHABBING WITH RICH

THE PERFECT

Wedding Present

BY
RICH
IEZZI

As I was looking for a project for this article, someone suggested 3812 Juniata. I thought, 'did someone actually buy that house?' Then I drove by it but couldn't find it because I didn't recognize it.



Anyone familiar with 3812 Juniata will agree that it's not the same house after Wren Malone started working on it. Wren lives on Portis just south of Arsenal and had purchased real estate through Elizabeth Braznell, who lives on the 3800 block of Juniata. When 3812 Juniata became available, Elizabeth contacted Wren. "She pretty much told me that I needed to buy the house and be her neighbor", to which Wren replied, "What's the catch?" Once inside, he found out.

Like a lot of our homes, 3812 Juniata was the recipient of some rough handling. Floor joists were cut, original woodwork was painted over and even the front porch was removed. Wren summed it up: "It needed everything".

When I stopped by the house for the first time, the front door was open so I

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Wedding Present

continued

popped in. While waiting for the owner, I looked into the dining room and saw what I thought were doors attached to the walls for wainscoting. But they weren't. Instead, Wren had purchased original quarter sawn golden oak wainscoting from a Victorian mansion in Vermont and installed it on the dining room walls. This wasn't going to be an ordinary rehab.

The pine woodwork was also beautiful. Not only was it all there but it was restored back to its original patina. When I asked about the most difficult part of the job, Wren immediately said "Woodwork". "We spent ten hours a day, seven days a week for a month refinishing the wood", Wren explained, then qualified the time spent by saying "I love wood".

I couldn't find anything about rehab that Wren didn't love. Most importantly, it's still fun for him. He particularly enjoyed showing off the deck he built from reclaimed telephone poles. Wren beamed, "I had a guy with a portable sawmill cut my phone poles into boards in the alley behind our place on Portis. It was quite a show". The deck is rock solid and the telephone pole lumber has a beautiful golden brown color---pretty much the color you'd like a deck to be.



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continued on next page

REHABBING WITH RICH

Like any project, there were surprises. Like the fire. "Last February, we had some rags on the dining room floor and left the house to do something else. When we returned, there were flames three feet high. The Fire Department said it was spontaneous combustion", explained Wren.

Even with the fire damage, Wren claimed the house will be done by April 20th although he only purchased the property last June. As an aside, he told me the finished house will be a wedding present to his fiancée Mary. 'Does she know?' I inquired. "Sort of", he replied.

Wren is an interesting guy and he and Mary will make great neighbors. Speaking of being neighborly, Elizabeth Braznell has certainly done her part. After all, she's introduced Wren to Tower Grove Heights, found him a great project and even came up with Mary's wedding present.

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Book Clubs may be scheduled during open hours until 9 pm.
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Monday: SLU Night

SLU students showing ID receive 10% off scoops.

(Applies only to ice cream - may not be applied to specialty cones, smoothies, sundaes, shakes, or other menu or retail items.)

Wednesday: Charitable Events Night

A Charitable Organization-501(3) c may schedule an event for a Wednesday night, 7-10 pm. The organization will receive 20% of CASH sales for the evening. Please arrange at least two weeks in advance.

Thursday: Acoustic Open Mic Night

Come on in with your instrument/musical voice. Acoustic only, please.
7-10 pm. Please arrange at least one week in advance.

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The St. Louis Regional Bicycle Federation & The South Grand Community Improvement District

present the second annual

Mother's Day Bike Ride SOUTH GRAND TOUR ST. LOUIS:

The St. Louis Regional Bicycle Federation along with the South Grand Community Improvement District announces the second annual South Grand Bike Tour St. Louis on Mother's Day - Sunday, May 10, 2009. Register and start riding between 8:00 and 10:30 a.m. the day of the ride in the parking lot behind Commerce Bank located at 3134 South Grand Blvd. or register in advance below.

South Grand Bike Tour St. Louis visits some of the city's most interesting neighborhoods and is intended to encourage families and city dwellers to take advantage of the city's bicycle routes for fun, exercise, and easy, clean transportation. Short, medium and long routes are mapped out and marked for riders' convenience. Riders registering by April 30 will receive a commemorative t-shirt designed by Ten 8 Group and a gift bag. (After April 30 t-shirt may be available but quantities and sizes will be limited.)

Net proceeds from the ride will support the projects and programs of the St. Louis Regional Bicycle Federation including Confident City Cycling classes, a representative voice for cyclists at regional planning agencies and governmental agencies where transportation policy is made, publications and outreach to encourage and support bicyclists throughout the St. Louis region, and more.





TOWER GROVE HEIGHTS - *The Way it Was*

The October issue of the TOWER GROVE HEIGHTS GAZETTE (vol.1, no. 2) covered Halloween safety tips. We passed along notes about the improvements to South Grand Blvd. such as the planting of 200 Shademaster Honey Locust trees along the curb line. Tower Grove Carriage Company was a featured business, offering carriage rides through Tower Grove Park. An article outlining tips and trivia about keeping the alleyways clean was accompanied by an article about

In 1988, Operation Brightside added flower beds to the parkway between 3600 and 3700 Utah Place. Although the city had a moratorium on new flower beds at the time, the additions were approved based on the neighborhood agreeing to plant and maintain the beds.

The News and Notes article noted that work had begun on a new Schnucks Super Center on Grand. The store would be the largest in the city. Over a dozen South St Louis neighborhoods, including TOWER GROVE HEIGHTS, joined to hold a Police Appreciation Picnic to thank the officers of the 3rd District.

And, to show again that some things never change, there was a note about TOWER GROVE HEIGHTS t-shirts being on sale. OK, so the price was a bit less then (\$8) than now (\$10). Considering how small the price increase has been in 21 years, they're still a real bargain. †

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About Longmeadow Rescue Ranch

Nestled among 165-acres of woodland near Union, Missouri, the Humane Society of Missouri's Longmeadow Rescue Ranch is haven for hundreds of abused and neglected horses, cows, goats, pigs, ducks and other farm animals. The ranch is one of the most comprehensive horse and farm animal care and rehabilitation centers in the country. In addition to animal care, ranch staff provide hands-on humane education experiences for both children and adults. On any given day, as many as 250 animals from throughout Missouri call Longmeadow their safe haven.

Whether they need temporary shelter while they await adoption or have been impounded by law enforcement as evidence in abuse cases, the rescued animals receive the best of care from our dedicated staff and volunteers.

Adoption Days

Longmeadow Rescue Ranch hosts Adoption Days on Saturdays from 11 a.m. to 3 p.m. If you are interested in meeting our adoptable animals or our Barn Buddies who are available for sponsorship, please visit the ranch during one of these days or call 636-583-8759 to schedule a visit on another day.

Sponsor a Barn Buddy

Have you ever wanted a Ranch animal of your very own, but one wouldn't fit in your living room? Sponsor a Barn Buddy! Your sponsorship will help feed, board and provide medical care for the animal of your choice.

Sponsor an educational mascot like Amigo, a Miniature Horse, who travels to area schools teaching children how to care for ranch animals. Or sponsor a rescued animal while we search for a permanent home. For the person who has everything, a Barn Buddy sponsorship makes a great gift for holidays, birthdays or other special occasions. In appreciation of your support, the recipient receives a beautiful gift packet that includes:

- A Certificate of Care
- A Photo and Biography of the selected Barn Buddy
- An opportunity to visit the Barn Buddy at the Ranch

For a map and directions to Longmeadow Rescue Ranch, please visit our website at longmeadowrescueranch.org.



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LIGHT UP THE HEIGHTS

BY RICH IEZZI

We all want to keep our utility bills down but it's still a good idea to keep your front porch light on. It's safer, and also encourages prospective buyers and tenants to choose our neighborhood over one that isn't well lit.

It's cheaper than you might think. Using Ameren UE's average rate, the cost of keeping a 40 watt incandescent bulb on for 24 hours is 5.6 cents per day, or \$1.68 per mo. Fast forward to the new CFL's (compact florescent light): The monthly price drops to just 75 cents per month with a 75 watt equivalent CFL, and only 55 cents/month for a 60 watt CFL.

Also, we all like trees, but they greatly reduce street light illumination, leaving porches and sidewalks dark. The next time you're fumbling in the dark with your front door key, promise yourself you'll flip that porch light on and keep it on to 'Light up The Heights'. †

Tower Grove Heights Gazette

ADVERTISERS WORD SEARCH -- ANSWERS --


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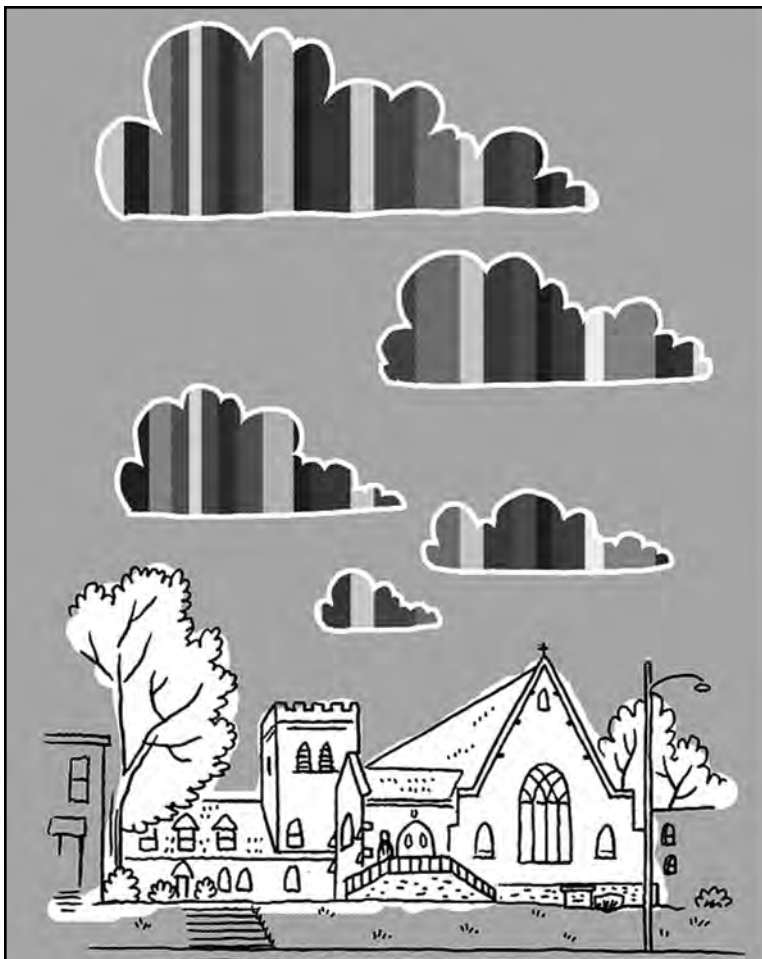
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in the light of charity, and
hence under the aspect of
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~Evelyn Underhill

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Tower Grove Heights

Neighborhood Association CONTACT LIST

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

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Spring Calendar Area Events & Activities

May 7: Flower Power Luncheon: Fundraising luncheon at the Piper Palm House. Monies raised will be used for endowing the restoration of flower and shrub plantings throughout the Park. Registration begins at 11 AM. Lunch served at noon. For more info call: 314-771-4454.

May 9: Tower Grove Farmer's Market: Back for its 4th year! Saturdays only - just west of the Pool Pavilion in the center of the Park. Market times are 8:30 AM - 12:30 PM. For more info call: 314-772-3899.

May 10: Mother's Day Brunch at Café Madeleine. For more information and to make reservations please call Butler's Pantry at 314-575-5658.

Tower Grove Movie Nights: Come and enjoy - Grab a blanket, pack a picnic, and bring the kids for a fun movie with the family in Tower Grove Park. Whitaker Theater at the Pool Pavilion Movie starts at dusk-around 8:30 PM FREE.

May 16 Singin' in the Rain
June 20 To Kill a Mockingbird

July 18 A League of Their Own
Aug 15 National Treasure

Compton Heights Concert Band. All performances are at the Music Stand and are FREE.

May 25 Memorial Day Concert. 3 PM	July 13 7:30 PM
June 29 July 4th tribute performance with cannons. 7:30 PM	July 20 7:30 PM
July 6 7:30 PM	July 27 7:30 PM
	Aug 3 7:30 PM

Children's Concert Series at the Piper Palm House, 9:30 AM. Concerts are free and open to the public. Seating is on a first-come, firstserved basis. For more info call: 314-771-4424.

June 17 "Where in the World is the Music?"	July 22 "Strings Attached!"
June 24 "Sound the Trumpets"	July 29 "The Bremen Town Musicians"
July 1 "George Washington's Radio"	Aug 5 "Peter and the Wolf"
July 8 "Baroque and More"	Aug 12 "Percussion Discussion"
July 15 "Drumming it Up"	Aug 19 "The Bull and the Bee"

PrideFest: June 27-28 See www.pridestl.org for more info.

Whitaker Music Festival at Missouri Botanical Garden. Wednesdays, June 3-Aug 5, 2009. Free admission after 5 p.m. Music at begins 7:30 p.m. See <http://www.mobot.org/events/whitaker/> for more info.



TOWER GROVE HEIGHTS NEEDS YOU!

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

- 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
- To make the neighborhood a more interesting and fun place to live

Please indicate your membership level choice:

- ☐ Individual (1 vote) \$10/year
☐ Household (2 votes) \$15/year
☐ Associate (non-voting) \$10/year
☐ Lifetime (1 vote) \$100 single payment
☐ Business (1 vote) \$25 /year
(entitles member to a 10% discount on TGHNA Gazette Ads for one year)

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PLEASE PRINT:

- ☐ Yes ☐ No, Include my name, address and contact information in the TGHNA Buzz Book
☐ Yes ☐ No, Please add my email address to the Neighborhood Forum Email notification list

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

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(TGHNA is a tax exempt 501c3 organization)

