

Tower Grove Heights Gazette

Volume 10, No. 3

Grand to Gustine

Arsenal to Utah Place

December 1998



HOLIDAY SHOPPING ON GRAND SOUTH GRAND



Bridget Moss

This year, shop Grand South Grand to reduce your day shopping headaches. With the variety of shops Grand, you may be able to avoid the traffic, parking problems, and crazed crowds of the malls altogether. When you consider how far you actually have to walk from your parking space to the store, and then one end of the shopping center to another, you are probably closer to Grand's shops without even getting in your car.

Here are some of my personal gift-giving suggestions, but it is a limited list. Take your tour through all of the shops on Grand, and find treasures of your own.

Botanicals on the Park is known for their beautiful floral arrangements, but if you have never been in this store you are missing out. During the holidays you'll find a plethora of ornaments and decorations. They carry some wonderful jewelry. But the items I have been getting are the water sculptures, in which water constantly flows over a vertical surface. There is so much here that you really must take a look.

Kinkos is not the first place most people think for gifts, but they can help you create gifts with a personal touch. Last year my mother had a calendar made for my grandparents who live on the West Coast. The calendar featured a different family photograph for each month. For example, she selected an old black and white picture of my grandfather for November, his birthday month, and my picture for September, my birthday month.

Streetside Records carries rock, classical, country, R & B, pop and children's music. And on the vinyls I've bought, they usually beat another large store's prices that's located near Crestwood Mall, but they remain nameless.

Vintage Haberdashery specializes in period

clothing from the 1900-1970. Some of my favorite items are the costume jewelry and the hand painted neckties. Another great gift would be a vintage pin for the lapel of a winter coat.

Whiz Bam! is one of my personal favorites. They are a video rental store, but they carry a great selection of T-shirts from B movies. And don't forget the mouse pads and refrigerator magnets of the same theme. I've already picked up one T-shirt for my husband, one for myself and several magnets.

Cheap Trx has a reputation for quality body-piercing, but piercing is probably not the best gift item. So instead check out their selection of jewelry, cards, knickknacks and other fun stuff.

Just Pictures & Most Anything. If you think you have someone on your list who has everything, you haven't been in this store. They have a wide

selection of posters, along with antiques, memorabilia and collectibles.

Futon Express' is not just for futons. For the person who has decorated their home in a modern style, check out Futon Express's other items for the home — lamps, standing screens, funky trash cans and throw pillows.

TFA, short for **The Future's Antiques**, has just expanded their store and they have an even greater selection. TFA carries furniture, housewares, clothes and more from the middle of the century. They have a great selection of Fiesta ware and several other lines of pottery that are very collectible right now. They also have fun, new, non-antique items. I hope one of their spaceship votive candleholders makes its way into my stocking this year.

Take a look inside all the stores on Grand this year and find the items that are right for the people on your list!

*Take a look
inside all the stores
on Grand this year
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The Tower Grove Heights Gazette

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The Gazette is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Colleen Santino at 773-5772. Your letters and comments are always welcome at the Gazette. Mail them to:
The Gazette/TGHNA
 3735 Connecticut Avenue
 St. Louis, MO 63163

HOLIDAY IN THE HEIGHTS **Free Mulch & Firewood Provided by City**

by Erin O'Reilly
 TGHNA residents should mark your calendars for the TGHNA Holiday Potluck gathering at Stupp Memorial in Tower Grove Park of 12/13/98 from 2-6 pm! Meat and drinks and eating utensils will be provided but y'all should bring your favorite dish to share. Musical entertainment is a possibility also. We had a good turn out and lots of fun last year so plan on coming this year! If you have any questions or suggestions, call Jeff Blunt at 865-0875
 Jeff informs me that no one has volunteered to do the luminarias this year. It does involve some work but is so pretty, so if anyone is interested in taking charge of that, please call Jeff Blunt or Mark Abbott (776-5354) and let them know. Tower Grove Park is not repeating the light show they had last year, reportedly because of lack of funding but the TGHNA light and decoration contest will be on 12/13/98.
 If anyone has any other ideas for the Holidays in the Heights let us know! Happy Holidays!!

by Audrey Anderson
 Your Christmas tree can have a second life in your spring garden with a little help from the Department of Parks, Recreation and Forestry.
 Between December 26 and the last Friday in January the department will turn evergreen trees into mulch at Picnic Ground #2 in Carondolet Park, the Lower Muny Opera Lot in Forest Park, and O'Fallon Park. Make sure all ornaments, tinsel, lights, wires and tree stands are removed from the trees. The trees are mulched on the spot.
 If you would like to get mulch, bring bags or containers. The mulch is free to anyone, whether or not they bring in a tree.
 The Forest Park site doubles as a site for firewood distribution. Trees from the park are cut to 18" lengths and people must chop and split the firewood.

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Upcoming Events

- "Picture You, Picture Me"**
Holiday Flower Show
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 Nov. 25 - Jan. 3, 1999
- Holiday Wreath Exhibit**
 Nov. 25 - Jan. 3, 1999
- Garden Gate Shop After Thanksgiving Sale**
 10 - 30% off on almost all merchandise. No other discounts apply.
 Nov. 27 - 29
- Carols in the Garden**
 Holiday music, Santa, crafts and more!
 Dec. 3 - 4, 5 - 9 p.m.
- Candlelight Tours of Tower Grove House**
 Advance reservations required, call (314) 577- 5141.
 Dec. 3 - 4, 4:30 - 8:30 p.m.

- Garden Gate Shop Sale**
 Dec. 3 - 4 members only
 Dec. 5 - 6 for everyone
- KFUF "Live from the Garden" Concert Series**
 Call (314) 725-0099 for ticket info.
 Dec. 6, 12 noon
- Victorian Holiday Luncheons**
 at Tower Grove House. Call (314) 577-5150 for more information.
 Dec. 8, 9, 14 & 16
- Chanukah: Festival of Lights**
 Dec. 13, 11 a.m. - 5 p.m.
- Garden Gate Shop Open Late**
 Dec. 17 - 19, 9 a.m. - 8 p.m.
- Kwanzaa - Festival of the First Fruits**
 Dec. 26, 11 a.m. - 5 p.m.

- Garden Gate Shop Sale**
 10 - 40% off on selected merchandise.
 Dec. 26 - 28
 - Lucia Boles Exhibit**
 Featuring large floral and garden landscape paintings
 Jan. 13 - Mar. 5
 - "Beauty and the Beast"**
 Annual Orchid Show
 Jan. 30 - Mar. 14
 - "Sugared and Spiced and Everything Iced"**
 Cake decorating display
 Feb. 20 - 21
 - Celebrate the Gospel**
 Feb. 20 - 21
-  Missouri Botanical Garden

Many other events are happening at the Garden!
 Call (314) 577-9400 for information on all upcoming events.

Le Petit Paris...French Cuisine with a North African Touch

by Patrick Murphy

South Grand continues to offer neighborhood diners an eclectic mix of flavors from around the world. The neighborhood is home to excellent representations from Vietnam, Thailand, China, Italy, Nicaragua and Mexico and, of course, the United States. The neighborhood's newest entry to the restaurant scene offers one more flavor to an already diverse mix: French.

Le Petit Paris, at **3210 South Grand**, has been open for a little over three months, and is owned by former Parisian Phillippe Habassi. After emigrating to the United States in 1989, Habassi worked as a chef in Columbia, Mo., a restaurant owner in Jefferson City and as a creprier in a chain of shops located in Clayton, Kirkwood and Chesterfield. The South Grand restaurant is his latest venture.

Le Petit Paris bills its offerings as "French cuisine with a North African touch," specifically Tunisia. That African influence was evident in the bowl of soup du jour I was served while dining there. The soup consisted of a rich broth, pieces of beef tenderloin and lentils, an common ingredient in North African cooking. Another North African touch is the use of ground chile. The soup was spicy and seasoned with enough cayenne powder to make it warm but not painful.

A final North African touch to the restaurant is the use of couscous, a pasta that resembles tiny pieces of grain. Couscous appears in four of Le Petit Paris's entrees served with vegetables, chicken, lamb and seafood.

French cuisine has evolved from the elaborate and difficult dishes created for French kings and queens and the legendary pig-outs

such as those of Honre de Balzac, who once ate 100 oysters, 12 lamb chops, a duckling with turnips, two roasted partridges, sole in cream sauce, desserts and a dozen pears in one sitting. Instead, French cooking now offers lighter, innovative fare, extensive use of sauces and broths and an artful presentation of the meal.

Le Petit Paris' entrees exemplify these characteristics. The Chef Made Fresh Ravioli which is four large freshly-made ravioli stuffed with seafood mousse, topped with sun dried tomatoes and fresh basil and served with a delicious white wine sauce. Veal Forestiere is tender, thinly sliced veal, served in wine sauce and studded with green peppercorns. The veal was accompanied by asparagus, ratatouille, a roasted eggplant, zucchini and onion casserole, and mashed potatoes.

The restaurant's desserts are equally impressive. Crepes Mokadina combines a crepe-wrapped banana with espresso, a rich chocolate sauce and powdered sugar. Crepes Le Petit Paris is sliced pears wrapped in a crepe and accompanied by chocolate hazelnuts, Nutella and rum sauce. Also try the Chef Phillippe Cafe, a sweet coffee drink that is brewed without water.

In addition to a new type of cuisine, **Le Petit Paris** offers a slightly more upscale atmosphere than most South Grand restaurants. Dinner entrees range in price from \$13.95 for the vegetable couscous to \$29.95 per person for a lobster dinner for two. The restaurant also offers a moderately priced wine list and has recently begun serving a reasonably priced lunch menu. You can also expect to be greeted at your table by Habassi,

who is the restaurant's chef. He routinely steps from the kitchen to inquire about diner's meals.

Habassi says the restaurant's interior attempts to recreate the feel of a Parisian bistro. The restaurant is cozy and decorated eclectically with musical instruments and bric-a-brac.

He plans to offer outside dining during the warmer months next year and change the color scheme of the table settings to reflect the current season.

"In here you are in Paris, France," he said. "On the other side you are in St. Louis, Missouri."

Le Petit Paris is open for lunch from 11 a.m. to 3 p.m. Tuesday through Sunday and is open for dinner from 5 p.m. to 10 p.m. Tuesday, Wednesday, Thursday and Sunday. Dinner is served on Friday and Saturday from 5 p.m. to 11 p.m. The restaurant is closed on Monday. Reservations are accepted during the weekend. Le Petit Paris also accepts credit cards.



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An Interview with Charlie Willingham, Executive Director, South Side YMCA

by Erin O'Rielly

I interviewed Charlie Willingham, the new executive director of the three South city YMCA's (South Side, Carondelet and the future YMCA on the Hill). He reports that the South Side and Carondelet YMCA's will continue even after the new "Hill" YMCA facility opens! He is committed to making them responsive to our community!

Although Charlie is just 6 months into the job here and is new to St. Louis, he has already cleaned up the South Side YMCA's with improved safety, purchases of new equipment, and the hiring of competent staff. He acknowledges that there is lots more work to be done but is looking forward to more improvements and greater community

usage of the South city YMCA's.

Charlie's history with the YMCA goes back to 1962 when he became a youth member. His first job with YMCA was in 1973 in Oklahoma. As a YMCA employee he then traveled to Kenya, Africa for 3 years, then to New Jersey for 8 years, and then to Nashville, Tennessee for 2

*The YMCA's goal is to be
a place where people
come together:
to integrate races, religions,
genders and ages.*

years before coming to South St. Louis. He is very knowledgeable

about YMCA history and cites its origin in London in 1844 during the Industrial Revolution. The YMCA came to the U.S.A. in 1852 and now is in 140 countries!

Although many people think of the YMCA in terms of fitness and exercise, the YMCA has a social, family and community focus. The YMCA motto is "We build strong kids, strong families and strong communities" and they do this through the many services they offer to develop the whole person, "mind, spirit and body" through physical and social involvement.

Some of the programs & services they offer include: adult, youth and senior fitness programs, family fun and fitness events, youth and teen sports, parents' night out, before and after-school child care, literacy, habilitation, and inclusion programs to assist those in need, camps, holiday getaways, teen outreach and leader programs, travel programs, and more. The YMCA's goal is to be a place where people come together: to integrate races, religions, genders and ages. Charlie emphasizes that the YMCA is what we, the community, want it to be and he encourages the neighborhood people to come and join the YMCA and give input and direction to its services!

A 50% DISCOUNT OFF THE JOINING FEE IS OFFERED TO TGHNA RESIDENTS WHO BRING A COPY OF THIS ARTICLE AND JOIN BEFORE 12/25/98. A full membership at one South City YMCA entitles you to use the other South City YMCA's. The YMCA does offer financial assistance to those who qualify.

If you have any questions or would like to give input, you can contact **Charlie Willingham**, executive director, or **Michael Bright**, the program executive at 865-3500.



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Just in time for the holidays, two recipes for holiday entertaining, and two to keep your energy up after a hard day of shopping.

These always go fast. Ole!
Pinwheels

- 8 oz. cream cheese (softened)
- 1 small pkg. Hidden Valley Ranch dressing mix
- 1 pkg. large tortillas
- 1 can chopped green chiles (drained) picante sauce
- 4 oz. sour cream

Mix first 4 ingredients together. Spread on room temp. tortillas. Roll up. Refrigerate overnight. Slice and serve with picante sauce.

Baked Carmel Corn

- 1 C. butter
- 2 C. brown sugar
- 1/2 C. light corn syrup
- 1 tsp. salt
- 1/2 tsp. baking soda
- 1 tsp. vanilla
- 6 quarts popped corn

Melt butter in heavy pan on stove. Stir in brown sugar, corn syrup and salt. Bring to boil, stirring constantly. Then boil for 5 minutes without stirring. Remove from heat. Stir in soda and vanilla. Gradually pour over popped corn, mixing well. Turn into 2 large, greased pans. Bake at 250 degrees for one hour. Stir every 15 minutes. Remove from oven. Break up on top of wax paper to cool. Note: monitor carefully, so it doesn't burn.

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Kwanza Is...

From The Internet



Kwanzaa is a spiritual, festive and joyous celebration of the oneness and goodness of life, which claims no ties with any religion.

The focus of Kwanzaa is centered around the seven principles (Nguzo Saba) with particular emphasis on the unity of our Black families. It is a time for gathering of our families, and for a rededication to manifesting the principles of Kwanzaa (Nguzo Saba) as a way of life for Black Americans.

Kwanzaa has definite principles, practices and symbols which are geared to the social and spiritual needs of African-Americans. The reinforcing gestures are designed to strengthen our collective self-concept as a people, honor our past, critically evaluate our present and commit ourselves to a fuller, more productive future.

Kwanzaa is a way of life; not just a celebration. As a living social practice, it is a week of actual remembering, reassessing, recommitting, rewarding and rejoicing. For evaluation of ourselves and our history, we relate to our past, reassess our thoughts and practices, and recommit ourselves to the achievement of Black liberation and the betterment of life for all Black Americans.

Finally, the concept of Kwanzaa, the African-American holiday, is to help Black Americans relate to the past in order to understand the present and deal with the future.



Chanukah Is...

Chanukah, the Festival of Lights, is celebrated for eight days, commencing on the 25th day of the month of Kislev (December 24), to commemorate the victory of the Jews over the Hellenist Syrians in 165 BCE.

Following their victory, the Maccabees, sons of the Priestly Hasmonean family which led the Jews in their revolt against the Syrian overlords, entered the Holy Temple in Jerusalem defiled by the Syrian invaders, cleansed it and dedicated it anew to the service of God. Then, in memory of their victory, the Maccabees celebrated the first Chanukah.

The Talmud, the body of Jewish oral law, relates how the Judean heroes, led by Judah Maccabee, were making ready to rededicate the Temple and were unable to find enough undefiled oil to light the lamps. However, in one of the Temple chambers, they finally came upon a small cruse of oil which, under normal circumstances, would have lasted only one evening. Miraculously, this small amount of oil kept the Temple lights burning, not for one night, but for all the eight nights until new oil fit for use in the temple could be obtained. This is the miracle commemorated by the kindling of the Chanukah lights.

The most frequent translation of Chanukah is "dedication"—that is, we remember the rededication of the temple. According to some traditions, the Maccabees built a new altar and/or menorah since the old ones were profaned by the Syrians and thus Chanukah marks the dedication specifically of these objects



Christmas Is...

Christmas is a time of love,
A time of joy and cheer.
Christmas is a peaceful time,
That wondrous time of year.
A time of faith, a time of hope,
Of friendships much more true;
Christmas is a joyous time
When love shall come to you.
Christmas is a little child.
Candles in the night.
It's Santa Claus and dreams come true,
So much that gladness sees;
It's holly wreaths and silver bells
And star-tipped Christmas trees.
Christmas is a place called home...
A door thrown open wide;
A crackling fire all aglow
And loving hearts inside.
It's happy faces, shining eyes,
Soft music in the air;
It's tissue, ribbon, cards to write
And secrets everywhere.
Christmas is a lighted church...
The very nicest part,
Believing in a special way
A prayer that fills your heart.
It's friendliness so much
more real,
A blessing from above;
Christmas is the special time
We greet the folks we love.



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HOLIDAY SAFETY TIPS

by Bridget Moss

The holidays are again quickly approaching. As we purchase gifts for family and friends and throw holiday parties, police warn that assorted criminals and ne'er do wells are also increasingly on the prowl for easy marks during the season. Here are just a few tips and reminders gleaned from the Internet that may help keep some would be grinch away during the holiday season.

If you have travel plans for the holidays take steps to make it appear as if your house is occupied. Purchase automatic timer for your lights, and have your newspaper and mail delivery halted while you are away. Inform a friend, relative or neighbor of your plans and ask them to periodically check your home while you are away.

Take steps to avoid calling attention to yourself while you are shopping. Police say avoid carrying large amounts of cash and instead pay with either a check or credit card. Always Tear up carbon copies of your credit card receipts.

Police say you should avoid wearing expensive clothes and jewelry while shopping; both attract thieves. Instead you should dress casually and comfortably. Not only does this deter criminals, but it also keeps pushy and annoying salespeople at bay.

While shopping you should keep your purse with you at all times. If you stop for lunch or dinner during a shopping excursion, don't hang your purse on the back of your chair. Keep your purse with you at all times. Be extra cautious and attentive in heavily-traveled areas or places where you maybe jostled. These areas are attractive

to thieves and pickpockets.

Police also suggest carrying your keys in a pocket rather than in your purse. If your purse is stolen, not only would the thief have your wallet but also your address and house keys.

If you are carrying a wallet, place it in a front pants pocket or inside coat pocket rather than a back pocket.

If possible, go shopping in groups or with friends and relatives.

Park your car in well-lighted areas and as close to the stores as possible. Place packages in the trunk of your car or out of sight. Police also advise moving your car when you drop off a load of packages and you plan to continue shopping.

While you are away from home be sure to lock your doors and latch your windows. During evening hours turn on a few house lights and your front porch light. Keep all presents and packages out of view.

The Missouri Department of Public Safety also suggests the holidays are an excellent time to take an inventory of your possessions. Writing down the model, color, style, and serial number of your TV, VCR, stereo equipment, computer, power tools and jewelry make finding stolen property and insurance claims easier.

Finally, if you are throwing a party make sure that non-alcoholic drinks and plenty of food are also available and keep an eye on your guests to ensure they do not drive drunk. Offer to call a cab or find a sober driver for your guests. If you are attending a party designate a sober driver, eat while

you are drinking alcoholic beverages and know your limit. Don't be afraid to call a friend or a cab if you are unable to drive.

By taking a few simple steps, you can ensure your holiday season safe, memorable and happy.

Barbara Potts on the Tower Grove Heights Neighborhood Association

by Donna Branca

It was good to see Barb Potts on a crisp fall Halloween morning at the St. Louis Bread Company. She was in her element; bringing community to all to St. Louis Bread customers. I snagged her from a table of police officers, our own Kim Castro among the group.

Barb opened out interview with "What is a good neighbor?" Her suggestions are to introduce yourself to your new neighbors. If you really want to go the extra mile, contact Stacy Leimbach for welcome packets. To add a touch of warmth, Barb suggest baking a cake or some cookies.

Inevitably, neighborhoods face challenges. In such situations, Barb request folks try to use their own problem solving skills first. Most nuisance issues; 8 of 10 can be resolved by neighbors themselves. Block captains can be resourceful intermediaries for many situations. Barb is available if resolution doesn't occur; as always, call 911 in a criminal or emergency situation.

As always, her wish is for the entire Tower Grove Heights Neighborhood to a have a safe holiday. Regarding our upcoming holiday, Barb warns: Be aware of your surroundings.

To block captains, she forwards: "Start meeting as block captains and block units to prepare for spring and summer."

REWARD!!
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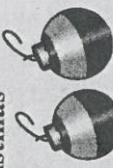
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December 1998

TGH Calendar of Events

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div style="border: 1px solid black; padding: 5px; width: fit-content;"> November 98 S M T W T F S 1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26 27 28 29 30 </div>		1 Bot. garden displays all month Holiday Trees, Ornamental greasses, Cutting and Drying garden	2 Mo. Bot. Garden Free Admission until Noon Carp. Lib. "An Evening with Andrew Carnegie" 7pm	3 Carols in the Garden 7-9 pm Full Moon	4 Bot Garden Holiday Wreath Exhibit Carols in the Garden 7-9 pm	5 Mo. Bot. Garden Free Admission until Noon
6	7	8	9 Mo. Bot. Garden Free Admission until Noon	10	11	12 Mo. Bot. Garden Free Admission until Noon
13 Hanukkah Holiday in the Heights (see story p. 2) Mo. Bot. Garden Festival of Lights	14 Bulk Trash Pickup	15	16 Mo. Bot. Garden Free Admission until Noon	17	18	19 Mo. Bot. Garden Free Admission until Noon
20	21 Winter Solstice 	22	23 Mo. Bot. Garden Free Admission until Noon	24	25 Christmas 	26 Turn your trees into mulch starting today at Carondelet Park (see story p. 2)
27	28	29	30 Mo. Bot. Garden Free Admission until Noon	31 New Years Eve 		

January 99						
S	M	T	W	T	F	S
	3	4	5	6	7	8
10	11	12	13	14	15	16
17	18	19	20	21	22	23
24	25	26	27	28	29	30
31						

The Tattler

Did you hear the "buzz" of the helicopter over the neighborhood on Tuesday, October 26?

It was making a special appearance at the TGH Neighborhood meeting and actually landed on the parking lot of the First Divine Church. Pilot Bryce Cameron and Navigator Bill Kiphart came to the meeting to talk about the helicopter and to answer questions. Since Bill was formerly assigned to our police district (the 3rd), he's familiar with the territory. The helicopter was obtained through a state grant program and was allocated from Department of Defense excess aircraft. The funds used for refurbishing (it is painted like a police car) and operating the helicopter came from asset forfeiture money primarily seized from drug dealers arrested in the City of St. Louis. Look to hear it overhead frequently as it gives support to officers on the ground.

Also at the TGH meeting was a representative from **Crawford, Bunte and Brammeier** who discussed ways to "calm traffic". Our founders did not realize that long blocks tend to encourage speeding! Among frustrations expressed were people not stopping at stop signs on Spring, difficulty seeing around parked cars when pulling out onto Grand, the volume of traffic turning west off Grand onto Humphrey, Connecticut and Juniata, speeding cars, and parked cars sideswiped in the middle of blocks. Lots of solutions have been employed in other areas-visual clues to residential neighborhoods-monuments, striping/pavement markings, physical controls—roundabouts instead of 4 ways stops, raised pavements, chokers, and channelizations. Unfortunately none are free or easy but travel speed and driver behavior are most definitely problems.

Of the 306 TGH members polled on the question of pursuing Historic Status-168 (55%) voted. The tally was 93% in favor of the pursuit-(157 voted yes, 6 no, 1 undecided and 4 blank ballots.) Sounds like a winner!

Lots of construction happening on Grand Avenue-**Pho Grand's** new location is getting a face-lift, and **The Chinese take out** has a new facade. **The Curve of the Earth Interiors** is slated to open next to **Dominoes Pizza** in November. Look for a big development at the Roosevelt Bank Building. Several sources say that a big change is coming. A Deli is taking over where Grand Books was located. The Office at Connecticut and Spring has a new patio which will be followed by a wrought iron fence and landscaping. **Jay Asia** hopes to add a store in Kirkwood. We heard Kevin is taking over ownership of the **Grand Amoco Station**.

"*A Will of Her Own*" should have awarded best performance awards for the houses and furniture. Did you know that Dan Shelton's (of **Shelton Davis**) supplied the furniture pictured in the Magic Chef house. Did you see any St. Louisians that you recognized? Were you able to sit through both nights?

The stork has been busy delivering new arrivals: 3600-3700 Juniata—Violet and Gianna, 3600 Utah—Jerome and at 3700 Utah—an arrival from China expected soon. Seeing all those strollers in the neighborhood, there must be more!

We're wondering if the residence on Utah Place will again be displaying those beautiful big ornaments in the trees. A grant has been applied for to encircle Tower Grove Park with concrete planters.

Anyone hear that hum produced by the ballast in vapor lights? If it is

yours you better have it fixed before your neighbors go crazy!

Congratulations or condolences to all the local mentions in the 1998 Best of St. Louis Poll, conducted by the Riverfront Times:

- Best Abandoned Building** - Sears, at Grand & Chippewa (1st place)
- Best Radio Station / Best Radio Music Programming** - KDHX (1st place) Magnolia, east of Grand.
- Best Radio Music Personality** - Roy St. John, of KDHX (1st)
- Best Ethnic Food Store** - Jay International (1)
- Best Florist** - Botanicals (1)
- Best Coffeehouse** - MoKabes (4th place), St. Louis Bread Co. (6)
- Best Video Store** - Whiz Bam (3), Star Video (5)
- Best Record Store** - Streetside Records (2nd in the New category, 5th in the Used category)
- Best Cheap Place To Buy Trendy Clothes** - RE: GENERATION (7)
- Best Resale Clothing Store** - RE: GENERATION (3)
- Best Bakery** - St. Louis Bread Co.
- Best Place for a Wedding Reception** - Palm House at Tower Grove Park (6)
- Best Hair Salon** - Shelton Davis (8)
- Best Place to Get Pierced** - Cheap Trx (3)

Welcome to **Andrew Haberm** New Block Representative for the 36-3700 Block of Arsenal.

Jean Iezzi is gearing up for the spring house tour held in April. Call her at the TGH Housing line to volunteer-772-5982.

Happy Holidays!

Remember if you want to tattle, give us a call!

by Cinder Wilkinson

Autumn Pet Tips

Autumn can be a hard time for everyone. With the change of seasons come colds, flu, shedding and fleas. For some dogs and cats fall pollens can trigger allergies that aren't a problem during any other season. These allergies can lead to irritability, cough, sneezing, runny eyes and noses, excessive drooling, itchy, flaky and dry, or oily, greasy and smelly skin. This in turn can lead to scratching, hotspots and secondary bacterial and yeast infections on the skin. Fall is also flea season in Missouri. Fleas are reproducing rapidly and looking for warm carpeting and beds to inhabit through the long winter. Fall also brings a full shed, or "blowing of coat" for many breeds of dogs. This seems like a crazy idea, but the quality of hair in the summer coat and the winter coat are slightly different, so they re-coat for winter, leaving the old stuff all over the house and yard. To cure these ills, and keep your pets comfortable through this seasonal transition, here are a few suggestions.

Begin with a regular grooming. For both dogs and cats this should include brushing the hair, parting it and ruffling it backwards to check for sores, bumps and fleas. Fleas look like tiny reddish-black bugs, which jump very high, do not have wings, and are hard to crush. The most obvious way to find fleas is through their excrement, called "flea dirt" it looks like small dirt particles, but when placed on a wet paper towel, turns into red liquid. If your pet has fleas, this must be dealt with immediately and with severity! Only 10 % of a flea population is on the animal, the other 90% are in your bedclothes, carpets, dogbeds, lawn, etc. So to get rid of the fleas permanently, one must take drastic measures. First, make an appointment with your vet or groomer for all pets to

go in for a flea bath at the same time. then, on the scheduled day, while the pets are gone, treat the house, either with foggers purchased especially for fleas, or done by a professional exterminator. Launder all dog beds, blankets and bedclothes in warm water. Treat the yard with Dursban granules, or, if the first freeze is imminent or has already occurred, the yard fleas have already been killed for the year.

If you find no fleas, check ears, teeth, claws, eyes and underside for sores, discharge or swelling. If you notice excessive plaque, schedule a dental prophylaxis with your veterinarian. If there is soreness or discharge from the eyes, ears or nose, wipe with a cool cloth or cotton swab. If there is redness and irritation, try a little antibiotic or cortisone cream, if the irritation doesn't go away within 2-3 days, speak to your veterinarian, who may tell you to try Benadryl capsules, or to come in to be checked.

There is some evidence to support transmission of colds from people to dogs and from dogs to people. So when you have a cold, don't sneeze in the dogs faces, and don't let them sneeze in yours! Dogs also have the ability to transmit Streptococcus to humans, via saliva. It is not common, but common enough to have your vet swab your dogs throat and culture

for strep if you or a family member has repeated diagnoses of strep infection.

If you have a short-coated dog, now is the time to bring out the dog sweater. Outside pets should have warm, draft-proofed shelter, extra food and plenty of fresh water. A livestock water bucket heater is a good investment for the outside dog or cat.

After the snow flies, it is important to remember to wipe ice melting salt off of pets' feet when they come in from outdoors, and check between toes and on long-coated pets for snow and ice balls. These can be removed with lukewarm water, then the coat dried thoroughly.

Remember, pets who live indoors with us get just as cold outside as we do, and limit their outdoor time accordingly. To get your pets safely through fall and winter, use common sense and the advice above, and before you know it, we'll be ready for spring again!

Cinder Wilkinson is owner/operator of Best Friend Pet Care and Training, Vice-President of Mound City Obedience Training Club, Co-coordinator of Alaskan Malamute Protection League of Greater St. Louis, volunteer for Belgian Breeds Rescue and a former veterinary technician. She can be reached at 664-8607 or bestfriend@dslab.com.



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Don't Worry, Be Healthy

Compiled by Tom Booth

Now that the cold weather is back, it's time to start thinking about how not to get colds and flu. That's usually the time when I start thinking about getting a flu shot and then don't. I have this uneasy feeling that it will give me the flu.

I know it goes against prevailing medical opinion but I can't get past my fears. So what can you do if you're like me and don't take over the counter medicines? There are alternatives: things you can use that strengthen your immune system. So let's understand how all this works first.

The immune system is responsible for protecting you from potential disease-causing bacteria, fungi, chemicals, and other bodily invaders including 200 or more viruses that cause colds and flu. We all need help fighting them off, and the best way is by strengthening your immune system.

Be sure to add cold and flu fighting herbs and spices to your

meals. Garlic, for example, is known worldwide for warding off colds and flu and has been proven to destroy rhinovirus which causes cold and flu viruses. Ginger contains chemicals that are proven to destroy flu viruses.

Other immune-enhancing herbs are turmeric, onions, ginger, cinnamon, sage, rosemary, oregano, thyme, and maitake and shiitake mushrooms. Generally, add immune-fighting herbs to food at the end of cooking; temperatures over 200 degrees F may destroy their pathogen-killing powers.

Eat vitamin-C-rich foods such as citrus, pineapple, peppers, Brussels sprouts and broccoli. Vitamin C helps the body's tissues form an impenetrable matrix that resists bacterial and viral invaders. Vitamin C is also helpful for fighting chronic bronchitis and lessening the severity of colds.

Eat salmon, tuna, and ahi at least twice weekly. These are rich in

beneficial omega-3 fatty acids that optimize immune function. Flaxseed oil, another immunity builder, can be used on bread instead of butter, and in low-temperature cooking.

Cut down on sugar. Sugar depletes the body of vital, immune-boosting nutrients such as vitamin C. Drink green tea regularly instead of coffee for its antibacterial and antiviral benefits.

Get out and socialize; be with people. Your immune system, like your muscles, needs to be used to be at its best.

Avoid excessive alcohol consumption. Excess alcohol intake and binge drinking impair the body's natural killer cell activity, weakening the immune system. Stop or limit smoking. Smoking impairs immune function and makes you more susceptible to more frequent and severe colds and flu, as well as chronic bronchitis.

Exercise is an immune tonic and helps the body to build-up excellent disease resistance, but don't overdo your daily exercise. Endurance athletes tend to come down more easily with infectious colds especially following intensive competition. This may be due to the fact that their bodies increase the production of epinephrine, a stress hormone that causes a decrease in immunity following heavy exertion. Be sure to consume plenty of vitamin-C-rich foods, including the use of vitamin C supplements, after exercise to reduce the risk of bronchial infections and colds. If your stomach is sensitive to the high acidity of pure ascorbic acid products, be sure to use a formula with buffered vitamin C, such as calcium ascorbate.

An herb that is perhaps the best-known and best-documented immune-enhancing herb is echinacea.

continued on last page

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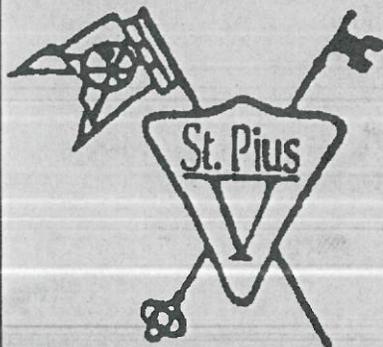
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Favorite Recipes

Nothing better than a bowl of chili on a cold day. This is a break from traditional chili; it is on the sweet side and absolutely delicious.

Jeannette's Chili

- 2 lbs. ground beef
- 1 can kidney beans
- 1 15 oz. can tomato sauce
- green pepper (seeded and chopped)
- 2-3 T chili powder* (to taste)
- 2 or 3 medium onions (chopped)
- 1/3 C. sugar 2 cans tomatoes
- 1/2 tsp. salt

Brown meat, add onion and green pepper, cook a bit more, stirring together. Add chili powder, salt, pepper and sugar and stir. Add beans, tomatoes, tomato sauce. Stir and simmer about 1 hour. Stir occasionally.

* I use Gebhardt's

Chicken Tetrazini

- 2-3 chicken breasts*
- 1 can mushroom soup
- small jar mushrooms (drained)
- 1/2 can milk
- spaghetti or linguine
- 2 T onion (chopped)
- salt and pepper

Place the first 5 ingredients in your crockpot. Cook 6-8 hours on low. At that point, remove the chicken breasts, debone, cut into bite size pieces and return to sauce. Add mushrooms. Cook pasta, drain and mix with the chicken concoction. Simmer for 5 minutes. Ready!

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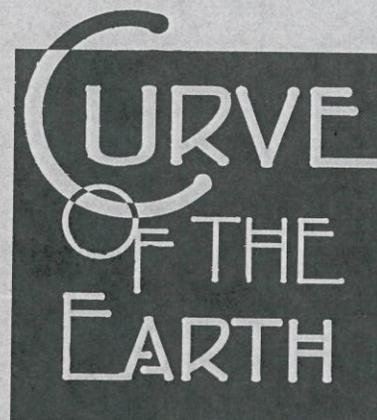
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The ReHaber

by Jay Rosloff

Yes, I know it's been awhile since I last checked in, and I apologize. I'm nearing (*I hope*) completion of a rental unit re-hab, and the guilt over my neglect of this column has gotten the best of me. I told Don Hardin to reprint some of my old articles, but he's too ethical, darn it!

Anyway, I thought I'd pass on a few notes regarding plaster repair and drywall work. I've mentioned some of these points before, but with so many new folks moving into the Heights, they may bear repeating.

SMALL CRACKS in plaster are probably due to one of several causes that range from kids on trikes (or teens on nothing) to seasonal movement of our homes. If the plaster is still firmly keyed to the lathing strips, simply scrape out any loose material from the crack and fill with latex caulk. Yep, 25 or 35 year stuff (not silicone - you can't paint silicone), wipe down with a damp cloth, use a second coat if you wipe off too much.

LARGE CRACKS with missing material will require filling, taping, and floating. The technique is much like taping drywall seams. First, scrape out any loose material, then, with a narrow, flexible putty or drywall knife, fill the crack with spackle or

drywall mud, being sure to scrape the excess off the surface. After the compound dries, cover the cracked area with a strip of fiberglass mesh tape about an inch or two past the ends of the cracks. Don't hesitate to cut the tape if the crack is not in a straight line, but never use segments shorter than 6" or so. The mesh tape can be cut with either a razor knife or by tearing it by using the end of your putty knife like the cutter on a roll of Scotch Tape (pull the tape briskly). The tape is slightly tacky, and will hold itself if the surface is dry. Cover the strip with a thin film of drywall mud about 4" wide. Start in the middle of the length of tape and work toward the ends. You should be able to just make out the pattern of the mesh. Let dry and repeat the process with a 6" or 8" blade. Again, you want a THIN, SMOOTH layer about four or five inches longer than the tape. Let dry. Switching to a 10" or 12" blade, cover a third time, this time you should begin to feather the joint by making two passes - each one from the midline of the tape while pressing down on the outer edge of the blade. In effect you will create a stripe almost 2' wide. If you wish, you can break that last step into two or three steps, letting dry in

between. The idea is to build up about a 1/16" thick layer of compound over the tape, but sloping away so gently that it is almost undetectable. Try to work the levels evenly and smoothly, that way you won't have to sand until after the final coat is on. If the crack is in a corner, such as where a wall and ceiling meet, you'll have to vary the technique slightly.

CRACKS IN CORNERS require the use of paper tape as fiberglass mesh will "walk out" of the crease. NOTE: there is a fairly new variety of tape. It is a self-adhesive paper tape. I have not used it because it is perforated and seems like it would tear like a sheet of postage stamps. If any of you have used it, please talk to me about your experiences and its suitability for corner work. In any event, regular paper tape is applied to a bed of mud to get it to stick. Using the 4" blade, apply a thin layer of drywall mud to each surface of the corner. Feel free to use a corner tool made for the purpose, but remember that many good corners were made before the tool was invented. Cut or tear a suitable length of paper tape and fold it longitudinally - it comes with a creasing line. Gently press it into the bed of mud and force the tape down with strokes of the blade. Again, work toward the ends of the strip. You will now have to cover the tape with a thin layer of mud. Use the same 4" blade to apply a top coat that is THINNER than the bottom coat. If the top coat is thicker, the tape will pull away from the bedding coat as the top coat dries. Let dry. Most of us find it easier to feather out the two or three top coats (an 8" blade is plenty) by doing one side, letting dry, and then switching to the opposite before moving on to the wider blade. This allows you to work against a firm surface.

CHUNKS OF PLASTER MISSING or hanging loose will require a bit more work. But there are several ways to get the same result. Remove all damaged plaster, checking for loose areas beyond the visible hole. Some folks have had success in refastening large loosened areas with devices called "plaster washers" or "plaster buttons". They are available

continued on next page

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Don't Worry, Be Heathy...continued

A member of the sunflower family, echinacea was once the medicinal herb used most commonly by Native Americans. More than 350 scientific studies have described the chemistry or benefits of echinacea. Scientists have reported that echinacea stimulates the activity of white blood cells, making them more potent killers of bacteria and other microorganisms, which can cause very severe secondary cold-related infections. A number of studies have found that echinacea boosts the body's ability to fight Listeria, a bacterium that causes a

deadly form of food poisoning, and Candida yeast. And echinacea aids in fighting flu viruses, something antibiotics can't do.

Even if you do get a cold or flu though, remember that they are a part of healthy living.

Some experts even think they're necessary because they figuratively "burn" cancer cells. So don't think it's bad if you get a cold or flu. Your body probably needs the occasional cold or flu for detoxifying and purifying its tissues.

The ReHaber...cont.

through restoration catalogs, but although I've mostly found my 1904 lathing too dried and brittle to hold a screw, maybe they will work for you. Regardless, either build up the missing area with plaster in three coats as was originally done, or fill it with a piece of drywall of the appropriate shape and thickness. If re-plastering, apply the first coat of plaster or a version of structo-lite firmly enough to squeeze between the lathing strips (these blobs are called "keys" and they lock the plaster to lath) but about 3/8" shallow of the surface. As the plaster firms, score or scratch its surface so the subsequent layer has something to hold. Apply the top coat of plaster and polish with a wide trowel as it sets up. You may wish to slightly mist the

area with water before applying the top coat. Alternatively, if filling with a piece of drywall, top coat and tape as I described above. My contractor friends tell me that you shouldn't try to fill large areas of missing material with drywall mud. They say that the mud will not bond properly with the plaster. Certainly mud shrinks enough that you can't expect to fill even a 1/4" thick layer without it cracking, but there is nothing that says you can't go back and refill the shrinkage cracks if you can't be bothered to get a bag of plaster. I will tell you that I have had more success getting a mud patch to bond with plaster if I first "paint" the edges of the hole with a thick layer of carpenters' glue and undercut the edges of the plaster to give the patch something to grab.

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