

Tower Grove Heights Gazette

Volume 9, Number 5

Grand to Gustine

Arsenal to Utah Place

April 25, 1998



TOWER GROVE HEIGHTS 2005?.....ONE YEAR LATER

by Mark Abbott

As everyone knows, St. Louis is involved in a regional planning initiative called St. Louis 2004. But probably most residents do not remember that the neighborhood went through a very intensive community planning process last year. Students in the Harris-Stowe State College Urban Specialization department worked with Tower Grove Heights residents to development a new neighborhood plan.

In the Fall semester, the students were responsible for generating a neighborhood demographic profile. Through the use of a phone survey, the HSSC students obtained data on neighborhood population, racial/ethnic characteristics, household income and housing information. While the capture rate of the survey was rather disappointing (which is a rather common phenomenon in phone research), the data which was collected revealed few surprises. As expected, the data showed that the neighborhood is becoming more diverse, but remains essentially middle class with the majority of households earning between \$25,000 and \$75,000/year. It also showed that most houses purchased in the last five years were bought between \$75,000 and \$100,000 (no reliable data was collected concerning rents).

In the Spring semester, the students had a two fold task. The first was to facilitate a number of "focus groups" in order to obtain a sense of what the residents wanted. The second was to "translate" these visions into neighborhood strategies.

The "focus group" sessions were very stimulating. Working with Barb Potts, the students created a format where groups of residents articulated their goals for the community for a period of 6 months, 1 year, 5 years, or 10 years. All of the sessions were dynamic and stimulating, but some of the more interesting and/or valuable suggestions were:

- Keep streets and alleys cleaner.
- Increase social interaction between white and African-American residents.
- Find a business for the former Woolworth's building.
- Have better snow/trash pickup by the Grand businesses.
- Resurface Grand Avenue.
- Generate better media coverage of the neighborhood.
- Increase housing values by 10% in 1-2 years.
- Improve and increase Vietnamese participation in the neighborhood
- Create a neighborhood real estate corporation.
- Increase membership in the association by 50%.
- Reduce the number of vacant buildings to zero.
- Devise strategies for traffic calming.
- Deal with problem property at Wyoming and Spring
- Paint murals on the side walls of Jay International.
- Convert a significant number of two family buildings to single family.
- Construct median/improve streetscape on Arsenal.

After completing the focus groups, the Harris-Stowe students were divided into four strategy teams, depending upon their interests. The four teams were 1) The Grand Business District, 2) Housing, 3) Neighborhood Stabilization, and 4) Youth Initiatives. While the number of student initiatives developed are too numerous to list here, some of the more valuable ones were:

Grand Business District

- Establish a clearer identity as a multicultural, regional center.
- Acquire an additional surface parking lot behind existing buildings.
- Reduce youth crime by providing teen job opportunities.
- Initiate major cleaning project.

Youth Incentives

- Create TGHNA Youth Association.

- Develop Heights model of "Bicycle Works".
- Involve business district in organizing Junior Achievement Program.

Neighborhood Stabilization

- Initiate multicultural "communication board".
 - Encourage neighborhood multicultural festivals.
 - Participate in a cultural immersion experience.
 - Increase renter participation in the Association.
 - Work with the International Center
- ### Housing
- Track real estate transactions
 - Develop neighborhood housing corporation

So how are we doing? I would have to say that we have made significant progress in virtually all areas during the last year. The Grand Business District has just completed a major parking study and is getting ready to initiate a major beautification effort to prepare the district for its Festival of Nations and the gay pride parade which it is also sponsoring. A number of positive developments also have occurred on the housing scene. Houses off of Utah have approached the \$200,000 barrier, the problem property at Spring and Wyoming has come into neighborhood hands, and the real estate corporation has become a reality. If there are areas where progress maybe has not occurred as quickly as hoped for, it would be youth and multicultural issues. The Association still needs to acquire more African American and Asian-American members and the Heights still needs to more adequately incorporate its youth.

If you have ideas about how the Heights can best follow-up and utilize its development strategies, please let your block captain know or call Mark Abbott (776-5354). Residents interested in seeing the results of the focus groups, copies will be available at the monthly TGHNA meetings beginning in May.

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 P. O. Box 63002, St. Louis, MO 63163

Mr. Manners talks about Spring...AND NOISE

Dear Mr. Manners: My neighbor is a jerk!! Every Saturday morning we go through this same ritual. He knows I need to get my lawn cut by 8:30 if I am going to make my 9:30 tee time. But every Saturday, he throws a "hissy-fit"--slamming windows, screaming, and the like--the second I turn on my lawn mower. What should I do? Let my lawn grow a foot high?

Dear Gentle Reader: It is a good thing that you don't live next to my house. My wife has been known to eviscerate people who cut their grass before 9:00! However, I can sympathize with your desire not to spend the entire weekend with chores. But having said that, Mr. Manners still feels that people should be able to sleep in with their windows open or enjoy the peace and quiet of their backlawns. Personally, Mr. Manners feels that the use of lawn equipment during the weekends should be confined to the hours of 10 to 4 and no later than 6 p.m. during the week. Mr. Manners realizes that this is a rather controversial position, but what's the point of doing all that yard work, if you never get to enjoy it? Maybe the answer is for everyone to go back to pushmowers and handclippers.

Dear Mr. Manners: I like to spend a lot of time in my yard during the summer, but a number of my neighbors--many of whom I

don't know since they live across the alley and down the street--leave their dogs outside all day long, even when they are not home. As a result, it seems that I am bombarded by a sea of barking constantly. Am I being "crabby" or do I have a legitimate complaint?

Dear Gentle Reader: No, I don't think you are being "crabby," and yes, you do have a legitimate complaint. Even though Mr. Manners has a dog (if you can call a miniature dachshund a real dog), he strongly feels that dogs--and other animals--should be seen and not heard. In his opinion, any dog who has been barking more than 10 minutes should be brought inside and dogs should never, ever be left outside when the owners are not home. Mr. Manners realizes that many people would disagree with him, arguing that dogs provide a service in letting residents know that there are strangers in the alley etc. But Mr. Manners would counter that barking serves no purpose if it is constant. Moreover, he would point out that security experts maintain that dogs are more valuable in deterring breakins when they are inside since they are less likely to be distracted. In any case, noise is one of the things that drive many people away from the city and we all need to work harder in respecting the rights of our neighbors' ears.

Upcoming Events

GardenExpo

April 18-19, 25-26, May 2-3, & 9-10

Four weekends of springtime gardening fun! GardenExpo features

GardenExpo special Garden tours, information booths, hands-on workshops, demonstrations, vendor

promotions, guest lecturers, and food carts. Look for children's activities, plant societies, and special Garden Gate Shop promotions throughout GardenExpo.

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"Dinosaur Safari"

May 15 - July 31

Over 30 life-sized dinosaurs invade the Garden's steamy rainforest conservatory, the Climatron®. The largest dinosaur will be a 25 foot long *Maiasaura*, "good mother lizard," with a nest, eggs, and babies. Be sure not to miss the large fossil display in the Brookings Interpretive Center.

St. Louis Earth Day Community Festival

May 16 -17, Missouri Botanical

Garden and Tower Grove Park

Music and entertainment, over 100 exhibitors, great vegetarian food, fun for the whole family, Earth art area, All Species Parade (Sun.), 5k Run for the Earth (Sun.), and Bike Ride (Sun.).

Chinese Celebration Day

June 6

Chinese activities and events for the whole family! Special tours of the Chinese garden in bloom, Chinese food vendors, craft demonstrations and sales, demonstrations of traditional Chinese music, art, and the fabulous dragon dance!

Many other events are happening at the Garden!
Please call
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on all upcoming events.



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PRIDE IN OUR NEIGHBORHOOD

by Bridget Moss

Pride Fest '98, St. Louis' annual Lesbian and Gay Pride Festival, moves to Tower Grove Park this summer. The festival has traditionally been based in Forest Park and the Central West End. However, Forest Park's World's Fair Pavilion and Round Lake, previous sites of the Pride Fest, were unavailable due to reconstruction. Pride St. Louis, the organization that produces Pride Fest, chose to hold the festival in Tower Grove Park June 28 and 29. Approximately 12,000 people attended Pride Fest last year, and a similar number is expected this year, according to Rolf Rathmann of Pride St. Louis. Although the establishments on Grand and the rest of the area will notice an increase in business the weekend of the celebration Rathmann says the positive impact of the festival will continue well beyond the last weekend in June. About 12-15% of the attendees are from out of town. These visitors, along with people who aren't already familiar with the area, will be introduced to Grand businesses, Tower Grove Heights and other neighborhoods and businesses surrounding the park. Rathmann expects that after visiting the area and having a positive experience, they will return to dine, shop and even invest in the neighborhoods. In choosing the site for this year's festival, location, security, ecological factors, transportation and space played important roles. The selection of south City's western end of the park also plays a symbolic role, as many in the gay community have moved their roots to this area. South Grand has become increasingly gay-friendly and gay-owned, while the area has retained an eclectic feel. The Pride Festival commemorates the Stonewall riots, which broke out after police raided a Greenwich City, New York, gay bar in June 1969. "Continuing Our

Journey... Courage To Be Fabulous!" is the theme of this year's festival. This twist on gay pop culture symbolizes the lesbian, gay, bisexual and transgendered community's flight forward while facing obstacles with a sense of humor, irreverence and fun. Pride Fest includes a parade, entertainment, food booths, vendors, booths for political groups and nonprofit organizations, speakers, and educational workshops. According to Rathmann, the parade is a "potpourri of the community," including employee groups, clubs that serve the l/g/b/t community, religious organizations, and other groups and individuals.

Pride Fest '98's corporate sponsors include American Express Financial Service, NAYA, Robert Beins Jewelers, a local, family-run business, Trans World Airlines, Planet Hollywood - St. Louis, St. Louis Frontenac Hilton, Interactive Media, Miller brewing Co. and the Pride Pages. Rathmann said that Pride Fest is a great celebration, but Pride Fest is also an opportunity for members of the gay and lesbian community to become more educated about their own history. Rathmann said workshops, speakers and booths will provide information about history, privacy rights, safe sex, legislative issues and other topics. "In the long run, feeling good about yourself as a gay person is contingent on learning about where you come from, culturally and historically speaking. It makes it that much easier to live your life as an openly gay person," Rathmann said. "Pride Fest is about celebrating that pride in each other."

The site for next year's festival will not be selected until this fall, and the location depends in part on how well Pride Fest '98 goes. Rathmann said that every option is open for Pride Fest '99, including Forest Park and Tower Grove Park.

Pride Fest will be preceded by the Six Weeks of Pride. Different events will be scheduled for the

six weekends before Pride Fest. For example, Pride St. Louis will sponsor a cocktail party May 15 at Planet Hollywood for the First Week of Pride. In mid-May, Pride St. Louis will also distribute free copies of the Pride Guide at several businesses on Grand. The Pride Guide will include complete information about the parade route, shuttle buses, transportation, entertainment and workshops.

To find out more about Pride Fest call 772-8888, or visit their web site at <http://home.fastrans.net/~pridestl/index.htm>, or e-mail Pride St. Louis at stlpride@aol.com.

IMPORTANT PHONE NUMBERS

Barb Potts

Neighborhood Stabilization Officer
office: 773-0531
pager: 990-3644

Marge Vining

Alderman 15th Ward:
283919 Fairview 622-3287

Col. Ronald Henderson

Chief of Police 444-5624

Lt. Col. Ray Lauer

Commander Area One

Cpt. Joseph Richardson

Commander District Three
voice mail: 444-0125

Onduty Sergeant Beeper

253-8593

Barry LaLumandier

3rd District Public Affairs Officer
444-0169

Citizen's Service Bureau

(Complaints, trash, graffiti, etc.) 622-4800



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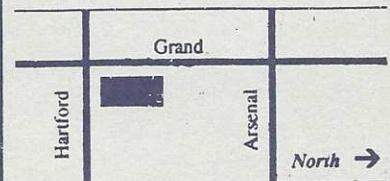
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MEET YOUR BLOCK CAPTAIN

by Patrick Murphy

Diane Hurwitz has been a resident of Tower Grove Heights for ten years and a block captain for the 3600 block of Arsenal for the last seven years. Hurwitz grew up in Richmond Heights and lived in Clifton Heights before moving to the neighborhood. She said she moved to the neighborhood because it was closer to her job, she liked the houses and because she liked Tower Grove Park.

Hurwitz now works as a law clerk in Madison County, Illinois. She became a block captain after the previous one moved out of the neighborhood. She said she was encouraged to step into that role.

In her free time, Hurwitz likes to care for her cats and cooking. During the warmer months, Hurwitz also enjoys gardening and says she prefers to plant low-maintenance ornamental grasses and perennial flowers. She also spends time working on several old homes in Tower Grove Heights and Dogtown. She recently displayed her home at 3616 Utah on the House Tour. Hurwitz recently spent many hours and long nights readying the house for the tour.

Hurwitz is also renovating a 100-year-old house on McCausland Avenue in Dogtown. She said she enjoys working on the houses because of their fine woodwork.

After the house tour, she plans to move into the Utah house and renovate her two-family flat at 3640 Arsenal.

While she will no longer be a block captain on Arsenal, Hurwitz said she enjoyed meeting her neighbors, and plans on working with the block captain on Utah.

ARCHITECTURAL TREASURES

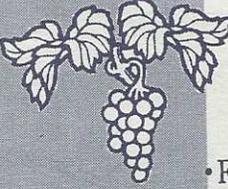
by Don Hardin.

Here are two more turrets that grace the neighborhood. The two story one is on the 3800 block of Arsenal; the other is on the 3800 block of Harford.



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Once Upon A Vine, is a cozy
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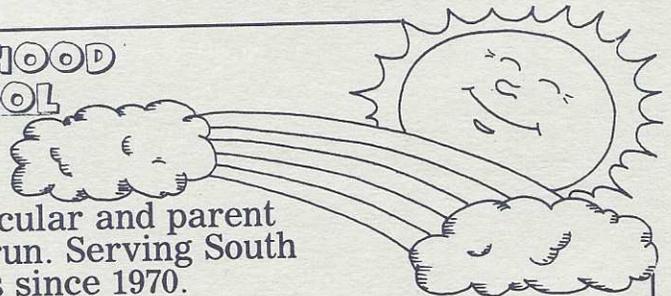
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1st ANNUAL CINCO DE MAYO FIESTA

by Matthew Fernandes

In past years, Cinco de Mayo has come and gone in St. Louis without much observance, much less revelry in the streets.

This year, though, our neighbors in the Cherokee Business Association are planning the first annual "Cinco de Mayo Fiesta," an event which will add one more gem to St. Louis' jewel box of ethnic festivals.

The Mexican celebration will be held on Sunday, May 3 and will include:

- A 9 a.m. mass at St. Francis de Sales
- A parade along Texas and Cherokee streets beginning at 10:15 a.m.
- Dancing at the Casa Loma ballroom
- A sidewalk sale
- Mariachi bands and dancers throughout the day
- Food booths inside the Casa Loma ballroom
- Imported and handmade crafts for sale

In the United States, the historical significance of Cinco de Mayo is often lost amid the clamor of music and

blinding tequila shots.

The day commemorates the Battle of Puebla between French troops and an inferior in number Mexican peasant army. While the Civil War raged in the United States, Napoleon III of France seized the opportunity to send 6,500 soldiers to establish an occupation. Napoleon pointed to Mexico's unpaid debts to France to justify the aggressive act. Using weapons bought from Europe several years earlier, farm equipment and a forceful determination to defend their land, the Mexican force furiously resisted and defeated the French contingency on May 5, 1862.

The victory, albeit impressive, only delayed the inevitable. The following year, Napoleon sent 30,000 soldiers and easily established a monarchy that lasted until 1867.

Despite this turn of events, Mexicans came to regard Cinco de Mayo as a day to honor those who fought in the Battle of Puebla. Marking the first and last time Mexico was able to defeat an invading European power, the battle continues to be a source of national pride.

For more information about the Cherokee Street Fiesta, call 664-8000.

CAN YOU SPARE A COPIER?

by Mark Abbott.

As most residents of the Heights know, the Northeast corner of Connecticut and Spring has undergone a major facelift. The former corner grocery store has been purchased by Diane Hurwitz. The old dark green awnings are gone. Now there is a nice new facade trimmed in light brown. Diane is keeping the second floor residential. But the majority of the first floor is being rented out to the Tower Grove South Management Corporation. (TGM), a new nonprofit corporation designed to improve the quality of non-owner occupied housing and promote decent affordable housing in the neighborhood.

A small niche in the rear of the first floor has been donated to the Tower Grove Heights Neighborhood Association for office and meeting space.

This is where you can help! We need office equipment! While we are planning on providing the basic office furniture. We are in need of a 486 or early model Pentium computer to maintain databases and, a copier that is able to do fairly large runs. If you have any equipment you were planning to replace or know someone who might be able to help call me at 776-5354. Donations are tax deductible

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INVITATION TO LANDLORDS!

by Mark Abbott

Did you know that if you own property in Tower Grove Heights, but do not reside here, you can still be a member of the Tower Grove Heights Neighborhood Association? Well, you can and just look what your \$7.00 buys!!

- A mailed copy of the Gazette so you can know what is going on in the Heights.
- The opportunity to take part in the Association's monthly meetings and a chance to share with Alderman Vining and other city officials your ideas and concerns.
- Assistance in finding qualified tenants.
- Workshops for landlords on property management and landlord-tenant laws
- Help in finding mediation services to facilitate the resolution of tenant conflicts.

Tower Grove Heights is your neighborhood too.

Let us help you to become more a part of it by becoming a member of the Association. For more information on how you can become a member call Stacey Leimbach at 771-1764 or contact your block representative. We look forward to being of service to you.

I LOVE TO TRAVEL

By Audrey Anderson

The phone rang. Do you want to go to Paris? TWA is offering \$198 round-trip tickets from St. Louis. That was Wednesday morning, and two days later my cousin Nancy and I were on our way to France. I had been before, I had always hoped to go again. Nancy had never been, so our excitement was a mixture of the thrill of knowing, and the adventure of the unknown. Paris did not disappoint.

Though neither of us speak the language it was a relief to find the French are way ahead of us. Most of them speak English very well. Basically, we didn't carry on lengthy conversations anyway, we just wanted directions. After all, we only had 5 days in Paris.

Nancy found an inexpensive, but quaint hotel through the Internet. It was in a great location and Ivan, our desk clerk, will always be one of our best memories. He was so helpful and was always glad to hear about our

adventures. He suggested we use the Paribus service to get around the city. A 2-day pass cost about \$22 and it dropped off and picked up at all the Paris sights.

Sunday morning we walked four blocks from the hotel to the Louvre. The Louvre itself is something to see - the ceilings, archways, windows are breathtaking, that plus the Mona Lisa, Winged Victory, Venus de Milo and Napoleon's quarters. Wow!

On Monday, Nancy declared that she had waited long enough, we had to see the Eiffel Tower. It is so magnificent - massive, yet intricate and lovely. But there was a huge red neon sign on the side of the tower. We thought it was an ad! Fellow tourists explained it was the countdown to the millenium. Then, while riding to the top, some woman looked at me and said, "You're from St. Louis, aren't you?" Small world.

Along with viewing the spectacular sights, we strolled the boulevards, ducked into shops, and ate at patisseries

and brasseries. We bought Brie, baguettes and rolls back to our room each night for snacks and breakfast. We drank strong coffee in small cups, feasted on delectable pastries and ate fabulous meals.

Some observances of Paris. No skyscrapers! Almost all of the buildings are an 8-story uniform height, all white limestone. The River Seine and its graceful bridges, seemingly no two alike. Parisians do not wear athletic shoes, they wear leather shoes. Everyone dresses in black, especially the women. Cars are all compacts and in good repair - no dings, dents or rust. It must be the law, I observed the same thing in London. And, most importantly, the French people are charming, helpful and friendly.

TWA offers these last-minute, inexpensive fares to fill up their planes. You have to be ready to leave on short notice, but if you can manage, it sure is worth it. So, get your passport in order and check out the rates on the Internet on Tuesday evenings. Au revoir!

OPERATION BRIGHTSIDE

by Bridget Moss

St. Louis' annual campaign to clean up its neighborhoods will occur in Tower Grove Heights Saturday, May 16. You are needed to volunteer to clean up the streets and alleys of your block and beautify the neighborhood. Your Project Blitz block captain will contact you to let you know the plan for your block. Each block organizes their effort individually. For example, on Hartford last year, the volunteers got together for breakfast and then worked together as a team until early afternoon. Later that day the volunteers had a cookout. Operation Brightside provides trash bags, tools, mulch, wood chips and flowers to Blitz volunteers for the cleanup and beautification.

On Blitz Saturday, all "Yard Waste Only" and trash dumpsters will be emptied, and bulk items will be collected. Place bulk pick-up items directly behind your home at the edge of the alley, which is the regular site for bulk pick-up. Bulk items should be at least 4 feet from any dumpster. They should not block any streets, alleys or sidewalks. Items on private property cannot be picked up. Large appliances, tires, car batteries and motor oil will be collected separately from other bulk items and will be recycled. Trash collection will begin at 10 a.m. All large items must be out by 1 p.m. Branches larger than 2 inches in diameter and no longer than 3 feet must be bundled and placed with bulk items for collection. Yard waste, such as grass, leaves and twigs should be placed in the dumpsters marked "Yard Waste Only".

Watch for more information from your Project Blitz block captain or call the Blitz Hotline at 781-4556.



Tower
Grove Heights
Homes

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100 YEARS YOUNG

by Don Hardin

Three more houses join the 100+ club this month.

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June 1998

Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																																	
	1	2	3 Bot. Garden Jazz Festival Botanical Garden Admission Free Until Noon	4	5	6 Botanical Garden Admission Free Until Noon Chinese Celebration Day																																																	
7 Botanical Garden Iris Show	8	9 Block Rep. Meeting 7:30 conn/ Spring	10 Bot. Garden Jazz Festival Botanical Garden Admission Free Until Noon	11	12	13 Botanical Garden Admission Free Until Noon TG Park Wading Pool Opens																																																	
14 Bulk Trash Pickup Flag Day	15 Carp. Branch Lib. Book Discussion "Goodbye Saigon" 7PM TG Park - YMCA Day Camp Call 865-3500	16	17 Bot. Garden Jazz Festival Botanical Garden Admission Free Until Noon	18	19	20 Botanical Garden Admission Free Until Noon Botanical Garden Lily Show																																																	
21 Botanical garden Lily Show Father's Day, Summer Solstice	22	23 General Meeting 7:15 3617 Wyoming	24 Bot. Garden Jazz Festival Botanical Garden Admission Free Until Noon	25	26	27 Botanical Garden Admission Free Until Noon TG Park Pride St. Louis 10 - 7																																																	
28 TG Park Pride St. Louis 10 - 7	29 TG Park Compton Hts. Concert Band 7:30pm Free	30	<table border="1" style="margin: auto;"> <thead> <tr> <th colspan="7">May</th> </tr> <tr> <th>S</th> <th>M</th> <th>T</th> <th>W</th> <th>T</th> <th>F</th> <th>S</th> </tr> </thead> <tbody> <tr> <td></td> <td></td> <td>3</td> <td>4</td> <td>5</td> <td>6</td> <td>7</td> </tr> <tr> <td>10</td> <td>11</td> <td>12</td> <td>13</td> <td>14</td> <td>15</td> <td>16</td> </tr> <tr> <td>17</td> <td>18</td> <td>19</td> <td>20</td> <td>21</td> <td>22</td> <td>23</td> </tr> <tr> <td>24</td> <td>25</td> <td>26</td> <td>27</td> <td>28</td> <td>29</td> <td>30</td> </tr> <tr> <td>31</td> <td></td> <td></td> <td></td> <td></td> <td></td> <td></td> </tr> </tbody> </table>				May							S	M	T	W	T	F	S			3	4	5	6	7	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31						
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May 1998

Monthly Planner

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South Grand Business District Update

by Patrick Murphy

Four new businesses will soon call the South Grand Business District home and the business association is seeking the help of Tower Grove Heights' residents in making the district a viable and vibrant area.

The South Grand Business District stretches from Botanicals on the Park to just south of the Amoco Station on Humphrey. Businesses are considered to be within the district if they are located on and facing Grand Boulevard. Mike Mahler, president of the South Grand Business Association and co-owner of Cheap Trx, says the association will become a more active participant in special events and hopes to eventually have Grand Boulevard transformed into a more business-friendly location.

Several new businesses have opened or will be opening on South Grand. Two are new restaurants: a French and Mediterranean restaurant is opening at the former Nu Peru location and a Croatian restaurant will open its doors at the southwest corner of Grand and Wyoming. A third business, Things Found in the Attic, will be moving from its current location at 2110 Cherokee St. to a new, and more visible, South Grand locale. They specialize in home furnishings from the 1930s, 40s and 50s, as well as more contemporary furnishings that have a retro feel. A tailor has also recently set up shop in the business district; a service that has not been yet offered in the area, Mahler said. He also said residents might be able to see some progress made on the Woolworth property in the next six months or so. Mahler labeled the business association a "grassroots effort" that is in the process of becoming better

organized. In the future, the business district will have block captains assigned to gather information and address problems in the business district.

Those businesses, Cheap Trx and Mangia in turn helped reestablish South Grand as a viable business district. "We helped attract other businesses," Mahler said. In addition to greater visibility, South Grand now offers businesses a safe and secure location in which to do business. Mahler credits the St. Louis Police Department's Third District with their cooperation in dealing with crime in the business district. The area's many restaurants have created foot traffic through the area as well. Mahler said retail and service-oriented businesses now have the clientele to justify staying open for longer hours. In the future, Mahler said the business association is hoping to attract outdoor cafes and businesses that could help generate life." Mahler said the organization is currently seeking to recruit other retail businesses such as clothing boutiques.

The city of St. Louis also has plans to renovate and landscape Grand Boulevard from Saint Louis University Hospital through the South Grand Business District. Neighborhood businesses have suggested additional landscaping, improved lighting, reduced speed limits and diagonal parking on Grand Boulevard as some desirable features. Mahler said so far the city has been willing to consider those features.

South Grand business owners seek to recruit businesses to the area as retail space becomes available.

The business association also hopes to receive 501(C3) not-for-profit status within a year. That designation would allow the association to apply for federal and state grants for projects. Mahler said the majority of businesses that would like to open on Grand Boulevard are turned away. Existing business owners and landlords are particular about what type of shops do business in the area. He said the business association is striving to create a blend of retail and service-oriented businesses that cater to a variety of incomes. Too many high or low-end businesses would ultimately hurt the business district. "We need to encourage residents to use those services," he said. Residents should also see businesses actively participate in special events that occur in the neighborhood. Many businesses will offer special events and live music to coincide with the house tour. Mahler said many will offer special events for Pride Fest and Festival of Nations. The Chinese Lunar New Year celebration will steadily improve as the business association becomes better organized. "I'd rather see quality than quantity," Mahler said. South Grand is much like a "small town" in that many amenities including an optometrist, podiatrist, optical shop, dry cleaners and pharmacy are within easy walking distance, Mahler said. Tower Grove Heights residents can help retain that convenience and help attract new businesses into the area by patronizing existing businesses. He said he would encourage residents to first think about spending money in the South Grand Business District before patronizing shopping malls and businesses outside of St. Louis City limits. The main focus of the business association is to ensure that the business district remains healthy and viable.

Residents can become involved by attending Tower Grove Heights neighborhood meetings or by contacting Mahler at Cheap Trx.

The health of the business district is intertwined with the vitality of Tower Grove Heights, Mahler said. A healthy residential

...continued on page 14



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VET VIEWS...Pets and Plants

By Cinder Wilkinson

Spring is here and many of us really can't wait to get our hands into the soil and try to get things growing around our homes and yards. And the elite few are bucking for the Tower Groves Heights Garden Awards.

Fortunately for those of us who are also pet lovers, pets and plants can coexist and cohabitate if the plants are chosen carefully, and the pets trained to leave them alone. Many cats are house plant chewers, diggers and some will use the plants as a litterbox. Outdoors, cats adore young shoots and also enjoy digging and rolling in freshly turned soil, as well as the aforementioned litterbox problem. Many dogs are also plant chewers and diggers, and males (and some females) of both species will mark with urine any plants which they feel to be a boundary of their territory.

To set criteria for choosing plants, first evaluate your pets. Do they eat the actual leaves and stems, or the bulbs, or the whole works, or do they just enjoy the soil? Do they dig, or toilet, in and around the plants?

These things can make a great difference in what you choose. For chewers, you need to choose plants which are non-toxic and can withstand a bit of unscheduled pruning, or have their own defense systems, like cacti. For the diggers and toileters, choose plants which grow low to inhibit access to the soil, put aluminum foil around the base of plants, covering soil loosely, or put cayenne pepper on the surface of the soil as a deterrent. There are many ways to pet-proof your garden. Use raised beds, small boundary

fencing around vegetable gardens and tough, hardy plants as borders around the tender plants. Building up spaces with rocks and paths of stones as natural borders also help pets find boundaries. Another neat and pretty way to garden without the assistance of your furry friends is to hang as much of your garden as possible on trellises and in pots from crooks, unused clotheslines and hooks on porches.

A few plants which are non-toxic and tough enough to survive a dog (or kids) are: Daylilies, (Hemerocallis), Hostas, and Bishop's Weed, (Aegopodium podagraria) also known as goatweed or snow-on-the-mountain, which is also shade tolerant. The Sempervivum tectorum (known as hen-and-chicks) is fine, however the Lantana (also known as hen-and-chicks) is quite toxic if ingested, so check carefully. Moss Roses (Portulaca grandiflora), creeping Phlox (Phlox subulata), and Marigolds are also tough enough to withstand the dogs and kids. Most wildflowers are pretty tough, look good, and draw all sorts of interesting butterflies, birds and other local wildlife. This can also be great amusement for indoor cats who can watch but not hunt.

There are many toxic house and garden plants on my list - here are a few of the most common. Many of these may be in your own garden. Caladium, Foxglove, English Ivy, Rhododendron, Larkspur, Hydrangea, Hyacinth, Morning Glory, Oleander and Daffodil. Some are only toxic if the bulbs are eaten, some have toxic foliage, stems, seeds or berries as well. For a more complete list, phone your

veterinarian, the Missouri Botanical Garden, or send a SASE to Best Friend Pet Care at 3643 Hartford St., St. Louis, MO 63116. Enjoy your spring gardening!

Cinder Wilkinson is the owner/operator of Best Friend Pet Care, providing professional petsitting and training, Vice-President of Mound City Obedience Training Club, and a member of various breed rescue groups. She can be reached at 664-8607.

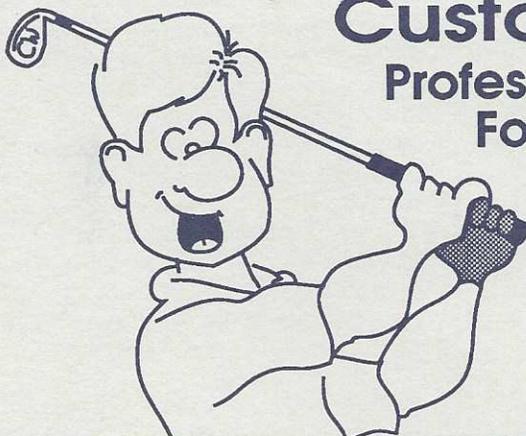


St. Pius V School

by Audrey Anderson

A landmark in south St. Louis since 1906, St. Pius is a Catholic elementary school teaching grades kindergarten through 8th grade. The school was named after Pope St. Pius V who died in 1572 and was canonized in 1712. A stone fresco in front of the church depicts many of the accomplishments of St. Pius.

St. Pius has a culturally diverse group of students and faculty. School policy is set by a board in accord with policies of the Archdiocese of St. Louis. The school is supported by a subscribed tuition, fund raising events and by the parishioners of St. Pius Church next door to the school. The school is located at 3530 Utah. For more information, call 773-8770.



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DON'T WORRY, BE HEALTHY

by Tom Booth

Fighting a cold is a regular pastime for most people during the winter. Finding a cure for the common cold seems on a par with sending a man to Mars. So what's a guy to do?

The answer lies with our immune system which is responsible for protecting us from bacteria, fungi, chemicals and other bodily invaders that cause colds and flu.

How do you bolster your immune system? There are a number of flu-fighting herbs and spices that you can use with your meals. Garlic, for instance, 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, 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 pathogenic-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 fighting chronic bronchitis and lessening the severity of colds.

Eat salmon, tuna, and ahi at least twice weekly. These are rich in omega-3 fatty acids that optimize immune function. Flaxseed oil, another immunity builder, can be used on bread instead of butter (but I don't think I'll be doing that soon).

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 be with people. Your immune system needs to be exercised to work 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.

If you smoke, try to cut down. 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. Experience shows that endurance athletes tend to come down more easily with colds following intensive competition.

It's thought 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 you have a stomach that's sensitive to

the acidity of ascorbic acid, you can use a formula with buffered vitamin C, such as calcium ascorbate.

Echinacea is perhaps the best-known and best-documented immune-enhancing herb. 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.

Goldenseal contains berberine, a bitter compound with antibacterial, antiprotozoal and antifungal properties. Astragalus is a Chinese herb historically used to treat viral infections. Shiitake's lentinan fights flu viruses better than some prescription drugs.

Colds and flu are part of healthy living. Some even think they're necessary because they figuratively "burn" cancer cells. So don't think it's all bad to get a cold or flu. Your body probably needs the occasional cold or flu for detoxifying and purifying its tissues.

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Just call Stacy at 771-1764 for details of our several types of membership. She will provide you with a form to fill out. You will receive six issues of the City's premier newsletter, the Tower Grove Heights Gazette and the latest neighborhood Buzz Book. Premiums are offered for certain membership levels. Be a part of what's happening. Call Stacy at 771-1764 or contact your block representative.

**RECYCLE TODAY
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STAFF NOTES

by Erin O'Reilly

Cinder, Ian, Orion and Selena are unique names well-suited to the personalities of the four members of the Wilkinson family. They moved here from Chicago 2 1/2 years ago and bought a big, old home on Hartford street which they are rehabbing. It is a beautiful home with lots of natural wood work and wood inlaid floors. Cinder and Ian are recent additions to the Gazette staff. Cinder is a reporter (Vet Views) and Ian has agreed to take on the important task of typesetting our "best in the City" newsletter.

Ian, who is originally from Pittsburgh, works for the Sporting News, which is a 112 year old, nationwide, news weekly published here in St. Louis. He's learning a bit about sports while he does graphics and computer work for the company. He works long hours but has committed to putting his expertise to use for the Gazette also!

Cinder is a St. Louis native. She holds several jobs of which her foremost is being an "at home" mother to Orion who is 6 years old and Selena who just turned 3 years old. She is also doing most of the rehab on their home, is one of the Hartford block representatives, and teaches dog obedience classes at the Mound City Obedience Training Club. She uses the "clicker" or

operant conditional method of training, this is, she conditions the animal to the positive feedback of a clicking sound which is associated with something pleasant like food or treats. Cinder also trains animals and pet sits in her home and is licensed and insured. They have 2 dogs, 3 cats and 2 quinea pigs of their own.

Cinder is also a doula or professional labor assistant and she volunteers with the BJC Health System. She promotes natural childbirth and breastfeeding.

By the way, it is our national health goal to increase breastfeeding rates in this country by year 2000 - so if you are thinking of having a baby, think breastfeeding. BREAST IS BEST. Another unique feature about the Wilkinson family is that they practice a pagan religion called the Wiccan religion and they refer to themselves as witches - no they do not wear pointed hats or fly on brooms! It is an "earth-centered" religion and their holidays fall on the moon cycles. It sounds very interesting.

The Wilkinson family appreciates and uses Tower Grove Park for recreation, jogging, dog walking and cites it as one of the major advantages of living where they live. They also are happy that there are lots of families with kids on their street as their kids enjoy the playmates, especially with warmer weather around the corner.

MOTHER'S DAY May 10, 1998

The Story of Mother's Day from the World Wide Web

The earliest Mother's Day celebrations can be traced back to the spring celebrations of ancient Greece in honor of Rhea, the Mother of the Gods. During the 1600's, England celebrated a day called "Mothering Sunday". Celebrated on the 4th Sunday of Lent (the 40 day period leading up to Easter), "Mothering Sunday" honored the mothers of England.

During this time many of the England's poor worked as servants for the wealthy. As most jobs were located far from their homes, the servants would live at the houses of their employers. On Mothering Sunday the servants would have the day off and were encouraged to return home and spend the day with their mothers. A special cake, called the mothering cake, was often brought along to provide a festive touch.

As Christianity spread throughout Europe the celebration changed to honor the "Mother Church" - the spiritual power that gave them life and protected them from harm. Over time the church festival blended with the Mothering Sunday celebration. People began honoring their mothers as well as the church.

In the United States Mother's Day was first suggested in 1872 by Julia Ward Howe (who wrote the words to the Battle Hymn of the Republic) as a day dedicated to peace. Ms. Howe would hold organized Mother's Day meetings in Boston, Mass. every year.

In 1907 Ana Jarvis, from Philadelphia, began a campaign to establish a national Mother's Day. Ms. Jarvis persuaded her

mother's church in Grafton, West Virginia to celebrate Mother's Day on the second anniversary of her mother's death, the 2nd Sunday of May. By the next year Mother's Day was also celebrated in Philadelphia.

Ms. Jarvis and her supporters began to write to ministers, businessman, and politicians in their quest to establish a national Mother's Day. It was successful as by 1911 Mother's Day was celebrated in almost every state. President Woodrow

Wilson, in 1914, made the official announcement proclaiming Mother's Day as a national holiday that was to be held each year on the 2nd Sunday of May.

While many countries of the world celebrate their own Mother's Day at different times throughout the year, there are some countries such as Denmark, Finland, Italy, Turkey, Australia, and Belgium which also celebrate Mother's Day on the second Sunday of May.

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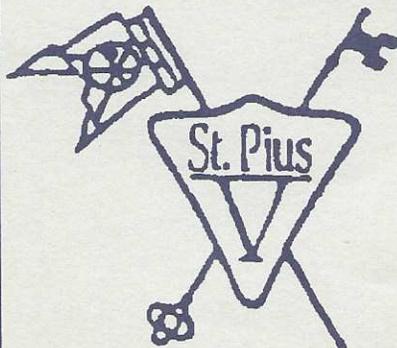
full-time kindergarten

limited tuition assistance

English as a Second Language

government lunch program

Girl Scouts & Boy Scouts



THE TATTLER

Did you make the house tours? The February 15 Tower Grove South House Tour featured 10 houses in the area including Stacy and Cary Leimbach's and Suzanne Golemb's. On April 18-19, the South St. Louis House Tour was held featuring Jerzy Wojciechowski's house at 3700 Juniata, Diane Hurwitz's house on the 3600 block of Utah, and a house on the 3800 Block of McDonald. All of the houses have been extensively renovated

Marge Vining reports that the area has become a hotbed for developers. She was showing Doug and Donna Lamb the area and touting the recent renovations. A few she mentioned were Anna Kompierer's (who is redeveloping several properties in the Heights including the one with a turret on the 3800 Block of Juniata), the Aikens, and Pyramid Construction (who is considering town houses at the corner of Arsenal and Oak Hill).

In fact there are 3 different groups which are fueling investment in the area:

Tower Grove South Management Corporation (TGM) headed by Elizabeth Braznell, housed at the corner of Conn. and Spring and funded by a Community Development Corporation grant. Primary focus is development and management of 4 families on Arsenal.

Tower Grove Heights Development Corporation-A private corporation licensed by the state of MO and headed by a group of Heights residents. Shares will be available to residents of the Heights soon-for \$25 each minimum of \$100. This is an opportunity for residents who want to invest but do not have the capital or time to buy property alone.

Neighbors As Investors-a loose group of investors who meet on a regular basis to share renovation tips and be a support group. Phil Duckwald, who has several properties in the area coordinates meetings. He rehabbed a 4 family on the 3600 Block of Hartford this Fall and recently bought another 4 family across the street (3626) which had been a problem property. Marge reports that this group has purchased 12 houses recently.

Individuals have been actively renovating also. Have you seen the Dumpster on the 3700 Block of Juniata? Owner Jeff Doss is doing a complete rehab of his house. The Hartz's on 3600 Hartford are planning a room edition and new kitchen.

TGH's President Mark Abbott reports Joe Thele has agreed to head the Physical Improvement and Beautification Committee and Robert Jones has signed on as head of the Safety Committee. Sande Vieira has joined the Block Representatives for

3800 Humphrey. Resident Ben Chu gave a wonderful presentation at the last TGH meeting. Don't miss the next scheduled meeting (remember they are always on the 4th Tuesday at the First Church of Divine Science at 3600 Wyoming). April's meeting will feature Architecture/Restoration.

Do you remember the Ladensack's who lived on the 3600 Block of Juniata? They are doing well in Phoenix. Paul, an architect, is currently designing multi-plex theatres and a spa. Jane is training to be an aerobics instructor. Children Alexander and Elizabeth are thriving. They plan a visit to St. Louis in June.

Dan Hill and Rodney Dillon from Botanicals on the Park are creatively assisting Chadfield Living, located in the Galleria.

If you have any news for the Tattler, please email Don Hardin at DH3820@aol.com. Go ahead and tattle. We won't tell.

SPRINGTIME IN TOWER GROVE HEIGHTS

by Donna Branca

Several months ago, I awoke one morning and heard birds singing. Could it be spring already? Is this the work of El Nino?

The dictionary defines spring in many ways. For example, as a verb, "to come into existence or grow suddenly or rapidly." As a noun, "the place where underground water flows out of the earth." As the season, "first or early stage; season of the year coming between winter and summer."

Whatever the reason or definition, it is definitely springtime in Tower Grove Heights.

Early on Saturday (February 28th) morning, I drove down Utah anticipating my new residence on Utah Place. I knew I was in the

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Kurt E. Wolfgram

Attorney at Law

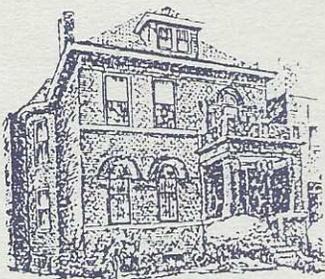
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South Grand Business District Update...cont.

area means the business district will be healthy. Over the years, Mahler said the success of the businesses on South Grand have in turn helped improve the residential area because some owners have also moved into and invested in the neighborhood.

Residents can also volunteer to work on the many task forces and committees the business district including those dealing with marketing, security and safety, special events, banners and trash cans. Mahler encourages residents to become involved in the business district. Residents can help recruit new business to the area by talking to acquaintances and friends about the possibility of relocating. Mahler said residents are also encouraged to suggest what type of businesses and services they would like to see offered on South Grand.

SPRINGTIME IN TOWER GROVE HEIGHTS...cont.

right place when I saw Susie Gudermuth walking up the street.

Shortly after my move, the flowers the Estradas planted in the garden were blooming. Yes, more validation... As I move through my day at SLU Department of Psychiatry, I see pregnant robins and bright red cardinals in the patients' courtyard and wander garden - yes, more visible signs of growth and clearly the most significant sign - a gentle rain to welcome an early morning run with my best friend in Tower Grove Park.

Our own Tower Grove Park is second to Central Park in its number of tree species. Saint Louis University, home of the NCAA Billikens, is now nationally ranked in most of its schools within the University. St. Francis Xavier College Church will stop traffic on Grand for its Palm Sunday Procession.

In the words of my east coast friend, "Does it get any better than this?" One of the last definitions for spring is "first or early stage." For us northern hemisphere types, it will extend for the vernal equinox, about March 21 - June 21.

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