

Tower Grove Heights Gazette

Vol. 2, No. 5

April 28, 1990



VOLUNTEERS MAKE A DIFFERENCE

For most people, it seems there isn't time for the ordinary business of their lives. The thought of giving more of their time for free does not appeal to them. So why should they? Why not let someone else do it? Somebody always does, right? Well, there are a few people in our neighborhood who give a lot of their own time for free, and if you asked them, they'd give you some very good reasons why they do.

These people are involved in one way or another in the Tower Grove Heights Neighborhood Association. They find it well worth their while, and think you would too.

Cindy Lazzari, chairperson of the Fun and Fundraising committee, says she became interested because she had done some fundraising before for other organizations and enjoyed it. She thinks her committee performs an important service for the area, but also thinks it can be fun for those involved.

"This committee is important to the neighborhood because it makes us visible, they provide funds that benefit the whole organization, the whole neighborhood," she says. Lazzari would like to "put fun into fundraising". She says that everyone can get involved in some way. "Basically, I see the fundraising committee more as one central person recruiting persons to do certain things, such as letter

writing or contacting businesses. Some people like to go door to door...they could be on the committee for that. If they wanted to be involved in some social event, ballgame, bowling night out, they can do that."

"If they serve on the committee, they don't have to do everything." Lazzari says that her committee is always looking for members, but more importantly, the organization is looking for the thoughts and ideas of the people in the neighborhood. "We don't need just the input of ten people on the executive committee, we need the input of the whole neighborhood. We need to know the direction they want us to go."

Don Hardin, president of the Tower Grove Heights Neighborhood Association, feels individuals in the neighborhood should get involved "because that's what a neighborhood's about: people working together, and playing together...joining together for a common cause."

Hardin says that since the formation of the neighborhood organization, he has seen the benefits of people getting involved. "I think the main thing is a lot of people who never knew each other, now not only know each other, but are friends. It's created many bonds and opened up

lines of communications between former strangers."

One way an individual can help to open up lines of communication throughout the community is by becoming a block captain. Tricia Heliker, head of the Block Captain committee, says that the primary purpose of the block captains is "to be the messenger from the executive committee to the residents on their block and vice versa. To carry information back and forth."

Heliker says that without the block captains, it's hard to keep the community in touch with what's going on. "The first thing a lot of people ask is what does our money go for, and that's the job of the block captain: to explain to them, because a lot of people can't see what is being done." Despite the need, some blocks don't have a captain from their own block, but have to make do with a volunteer from a different street.

Some feel people are leery to get involved because they think they'll have to do everything themselves. Heliker feels this is a misconception. "They can have small committees to handle different chores. The captain doesn't have to do everything himself. Four block captains on a block would be ideal."

continued on p. 4

FROM THE EDITORS

Finally the last vestiges of winter have ceded and spring is clearly here. The flowers are blooming, our winter clothes have been stored away and the TGHNA is moving into full gear. On Saturday and Sunday, May 5 - 6, the Tower Grove Heights Neighborhood Association will take part in the "Tour of Tours". Over 2000 people will get a firsthand glimpse of life in the Heights. Mike Johnson gives us all the details on this major promotional event for the Heights in his article on p 7.

And with the advent of warm weather, our minds are turned to thoughts of the outdoors. Ben Chu gives us a rundown on

some interesting annual plantings for our yards. Mike Kriz also reminds us that our major spring clean-up "Operation Brightside" is just around the corner. So get your trowels and gloves out of storage. If you're like many of us, spring is the time to take on those much needed home repairs. Steve Telford tries to lend you all a hand in one of our new columns, "The Renovator."

The Heights is not the only area that is on the move. Something always seems to be happening on Grand South Grand. And in this issue, we give you a rundown on three major events. Don Hardin looks at the newest additions to our shopping dis-

trict. Keely Cook lets us in on the plans for this year's Summerfest. And Janice Nesser gives you the scoop on the major redevelopment plan that's about to spring forth on the northeast and southeast corner of Grand and Arsenal.

In this issue we are also introducing two new columns: 'Culture Vultures' by Sean and Amy Ruprecht-Belt and 'Aim for Good Health' by David Wagner. And there's even more to read inside. So sit back and enjoy this issue of the Gazette.

- The Editors

Janice Nesser Tom Booth
Janice Nesser Tom Booth

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 Janice 776-5780 or Tom 776-6270.

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

The Gazette/TGHNA
P.O. Box 63046
St. Louis, MO 63163

ON GRAND

In each issue of the Gazette, this column will include information about current events on Grand South Grand and a highlight of one of the businesses.

A super addition to the Grand South Grand Business District opened its doors to crowds of eager shoppers. Schnuck's new South City Super Market at 3430 S. Grand held its grand opening on Tuesday, February 27. The new store is open 24 hours a day, seven days a week. Another business that has moved to the Grand South Grand area, and with that an architectural treasure restored, is Botanicals. Botanicals opened its first store near Grand and Shenandoah in 1987. On March 12, Botanicals On The Park moved to the Park Building at 3012 S. Grand. The move was preceded by extensive renovation efforts by owner, Dan Hill. Not only was the commercial area of the building renovated, but two studio apartments were created on the second floor of the building. Dan, an area resident, started out in basic retail, but with the encouragement of his friends, decided to pursue his interest in the botanical arts.

Botanicals On The Park is much more than a florist. It offers greeting cards, vases, wall hangings, candles, placemats, live and silk plants, windsocks, gift wrapping paper, and unusual decorative items for your home. Silk and live floral arrangements are created in the workshop located on the premises. The decor is soft hi-tech which merges comfortably with the original architecture of this beautiful building. Don't miss this most welcome addition to the Grand South Grand Shopping area. Operation hours are Monday through Friday 9am to 6pm and Saturday 9am to 5pm.

- Don Hardin



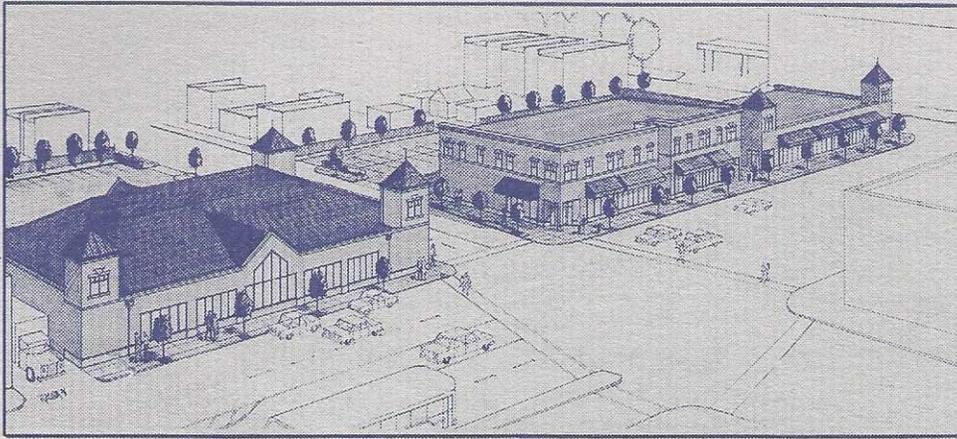
Missouri Botanical Garden

EVENTS IN 1990:

Climatron Reopening Celebration	March 30 thru April 1
Spring Flower Display	March 10 - April 8
Spring Plant Sale	April 28 and 29
Jazz in June	June 6, 13, 21, 27
Children's Film Fest	July 3, 11, 18, 25
Japanese Festival	August 25 - September 3
Gardens and Parks of the World	October 11 and 24 and
Lecture Series	November 8 and 15
Fall Flower Display	November 3 - 25
Holiday Display	December 8 - January 1, 1990

Call 577-5125 for more detailed calendar.

SOUTH GRAND SQUARE



Artist's conception of South Grand Square development.

Plans are underway for an exciting addition to the Grand South Grand Business District...and a plus for all Tower Grove Heights' residents. Within the next few weeks, the northeast and southeast corners of Grand and Arsenal will be getting a much needed face-lift. The parking lots and buildings that occupy the area that extends from an alley north of Arsenal to Hartford will give way to a new 36,000 sq. ft. retail and office development called South Grand Square.

The development, designed by Klitzing Welsch Associates, Inc., will consist of three buildings that will complement and blend with the historic integrity of the

business district and surrounding neighborhoods. The buildings will be made of red brick and have recessed angled doorways with glass block and stone detailing. The roof configurations will mirror the towers on Grand Avenue. All three buildings will be situated directly on Grand with parking in the rear. A lighted pedestrian walkway will link the abundant free parking to the main entrances on Grand.

To make the area more accessible to motorists, a left turn lane will be installed on southbound Grand at Arsenal. A left turn arrow will also be added to the signal.

City Property, a real estate and development company that serves the needs of

retail, commercial and industrial users in the City of St. Louis, is the owner and developer of South Grand Square. Timothy Boyle, president of the company, said that the theme of the development will be international in keeping with the distinctive stores and restaurants found in the business district. "The area has a lot of charm," Boyle said. He felt that the location was "St. Louis' growth area of the 90's."

South Grand Square is designed to be the shopping district's north anchor and to help fill the business areas needs. City Property is seeking about eight tenants. Streetside Records is the largest to sign on. The development has also gained the interest of some national retailers.

A marketing research study by Tretter-Gorman, Inc. showed that there is an economic base in the surrounding neighborhoods to support the development. A comparative study of economic/population density of the area compared favorably with neighborhoods near other successful retail locations in the county, such as South County Mall and Northwest Plaza.

"A team effort among business people, neighborhood groups and city planners - including 9th ward alderman, Martie Aboussie - made the project possible," said Dave McCreery, president of Grand South Grand Development Corporation. According to Aboussie in a recent article with the St. Louis Post-Dispatch the development "is just the continuation of positive things that are happening in the South Grand area."

South Grand Square is slated to open in the fall of 1990.

- Janice Nesser

(This article is an expanded version of an article written by Janice Nesser for the South Grand Review.)

The Tower Grove Heights Neighborhood Association has moved its post office box from the Ridgeway post office to a more convenient location at Grand and Wyoming. For those of you who wish to write to the Association or to the Gazette, the new address is:

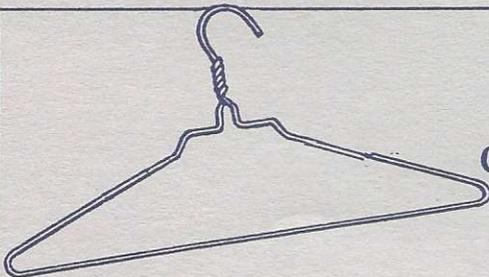
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VOLUNTEERS MAKE A DIFFERENCE

(continued from p. 1)

Block captains are expected to attend a block captains' meeting once a month where suggestions are given about what activities to do on their blocks, for example, having a block party to observe "National Night Out." They are made aware of neighborhood activities that are coming up, such as a Cardinal baseball game or a picnic in Tower Grove Park, and they take that information back to their blocks. At that point it's up to the block to decide what they'll be involved with. Heliker says there's no set amount of involvement required for an individual to participate in the organization. "We'll accept anything that you feel you can offer. I'm certainly not going to criticize somebody if they don't do as much as somebody else. If they need help, they just need to let us know."

She is quick to add that one of the goals of the organization is to have fun together and that people should get involved on the level that interests them.

For many members of the neighborhood, the organization adds an intangible element that's hard to describe. For Heliker, "it's more of a feeling, not anything you can actually put your finger on and

say, 'yes my property is worth this much more since the organization started', nothing like that. Rich (Iezzi) did something for me a long time ago, and I said, 'Rich, what can I do for you, or can I pay you...' and he said, "money in the bank", and that has always kind of stuck with me. Every time you do something for someone else, you encourage people to band together and....that is money in the bank in a sense, not money, but it's value in the bank. That's kind of the way I think about the whole thing now."

If you would like to become more involved in you neighborhood association, you can contact any of the committee chairpersons listed below. Remember, you too can make a difference.

Block Captains:

Tricia Heliker 773-7130

Fun and Fundraising:

Cindy Lazzari 771-0343

Promotion and Marketing:

Susie Gudermuth 771-7097

Publications (Gazette):

Jan Nesser 776-5780

- Tom Booth



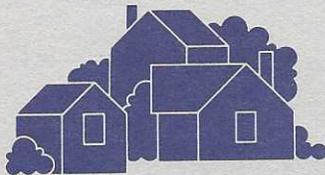
CLASSIFIEDS

Block Garage Sale, 36-3700 Connecticut, Saturday, May 5, 9am-3pm

The classifieds are open to all TGH residents at a cost of \$1.25 for 2 lines, \$.50 for every line thereafter. If you would like to place a classified call Janice 776-5780 or Tom 776-6270.

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NEWS AND NOTES

1990 Membership

This is our current membership by block as of March 31, 1990. Are you included on this list? If not, take a minute to use the membership form in this Gazette and send in your membership today!

	36-3700	3800
Arsenal	7	1
Hartford	13	32
Juniata	0	6
Connecticut	3	55
Wyoming	7	9
Humphrey	0	4
Utah	28	14
Business & Other	5	

On The Move

In March Lenita Moore, commercial district manager, moved from her previous location at 3122 S. Grand to 3109 S. Grand, Suites 1 & 2. The business office telephone number is the same (772-4640).

Ty Amberson, manager of Star Video, has announced plans to move from their location, 3115 S. Grand, some time in May. You'll be able to rent the latest movies from him at his new location,

3143 S. Grand (formerly The Olde Tyme Butcher Shop). Ty cited the need for more room as the reason for the move.

CBGB also has plans to move some time this summer from their present location at 3224 S. Grand to 3163 S. Grand (next to the Cafe de Manila).

More On The Tour

The third annual St. Louis Magazine Tour of Tours is being held the weekend of May 5 - 6. We want to show our neighborhood's hospitality to the many visitors we expect. For this reason, we are asking the residents of Juniata and Utah Place to please make every effort to find an alternate place to park their cars so that these visitors will have access to parking spaces.

Also, to ensure that our neighborhood is seen at its best, we will have a clean up of Spring Ave. on Friday, May 4. Please meet at Spring and Arsenal at 6:30pm if you can help.

We're sure that the tour will be a big success and look forward to seeing you there.

- Cindy Lazzari

Third Time's A Charm

On Saturday, March 3, the third annual 3800 Hartford Progressive Dinner was held. This year it was decided because of the increasing number of participants, to change the format to a Progressive Cocktail Party. Twenty eight friends and neighbors visited four homes, starting with the home of Tom and Jan Booth where the theme was Mardi Gras. Then it was on to the home of Ray and Pat Linebach. Their home boasts one of the most beautiful staircases in the Heights. Next we all enjoyed the hospitality of Galt Johnson and Dennis Patton. Galt played light to heavy classics on the baby grand while we all enjoyed our third round of hors d'oeuvres and cocktails. The last stop for coffee, after dinner liqueurs and desserts was at one of the better known and favorite party homes on Hartford, that of our hosts Rich and Jean Iezzi. It was a great evening of fun with old friends and new. Good times and good friends get better as time goes by. We all have a lot to look forward to next year.

- Don Hardin

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Dana Hines 771-4664
Kathy Kane 772-5248
Nicholas Clement 771-0735
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**A MESSAGE FROM
ALDERMAN
GERALDINE OSBORN**

The Tower Grove Heights Neighborhood offers many advantages for homeowners and tenants. One major advantage is the proximity to Tower Grove Park, the second largest park in the city. Many of us enjoy walking, jogging, bicycling, ball games, picnics or band concerts in Tower Grove Park. Special programs and activities for senior citizens are offered at the Stupp Center in the southeast corner of the Park. There are playgrounds in several locations in the park for the children of the area.

Another advantage of our neighborhood is convenience. Unlike the sterile suburbs, many of the institutions and facilities needed by neighborhood residents are conveniently located in our neighborhood or adjacent to it. The Grand South Grand business district is a particularly valuable asset. This commercial strip is anchored by two banks, one at Grand and Hartford and the other at Grand and Gravois. We have everything from a bakery and a barber shop to a Post Office and a Public Library, all within convenient walking distance. The new development which has been announced for the northeast and southeast corners of Grand and Arsenal would upgrade this intersection in terms of both attractiveness and economic activity. The new Schnuck's Supermarket is a convenience for neighborhood residents and its location should also encourage the improvement of some of the adjacent commercial property which is not currently used to its full potential.

All of these assets make this a great neighborhood in which to live, work, shop and play. The many active residents working together with their elected officials to maintain and improve our area makes us proud to be a part of the Tower Grove Heights Neighborhood.

Geraldine (Gerry) Osborn

Home 773-8416
Board of Aldermen 622-3287
Ward Office 773-0703

SUMMERFEST

The Summerfest Antique Car Show will once again be held this year on Grand South Grand. This annual event will again be sponsored by the Grand Tower Grove Local Development Company to spotlight the Grand South Grand Business District. This year's festivities will occur on Saturday, May 19th from 10am to 3pm and should prove to be bigger and better than ever. The blocks from 2233 to 3430 South Grand will be involved this year. The highlight of the event has always been the antique cars displayed along Grand South Grand by the Horseless Carriage Club of Missouri. There will also be music; the dance band, GOSSIP, will perform from 10:30am to 1:30pm. They are a versatile band playing songs from the 40's to the 90's so that all musical tastes can be satisfied. There will also be clowns, supplied by Clown 'In Around and a repeat appearance by Fredbird (from 10:30am to 12:30pm), both of which were especially enjoyed by the children last year. Many local businesses and shops will be selling their wares on the sidewalk and I'm sure some great bargains can be found. For

those of you who prefer to be chauffeured up and down Grand South Grand, Spokes 4 Folks will be available for quadricycle rides all day. And of course, what would Summerfest be without the food booths? You can purchase a sampling of a wide variety of ethnic foods including Vietnamese, Filipino, Chinese, Lebanese, and Italian. If you prefer to stick to American classics, there will be hot dogs, popcorn, and plenty of other food for you to fill up on also. The Tower Grove Heights Neighborhood Association will once again participate in Summerfest. A booth will be set up to sell ice cold lemonade. TGHNA notecards will also be sold.

Last year's event was a great success and attracted people from all over the city and county to the Grand Business District. So mark your calendars for Saturday, May 19th and plan to join your friends and neighbors in all the fun and activities on Grand South Grand during this year's Summerfest Antique Car Show.

- Keely Cook

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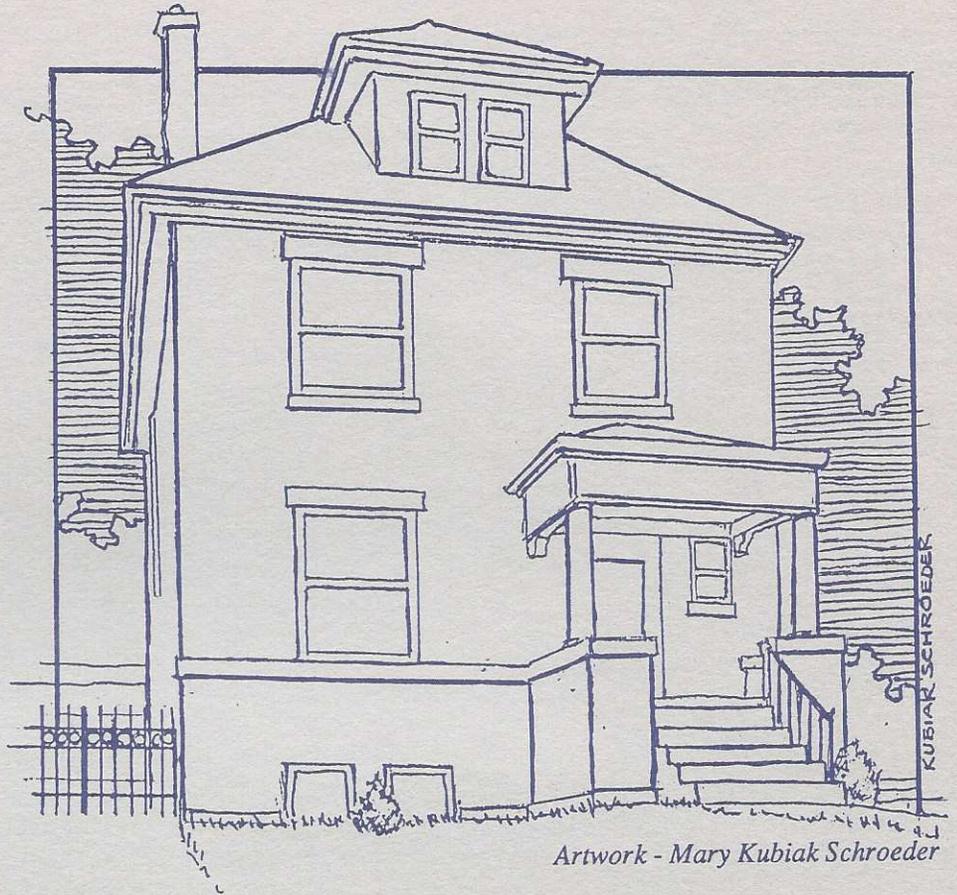
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A "Well-Kept Secret" No Longer

On Saturday and Sunday, May 5 and 6, Tower Grove Heights joins four other fine city neighborhoods and Tower Grove Park as a stop on the Tour of Tours. To paraphrase a line from a recent article in St. Louis Magazine, Tower Grove Heights is a well-kept secret no longer.

We have not one, but two, representative homes featured on the tour. The first is 3650 Juniata, and the second is 3862 Utah. Both homes offer an eclectic blend of styles. The home on Juniata features fine woodwork and mantels, as well as richly detailed interior design. The home on Utah offers a warm country style, with primitive antiques and handsome heirloom pieces like a mahogany butler's desk. Still, we don't stop at letting two of our beautiful homes speak for us, we have a third stop in our neighborhood to let our visitors know even more about Tower Grove Heights.

There will be a "hospitality stop" at 3724 Utah. This home features a magnificent garden designed with the assistance



Artwork - Mary Kubiak Schroeder



Artwork - Tim Barker

of the Missouri Botanical Garden. And, as an added bonus, Elaine Viets, one of our most noted residents, will be greeting visitors and autographing copies of her new book.

1990 marks the third year of the Tour of Tours, which is sponsored by St. Louis Magazine, KMOX Radio, allmilmö st. louis kitchen and bath studio, and the Community Development Agency. The other fine city neighborhoods involved in the tour are Shaw, Compton Heights, Souldard, Tower Grove East, and Tower Grove Park. Tickets for the tour are \$10 in advance and \$12 on tour days. If you or any of your friends would like to purchase tickets, we encourage you to contact Jean at 772-4987. Jean will be happy to take your order, and \$4 from each ticket sold will be contributed to the Tower Grove Heights Neighborhood Association.

We hope to see you there!

- Mike Johnson

HORTICULTURAL CORNER

Now that spring has been officially greeted with 8 inches of snow and the date of the last killing frost is 13 days old, it's time to turn our attention to the new gardening year.

To many gardeners the term annuals is usually associated with flowers. To be more exact "annual" refers to the life cycle of the plant which is usually completed in one year or less. They are usually planted in the spring, flower through summer and fall and die with the winter's first frost. Annuals are temporary plants and their uses range from beds and borders, temporary screens and containers.

The most spectacular gardens are those that begin with a strong design on paper. In the preliminary planning stages all existing elements of the landscape must be considered; walkways, patios, decks, existing plant material, etc. These all should be considered both individually and as a group that create the total picture. Aside from the aforementioned elements, the garden design will be affected by the viewing perspective, whether from the kitchen window or from the favorite patio lounge.

After an appropriate location has been selected, the type of design can be decided. The design can be formal or informal. Formal designs usually consist mainly of straight lines and a symmetrical layout. Because of its simplicity, formal gardens are the easiest to lay out and are usually the best for small lots. Informal designs are usually very free flowing with many curved lines and with no regard to symmetry. This type of design lends itself well to a feeling of natural harmony.

Another consideration is whether beds or border are desired. Simply put, beds are cultivated areas usually surrounded by an open expanse. Beds are usually accessible from both sides. A border is at the edge of an area, next to a fence or walk, or ringing the perimeter of a lawn. In most cases, borders are accessible from the front side only.

How an area is planted will depend on the desired color scheme, ultimate size of plants and whether it will be formal or informal. Flower colors should be selected that will complement each other

and will not conflict with surrounding elements or background. For a mono color planting, plants that bloom from early spring until the first frost in the fall should be selected.

Some long blooming plants to choose from include sweet alyssum, ageratum, impatiens, marigolds and zinnias. Gardens that have an ever changing flower color display require more work but its rewards are well worth it. This type of color scheme makes it necessary to research bloom periods and color coordinations. When using plants of varying heights, tall plants should be placed as a background, with lower growing ones in the front. As a general rule, stair step from the tallest to the shortest. Some tall plants that may be included in the garden are cosmos, stock, snapdragons, salvia and some varieties of celosia. Lower growing plants could include a combination of ageratum, alyssum, calendula, petunias and lobellia.

Many annuals are grown strictly for the contrasting texture and color of their leaves. Some plants that are grown primarily for their leaves are Jacob's coat, dusty miller, wax leaf begonias, ornamental kale and many varieties of coleus. Use of these types of plants can be just as interesting as combining different types of flowers.

Many homeowners that are just beginning to landscape their homes will find annuals unequalled in their abilities to fill in open areas between newly installed plants. Many gardeners will use fast low growing plants, such as sweet alyssum,

California poppies or candy tuft to fill in these bare spots.

When you desire to grow plants where space is a limiting factor, container grown annuals is an excellent option. Containers range in variety from wooden boxes, clay pots, half barrels or plastic pots. The choice is up to the gardener. An important point to remember when using clay pots - pots should be soaked in water before planting. New clay pots are very porous and will rob new plants of necessary moisture if the pots are not pre-soaked.

Containers should have a drainage hole to allow excess water to drain off. Before soil is added, the drainage hole should be covered with a fine mesh screen to prevent the soil mix from washing away. Any of the packaged artificial soils are acceptable as a growing medium. Before planting, the soil should be thoroughly moistened so that it has an opportunity to settle properly. After planting, the soil level should be 1 - 3 inches below the rim, depending on the size of the container.

Another type of container that produces a very appealing effect is the hanging basket. Soil and planting basics are identical to those for containers described earlier. Some excellent plant choices for hanging baskets include browallia, impatiens, geraniums, petunias and nasturtium.

With these annual plant basics in mind, let's get out there and create a beautiful and colorful year.

- Benjamin Chu
Superintendent and Curator of the Japanese Garden - Missouri Botanical Garden

Victorian Sunday

Mark your calendar for the second annual Victorian Sunday being celebrated June 10, 1990 in Tower Grove Park.

Plan to share a genteel afternoon from 12 - 5pm with family, friends, and a host of very special performers. A variety of musical events, as well as special programs to please the children and the child in all of us will delight visitors throughout the afternoon.

Stroll through the park or ride a quadricycle as you take in the miniature sail boat races, croquet and lawn tennis tourna-

ments and the jugglers, clowns, mimes and visitors in period costumes.

Back by popular demand are the picnic baskets filled to the brim with delicious fried chicken and all the trimmings. A variety of beverages, ices cream sundaes, drumsticks and popcorn will also be for sale.

The Friends of Tower Grove Park PLAN a day to remember. Don't miss the chance to have some old-fashioned fun and create a special memory for yourself.

-Tricia Heliker

Resident Profile

One of the striking features of the Tower Grove Heights neighborhood is its stability, owing to the number of residents who were born and raised here and who, for various reasons, have chosen to spend their adult lives here as well. Because of their memories and experiences, each of these life-long residents have a unique perspective on the neighborhood to share.

On such person is Ed Schroeder, a third generation resident who, like his wife Mary, is an active member of the Tower Grove Heights community. The Schroeders live in the house that was bought by Ed's grandparents in 1917. Though Ed admits the possibility of living somewhere else has crossed his mind, he has never moved mostly because "It's home", says Ed, "and what better place would you want to be than home."

Ed remembers the creek that was on Roger Place, the vacant lots that were west of Oak Hill, the brickyards at Morganford and Utah and the coal mine that existed at Gustine and McDonald. The coal mine was responsible for one of Ed's most vivid recollections: the Saturday morning ritual of scrubbing coal soot off

of front steps and porches so the black dust would not be tracked into the house. "If a Saturday went by and somebody wasn't scrubbing steps you just assumed they were sick." emphasized Ed.

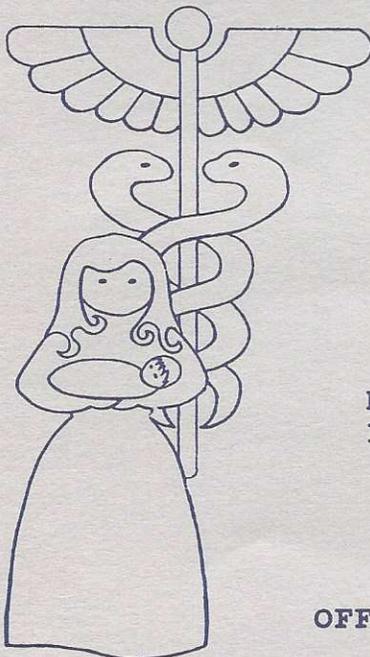
Many of Ed's childhood recollections convey how much the necessities of everyday living made individuals visible participants in the general activity of the neighborhood, day and night. Ed recalls that until refrigeration was available in 1937, people had to rely on a number of deliveries such as ice, dairy items by Pevely's horse-drawn wagons, bread from Toastmaster, coffee from Famous Barr and vegetables and fruit from produce-men. In addition, people had to make frequent trips to the grocery store — there was one on every corner.

Ed considers the neighborhood's appeal lies in its being convenient to stores, bus-lines, and attractions (such as Shaw's Garden, a favorite of his); that it offers the "best housing you can get for the price"; and that it is a quiet and beautiful neighborhood.

Luckily, some things do stay the same.

- Anita Barker

Jack E. Ricketts, M. D.



Obstetrics / Gynecology

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968-4048

DOCTOR'S OFFICE BUILDING
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OFFICE HOURS BY APPOINTMENT

REPORT FROM REP. PAT DOUGHERTY

Prior to the legislative spring break, the Missouri house passed and sent to the Senate a number of proposals and bills.

House Bill 1370 would create a special team under the Department of Social Services to assist prosecutors and counties in investigating and prosecuting child sexual abuse cases. Another provision would require the Department to include one-on-one interviews with child abuse victims. The bill also would require a pilot project to provide treatment services for juvenile sex offenders.

The House approved two scholarship programs. Considering a 14% shortage of registered nurses in Missouri, House Bill 1142 would provide up to \$5000 per year in loans to nursing students, with one-fourth of the loans forgiven for each of the first four years a graduating nurse works in Missouri. House bill 1141 would expand our Bright Flight program to include scholarships for graduate students who excel in fine arts and allow students to interrupt their schooling to serve in the military, government, or non-profit corporation without losing eligibility for the program upon return.

Following the governor's veto of our minimum wage legislation again, the House passed a new measure which would allow the people of Missouri to vote on the issue. The new bill includes time-and-a-half for overtime, language to ensure that prisoners are not entitled to the wage rate and a subminimum or training wage.

House Bill 1694 would require all newly built commercial buildings to meet earthquake safety guidelines and local governments which did not meet the requirements would face loss of state funds. With a 25% chance of an earthquake six times greater than the October California quake occurring in Missouri along the New Madrid Fault in the next 50 years, critically affecting most of Missouri, preparedness will limit fatalities, injuries and destruction of property.

State Representative
Pat Dougherty

4031 Parker Avenue 63116
772-1948

AIM FOR GOOD HEALTH

This space is reserved in future editions of the Gazette for an up to the minute look at formulas for healthy living. Topics of interest to everyone on intelligent eating, exercise and other subjects which promote wellness and a healthy lifestyle will be presented. So reserve a space in your bi-monthly reading itinerary and aim for good health.

The United States Public Health Service has recently published a set of health objectives for Americans. The idea is for this list of "ten commandments", if you will, to be used as goals for achievement by the year 2000. Now that's a great idea and probably an excellent way to start each new year before the millennium. Buy why take it so slowly? A better idea is to get started on all ten right now!

To help you get a head start with these "ten commandments" for healthy living, each of these goals will take the spotlight in future Aim For Good Health columns. But just in case you can't wait until the next ten Gazettes arrive on your doorstep, here they are, all ten of them:

- 1 Eat a variety of foods from the four basic food groups: milk and dairy; meats, fish, poultry and dried beans; vegetables and fruits; breads and cereals.
- 2 Maintain a normal body weight through proper diet and exercise.

- 3 Exercise for 20 minutes at least three times a week.
- 4 Get eight hours of sleep each night.
- 5 Brush your teeth after each meal and floss teeth once each day.
- 6 Wear a seat belt every time you get into your car.
- 7 If you drink alcohol, do it in moderation.
- 8 Avoid tobacco products.
- 9 Keep your immunizations up-to-date.
- 10 To relieve stress and enrich you life,

make time for activities you enjoy like reading the Gazette and enjoying beautiful Tower Grove Park.

In the next Aim For Good Health, we will focus on the first "commandment" and visit the world of foods and healthy alternatives for eating.

- David W. Wagner
(Certified physician assistant and a professor at St. Louis University School of Allied Health Professionals)

Healthy Recipes

Try this recipe for a light, yet delicious entree.

POACHED FISH IN ORANGE SAUCE

Choose sole, flounder, or orange roughy filets

- 1 medium cucumber, peeled
- 1 teaspoon finely shredded orange peel
- 1 cup orange juice
- 1 medium carrot, shredded
- 1/4 teaspoon salt (optional)
- 1 pound fresh filets
- 1 tablespoon cornstarch
- 1 tablespoon water
- orange wedges (optional)

Chop enough of the cucumber to equal 1/2 cup. Thinly slice the remaining cucumber.

In an ungreased 10-inch skillet, stir together the orange peel, orange juice, carrot and salt. Bring the mixture to a boil. Then add the fish carefully to the skillet. Return the mixture just to boiling; then reduce heat. Cover and simmer for 4-6 minutes per 1/2 inch thickness of fish

or just until the fish flakes when tested with a fork.

Place cucumber slices on a platter. Carefully remove the fish from the pan with a slotted spoon and place atop cucumber. For sauce, in a small bowl stir together the cornstarch and water. Stir this into the mixture in the skillet. Cook and stir until the mixture is thick and bubbly. Then cook and stir for 2 minutes more. Stir in the chopped cucumber. Spoon the sauce over the fish and cucumbers on the platter. Garnish with orange wedges.

Makes 4 servings.

Nutrition information per serving: 151 calories, 21 grams protein, 12 grams carbohydrates, 2 grams fat.

-Submitted by Janice Nesser

If you have any healthy recipes you would like to share, mail them to David Wagner/TGHNA GAZETTE, PO Box 63046, St. Louis, MO 63163

THE BLACK THORN

at Spring & Wyoming



"a neighborhood gathering place"

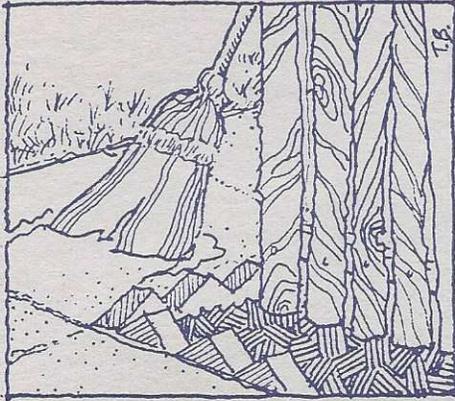
865-1969

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OPERATION

BRIGHTSIDE



It's time for this spring's Operation Brightside Project Blitz. The goal is to clean up your front and back yard, the alleys and vacant lots. Public areas around you are also included. Extra trash trucks will start emptying dumpsters and collecting trash at 10 am. There will also be trucks collecting bulk items such as old couches, stoves, etc.

The whole city is blitzed in 4 weeks. The day for our area blitz is Saturday, May 19. Meet the rest of the volunteers in your alley in the morning. Your block captain will be contacting you with the exact time your block will start cleaning.

Marigolds and petunias are available for planting in public areas like the median on Utah. Woodchips and leaf mulch will be available to residents at McDonald Park at Utah and Bent.

If your block has a special project idea, there is a contest sponsored by Anheuser-Busch for the best beautification and best clean-up. Your block captain will have more information about this contest.

Did you know that Operation Brightside....

- does not receive any city tax dollars.
- collects 9 million pounds of trash a year.
- plants 4 million flowers each year.
- has recycled 8 million pounds of glass, aluminum, paper and plastic.
- operates a recycling center at 1660 South Kingshighway.
- is going to line Highway 40 with roses this year.

So mark your calendars for Saturday, May 19 and help your neighbors make Tower Grove Heights shine.

- Mike Kriz

1990 Membership Drive

Tower Grove Heights Neighborhood Association

Membership Form

Please complete the form and mail it with your dues to: Tower Grove Heights

Neighborhood Association

P.O. Box 63046, St. Louis, MO 63163

REGULAR MEMBERSHIP

(voting privileges)

\$6.00 No. _____

HERITAGE MEMBERSHIP

(Same as Regular Member, plus name will be printed in Gazette)

\$10.00 No. _____

RENAISSANCE MEMBERSHIP

(Same as Heritage Membership, plus a free pack of TGH Notecards)

\$20.00 No. _____

BUSINESS MEMBERSHIP

\$25.00 No. _____

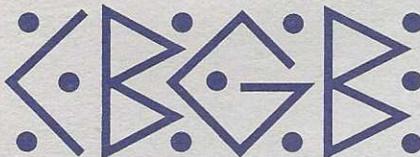
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says St. Louis Magazine, June 1989

IN RETROSPECT...

The Tower Grove Heights Neighborhood has been referred to as one of St. Louis's hidden treasures. After living here for a while, I wonder how we kept our secret hidden for so long.

Our Neighborhood's strategic location was recognized by the Connecticut Mutual Life Insurance Company in the 1800's. They were so impressed with our area that they bought the entire neighborhood and named two streets after their home state (Connecticut and Hartford). A third, Humphrey, was named after one of their executives, Humphrey Green. Our east border is Grand Avenue. It has always been a key business district. It was so important that early city planners intended it to be the widest street in the city. Arsenal forms our north border. It has long been a major thoroughfare from the old armory on the Mississippi River to the far extremes of the county. Henry Shaw gave us

Tower Grove Park in the 1800's as a wooded haven to retreat to. To the south and west were rich deposits of coal and clay.

How have we kept Tower Grove Heights hidden? While Highway 270 became the widest street around, Grand Avenue grew into Grand South Grand - the best shopping and dining area around. Tower Grove Park still provides us solace. We're closer than ever to Downtown and the Arts District. Our tree-lined streets and substantial homes have aged gracefully. Property values have appreciated from under \$900 for the entire neighborhood in the 1800's to \$900 for an undeveloped lot in 1904 to its present value.

Now I know why it's a hidden treasure...
...we want to keep our secret.

- Paul Lazzari

THE RENOVATOR: Plaster Patching

The most frequently occurring problem plaguing historic homes today, besides extinction, is cracking and sagging plaster walls and ceilings. Unless you are lucky enough to have purchased or rented a gut-rehabbed renovated home or apartment, you will at some point be faced with the prospect of repairing a hole or crack in plaster.

Plaster walls and ceilings are constructed by applying lath over wall studs or ceiling joists, applying a scratch coat first keying into the lath, then a brown coat, then a smooth coat. Lath comes in a few varieties, but in Tower Grove Heights homes is made of slats of wood. The laths' function is to provide an anchor and base for the first coat of rough plaster to "key" into. The term "key" is used to indicate the point where the plaster is squeezed through and then dries clinging to the lath. The first coat is frequently mixed with a variety of fibrous materials to increase its holding power, most commonly horse-hair.

Sagging and bulging areas on ceilings are frequently the result of broken keys due mainly to the accumulated effects of 80 plus years of gravity. Water penetration is the second most common cause of sagging plaster. The problems really start when water soaked keys lose their ability to hold and the plaster begins to fall, or sag.

Once a bulge is detected in a ceiling, the battle is all but lost. Repairing sagging ceilings is temporary at best, drilling holes to install molly bolts to shore-up the sag is not my idea of finish work. First rate plasterers are rare and expensive, and if you did knock down the sag and have it replastered, another area on the other side of the room may fall the next day. There is also a safety factor to consider when deciding how to proceed when repairing old plaster surfaces, particularly ceilings. A good sized chunk of plaster falling from ceiling to floor represents a definite threat to one's well being, and with the increased interest the media has given to earthquake preparedness and such, old house owners should take heed. If a bulge is detected in a ceiling, knock the entire overhead down to the lath and apply 3/8 inch drywall attached with 2 inch screws fastened directly to the joists.

If your home has suffered the indignity of having a plumber or electrician rooting through its walls or ceiling, some very large and ugly gaping holes appeared in their wake. Again, replastering these trench-like trails would be very expensive, but by widening and squaring these openings to expose both lath and joists or studs, dry-wall of the the appropriate thickness can be secured and smoothed to a very acceptable level of finish. In the event repair to an overhead is needed, always expose the

adjoining joists and secure the drywall with screws. In repairing walls, depending on the size of the opening to be closed, drywall may be glued with liquid nails before screwing to the lath and finished with tape and drywall compound.

According to local residents, small hair-line cracks can be repaired with spackling paste. For larger cracks, cut around the crack down to the lath. The bottom of this opening should be wider than the top so that when the patch is inserted into the crack the wide base will prevent it from falling out when it shrinks after drying. Wet the plaster around the cracks with water to prevent the old plaster from absorbing all the water from the patch, causing it to dry too quickly and crack. Force the patching plaster into the crack with a small putty knife or small trowel but do not build it out flush with the surface of the old plaster. Leave it a fraction of an inch below. When the first application is dry, apply a second coat and finish coat over it. Do not forget to wet the surrounding plaster again before putting on the last coat.

Picture hangers that employ brad-like nails should be avoided at all costs. Never approach a plastered surface with a hammer in one hand and nail in the other, unless you like the sound of falling plaster. Nails don't penetrate plaster easily,



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Culture Vultures

which can vary in hardness from cured concrete to freshly baked bread, and even if you are lucky enough to hit a piece of wood lath, there is no guarantee your now dull nail will easily penetrate the aged and brittle sub-strata without breaking keys and causing additional cracking. There are several alternative picture hanging systems now on the market ranging from strip and stick hooks to a hot glue system from Sears.

Perimeter walls of brick homes are merely plastered brick walls and seldom require repair unless they get wet or suffer some damage, however, frequent problems have been encountered when reattaching wood trim such as base boards or window and door trim. If you have found a good way to combat this perplexing problem, you are invited to submit your ideas to the Tower Grove Heights Gazette, The Renovator, at PO Box 63046, St. Louis, MO 63163.

Additional problems to be answered or solutions to common old house maladies would also be welcomed.

- Steve Telford



Welcome to our first column for the Tower Grove Heights Gazette. This issue we're focusing on two recent films on video, though in the future we hope to write about a range of things relating to the arts, music, food and anything else the editors will let us get away with.

Part documentary and part spoof, *Heavy Petting* is an enjoyable film from the people who produced *The Atomic Cafe* a few years ago. Superficially a study of American attitudes and mores in the fifties and sixties, *Heavy Petting* is one of the more entertaining documentaries in recent memory because of the filmmakers' approach to the subject rather than the subject itself. They took those heavy-handed sex education films from the fifties and sixties and edited them together with some rather candid (and, for the most part, very funny) interviews with both well known and unknown people. Exactly how they kept this from going beyond the bounds of good taste is a puzzle, but the film manages to maintain an overall innocence about the whole subject.

Some of the best moments in the film come when Josh Mostel, Zero's son, talks about having made every mistake possible on his first date, monologist Spaulding Gray discusses the pornographic potential of the Sears catalog, and Laurie Anderson demonstrates the bright, artificial smile that resulted from pulling her

hair back into a tight ponytail. Perhaps the most engaging bit in *Heavy Petting*, though, is the gentle affection for each other by writers William S. Burroughs and Allen Ginsberg while they talk about the nature of love.

Heavy Petting is a film that will remind you, as it did the two of us, that at one time or another, everyone else has felt the same thing you did - embarrassment, gullibility, and fascination - about adolescence and young love.

We disagreed, however, about *The Big Picture*, a lampoon of the Hollywood film industry disguised as the story of young, naive filmmaker (appealingly played by Kevin Bacon) and his adventures after he has the "bad" luck to win a student film award and attract the attention of assorted wackos in the movie business. Sean was disappointed with it, expecting much sharper satire from the team that produced *This Is Spinal Tap*. But Amy found it captivating - as well as dead on target - full of visual style, with a witty script supported by picture-perfect performances. The precise, detailed fantasy sequences with which the budding director reacts when facing absurd, but realistic, situations reflect this visual style and illuminate the character at the same time. He's creative and spontaneous; the industry types surrounding him are posturing, manipulative cardboard cut-outs.

Fortunately, the actors playing these industry types are vivid and funny - much more than cardboard. J. T. Walsh gives a truly creepy performance as the powerful studio head (who may or may not be Mephistopheles) who first latches on to Bacon. Martin Short, sporting curly red hair, is completely loopy as Bacon's agent - Sean thought his hysterical performance was worth the price of renting this movie. On the other side, representing virtue and sincerity, are Emily Longstreth, wonderful without being long-suffering as Bacon's true love, and Michael McKean (oddly enough, best known as the Lenny Half of Lenny and Squiggy of Laverne and Shirley fame) warm without being soppy. There are even some bright cameos from actors as diverse as John Cleese, Elliot Gould and June Lockhart.

In short, we recommend this combination of fable and spoof - Amy, wholeheartedly, and Sean, for a good chuckle or two.

- Amy and Sean Ruprecht-Belt

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The Tower Grove Heights Neighborhood Association

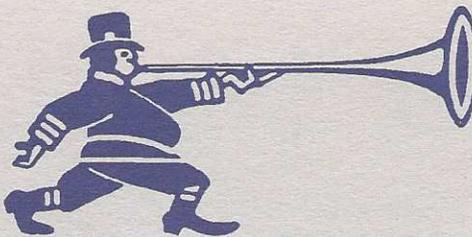
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CALENDAR

APRIL - JUNE

APRIL

Last few days to view the following exhibits at
Carpenter Branch Library:

April Showers...books and materials on gar-
dening

Week of the Young Child, books and materials
for early childhood development

MAY

Beginning the first week of May, members of
the Tower Grove Heights Softball Team will
play at Tower Grove Park at 6pm and 7pm
games. If you would like to become a member
of the team, contact Cindy Lazzari (771-0343)
for details. Hurry - time is running out! If you
don't wish to play, please come to the park to
join in the fun.

May 4

TGHNA clean up of Spring in preparation for
Tour of Tours beginning at 6:30pm

May 5 - May 6

St. Louis Magazine Tour of Tours from 11 am
- 5pm.

May 5

11th Annual St. Louis Storytelling Festival:
Storytelling - The Magic Gift at the Missouri
Botanical Garden sponsored by the University
of Missouri - St. Louis. Storytelling will begin
at 1pm.

May 6

Iris Society Show at Missouri Botanical Gar-
den

May 12 - May 13

Bonsai Society Show at the Missouri Botani-
cal Garden

May 19

Operation Brightside - Plan to participate in
the clean-up on your block.

Grand South Grand Summerfest and Antique
Car Display from 10am - 3pm - after sprucing
up the alleys in Tower Grove Heights come to
Grand South Grand. There will be lemonade
made by the Gazette staff and other food items
made by a variety of ethnic restaurants who

will also be sponsoring booths.

May 19 - May 20

Tower Grove East House Tour from 12 - 5pm.
Tour begins at the South Grand entrance to
Tower Grove Park. Advance tickets \$6, day of
tour \$7. For information call 776-5444.

Horticulture Society Show at Missouri Bo-
tanical Garden

May 20 - May 26

Pacific Rim Festival and Trade Fair at the
Missouri Botanical Garden. Activities will be
held in conjunction with the 20th World Trade
Week Celebration, sponsored by the St. Louis
Center for International Relations. Other
activities will be hosted by the St. Louis Art
Museum, St. Louis History Museum and St.
Louis Zoo during this week.

May 26 - May 27

Rose Society Show at Missouri Botanical Garden
displaying virtually thousands of roses spe-
cially grown for this judged event.

JUNE

Summer Camp programs begin at South Side
YMCA. Call for information - 865-3500.

Contact the Carpenter Branch Library for details
on the Summer Reading programs for your
children and other special programs.

June 11

Summer session classes begin at South Side
YMCA

June 12

TGHNA Night at the Ballpark. Join your
neighbors in cheering the St. Louis Cardinal's
to victory over the Montreal Expos. Tickets
can be purchased for \$6.50 by contacting your
block captain or Cindy Lazzari (771-0343).

June 14

Flag Day - Let's start a Tower Grove Heights
new tradition and remember to put our flag out
on this day.

June 24

TGHNA monthly meeting at 7pm at Stupp
Memorial Center in Tower Grove Park

The TGHNA Gazette

P.O. Box 63046

St. Louis, MO 63163