

# Tower Grove Heights Gazette

Grand to Gustine

Arsenal to Utah Place



October 28, 1995

Volume 8, Number 1<sup>2</sup>

## GRAND ENTRANCES TO TOWER GROVE PARK GET FACELIFT

By Matt Fernandes

The iron gleamed in the sunlight, the stone displayed its polished surface and the zinc-coated statues shined as the east gateway to Tower Grove Park was rededicated today by park and city planners.

An enthusiastic group gathered here to unveil a plaque commemorating the donors who helped make the renovation possible. The restored gateway, originally planned and built by Henry Shaw in 1872, includes statues of lions and large spheres atop several pillars. An elaborate iron gate holds it all together. The restoration was long overdue, according to Philip Cotton, the architect who headed the project.

"This was neglected for many years. We have always had very little money to make necessary repairs in this park," stated Cotton, who has worked on Tower Grove Park projects for 20 years. Future projects planned for the park include the park office located on 4255 Arsenal and the shelter behind the Stupp Center.

Funding was entirely private for the project, which took about six months to complete. Donors included: The Spohr Foundation, Grand South Grand House Tours, Friends of Tower Grove Park and Robert and Ann Stupp.

John Karel, who serves as the parks caretaker and lives in the only house located within the park's borders, was instrumental in the planning

of the project and served as emcee of the dedication.

"(The restoration) has been done in detail to match the original composition of iron, stone and zinc sculptures," said Karel, addressing the group of about 30. "There is a very high level of craftsmanship - a craftsmanship not found in other cities."

Dave Shaw (no relation to Henry) and Doug Sparks, partners in the S & S Construction group which was contracted for the project, were inspired as they bore the heat of long summer days - at times seven days a week. "It was a pleasure to restore such fine original work," noted Shaw, whose fingers were still dark green after putting on the finishing touches. "We like these renovations so much, we might switch - S & S Construction

may soon become S & S Renovations!"

Vicar Pete Speckhard from the Messiah Lutheran Church directly across the street from the gates was pleased with the new look. "It revitalizes the community and is a tremendous benefit. We have 85 kids who use the park all the time and it's great to have it in such good shape," said Speckhard, referring to the children who attend the adjacent Messiah Lutheran School.

Before the gathering moved to the Stupp Center, where a champagne reception awaited them, Karel declared; "This is a work that we can expect to last another 100 years, just as this original work lasted 100 years."

### SPECIAL MEETING FOR THE ELECTION OF OFFICERS

Tuesday, November 28th  
7:00 pm - First Divine  
Science Church, 3617  
Wyoming. Also at the meet-  
ing, the winners of the  
second annual Pride in  
Place Awards will be  
announced.

### COOKIES FOR COPS COLLECTION

#### DATES

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November 22 and 23  
Thanksgiving  
December 24 and 25  
Christmas  
December 30 and 31 New  
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772-4987

**Publications Chairperson:**

Don Hardin

**Editor:** The Staff

**Graphics Editor:** Michele Kerr

**Staff:** Marilyn Abbott, Gretchen Arnold, Tom Booth, Elizabeth Braznell, Benjamin Chu, Richard Clinebell, Tim Fox, Ellen Reed-Fox, Matt Fernandes, Stephanie Gavin, Don Hardin, Jodie Heliker, Tricia Heliker, Rich Iezzi, Michele Kerr, Donna Mayes, Terry Mayes, Margie Meyer, Janice Nesser, Erin O'Reilly, Fredrick Rissover, Jay Rosloff

**Graphic Artists:** Michele Kerr, Janice Nesser, Tina Adams

**Database Manager:** Tom Booth

**Business Manager:** Marilyn Abbott

**Circulation Coordinator: Needed!!**

**Typesetting:** Margie Meyer, David Nitzche, Don Hardin

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The Gazette/TGHNA 3203 S. Grand Blvd., Suite 103 St. Louis MO 63118

**By Marilyn Abbott**

The newest addition to our Grand South Grand Business District is a stylish new shop called Once Upon a Vine, located net to Artifice on Arsenal at Grand. This upscale deli/cafe/wine bar is the joint effort of Linda Reis-McGovern and Donna Zuke, in partnership with Dan Hill of Botanicals. Linda has managed both Nantucket Cove and Bommarito Wines, while Donna managed several wine shops and elis on the East Coast before moving to St. Louis. Both are very excited about their new enterprise.

Once Upon A Vine offers both sit-down and carryout service of sandwiches, soups and salads. The menu, which changes frequently, features many delicious and imagiative items such as home-made vegetable quiche and nicoise salad. Quite a few of the specialties are vegetarian dishes. A great selection of wines by the glass and micro-brew beers are also available.

In addition to prepared foods, Once Upon A Vine also offers wines, cheeses, coffees and other specialty food items for retail sale. A broad selection of moderately-priced wines are available, as well as unusual cheeses and unique food items for gift baskets. Once Upon a Vine is a great spot for lunch or for a relaxing glass of wine. I plan to be a frequent patron. Hope to see you there!



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# BLOCK CAPTAINS COME AND GO

The September Block Captains' meeting was held on September 12th at 7:30 p.m. at the Abbott's home on Hartford. In addition to the block captains present, Neighborhood Stabilization officer Barb Potts also attended.

Following a mailed survey from Block Captains' committee chairwoman Sara Langan, some block captains decided to step back from participating as a block captain and some new faces have decided to become block captains.

To those not returning as block captains, the block captains' committee offers its thanks for your past participation:

- Carol Hoffmeister - 36XX Hartford
- Marilyn Abbott - 36XX Hartford (Mark Abbott will be taking her place)
- Connie Bender - 36XX Juniata
- Tina Gunter - 37XX Juniata
- Chris Jamieson - 36XX Connecticut
- Mickey Coriell - 36XX Connecticut
- Donna Mayes - 38XX Hartford, and
- Shauna Feely - 38XX Juniata.

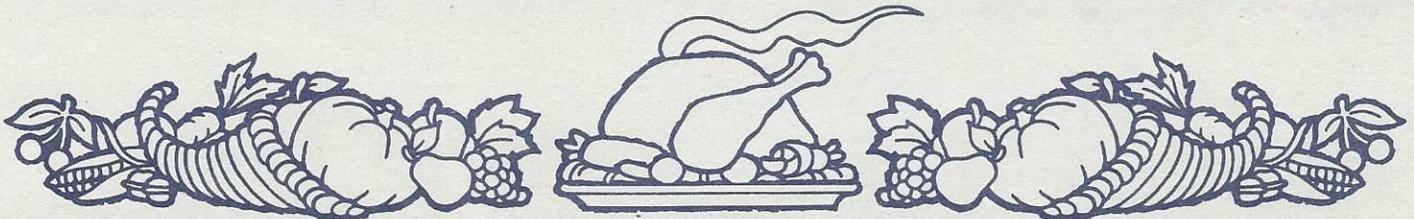
Bill Wright, block captain for 38XX Hartford is still recuperating from his surgery this Summer, and the committee looks forward to his return.

New faces to the block captains' committee are: Robert Reed - 38XX Humphrey, Marcia Reeks - 38XX Humphrey, and Frederic Rissover will be joining Eliot Blevins as captains for the 38XX block of Arsenal. Block captains are needed for 36XX Connecticut.

Those at the meeting talked at length about the 36XX block of Hartford and a house being rented to a large number of people, and different strategies were offered on how to deal with a problem house.

The Pride in Place awards were discussed and Diane Hurwitz provided a glowing report on the recent house tour. Those who participated said it was very well attended and provided an encouraging view of the effort and investment people are putting into property in the Heights.

The Block Captains' meetings are held on the second Tuesday of every month; and everyone is welcome. Information about the next meeting can be obtained from Sara Langan, 776.3506.



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# DIVERSITY DRAWS RESEARCHERS TO GRAND-OAK HILL

By Tim Fox

Residents of the Grand-Oak Hill Neighborhood — bordered by Grand, Arsenal, Kingshighway, and Chippewa — have long known that their neighborhood was something special, but this summer researchers from the Missouri Historical Society set out to prove it to the rest of St. Louis.

They chose the area as a "pilot project" for a larger historical analysis of other St. Louis neighborhoods called "People and Place in Twentieth Century St. Louis." The Grand-Oak Hill study will be used to standardize research methods and provide baseline information for the larger study, scheduled to be completed in 1998.

Jackie Dace, Assistant Researcher with the Research Division of the Historical Society, said that her group settled on Grand-Oak Hill after considering many St. Louis neighborhoods. Why Grand-Oak Hill? The answer can be given in one word: diversity.

"We chose Grand-Oak Hill because of the ethnic makeup of the community," Dace said. "It was more diverse than any other named area, according to 1990 census data."

The census data provided the beginning of the study, but it was only the beginning. A paper by Tower Grove Heights historian Mark Abbott and further research by intern Gail Ramspott provided more background information. Then, John Wolford, who holds a joint appointment as Urban Anthropologist at the Missouri Historical Society and Assistant Professor of Anthropology at the University of Missouri-St. Louis, started making phone calls to people in the area to find out what the residents thought of the neighborhood and to single out people for face-to-face interviews.

"The problem with doing that," said Wolford, "is that you end up with a self-selected group. If you just talk to presidents of neighborhood associations, you get names of other people who are very active in the community, rather than more 'typical' residents. That's one thing we learned from the pilot study, but it's hard to find a way around it."

Another thing the researchers learned was that the neighborhood seems to have changed, even since the 1990 census.

"According to the census data," said Dace, "the percentage of ethnic

groups and African Americans in the community today was much lower in 1990 than it is today. However, we can only base today's numbers on people's perceptions, which are sometimes hard to rely on."

Asked to explain, she laughed and told how the researchers' perceptions of the number of African Americans in the community varied according to each researcher's own race. Dace, who is African American, consistently reported seeing fewer African Americans in the neighborhood than did Wolford or Ramspott, both of whom are white.

"It all comes down to perception," Dace said. Depending on who you talk to, the neighborhood is either 50 percent black or 5 percent. It's actually probably more like 15 percent African American, and maybe 10 percent Asian."

Another perception the researchers discovered in the Grand-Oak Hill Neighborhood was the way different subgroups of the neighborhood view each other. For example, Tower Grove Heights is sometimes referred to as the "Champagne District" — a perception probably based more on a few homes on Utah Place than the reality of the majority of Tower Grove Heights.

"The truth is," said Dace, "there are all kinds of housing in Tower Grove Heights, just like in Grand-Oak Hill in general, and all kinds of people."

Dace had the opportunity to talk to a lot of those people over the Summer, when she conducted oral interviews with residents on Hartford, Humphrey, and Oak Hill.

"The one thing that almost all of them stated," said Dace, "without any prodding or leading on my part, was that they liked the area because of its diversity. They liked having other groups of people around."

One research subject reported that she had always wanted to travel around the world but never had the chance. Walking outside of her front door was now like taking a trip around the world, she said.

"Many people who stay in Grand-Oak Hill are people who have never been around other groups," Dace said. "They crave that diversity, and they go there to find it."

"Grand-Oak Hill doesn't feel like the rest of St. Louis," she continued. "It's almost like a city within the city."

*For more information about the Missouri Historical Society, call 746-4599.*



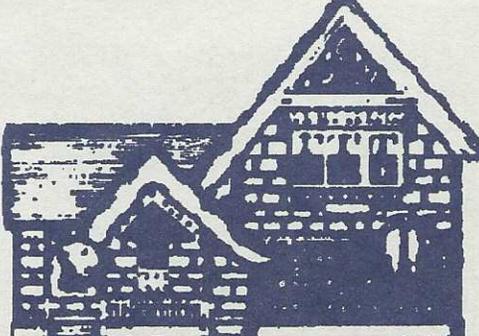
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# THE REHABBER

By Jay Rosloff

"The Electric Houseman"

I wish to apologize for the absence of this column from the past two issues. It had to do with filling a huge hole in a wall with a window and arranging the preliminary work on the whole house project Beth and I are starting on. There was also a little electrical project that I think you'll find interesting.

For the past five years we've owned an electric lawn mower, trimmer, and blower. While I don't mind missing the aerobic exercise of starting a small gasoline engine (o.k., actually Beth does 90% of the lawn care - while I hide behind my hay fever and allergies), there was the matter of getting electric outside without crushing our extension cord in a door or ruining the paint on the windowsill by dragging the cord back and forth. An outside outlet is just the thing.

Adding outlets is one of the more advanced skills the do-it-yourselfer can learn. However, it requires care,

planning, and a PERMIT. The techniques are simple, the tools minimal, and the cost reasonable. Foul it up and your insurance may not pay for a burned down home. Yet, the toughest part may be getting the permit, so let's start there.

To qualify for a permit according to A Homeowners Guide to Permits, published by the Division of Building Inspection of the Department of Public Safety, a homeowner may qualify for an electrical permit if the owner:

- 1) Occupies the single-family unit.
- 2) Purchases the necessary equipment.
- 3) Successfully passes a short test given by the Electrical Section to determine that the applicant has sufficient knowledge of the Electrical Code to do the work.

The work, of course, must meet the standards of the code and the city inspector. The test is based upon the rules set forth in the most recent publication of the National Electric Code (NEC).

The NEC deals with such matters as the number of outlets in a single circuit, the type and gauge of wire for

each category of wiring, and several hundred pages of acceptable standards arrived at by over a century of observing and responding to situations that have resulted in the loss of life and property. What was good ten years ago may be inadequate today. Unfortunately, all the "self help" books on electrical technique found in the larger home supply centers were written before the most recent revision of the NEC. For instance, the Ortho Basic Wiring Techniques is otherwise excellent, but is in error when it allows up to 12 outlets per circuit breaker (copywritten 1982). A personal copy of the NEC will cost less than an hour of an electrician's time.

A very bad bargain might be to just slip on down to one of the aforementioned supply stores and just buy what is on sale. Recently, Central Hardware had a sale on outdoor outlet sets. That is, receptacles and weatherproof boxes. It was left up to you, the homeowner, to know that outdoor circuits must be of the ground fault interrupting type (GFCI). Installation of a standard outlet in a non-GFCI line could result in a potentially fatal situation. Sorry. A GFCI outlet or breaker will detect a short circuit - including one running through you - and shut off the electricity in less time than it takes to feel the shock. They are also required on outlets in garages and within six feet of faucets in baths and kitchens. Real good ideas in the basement, too. The GFCI is most usually found in the form of a 15 amp receptacle with a test button between the two outlets. A whole circuit can be protected with a GFCI circuit-breaker, but it may be harder to determine where the problem is occurring if the whole circuit dies at once. A GFCI receptacle can also be used to provide protection to all the outlets "downstream" of it if wired for such purpose. In any event, do test monthly as recommended by the manufacturer.

More on this next time. For now, locate a copy of the NEC, locate a general circuit with seven or fewer receptacles, and decide where you want that extra outlet. See ya on the street.

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## TWO GREAT BARGAINS

### The 50/50 Sidewalk Program

Repairing deteriorated sidewalks is normally the responsibility of the property owners. Thus, the 50/50 Sidewalk Program is a bargain for property owners. Under this program, the City will pay half of the cost of replacing sidewalks. This program is only available to owners of one or two family and owner occupied four family residential properties.

### Street Trees

Street Trees are available for planting in the area between the sidewalk and the curb. These trees will be planted by the City at **NO COST** to the individual property owner. The Forestry Division will check to see if the space available for the planting is adequate to accommodate a tree. These trees will be planted either in the fall or early spring. Trees do a great deal to make our neighborhoods more beautiful, more valuable and help our environment.

If you would like to take advantage of these great bargains, forms will be available at the General Meetings, or contact Alderman Marge Vining.

## FUN IS PICKING UP FOR THE "TRASH LADY"

By Erin O'Reilly

I had the honor of meeting the area "Trash Lady", Sara Langan, who has lived here with her family for 20 years. She states that she got started picking up trash around the 3800 block of Wyoming with several other area residents because she cares about how the neighborhood looks. She also wanted to demonstrate a neighborly presence and pride in this area. She considers trash to be a societal problem needing rectification through community involvement. Not surprisingly, she noted that the trash they cleaned up consisted mostly of fast food wrappers, soda can, newspapers, and flyers. Too bad we can't redeem all the trash for coupons or discounts from the place it originated!

She praised her "trash mates": Jan and Tom, Marilyn, Laura, Barbara, Susie (the "Trash Queen"), her own son and other area kids, and the other people who helped.

She says it was fun and rewarding to get together with the neighbors and kids for the purpose of picking up trash. Although shorter days, cold weather, and school schedules have put a crimp on their trash gatherings, she expects that they will regroup next Spring. We can all be "trash mates" and pick up the trash around our homes, businesses and streets to keep our neighborhood tidy and neat.

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## FROM THE CAPITAL

By Rep. Pat Dougherty

This Fall there are a number of special, interim, committees set up by the Missouri House to look into a variety of issues. One such committee is concerned with Child Support and Visitation matters. I am the chair of this committee. We are holding hearings and plan to issue recommendations on how to make the system more responsive to the needs of children and families. It is a most complex and contentious issue and I welcome your comments and suggestions.

Below I am listing the other interim committees that are working this Fall.

- Study legislative proposal on safe schools/ alternative education
- Study Mo. Dept. of Highways and Transportation
- Study Certificate of Need Program
- Study Gambling on trains
- Study Internet and government usage
- Study transfer of Missouri Rehabilitative Center
- Study Department of Social Services
- Study bond financing for transportation
- Study Universal Health Care
- Study Water Patrol salary schedule
- Study Kansas City Market
- Study public school retirement system
- Study interstate branch banking
- Joint Commission on Investment Opportunities and Trade Relationships Between South Africa & Missouri

If you need anymore information and have any comments, please direct them to my office at the capital or call 1-314-751-3599.

## A MESSAGE FROM ALDERMAN VINING

Dear Friends,

This is the first opportunity since my election to say thanks for all of your support.

One of my primary duties as an Alderman is to assist constituents in whatever way I can. I am in daily contact with many of the residents of the 15th Ward. I try to attend all neighborhood, business, and community association meetings. In this way I am able to help many of you with your problems. I am never too busy to assist you with a request or concern.

There will be a number of capital improvements in the 15th Ward over the next two years. I have started to replace the worn out dumpsters with new ones at a cost of \$189,000. I also requested information from the Street Department regarding the cost of enhancing the street lighting in our area. Hopefully both of these projects will be completed sometime in 1996. Both of these projects are in addition to: street paving, 50/50 sidewalk replacement and our popular street tree program. These improvements are possible because of the passage of the 1/2 cent sales tax proposal that was adopted by the voters.

One of my campaign promises was to purchase a camcorder. I made good on this promise on July 24, when I donated a camcorder to the Grand-Oak Hill Community Corporation. If you would like to use the camcorder for "Hot Spots" on your block, call Darlene Rich at the GO Center at 865-5530.

## HALLOWEEN SAFETY TIPS

*(Reprinted from the October 28th, 1989 Tower Grove Heights Gazette - by Mike and Judy Johnson)*

It's that time of year again. You're trying to decide whether or not to buy a giant pumpkin to set on your porch, and your children are trying to decide whether they should dress as a monster or a rock star. With decisions like these to make, the question of safety might not even cross your mind, but The Safety Council of Greater St. Louis asks that you take just a moment to consider these few tips that can help make this a safe as well as a fun Halloween.

1. Make sure your yard is clear of obstacles for youngsters.
2. Try to stay with light-colored costumes.
3. Decorate costumes with reflective tape.
4. Consider using makeup rather than a mask, so your child's field of vision is clear.
5. If a mask is used, be sure it has big enough eye and nose holes to allow for good visibility and ventilation.
6. Children should carry colorful treat bags. Try decorating them with reflective tape.
7. Remind you children that treats are not to be eaten until they get home.
8. When they do get home, examine all treats for possible signs of tampering.

The Safety council also has a couple of extra thoughts for those of us who will be on the giving end of the holiday. First, consider alternative treats like baseball cards, non-toxic crayons, colored pencils, or snack coupons for local restaurants. Also, if you are dressing and going somewhere to celebrate with friends, don't wear you mask while driving, and avoid wearing a costume that will keep you from freely moving your arms and legs.

Keep these safety tips in mind, and have a ghoulishly happy Halloween!!!

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# DRAMA, GORE AND CHEESE AT WHIZ BAM

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By Matt Fernandes

And now playing...on South Grand...an experience that will make your blood run cold! Featuring: 50 foot women on the attack...astro zombies from outer space...fiends without faces...incredibly strange creatures who stopped living and became mixed up zombies. Oh, the horror, the terror! You'll squeal, you'll squirm at...Whiz Bam!

Upon entering the world of Whiz Bam, Inc., the uncanny video/magazine store located on South Grand and Wyoming, an unsuspecting customer may well think that he's walked through a stage door and onto a theater set. The walls are multicolored and the shelves come in all different sizes and formations. The checkout counter resembles a dining counter found in 1950's style greasy-spoon joints. Cartoon-like artwork animates each wall.

Whiz Bam is one of two establishments in the area which rent out videos - although it would be wrong to refer to this store as being just another video store. The selection of videos is far from predictable. Patrons seem to become engrossed in the wide range of non-mainstream films after they walk through the door on 3206 South Grand. Simply choosing a movie looks to be half the experience for some. It is a place where choosing the movie may be more of an experience than viewing the movie.

The store is divided up into special sections. The most general category is "Now Generation," which includes films made during the past few decades that were regarded as out of the mainstream or unusual. Moving past this section and Foreign Films, the customer will find category titles almost as eccentric as the movie titles found under them: "The Cool and the Crazy," "The Hottest of Hot-Rodders" (movies featuring flamboyant heroes), "The Craziest of Kittens" (movies featuring incredible sheroes), and "Nervorama" (a section which "contains monsters, aliens, homicidal maniacs, gore, ghosts, oversized reptiles and men in rubber suits.")

The collection is by no means limited to Hollywood's processed

cheese products, though. Movies (new and old) are chosen by the owners at a rate of 5 to 25 per week. The owners' collection policy emphasizes underappreciated films of all types. Complete works of certain respected directors, such as Fellini, Cocteau, Bunuel and Kurosawa, are available. Co-owner John Rutledge has yet to encounter any hardships by not offering mainstream titles to patrons. When deciding on a film to carry, the owners generally ask themselves whether or not "they would watch this in ten years," according to Rutledge.

"We are fiercely dedicated to staying out of the mainstream," asserted Rutledge. "We look for movies that are on the fringe - movies which you can't find elsewhere. It's (uncommon movie rentals) what I saw most lacking in St. Louis."

The name Whiz Bam, which comes from a Glen Campbell movie spoofing music variety shows, was chosen purposely to avoid inheriting the image of being the average corner video store, according to the owners. "We wanted to avoid using the word 'video' in the name," said Rutledge. "We liked Whiz Bam because we felt we would have the freedom to do anything we wanted to with the store."

The store's main product appears to be the video rentals - shelves packed with movie boxes dominate the floor space. But a sizable magazine collection, featuring a broad spectrum of literature from overseas as well as local magazines, provides a substantial portion of the store's sales. Some days, magazine sales outweigh video rentals. The collection grows each month and the criteria the owners use for magazine inclusion is, like their video collection, the unusual, the weird, the bizarre and the freakish.

The owner's vision for Whiz Bam is very open-ended. What began as a hip video store with a worthy collection of unusual movies has now become a growing vault for off-the-beaten-path films and magazines. The store won 2nd place for best video store and 4th place for best newsstand in the recent 'Best of St. Louis' poll conducted by the River-

front Times. Patrons drive in from as far as Carbondale, Granite City, Ballwin and Springfield, IL. (They hold magazines for those far-away patrons as well as special order movies.) The variety of customers gives evidence that the store is more of a hub for hard-to-find items than a corner video store.

"Our customers are incredible. They are very dedicated...we had underestimated the appeal before we opened," said Rutledge thinking back on the planning stages before the opening in July, 1994. According to Rutledge and co-owner Jeff Kessell, business was strong from the start as, during the months before opening, the mysterious 'Whiz Bam coming soon' sign which was placed in the window generated interest among passers-by.

The opening of Whiz Bam has added to the recent revitalization of the South Grand area. New businesses are opening rapidly as the area's business cachet rises while its rental rates remain attractive. The South Grand location was chosen because of many factors. As residents of the area, Rutledge and Kessell appreciate the cultural diversity and the overall acceptance of this diversity by residents. In addition, open spaces were scarce and rents were twice as high in both the Central West End and the U. City Loop (their next two choices).

"South Grand is what the Central West End and the Loop was 8 to 10 years ago," said Rutledge, who serves on the board of South Grand's business association. "It has a more free-spirited attitude." When asked how the street could improve, Rutledge commented that he hopes the trend of new and "hip" businesses establishing themselves continues and that nightlife on the street would go on into later hours.

When asked if he sees Blockbuster video as a rival, Rutledge did not see a comparison. "Our outlook is totally different. Sure, we're not getting 500 new customers a week, but as long as we can pay our bills, then that's great. I've spent a lot of years in corporate retail and to have customers who are so dedicated...who will speak to you...is really rewarding."

# COMPUTERS R US

(OR THE REVENGE OF THE NERDS)

by Don Hardin

Are you a techno-peasant (one who doesn't know the difference between Quicken or Bisquick, (or care)) or a computer nerd (one who has all the function keys of WordPerfect 5.1 memorized and who can't wait to get their hands on Windows 95)? Well, the Tower Grove Heights Neighborhood Association is increasingly becoming the latter.

The Gazette has been computerized for a long time - but now, thanks to the skills of our new treasurer, Suzanne Golemb, the financial affairs of the Association have leapt into the computer age. Income, debits, checking printing, financial reports to the members and Executive Committee are all being computed, tracked, and printed using one the more well known financial management software packages, Quicken.

Suzanne comes to her new position as treasurer of the Tower Grove Heights Neighborhood Association with 18 years experience in financial matters. Golemb Financial Services provides financial services both here and California. Suzanne travels to California four times a year to interface (fancy computer term) with her customers there. Throughout the remainder of the year, transactions are handled with the west coast via fax or modem (how 90's).

In addition to her skills, Suzanne brings with her an enthusiasm and wealth of new ideas that is exciting and breathtaking to behold.

Suzanne, welcome to TGHNA, may your hard drive never crash and your mouse button never stick.



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By Rich Iezzi

The Tower Grove Heights Neighborhood Association

General Meeting was held on September 26, 1995. The meeting began at 7:15 with greetings from Jean Iezzi, President.

Reports were heard from the committee chairmen. The membership committee reported that the Tower Grove Heights Neighborhood Association currently has 318 members, surpassing last year's mark, and is still hoping for 500.

The Gazette was discussed and the audience was reminded that its circulation is twice a year for non-members and bi-monthly for members.

Susie Gudermuth received applause and accolades for her successful Hard Hat party involving the Tower Grove Housing Boards last project at 3735 Juniata as well as many other rehab projects in the neighborhood.

Jean Iezzi reported that the "Cookies for Cops" program was so successful on Labor day that she had enough donations to give to the Third District Police and our two Fire Department. A reminder was given that the next collection dates for this

## TGHNA GENERAL MEETING

goodwill project are October 30 and 31.

Our annual Christmas event, "Holiday in the Heights" was discussed and the need for volunteers was emphasized. Anyone wishing to help with this event should call Diane Hurwitz at 776.7360.

Marge Vining, 15th Ward Alderwoman, spoke next and the city's Project 87 ordinance dominated the questions from the audience. Comments from the crowd were unanimously in favor of using Project 87 to shut down drug and nuisance houses as the city has done in the past.

Pat Dougherty, our State Representative, brought us up to speed with the

happenings at Jefferson City and passed out copies of this year's legislation.

Barb Potts, our neighborhood stabilization officer, spoke about many coming events that will occur on South Grand through the Fall and Christmas season. As Barb enthusiastically put it, "You're going to love it!"

At the end of the meeting, the audience introduced themselves by name and street address which showed representation from all areas of the Heights. The meeting was over at 8:30 and was attended by 45 residents.



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# CONSERVATION DISTRICT PRESERVES QUALITY

The recent flap over Project 87 brings to our attention how effective housing inspections can be to preserving the quality of our housing stock in the city and particularly here in Tower Grove Heights. Now seems a good time to refresh our perspective on what it means to be a part of a Housing Conservation District.

Tower Grove Heights became part of a Housing Conservation District on April 1, 1988. The objective of a conservation district is to preserve quality housing and maintain minimum housing requirements. Under the ordinance estab-

lishing the housing conservation district, a certificate of inspection is required when selling a residence or when renting a unit. After the certificate of inspection has been issued, a certificate of residency is required before the building can be occupied. This certificate states the number of persons that will be occupying the dwelling and the principal's names.

It is the property owner's responsibility to apply for the certificate. A new certificate must be obtained when renting a unit if one has not been issued in the past year. Applications are made through the

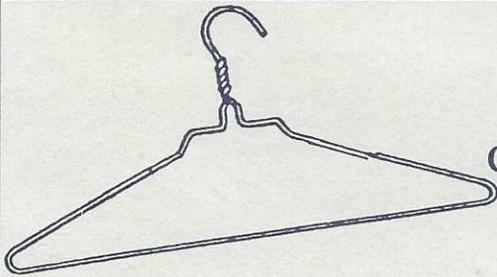
Housing Conservation District Section at City Hall.

Upon applying a date for inspection is set. An inspector will then walk through the dwelling. There are 41 potential exterior and interior violations. If a permit has been issued without violations, the Certificate of Residency can then be applied for. Permits can also be issued with minor violations and the dwelling occupied, but a specified time period is set for repairs to be done.

Permits can also be denied because of too many violations. A two-family dwelling is given six months to comply, a larger dwelling 30 days. An inspector will work with the owner during this time to see how they are progressing on the repair of the violations.

The Housing Conservation District also reviews utility lists provided by Union Electric to find out about changes in tenancy. If they find that a Certificate of Inspection has not been applied for, they will first send a letter to the owner requesting that they file for the Certificate of Inspection. If they do not comply within 7 days, a follow-up letter will be sent. If no application occurs, the inspector will then visit the residence to try to contact the owner in person. Under this ordinance, the Housing Conservation District has the right to take court action against an owner that does not comply and the property can be condemned.

The Housing Conservation District does not always know of changes in residency if the landlord pays the utilities. If you know of a situation such as this, you can contact them to inform them of the change in tenancy. They will take the proper steps to make sure a Certificate of Inspection is obtained and ultimately a Certificate of Residency. If you need or would like to obtain more information about the Housing Conservation District, you can contact them at 622.3352 from 8:30 to 4:30. Let's stay aware of what's going on on each of our blocks, and do what we can to help preserve our housing stock.



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## HOUSE TOUR AND COCKTAIL PARTY A BIG HIT

By Tim Fox

On September 7 and 9, residents of Tower Grove Heights joined with people from all over St. Louis for the first "Tower Grove Heights: Under Construction" cocktail party and house tour.

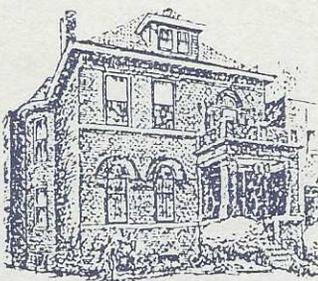
Sponsored by the Tower Grove Heights Neighborhood Association, the festivities kicked off on the seventh with a cocktail party at the King and I restaurant. Coordinator Susie Gudermuth estimated that over one hundred people enjoyed the good food and drink at the restaurant. More importantly, the revelers had a chance to meet with others concerned interested in improving the neighborhood, including representatives of Commerce Bank and Town and Country Mortgage.

"We wanted to do something for the neighborhood residents," Gudermuth said, adding that people came from all over for the party. "Probably about 25 percent of the people there were from outside the neighborhood."

Overall, said Gudermuth, "It was one of the most upbeat parties I'd been to in a long time—it was a lot of fun."

The fun continued with a house tour on Saturday, the ninth. In keeping with the event's title, "Under Construction," participants could walk through a variety of properties in the Tower Grove Heights Neighborhood in all stages of rehabilitation. From the fully restored splendor of the Gudermuth home at 3724 Utah Place to "gut rehabs" on Juniata and Arsenal, the tour revealed a wide range of housing opportunities for city residents.

Gudermuth stated that plans are already underway for another party and house tour next fall. Hopefully, this will become an annual event and continue to draw new residents and homeowners to the neighborhood.



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**"BEST LANDSCAPING" AWARD  
 GOES TO UTAH CENTER STRIP**

By Erin O'Reilly

Through cooperative efforts and shared funding, the Utah Street residents have succeeded in beautifying the Utah center strip and have won an award for "Best Landscaping"! Barb Potts nominated the strip for the award and the Urban and Heritage Design chose the Utah strip as winner. The Utah residents will be receiving a plaque to commemorate their beautification efforts.



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**LETTER TO THE TOWER GROVE  
 HEIGHTS NEIGHBORHOOD  
 ASSOCIATION FROM THE  
 GREATER GRAVOIS PARK  
 COMMUNITY DEVELOPMENT  
 ASSOCIATION**

We are planning a parade during National Crime Prevention Month. The themes are: Take a Bite Out of Crime, Save Our Environment, Recycling, and Keep Our Neighborhoods Clean.

We would like your association to join us in this effort. The problems are everywhere and we all need to work together.

Please let us know if you can join us (or just show up). The parade is Sunday, October 29th at noon. We are meeting at Southside National Bank at Grand and Gravois.

Sincerely, Marlene L. Lewis, President, Greater Gravois Park Community Development Association - P.O. Box 27014 - St. Louis, MO 63118 - 772-9249

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**Treasurer:** Suzanne Golemb  
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**Fundraising:**  
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**BLOCK CAPTAINS**

**3600/3700 Arsenal**

Diane Hurwitz (3640)

**3800 Arsenal**

Elliott Blevins (3850)

Fredric Rissover (3850)

**3600/3700 Hartford**

Mark Abbott (3648)

**3800 Hartford**

Bill Wright (3836)

Tom Booth (3807)

**3600/3700 Juniata**

Sara Langan (3639)

**3800 Juniata**

Tod Flak (3850A)

**3600/3700 Connecticut**

**NEEDED**

**3800 Connecticut**

Margie Meyer (3860A)

**3600/3700 Wyoming**

Paddy McPhillips (3668)

Janet Golitko

**3800 Wyoming**

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**3600/3700 Humphrey**

Stafford Gavin (3651)

Robert Reed

Marcia Reeks

**3800 Humphrey**

LeAnne Lis (3800)

**3600/3700 Utah Place**

Judy Newman (3729)

Michele Kerr (3636)

**3800 Utah Place**

Susie Gudermuth (3834)

Veda Lynn (3855)

# DON'T WORRY, BE HEALTHY

By Tom Booth

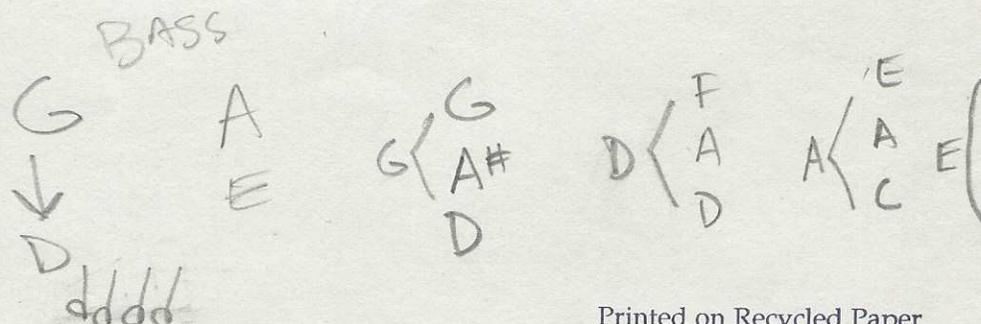
I read an article the other day in the paper about how a low fat diet can greatly slow the growth of cancer tumors in research mice. The researchers were astonished at the effectiveness that their low-fat diet had. I wondered why is it that for so long this same message from so-called quacks like chiropractors and homeopaths have gone ignored. I guess if it takes studies conducted by M.D.'s to make believers out of people, then so be it. Anyway this reminded me of another dietary issue important to our health: fiber. I know you've heard a lot about fiber, but I find it an eye-opener to see specifics about it.

So what exactly is fiber? Fiber is the part of food which is not digested by the human body. It consists mainly of cellulose, hemicellulose, lignin, pectin and gums. Like a broom, fiber sweeps through the digestive tract without being absorbed or assimilated. It binds bile acids, increasing fecal bulk, (stay with me), diluting the concentration levels of sugar and other rich foods, decreasing bowel transit time, and more. Fiber also has the ability to neutralize, absorb and facilitate the elimination of toxic waste.

The dietary fiber of the average American is only one-fifth what it was a hundred years ago. Chronic diseases such as cancer, diabetes and heart disease are practically non-existent in primitive and non-westernized cultures that ingest more than adequate amounts of dietary fiber. The average American consumes only 9 to 12 grams of fiber a day. This is much lower than the fiber intake recommended by most researchers of 50 to 60 grams. In our western culture, we are surrounded by processed, refined, fat rich, fried food, that will (to put it simply) kill us.

Studies show that the main component of the average American's meal consists of meat and poultry products, which contain absolutely NO FIBER. Second on the list is dairy products like milk, cheese, yogurt, eggs, which also contain NO FIBER. It's never too late to change our eating habits. So let's stay healthy. Get primitive and eat more fiber.

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