

A Diary Back in Time

How a Garage Sale find brought everyday life in 1920’s St. Louis to Life

by Rich Iezzi

Years ago, I did a Gazette article about a building I lusted after for 10 years before my wife, Jean, and I were able to buy it. 3888 Humphrey was built in 1914 and we were only the second family to own it when we bought it in 1999.

A few weeks ago, I rediscovered a 1928 diary I bought at the Humphrey estate sale. Reading it brought me back to a different time. The diary was written with a fountain pen and the phone numbers listed had only six digits, as in PR-1217.

The diary belonged to Helen Markos who lived at 3888a Humphrey and was 22 when she wrote it. In 1928, St. Louis had over 800,000 people and 80 per cent of families owned a car. St. Louis was bustling.

Helen’s life back in 1928 consisted of riding the streetcar or taking a cab. She never referred to a car, but Helen was busy all the time. She and her group of friends went downtown several times a week to shop and walk around. During one trip, she was shocked at “not seeing a single person I knew.”

Continued on Page 9

From the Editor

by Patrick Weber

‘Hey, where’s my Gazette?’

You may have asked yourself this question over the past few months. As the new editor of the *Tower Grove Heights Gazette*, I have been working to fill the very large shoes left by our previous co-Editors, Tricia Heliker and Barbara Gilchrist and (it would seem) not doing the best job. But, I wanted to let you know the *Gazette* is alive and well. And to apologize for the delay in getting this issue out to you. And to all of our advertisers who make this publication possible.

As you may know, I have lived and worked at the corner of Spring & Connecticut Sts. for the past seven years. Seeing so many Heights’ residents outside my office windows these days reminds me that we have countless interesting neighbors from diverse backgrounds that could tell fascinating stories. Have you ever considered giving voice to them? The *Gazette* Editorial Board is always looking for new feature article and story ideas, and authors to write them. It could be a single story in one issue or a regular series. No story is too big or too small.

So thank you for sticking with me through this transition. I hope you enjoy the *Gazette* and will continue to look forward to all the upcoming stories we will tell together.

Patrick Weber is the Editor of the TGH Gazette. He can be reached at gazette@towergroveheights.com

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EDITOR:

Patrick Weber

COPY EDITOR:

Debra Knox Diermann

CONTRIBUTING AUTHORS:

Fran Armstrong

Jennifer Florida

Rich Iezzi

Tonnya Joy

Erica Westbrooks

Rachel Witt

PHOTOGRAPHS AND GRAPHICS

CONTRIBUTED BY:

Fran Armstrong

Jennifer Florida

Patrick Weber

FOUNDING EDITOR:

Janice Nesser

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gazette@towergroveheights.com

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Mail to:


TOWER GROVE HEIGHTS GAZETTE


PO Box 160069

Saint Louis, MO 63116

gazette@towergroveheights.com

Tower Grove Heights Neighborhood Association meetings are held the 4th Tuesday of January - November at the Center for Divine Love, 3617 Wyoming Street, St. Louis, MO 63116

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President's Message

by Erica Westbrooks

2023 Tower Grove Heights Neighborhood Association President

Hello Tower Grove Heights Residents,

I'm so excited to be serving as your president this year. For those of you that don't know me, I am Erica Westbrooks and I have lived on the 3700 block of Juniata for 10 years as of this past February. My husband, Stephen, and I have two children Xavier (6) and Raquel (3). Stephen's mother also lives with us, so we are a multigenerational family enjoying our neighborhood. We want to celebrate this milestone of being in TGH and our home for decade. We are still deciding on how to do that. I'll keep you posted on what we decide.

So much has happened in the last 10 years: from starting a family, losing and gaining neighbors/friends, the pandemic and work on our 117-year old home. The last few years have really taught me a lot and forced me to re-evaluate my priorities as it may have for many of you. I have formed new ideas about what is important, living day to day with high levels of stress and managing my time. I still find myself surprised to be president of TGHNA with all that in mind. Raising a family, work, managing a house hold and juggling whatever life throws at us...how do we find time to volunteer/give back? For me, the motivation is right here in TGH. We are surrounded by kind, generous, caring, talented and motivated people. TGH feels like a small sanctuary compared to other parts of the city and the world sometimes.

I know I can see wonderful people and families living right here along side my family. I want to work to preserve this special space and keep improving our neighborhood. I'm reminded that all this takes work and time. There have been plenty of people ahead of me that allowed me to enjoy my 10 years here. It is my turn to chip in and we need you to do the same. Therefore, one of my major goals for TGH in 2023 is get more people involved TGHNA activities.

The pandemic hit everyone hard, including TGHNA. We couldn't meet in person and had to move to Zoom meetings where we missed the opportunity to meet and chat with fellow residents. We didn't have any fundraising or our block parties. It was harder to introduce ourselves to our new neighbors and encourage them to purchase a TGHNA membership. As we move towards our "new regular" way of doing things, less people have come back. Our membership is down with only about 1/4 of residents members, attendance has been low at Heights Nights, and less people at our monthly meetings compared to before the pandemic are some examples. Thank you to those that have come back. I ask you to reflect on what it might look like to give back/participate in TGHNA.

What works for you and your family so that our neighborhood can continue to be a great place to live and continue to have positive impacts on us and surrounding neighborhoods. Maybe you decide to help with a committee (Safety, Communications and Social Committees desperately need help), maybe you feel unsafe or your car was broken into and will jump on the safety committee zoom meeting (link is on the website). You may consider attending half of the Heights Night activities this summer. If you are attending our meetings, make a goal to bring a new neighbor each time. If you are not a member, commit to becoming one this year. We would love to get to know more of you, utilize your talents and time to make THG even better.

So here I am, serving you in 2023. I plan to keep doing what makes TGH great and implement improvements to keep us growing. Please join me any way you can.

Sincerely,

Erica Westbrooks

Erica Westbrooks is the 2023 President of the Tower Grove Heights Neighborhood Association. She can be reached at president@towergroveheights.com.



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3801 Hartford St	\$575,000	3	\$635,000
3661 Humphrey St	\$337,500	41	\$345,000
3655 Hartford St	\$430,000	7	\$485,000
3624 Wyoming St	\$549,900	25	\$549,900
3644 Hartford St	\$485,000	2	\$485,000
3706 Connecticut St	\$595,000	0	\$595,000
3631 N Utah Pl	\$600,000	7	\$651,000
3716 Arsenal St	\$599,900	8	\$699,900



RECYCLING CONTAMINATION

A Look Inside our Alleys' Blue Bins

by Fran Armstrong

You may have read the May 4 article "Most recycling in St. Louis is not being recycled, officials say" by Austin Huguelet in the *St. Louis Post-Dispatch*. The article focuses on the problem of contamination in the blue recycling bins in the city which results in only about a third of the recycling actually getting recycled. No matter which of the potential actions the city may take to ameliorate this problem, the important issue is residents' knowing what should go into the blue bins and acting responsibly on that knowledge.

The most obvious piece of information is that foam (DuPont Styrofoam®, polystyrene foam, polyethylene foam, polyurethane foam) does NOT go into the blue bin.



Another significant contaminant in the blue recycling bins is the great variety of plastic bags, films, packaging covers that can be recycled through NexTrex®. This is the company that provides the brown bins at many of our local grocery and other retail stores where we can put the plastic bags from those types of stores.

On a very informative portion of their website, nextrex.com/view/educate, there is a short video on what is made from the polyethylene film material they recycle. If you cursor down that same web page, you will come to "More than just plastic bags are recyclable" followed by verbal descriptors plus pictures of the items that can be put into the NexTrex brown bin, such as grocery bags, produce bags, bread bags, air pillows, bubble wrap, newspaper sleeves, electronic wrap, and other polyethylene Films #2 and #7. NexTrex emphasizes that "All plastic must be clean, dry and free of food residue". They also provide names and pictures of items that must not be put into their brown bin, such as frozen food bags and net or mesh produce bags. The pictures of what NexTrex accepts and does not accept are quite helpful as are their answers to Frequently Asked Questions.

Continued on Page 7

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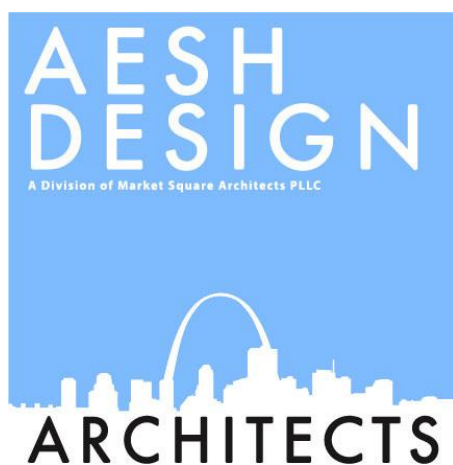
4916 Hampton Ave.
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PAGE 6: HEIGHTS HAPPENINGS!



UL, LL, ML: April 2023 Heights Night at Riley's Pub. Heights Nights take place every Tuesday from April to 6:00 - 8:00pm at a different Neighborhood Business. Check out towergroveheights.com for upcoming destinations, or sign up for monthly e-mail updates.

UR: Tower Grove Neighborhoods Community Development Corporation's Executive Director Sean Spencer preparing to speak at the April Membership Meeting. The TGHNA meets the 4th Tuesday of every month January - November at the Center for Divine Love, 3617 Wyoming Street, Saint Louis, MO 63116. All are welcome!



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RECYCLING CONTAMINATION *continued from page 4*

NexTrex does not accept candy bar wrappers and chip bags. BUT, here's the good news about those items. Participating Subaru dealers (including the three in the St. Louis metro – Dean Team, Lou Fusz, and Sunset Hills) partner with TerraCycle® to recycle snack wrappers and snack bags. These three dealers also have dedicated boxes for two other kinds of hard-to-recycle items: disposable cups, lids, and straws and also coffee, tea, and creamer capsules. You need not purchase nor own a Subaru to place items in these TerraCycle® recycling boxes which you will probably find in the showroom.

Saint Louis City Recycles provides those stick-on posters for the blue recycling bins and also those for the brown trash bins. Pictures and words on these posters really help remind each of us of what goes where. Notice, of course, that food waste does not go into recycling. Likewise, cardboard and plastic that are contaminated with food waste do not go into the blue recycling bin. That means that the pizza box (or the part of the pizza box) with grease or any other food residue remaining on it must go into the brown trash bin.

Another problem for recycling companies is caused by plastic straws that tend to get stuck in and jam the machines. So, even though plastic straws are made of plastic, they should not be disposed of in recycling bins. When ordering take-out or ordering in a restaurant, try to remember right at the beginning to request "No straws, please." If you prefer using a straw, try

to make it a habit to have with you your own reusable straw made of steel or bamboo. Similarly, when you order take-out and are going to eat at home where you have your own utensils, make it clear when you order "We do NOT need utensils." Hopefully, restaurant managers will encourage their staff to ask patrons, "Do you want a straw" rather than automatically providing straws with beverages.


The posters on the recycling bins also indicate that Bagged Recyclables should not go into the blue bins. This is reiterated on the poster by "Always keep items loose, clean and dry." If the recyclable items are not loose, if they are enclosed in a bag, then the recycling machines cannot readily get the items separated. As you bring the recyclables to the blue bin in a bag or box, dump the items into the blue bins, don't keep them enclosed in a bag. Paper bags that are not food- or liquid-contaminated may then go separately into the recycling bin. Again, plastic bags do not go into the recycling bin; they jam the recycling machines.

If you forget what is mentioned in this article, just read the posters and look at the helpful pictures to see which items do go into each bin and which items do not. We can do this, Neighbors!


Fran Armstrong is a longtime resident of Tower Grove Heights and a strong Recycling Advocate.



A Plastic Bag Recycling Center outside the Schnucks Arsenal Store.



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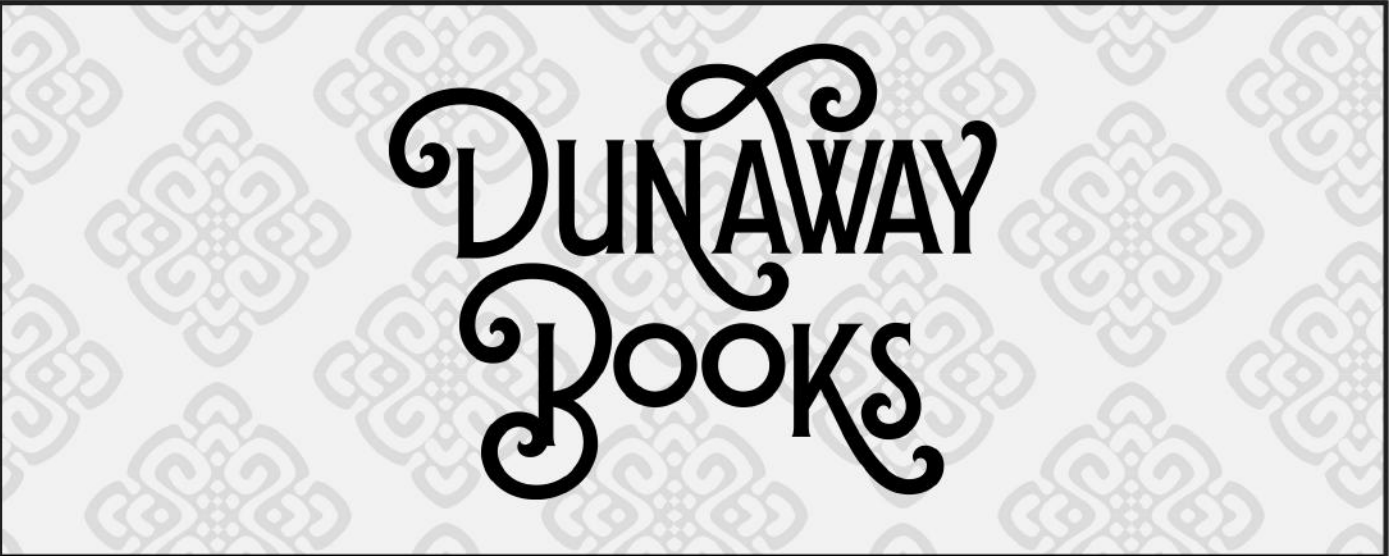
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A Diary Back in Time

continued from Page 1

People seemed a lot more sociable then. In her diary's first 10 pages, Helen named 20 people she spent time with, either shopping, playing cards or just visiting.

In 1928, television was demonstrated but didn't exist. Instead, people went to "the show." Theaters mentioned were the Ambassador, Missouri and Loews as well as the Arsenal (SW corner of Grand and Arsenal) and Ritz on South Grand. Other nighttime entertainment was listening to the radio. Exciting things were described as "the limit" as in "That movie was the limit!"

Throughout her diary, Helen never mentioned politics or worry or stress. Everyone seemed happy. Medical advice to stop bleeding consisted of "Put your finger on the point that is bleeding and keep it there." So simple.

After we bought the building, I would sit on the second-floor dining room window seat for long periods of time instead of working on the apartment. Both apartments were absolutely pristine with their original light fixtures and wallpaper from 1914. There's a large ink stain in the living room floor that remains after the floors were sanded. I think it looks interesting. Maybe it was from Helen's inkwell. The hardwood floors throughout the apartment recorded where every piece of furniture was placed during the past 85 years. Sitting on the window seat, I could feel – something.

Maybe I was feeling the ghosts of the hundreds of people who visited the second-floor apartment to play cards, celebrate birthdays or just talk. Those were good times. No doubt, Helen would describe them as "the limit!"

Rich Iezzi is a long-time Tower Grove Heights resident and Gazette Contributor.

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SOUTH GRAND HAPPENINGS

by Rachel Witt

South Grand is in full swing with new businesses and events. 2023 is going to be a bright year for South Grand. Four new businesses will be opening: GOTHam and Eggs, Red Bird Vegan, Social Good Marketplace (Summer 2023) and Tribe Dispensary (Fall 2023).

GOTHam and Eggs will be taking the former City Diner space located at 3139 South Grand Blvd. The space will remain a diner but will have a new theme, ownership, and hours of operation. GOTHam and Eggs will be open for Breakfast and Lunch and will ease into dinner. "GOTHam" and Eggs will be a comic-themed diner, hence, the play on its name.

Red Bird Vegan will be a fast-food vegan restaurant which will be taking the former Jimmy Johns space located at 3117 South Grand Blvd. The restaurant will have a variety of vegan options with alternative chicken nuggets, burgers, and many lemonade options.

Social Good Marketplace will be opening at 3189 South Grand Blvd. which will be a consciously curated selection of home, body, and lifestyle products informed by values of sustainability, social justice, and self-care boutique.

Tribe Dispensary's opening date is Fall 2023 at 3016 South Grand Blvd. Now that marijuana is legal in Missouri, the dispensary is making a few tweaks to their space before they open.

Lastly, Lulu's Local Eatery has officially reopened at 3201 South Grand Blvd. The newly remodeled space adds a bar and a new cocktail menu along with Happy Hour specials coming soon!

South Grand is proud to announce our 2023 Calendar Year of Events!

South Grand Fall and Music Fest
Saturday, September 16, 11am-8pm

Small Business Saturday Tree Lighting Ceremony
Saturday, November 25, 4:30pm-6pm

Grinchmas on Grand
Saturday, December 2, 9am-1pm

Makers' Pop-Ups in the Ritz Park (3147 South Grand Blvd.)

Theme: Jewelry and other 3D makers' pop-up
Saturday, July 22, 12pm-4pm

Theme: Anything goes makers' pop-up
Saturday, August 19, 12pm-4pm

For more information on the events to purchase tickets for the South Grand Dine Around or to sign up to become a vendor for the South Grand Fall and Music Fest as well as the Makers' Pop-Ups visit www.southgrand.org/events.

Rachel Witt is the Executive Director of the South Grand Business Association.



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Carpenter Library Update


by Tonnya Joy

*H*appy 2023 Tower Grove Heights Residents!

Did you know your St. Louis Public Library card gives you access to dozens of digital resources including the New York Times Online and NYTimes Cooking from the comfort of your own home? Visit slpl.org or any SLPL location to learn more!

Save the date – Not So Quiet! Live On The Road returns to Carpenter on **Thursday, September 21, 7:30-9:00 p.m.**, with a performance by Sometimes a Fantasy: A Tribute to Billy Joel. This is a free, all-ages show. Bring your lawn chairs or a blanket, relax in the parking lot and enjoy the show. Adult beverages are welcome but no glass bottles, please. Seating is first come-first served.

Tonnya Joy is the Regional Branch Manager for the Carpenter Branch of the St. Louis Public Library, located at 3309 S. Grand Blvd. She can be reached at tjoy@slpl.org




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

- To find out what is happening in your neighborhood
- To make the Heights a cleaner and safer place
- To have a liaison with City Hall and other agencies
- To better protect our property values
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