

# Tower Grove Heights Gazette

GRAND TO GUSTINE

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Volume 21, No. 3

Autumn 2010

## The Autumn Fest Edition

BY JOHN PAPA **F**or the sixth consecutive year Tower Grove Heights will welcome the crisp night air and the warm colors of Fall with Autumn Fest on Saturday, October 9, 2010. This year's event remains true to a developing tradition of including three different neighbor locations in the festivities.

Marilyn and Wes Browning will open their house at 3831 Juanita as the first stop on this season's program. Guests will receive identification badges there that will provide access to all activities. At the Brownings a wide selection of hors d'oeuvres generously donated from many of our neighborhood restaurants will tempt and satisfy the most discriminating palates. Given the diversity of our local eateries, the selection will include items familial and exotic, providing an easy opportunity to try something new. Experiments can continue at the Brownings because the reprised and rejuvenated Gustine Market is providing complimentary tastings from their expansive collection of wines. The market's owners, Vicky and Kurt Cummisky, promise these samples will both delight and surprise. Harpist, Amy Showers Lin will create an elegant atmosphere from 5:00 to 9:00 p.m.

The home of Sarah Niere and David Kim will serve as the second stop this year. This property at 3710 Humphrey was featured a few years ago on a Grand South Grand house tour. Its cozy charm will be the perfect setting for the tasty treats waiting within - a tantalizing array of hundreds of home made desserts. The favorite feature of those Autumn Fest attendees afflicted with a sweet tooth, the Niere/Kim house will serve as the perfect complement to the savory offerings on Juanita. In years

past our neighborhood baker has tempted with hand-crafted cookies and cakes that simply can not be found anywhere else. Employing all the ingredients of her dark art, exotic nuts, fruits, candies, jellies, jams and all shades of chocolate, one will surely discover a new love among the many choices to make.

Kaye and Fred Hildenbrand and Ray Marklin once again are opening their spacious back yard gardens at 3808 and 3810 Utah to bring the evening activities to a close. Good conversation and cheer will be the order of the evening as Fest guests are welcome to browse and mix while enjoying live music performed by neighborhood resident, Gen Obata, and his musician friends. The atmosphere is both eclectic and subdued,

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# *Tower Grove Heights Gazette*

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## FALL CALENDAR - by Carrie Ellen Samsel

**Tower Grove Farmer's Market: Saturdays only through Oct. 23.** Look for us just west of the Pool Pavilion in the center of the Park. 8:30am - 12:30pm - For info call: 772-3899

**Oct. 1: Martinis at the Mansion** - Friends of Tower Grove Park annual fundraiser. 3424 Hawthorne Blvd. For info call: 771-4424

**Oct. 2-3: Best of Missouri Market®** at Missouri Botanical Garden. For info visit: <http://mobot.org/events/BOMM/default.asp>.

**Oct. 2-3: 18th Annual Historic Shaw Art Fair** - Saturday 9am to 5pm. For more info to to <http://shawartfair.org/>.

**Saturday, Oct. 9: Tower Grove Heights Autumn Fest.** See article for information.

**Oct. 12: Christopher Columbus Birthday Celebration** - In partnership with the Federation of Italian- American Organizations and Tower Grove Park. Wreath laying ceremony at the statue 10am For info call: 771-4484

**Oct. 30: The Hermann London Real Estate Group** is proud to announce the first annual **Hermann London Halloween 5K on Sat., Oct. 30** at 10am at the Schlafly Bottleworks. The 5K will benefit Missouri Against Domestic and Sexual Violence and Kathy Weinman Shelter. For info visit [www.HermannLondon.com/5K](http://www.HermannLondon.com/5K) or on [Facebook.com/HermannLondon5K](https://www.facebook.com/HermannLondon5K).



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with Kathryn

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## FEATURED ADVERTISER

# YOGA WITH KATHRYN

BY MARILYN BROWNING

Ever feel like you're stretched to the limit with family, work, and other obligations? Kathryn Heitzenroeder knows exactly how you feel. Between caring for her young son, a sales job that requires travel to various cities, and the classes she teaches she's got plenty to handle herself. One of the things that helps restore her energy and reduce the stress of a hectic day is yoga.

After college and years as a dancer, Kathryn searched for a physical activity that would give her the same level of fitness and challenge as her dance classes. She tried joining a gym, bicycled for a while, and sixteen years ago finally took a class in yoga, where something clicked. Less frenetic activity than slow meditative movement, yoga provided a means to maintain her flexibility and strength, with the added benefit of leaving her calmer and more centered.

In the end Kathryn became trained as an instructor, and began teaching yoga herself. Since then she has taught at different studios, most recently at Southtown Yoga, at 3719 South Kingshighway. It's a place you could easily overlook as you zip past in your car, sitting as it does in a block of storefronts just north of Chippewa. Once inside, however, you find a serene, uncluttered space with paper lanterns, exposed brick walls, and bamboo flooring. Kathryn is one of a handful of instructors that teach at the studio, and each has his or her own strengths and specialties.

Kathryn's approach is to teach the basic poses and incorporate them in a flowing style known as vinyasa, just the approach you might expect of a former dancer. Until her son Caden was born, Kathryn taught four days a week. After Caden's birth, Kathryn had the bright idea of teaching a yoga class called Baby and Me, where parents could either wear their babies in a sling or have them on the mat next to them as they

*continued on page 10*

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## REHABBING WITH RICH

# Stonewalling on Arsenal

BY  
RICH IEZZI

I bet I wasn't the only one wondering what was going on just West of MoKaBee's on the South side of Arsenal this summer. We always saw men doing big work. My wife and I traded guesses as we studied the progress. Landscaping? Sidewalk repair? Utility work? It was actually much more than that. Martha Rakey was building a front stone wall that will last 100 years.

Martha owns an enormous 2-family flat at 3614 Arsenal and arrived in Tower Grove Heights in 1983 as a renter. In 1988, she bought her building and is here to stay. When I asked where she got the idea of the stone wall, she referred to the wall at Spring and Arsenal and also thought the stonework would put an end to grass cutting.



Sure, the stonework is perfect now but building it was a big job. First, the right stone had to be found. "We shopped for the stone a long time before finally locating it in a demolition brickyard in North St. Louis", explains Martha. The stone was salvaged from an old courthouse in St. Charles. The good news was that the stone search was over. The bad news was that Martha

*continued on page 8*



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## Cycle of Waste Services

Residents who receive their City water bills in September will also see the City's new solid waste services fee on the same bill. As of July, 2010, per a new Ordinance, the City of St. Louis is charging a fee of \$11 per dwelling unit per month for City residential solid waste services. Households that receive their water bills in September will also be billed for July and August solid waste services fees. Citizens will receive four combined water/trash bills per year.

Maintaining safe, clean neighborhoods is City government's number one priority. Most tax dollars go for public safety and neighborhood services. But, the terrible economy and rising public employee pension costs left the City with a \$46 million budget shortfall in the last fiscal year. Last winter, the City tried cutting back on trash services. The experiment failed miserably. Streets and alleys started looking bad – and citizens hated it. So, instead, City leaders chose to institute a modest charge for solid waste services and preserve the comprehensiveness and quality of these services.

Starting this past July, City residents are charged \$11/month per dwelling unit for solid waste services. Most County residents pay more and get fewer services than what the City services provide. City services include:

- Twice weekly collection of solid waste
- Monthly pickup of bulky items, including tires, batteries, furniture, appliances, etc.
- Drop off of one load per month of additional refuse/bulk/yard waste at the transfer station
- Weekly collection of yard waste during the growing season
- In neighborhoods that want it, residents will receive one pickup of single stream recyclable solid waste and one pickup of "regular" solid waste per week.
- Increased law enforcement of illegal dumping

The City will begin implementing single-stream recycling services in some neighborhoods within the next few months.

If you have questions about your bill, recycling services, or to report illegally dumped items, please call the Citizens' Service Bureau at (314) 622-4800. If you witness illegal dumping in progress, please call the Police Department's non-emergency hotline at (314) 231-1212.



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# The AutumnFest Edition

BY JOHN PAPA  
*continued*

as Ray's garden is full of quirky surprises, while the Hildenbrands' offer a gurgling fountain and beautiful plantings. Several wine and beer choices will be offered for purchase, in the event the night air turns chilly or inhibitions need to be washed away. While the evening is planned from 5:00 until 8:00 p.m., the fun often continues well past the announced closing.

Of course, any story about Autumn Fest would be remiss in not mentioning the free carriage rides that offer transport between the three venues. The good folks at St. Louis Carriage Company will once again bring the distinctive clip clop of horses hooves to the streets of Tower Grove Heights. It takes very little effort to imagine a simpler time, when such sounds and sights were common in our neighborhood. The horses (and their drivers) are friendly, helpful and always happy to pose for pictures.

Due to many kind donations and generous sponsors, Autumn Fest tickets are again available for only \$15.00 per person by advance purchase or \$20.00 per person on October 9 at the Browning house. Guests are not limited to Tower Grove Heights Neighborhood Association members or Heights residents, so please invite any relatives or friends who would enjoy a relaxing evening in St. Louis City's best neighborhood.

An advance registration form is provided in this issue of the Gazette, with all pertinent information and contact sources. See old friends, make new ones and enjoy a great night out just a few steps through the falling leaves from your front door.

*Register early to receive your Autumn Fest tickets at the discounted admission rate. See the back of the gazette for details!*



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## REHABBING WITH RICH

### Stonewalling on Arsenal

continued  
BY RICH IEZZI

had to buy the entire batch. "I've got eight more pallets of stone stored somewhere but I have plans for it", beams Martha.

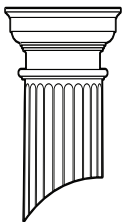
Finding the stone was one thing but who does stonework these days? Fortunately, Don Bonzano appeared through word of mouth. Martha said, "Don not only showed me work he had done but also other walls he didn't do that failed. Then he explained why those walls failed."

So with the correct stone and an able contractor, work began. Mr. Gaines, demolition contractor, removed the existing sidewalk along with a large amount of dirt where the new wall would go. When

*continued on next page*

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I asked about the most difficult part of the job, Martha said it was working with the heavy stones and heavy traffic. "Some of the stones weigh 450 pounds and the traffic was always busy. At one point, Mr. B (Don Bonzano) was hit by a car", Martha revealed. Don was knocked down and had his foot run over but jumped up and went back to work.

Slowly the wall rose. It was always a curious job site with lots to wonder about. How high will the wall go? What's going on top of the wall? What else will they be doing?

When I dropped by one evening to catch Martha, I noticed the enormity of the project. The entire area from the wall to the marble front steps is a stone pattern set in concrete. No grass to cut there. There are also wrought iron gates set deep in the concrete at the entrance to the east gangway. "Those gates have been in my basement for years and I was so glad to finally be able to use them", said a smiling Martha.

Besides the wall, there's an exposed aggregate sidewalk and the beautifully engraved limestone caps with '3614 Arsenal' by Dave from Central City Stone.

There are also plans for decorative handrails, exterior painting and a stone fireplace in back but I'm worried. Martha says that every person who walks by the new wall compliments the work and wants to talk about it. I'm thinking that any free time Martha has will be spent showing off her 100 year wall.

- Rich Iezzi

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CONTINUED

## YOGA WITH KATHRYN

practice yoga. As her son has gotten older, the class has evolved into one where parents and their children explore new positions that are both fun and good for their bodies.

When I meet Kathryn at the studio, she's teaching her class of parents and children. She uses storytelling to engage the youngsters, weaving the names of yoga poses—turtle, rabbit, mountain—into the story, and following with the poses themselves. Caden is there an arm's length from Kathryn, sometimes participating, sometimes not, but always absorbing the lesson. At the end of the class, she distributes balloons that the children can blow up (and thereby practice their breathing.)

When the class is over Kathryn and I talk about her childhood and teens in the Saint Louis neighborhood of Baden, her travels and eventual return to Saint Louis, motherhood, jobs, schooling, and the various stresses and rewards of life. While on the subject of yoga, I ruefully confess that I can barely touch my toes with my outstretched hands. Is yoga even possible for those of us that are sadly lacking in flexibility? Kathryn is gently encouraging.


With patience and practice everyone that tries yoga will increase their flexibility, she assures me, even those of us with hamstrings as unyielding as concrete rebar. She recommends one of the basic classes, where students are introduced to the various yoga poses and begin to learn about controlled breathing and body alignment. The intimidating body contortions I've seen come much later, often after months or years of work. In the meantime I would reap the benefits of greater fitness and a better frame of mind. I leave the studio inspired and energized, determined to give yoga a try. In the meantime, however, I'm working on touching my toes....

### Yoga with Kathryn

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## RESIDENT PROFILE:

# Sally & Dan Rolf

## – A Traveling Show

BY  
MARILYN  
BROWNING

**D**an Rolf is from Saint Louis. He grew up on Maury Avenue, just a couple of houses away from the factory that made torpedoes in World War II, so maybe it was inevitable that he finally wound up working for the Department of Defense in Arizona. Sally was from upstate Michigan, but had managed to live in a dozen other states before she too took a job with the Department of Defense in Arizona. Dan had two daughters from a previous marriage. Sally had two sons. They met and became friends on the job and remained just that for four years, since Sally was against the idea of workplace romances. Eventually

*continued on page 12*



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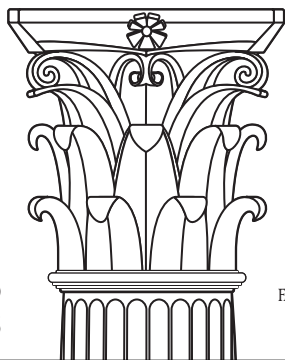
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### RESIDENT PROFILE:

... continued

**Sally & Dan Rolf**  
- A Traveling Show

Dan relocated to a different office, the two started dating, and they continued to see each other for another four years.

Finally, when the last of the children had graduated from high school and started college, Sally got the urge to move on. She bid on a government job in Germany and got it. Dan could be included in the travel plans, she pointed out, but only if the two were married. As the clock ran out, both literally and figuratively, they married 16 years ago on New Year's Eve in Las Vegas. (When Dan reported the Las Vegas wedding to a friend, the friend asked "Was it anyone you knew?")

Sally started her job in Germany, and Dan followed a few months later when another federal job opened up. After a few years in Germany, Sally's wanderlust revived, and she bid on a job in Spain, got it, and worked there for two years. Dan stayed put in Germany and they maintained a long-distance marriage. Between the two of them, they managed to travel to a number of places on government business or just for fun, including France, Portugal, Belgium, The Netherlands, Luxembourg, Italy, Bosnia and several other countries. Along the way they managed to meet plenty of VIP's, including President Clinton and Madeline Albright. Also along the way Sally found herself buying cuckoo clocks, tables, pottery, and various other mementos, large and small.

When they returned to the United States, Sally and Dan spent their final years with the federal government in Washington, D.C. Sally and Dan agree it was a fun place to live, but definitely not a cheap one. When the time came to retire four years ago, it was Sally who said "You know, I could live in Saint Louis." The choice had plenty going for it: a lower cost of living, four seasons, plenty to see and do, and smack in the middle of the country, no small advantage with children living all over the U.S. Dan couldn't help but agree.

*continued on next page*



## RESIDENT PROFILE:

They found a place on Hartford Street, not that far away from Dan's old stomping grounds on Maury. In the years since, most of the items Sally picked up in Europe have found their way onto E-bay and to happy buyers around the country. "I don't care if I ever buy another piece of furniture again!" she laughs. They have acquired an adorable pug named Murphy, passed on by granddaughter Samantha when her family moved to a no-pets building. The Rolfs' children are still scattered around the country-- Sally's two sons in Massachusetts and Texas respectively, Dan's two daughters in Florida and Washington state.

Over time, Sally and Dan have embraced city life. They currently volunteer at the Fox Theatre as ushers and at Union Station's information booth. They also volunteered for the Grand South Grand house tour this year, where I first met them, and they'll be lending a hand at this October's Autumn Fest. Both are enthusiastic promoters of Saint Louis, and as a team they're hard to resist. Between Dan's entertaining stories about Saint Louis past and Sally's zeal as a relative newcomer, they paint a convincing picture of Saint Louis as a great place to live. And that travel bug of Sally's? She's sure that it hasn't disappeared, but she's also pretty sure that Saint Louis as a home base would be awfully tough to beat.



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# Tower Grove Heights

## Neighborhood Association CONTACT LIST

Monthly meetings 7:15 pm on 4th Tuesday (except Dec.),  
First Church of Divine Science on 3617 Wyoming Street

### - BOARD -

President: .....David Bruns  
President-elect: .....Marilyn Browning  
Past President: .....Mark Froese  
Secretary: .....Claudia Seifert  
Treasurer: .....David Kim  
Asst. Secretary/Membership: .....Debbie Ervin

### - COMMITTEE CHAIRS -

Block Representatives: .....Tom Reitenbach  
New Business/Gazette Advertising: .....Gary Kushinsky  
Fund Raising/Events: .....OPEN  
Webmaster - towergroveheights.com: .....Robert Ashton

### - BLOCK REPRESENTATIVES -

3600/3700 Arsenal: .....Recruiting!  
3800 Arsenal: .....Recruiting!  
3600/3700 Hartford: .....Carrie Samsel, Stacy Leimbach  
3800 Hartford: .....Rich Iezzi  
3600/3700 Juniata: .....Lynne Casey  
3800 Juniata: .....Tom Reitenbach, Kim Cole  
3600/3700 Connecticut: .....Recruiting!  
3800 Connecticut: .....Recruiting!  
3600/3700 Wyoming: .....Gen Obata  
3800 Wyoming: .....Teresa Mithen  
3600/3700 Humphrey: .....Recruiting!  
3800 Humphrey: .....Erin L. O'Reilly  
3600/3700 Utah Place: .....Rich Seifert, Susie Gudermuth  
3800 Utah Place: .....Pat Edwards, Jim McClaren  
3800 McDonald: .....Kathryn Heitzenroeder

### SUPPORTING

#### - GAZETTE DISTRIBUTION -

3600/3700 Arsenal: .....Tim Klaas  
3800 Arsenal: .....Mike Woolfolk  
3600/3700 Connecticut: .....Rebecca Andrews  
3800 Connecticut: .....Liz Clyne  
3600/3700 Humphrey: .....Nels Moss


Thanks for all that you do!




# Indulge

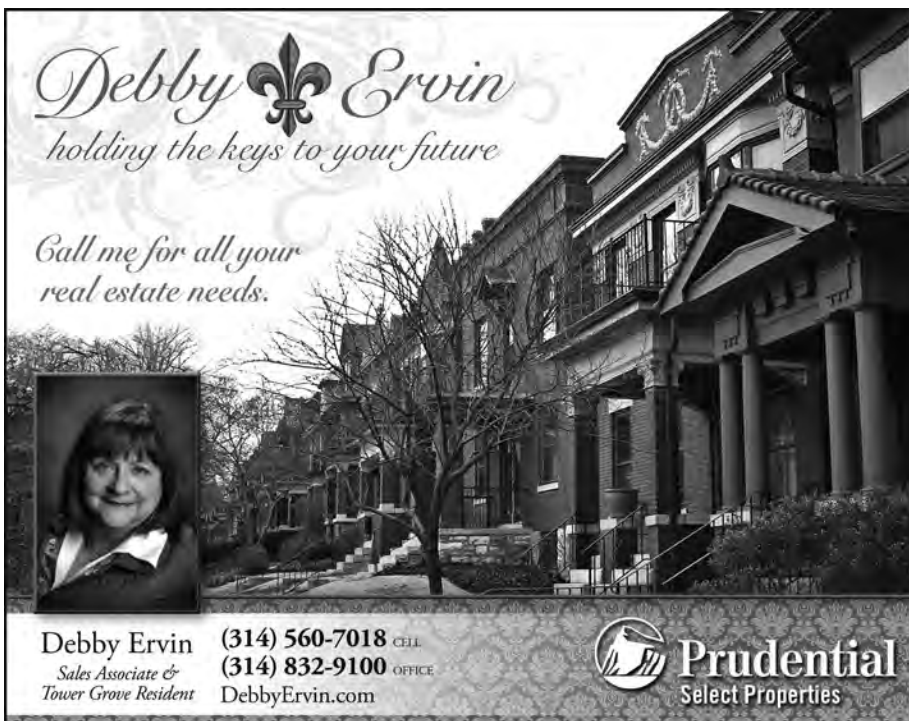
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SIXTH ANNUAL

# AUTUMN FEST in the *Heights*

brought to you by

Tower Grove Heights Neighborhood Association

**SATURDAY**  
**October 9<sup>th</sup>, 2010**  
**5:00 PM - 8:00 PM**

*Event begins at:*

**3831 Juniata Street**

## REGISTRATION

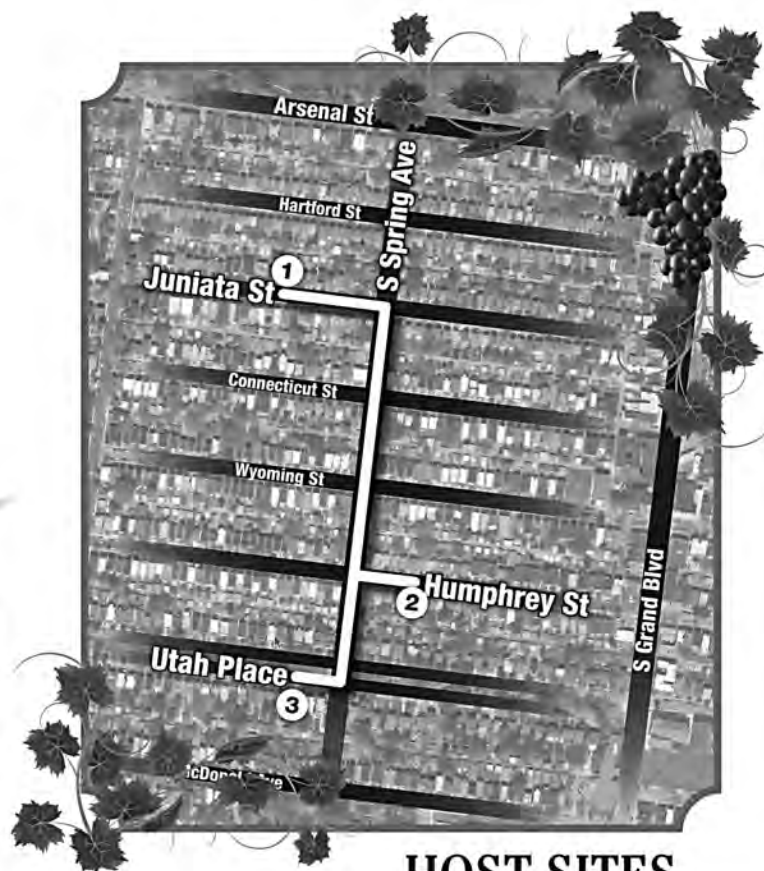
IN ADVANCE: **\$15<sup>00</sup>**

AT THE EVENT: **\$20<sup>00</sup>**

## PRICE INCLUDES

- Wine tasting \*
- Soft Drinks
- Coffee
- Hors d'oeuvres
- Desserts
- Carriage Rides on Spring Ave.
- Music

*\*At 3831 Juniata St....  
Wine available for purchase  
at 3806-3810 Utah Place.*



## HOST SITES

- 1 3831 Juniata St.** - Registration, hors d'oeuvres, wine tasting, music
- 2 3710 Humphrey St.** - Desserts & Coffee
- 3 3806-3810 Utah Place** (back yards) - Wine for sale by the glass or bottle, music

IN ADVANCE: \$15.00 (Pick up your pre-registered nametags the night of the event at 3831 Juniata Street.)

AT THE DOOR: \$20.00 (Registration closes at 7:00pm)

## *Autumn Fest in the Heights 2010* **ADVANCE REGISTRATION FORM**

Names in your party....\$15.00 each

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