

ST. LOUIS WITHOUT THE ARCH: JUST ANOTHER JERSEY CITY?

By Matt Fernandes

Will stadiums and casinos salvage St. Louis from the grips of urban decay and its stagnant tourism industry? Are there other techniques currently not under consideration which would attract visitors and commerce? These were a few of the timely questions raised at a presentation last month at the St. Louis Urban Forum, a lecture series sponsored by the Missouri Historical Society.

St. Louis needs more South Grands, according to Dennis Judd, Professor of Political Science at UM-St. Louis and the guest speaker at the Forum. Judd raised many issues relevant to St. Louis during his talk entitled, *The Tourism Niche in the Ecology of Cities*. His central point seemed to be that American cities are becoming increasingly homogenized as similar urban projects are undertaken to promote tourism. Judd outlined some of the current trends in the tourist industry including the building of stadiums and casinos.

According to Judd, during the past twelve years, 42 cities have vied for professional sports teams. It has become commonplace for franchises to threaten their home city with talks of moving away simply to get a new stadium. With these threats come inevitable proposals from a handful of cities. Stadiums are built at a dizzying

pace even in cities which can only hope to land a professional team. Judd noted that Mayors and city leaders often endorse proposals for stadiums with the thought that "our city will be the one which wins."

St. Louis followed this pattern and came out on the winning end last year. Given the price it took to get them, though, one wonders if St. Louis residents can really call themselves winners. The Rams short home schedule (a mere eight games) and the area's lack of other attractions make the Trans World Dome largely ineffective in drawing crowds to the area on a consistent basis. While it is nice to have a functioning, non-abandoned building located in the north side of downtown, the stadium has yet to benefit its surrounding area much.

The trend of river boat casino development certainly did not pass St. Louis by. According to Judd, the presence of gaming boats has helped produce a tourist reservation, where visitors continue to spend (lose) their entertainment dollars instead of venturing out to one of the city's neighborhood attractions. Judd stated that in most of the cities he has visited, the bulk of tourists are content to stay inside the "tourist bubbles, which many times do not reflect the local culture in the slightest, and accept these areas as the "real" city. St.

Louis' Union Station exemplifies this phenomenon in that many visitors have come visited the former train station without knowing where St. Louis' true train station is presently located. (Not that the "Amshack" station which currently facilitates passenger rail traffic through St. Louis is going to appear in any tourist brochures any time soon!)

Judd also raised the issue of the importance for a city to have a dazzling structure of some sort to be remembered by. He noted that cities such as Tucson and Salt Lake City, cities lacking a Statue of Liberty or Space Needle, have begun to place photos exclusively of surrounding natural settings in their tourism brochures. According to Judd, cities which lack a dramatic feature within or near its boundaries, lose out in the competition for the tourism dollar. With its Arch, St. Louis has a point of reference for outside visitors. Without the arch, Judd commented, St. Louis would be as hard-pressed as Jersey City to find a distinguishable feature to highlight in this manner.

Dramatic centerpieces aside, Judd and other Forum attendees expressed the need for St. Louis to promote its non-sport and gaming assets more vigorously.

(continued on page 3)

**The Tower Grove Heights Gazette
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Meet Your Block Representative

By Erin O'Reilly

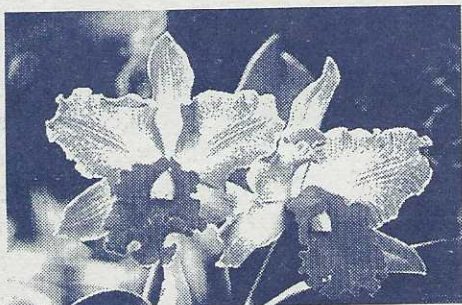
Marcia Recks has been the Block Captain (or "Block Representative" as it is now called) for the 3800 block of Humphrey since last Summer. She shares the job with Robert Reed and states they work well together. They were responsible for the successful block party last Summer! She and Robert are often making the rounds and sharing or gathering information with the neighbors. She states she also spends a lot of time on the phone with neighbors.

Marcia and her husband, Steve, moved here four years ago after renting in the Soulard area. The house they purchased was the first and only house they looked at and they fell in love with it! They also like the fact that they are paying less for their monthly mortgage payments than they were for rent! Slowly, they are rehabbing their home as time and money allows.

Marcia is a 1st grade teacher at the Old Bonhomme Elementary school in Ladue. Steve works downtown with computers so their home is in-between both jobs. They both like this area because of the character and diversity of the neighborhood, the older houses, and the proximity of shops and restaurants.

Steve and Marcia both enjoy music and singing and Marcia plays the piano. Marcia also does theatre work for the St. Charles Theatre Co. and enjoys acting. Another hobby is going to open houses and house tours to get ideas for their own home.

As of January, Marcia is now the "Coordinator" of the area block representatives. She feels her outgoing and sociable nature and "teacher" skills will help her in this job. She looks forward to more neighborhood activities and block parties that will help neighbors to get to know and enjoy each other!



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A&E WEEKEND WARMS UP ST. LOUIS NEIGHBORHOODS

by Matt Fernandes

Just when cabin fever began to hit St. Louisans who were trapped in their houses during this year's Siberian-style winter, the arts came knocking on their doors.

The second annual A&E Weekend took place February tenth and eleventh in various locations throughout the metropolitan area. Events ranging from art exhibits and workshops to music and dance performances to the telling of Native American creation tales were presented to the public free of charge.

Events close to the Tower Grove Heights neighborhood included: art classes for adults and children and an a cappella barbershop women's chorus at the Taproots School of the Arts on Iowa Street; a photography exhibit and slide show and authentic Flamenco dance and guitar music at the Missouri Botanical Garden; a performance by the Webster University Jazz Ensemble and a children's dance and musical performance at Matthews-Dickey Southwest High School on South Kingshighway.

The weekend was organized by the Arts and Education Council of Greater St. Louis (A&E). The idea for

a free-for-all arts weekend was taken from a similar event held annually in Cincinnati.

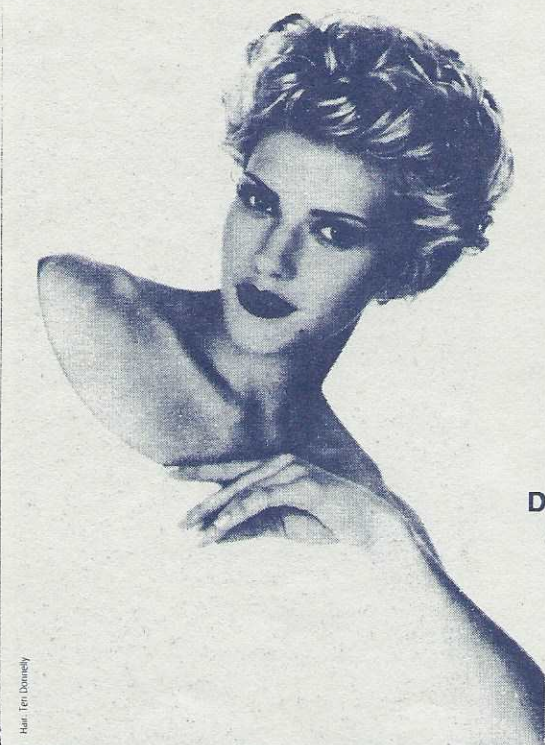
"The event in Cincinnati was very successful in building new audiences for the arts. Since all of the events were free, more residents were given the opportunity to participate," said Nowak. This year's symphony performance was the main attraction in A&E's efforts to increase art appreciation throughout St. Louis.

A&E was established in 1963 when the United Way dropped seven arts and education organizations from its sponsorship in an effort to focus on human services. The council was formed due to "the great need for the arts...to become more efficient and effective through the creation of a ... cultural fund to be patterned after the United Way," according to its literature. The council has funded many artistic groups in the St. Louis area such as Dance St. Louis, the Repertory Theatre of St. Louis, the Black Rep, and the Opera Theatre of St. Louis. A&E also publishes the "Arts for Everyone Guide" which lists over 500 arts, cultural, education, and entertainment organizations in and around St. Louis.

(continued from page 1)

The South Grand area was mentioned many times as being an ideal example of how a vibrant and diverse neighborhood can attract visitors. More funding of the arts was another popular idea given to promote tourism. The St. Louis Art Museum, Symphony, Kiel Opera House, and the many theatre groups were all cited as being extremely strong institutions which should be promoted on a grander scale.

While stadiums and casinos can arguably bring benefits to the city (St. Louis will use \$1.2 million in state gaming revenue to help fund a plan to improve the streets linking the new dome and the riverfront), it is vital that more creativity be used in the future when planning ventures to promote tourism. Perhaps if more efforts were made to attract desperately needed *residents* of St. Louis, larger throngs of tourists will follow.



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by Tim Fox

"I enjoy getting away," Joe Thele says when asked if he'd rather live in the city or the country, "but I always want to come back. I don't want to stay there. I enjoy nature, I enjoy being out where it's so still it hurts your ears. But I like to come back."

For Joe, the new president of the Tower Grove Heights Neighborhood Association, "coming back" to the City of St. Louis has been a recurring experience for much of his life.

A native of North St. Louis, Joe has lived all over the metropolitan area and all over the city. For the past eleven years he has worked tirelessly to improve the City of St. Louis and its neighborhoods. As president of the neighborhood association, he hopes to use his knowledge of city neighborhoods and how they work to improve Tower Grove Heights.

Joe moved into his house on the 3800 block of Hartford almost three years ago, and he can quickly list the many features that drew him to the Tower Grove Heights neighborhood.

"I was attracted to the neighborhood for a number of reasons," Joe remembers. "I was looking for a place with this type of housing, and I was very impressed by Grand South Grand. There was also a very strong neighborhood association here, and I think that's important."

Joe understands the importance of neighborhood associations. He has done a lot of work in the North St. Louis neighborhood of Hyde Park, and was a founding member and first president of the Trinity Square Association, now the Hyde Park Alliance. In his current position as Neighborhood Stabilization Officer for the city, Joe is working on another great St. Louis neighborhood: Dogtown.

"By the end of 1996, we will have helped to build eight new houses in Dogtown, as well as rehabbed two others," Joe says proudly.

But for now, there is Tower Grove Heights and its neighborhood association, an interest that will take much of Joe's free time in the coming year. It's a year that Joe is looking forward to,

FROM THE PRESIDENT

both in terms of building on the neighborhood's strengths and in terms of planning for the future.

"What I saw in the beginning in Tower Grove Heights was a family neighborhood," Joe says. "That's good, when you have children and families around. I also see the neighborhood becoming more diverse, which was also something I was looking for when I moved here."

For 1996, Joe would like to see the diversity that is in the neighborhood itself become reflected in the neighborhood association by using the monthly meetings to bring in speakers who will draw different types of people. He would also like the Tower Grove Heights neighborhood to become more involved with its Neighborhood Stabilization Officer, neighboring communities, and their aldermen in forming an action plan to continue the positive growth of the neighborhood. In addition, he is interested in ways to improve safety and cut down crime here.

"Public safety is important," Joe says. "We want to keep crime at bay as best we can, as well as the perception of crime, which sometimes is greater than the reality."

One of the other major strengths of the neighborhood, Joe believes, is the fine housing here and the many people who work to improve it. "What we need to do as a group and a community is tap into the talents of the people here so that we all

can share in them. We also need to be supportive of our block units because they are the backbone of our association and the basic unit of what we are."

On a broader scale, Joe is interested in helping to plan where the neighborhood will go in the future a concern that is also a major part of his job with the city. "You don't know where you're going with out a map," Joe says, and as both a Neighborhood Stabilization Officer and president of the neighborhood association, he hopes to play a role in laying

that map out.

When he's not working on our neighborhood

or other neighborhoods in the city, Joe keeps busy with a variety of hobbies and interests, many of which take him outdoors. "I look forward to the spring, because I like working outside--though preferably not on dormers for the house! And I love biking. I know all the neighborhoods by biking. Sunday morning in the city, anywhere between eight and ten, the streets are yours."

Another reason Joe looks forward to the spring is that he hopes to hit the streets to meet other residents of Tower Grove Heights.

"I want to walk around when the weather breaks because I want to get a feel for where things are and talk to folks. I'm going to be on foot quite a bit. I like to be out there and meet as many folks as possible."

So if you see someone walking around your streets or alleys in March and April, don't be alarmed--it's probably just Joe Thele, your new Tower Grove Heights Association president, getting a feel for the streets that will make up the map of Tower Grove Heights, 1996.

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Bulk Pick-Up

The City of St. Louis provides its residents with a free pick-up service for bulk items. Bulk Pick-Up in our area is scheduled for the 3rd week of each month. You must place no more than 3 items at your point of refuse collection (alley or cur) before each Monday of the 3rd week of the month. If the items are not picked up by Thursday, call 622-4800.

Report Unkempt Property

If you notice any property that is not properly maintained, report it to the Citizens Service Bureau at 622-4800. This includes excessive garbage or debris and open storage of junk items on private property.

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If you see abandoned shopping carts, look for the store name on the cart and call: K-Mart - 771-2396, Tru-Buy - 772-1114, Schnucks - 772-5500.

On Grand

By Stephanie Gavin

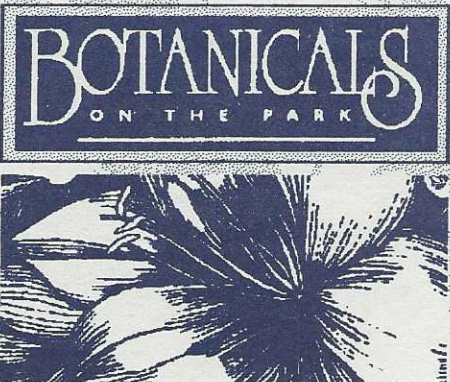
Nu Peru, at 3210 South Grand, is a recent, delightful addition to the diverse shopping opportunities in our neighborhood. Susana Hamilton, owner and operator of the international folk art store, said she waited for two years to find a space for Nu Peru on South Grand. Her other store, located in Union Station, has been in successful operation for over six years.

Nu Peru offers a wide variety of

items to buy, all handmade by people from South and Central America, the Middle East and other parts of the world. An array of colorful wall hangings, wool sweaters and shawls, jewelry, wood instruments, candlesticks, and more are available at very reasonable prices. There are also several collector pieces of Mexican pottery for sale, including a beautiful Aztec Calender Sun. Beautiful wooden mobiles hang in the windows of Nu Peru, among them is Dumbo the Flying Elephant. With the bitterly cold winter we've been having, Nu Peru's

100% wool mittens and gloves for only \$5.00 are quite a bargain!

In the near future, Susana plans to almost double the floor space of Nu Peru in time for a big opening celebration in April. In the meantime, she is very pleased with the new location of her second store. "This area is full of loyal customers who patronize all the stores around here," Susana says. If you haven't had an opportunity to do so already, stop in and meet Susana and see the large selection of well-priced, interesting items she has for sale.



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"THIS OLD/NEW HOUSE"

By Tim Fox

If you've spent any time at all walking the streets of the Tower Grove Heights neighborhood, you've seen the work of Susie Gudermuth.

For the past fifteen years, Susie has been instrumental in rescuing and rehabbing homes in the neighborhood that would have otherwise fallen prey to the wrecking ball or to a slower, more painful decline.

"I moved here because I wanted to try living in the city," Susie says. "And I chose this neighborhood in particular because I like old houses."

Tower Grove Heights certainly has its share of old houses, but newcomers to the neighborhood may not realize that until the very recent past, some of these old homes were threatened with extinction. The current focus of much of Susie's time and energy, the intersection of Spring and Juniata, is a prime example of a part of the neighborhood that has undergone a 180 degree turn-around, thanks to her efforts.

On the northwest corner of the

intersection is a townhouse complex that was developed by the Tower Grove South Housing Corporation (now known as the Grand-Oak Hill Housing Production Committee), of which Susie is the chairman. She remembers the complex before the housing corporation rescued it.

**...Tim Barker,
a neighborhood resident,
is the architect.**

"There were people in and out at all hours," she says. "The property wasn't maintained, and there were problems with people selling drugs on the street."

Today, a visitor would be hard pressed to see such activities. Instead, he or she would see an attractive brick building that fits in well with its neighboring property.

One of those properties is the home at 3735 Juniata, just across the street from the townhouse complex on

the northeast corner. The housing corporation and Operation Impact--part of the Community Development Agency--have been spending a lot of time, energy, and money to virtually reconstruct this early twentieth century home, almost from the ground up.

"We had to totally rebuild three walls," Susie says. "It was a total gut rehab-- new roof, new windows, and all new plumbing, electric, and water."

She can quickly rattle off a list of the home's other features, a result of her having spent countless hours working on the project: "Three-and-a-half baths, zoned heating and cooling, new dry wall, hardwood floors on the first floor, ceramic tiles in the kitchen, carpeting on the second and third floors, and a two-car garage."

Another attractive feature of the home is its tax-abated status: for ten years, its property tax valuation is based on pre-renovation levels, a savings that Susie says could easily save the new homeowner thousands of dollars.

Many neighborhood people and institutions have been involved in this project, including Geraldine Osborn and Marge Vining. Commerce Bank and Operation Impact have provided funding, while Tim Barker, a neighborhood resident, is the architect. James Gaddis Construction, which also worked on the townhouses, is the contractor.

While winter weather has slowed work on the outside of the house, work on the interior is going very well. Susie hopes to be able to place the home on the Tower Grove Heights House Tour this spring.

Meanwhile, if you are interested in this outstanding property, feel free to call Susie at 771-7097. As she says, it's a "new old house," and just another example of her role in the increasing quality of life--and property--in Tower Grove Heights.



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Good Through 3-31-96

The following is a reprint of a letter to Channel 5 dated February 5, 1996.

To Whom It May Concern,

My name is Father Mike Lydon, pastor of St. Pius V Catholic Church on South Grand. I write to express my anger over the 3 nights of coverage to "Asian Gangs in St. Louis." I think 3 nights in a row was excessive coverage.

I was particularly disappointed in the video portion of Thursday's coverage: the piece was supposed to be on the spread of Asian gangs to the county, yet your cameras panned South Grand, in particular the Vietnam Cafe. That was unfair coverage and hurtful to the Vietnam Cafe in particular.

The Vietnamese community in St. Louis is a tremendous asset to the South Grand area: the overwhelming majority of Vietnamese are not only good neighbors, they also have contributed to reviving the business section

on South Grand and are an important part of our parish at St. Pius V. Indeed, about 400 Vietnamese Catholics worship here every Sunday at noon, there are 99 Vietnamese children in our Parish School of Religion, and there is a very active Youth Group for Vietnamese as well.

You omitted any positive contributions they have made. Your jaded, pejorative perspective hurts many of the positive developments among the Asian community in St. Louis on South Grand: your negativity also affects the perception of the city of St. Louis as a crime-ridden, dangerous place to live.

I want to challenge you to do three nights of coverage on the positive developments in this area of the city. If you don't you contribute to the continued perspective that St. Louis city is neither a lucrative place to do business nor a safe place to live.

Sincerely, Fr. Mike Lydon, pastor



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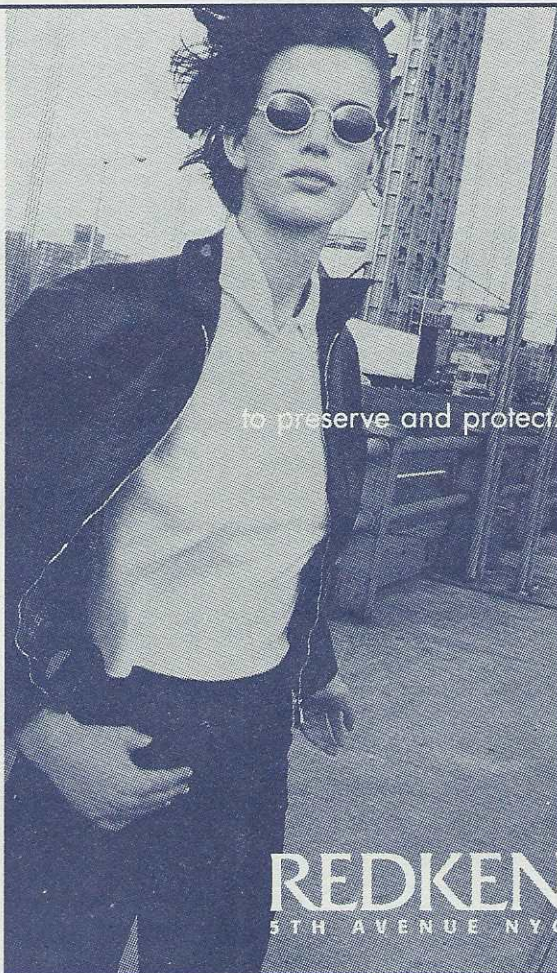


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SOLUTION: If your porchlight does not function, or if you need assistance with its operation, you are required by this ordinance of PORCH LIGHT ETIQUETTE (tgh.na.001) to contact a friend, neighbor, or your block captain for assistance.

GOAL: To make Tower Grove Heights an uninviting place for criminals.

**FROM THE OFFICE OF
REPRESENTATIVE PAT
DOUGHERTY**

The American Cancer Society estimates that 4,200 Missouri women will be diagnosed with breast cancer this year, and 1,000 women will lose their on-going battle with this disease. Representative Pat Dougherty sponsored legislation which was passed into law (SS SB 27) that requires insurance companies to offer coverage for certain breast cancer treatments.

Beginning January 1, 1996, insurance companies are required to offer coverage for breast cancer treatments such as dose-intensive chemotherapy/autologous bone marrow transplants or stem cell transplants under nationally accepted protocols used by breast cancer treatment centers. This treatment will not be subject to any greater deductible or copayment than any other health care service provided by the policy. However, lifetime benefits for these treatments are limited to \$100,000.

A Duke University study indicates that autologous bone marrow transplants increase the five-year survival rate from 2 to 15 percent when the cancer has spread to the entire body and from 30 to 72 percent when the

cancer has spread to 10 or more lymph nodes.

According to the National Association of Insurance Commissioners, six other states, including Florida, Georgia, Massachusetts, New Hampshire, Rhode Island and Virginia require health insurance policies to offer coverage for bone marrow transplants as a form of breast cancer treatment.

The measure also requires health insurance companies to cover mammograms for women if a physician recommends the mammogram, and either the woman, her mother, or sister have a history of breast cancer. Insurers will be allowed to limit this coverage to the extent of limits imposed on other radiological examination, including deductibles, copayments and dollar limits.

The American Cancer Society recommends that screening mammography begin by age 40. Women age 40 to 49 should get a mammogram every 1 or 2 years, and women aged 50 and older should get yearly mammograms. It is recommended that women 20 and older practice breast self exams. Women 20 to 40 should have a breast exam performed by a health care professional every 3 years, and after the age of 40, it is recommended that these breast exams be performed every year.



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THE CASE OF THE DISAPPEARING DUMPSTERS

by Don Hardin

They first appeared on the Utah side of the Carpenter Branch Library. Next, they mysteriously disappeared and reappeared on the corner of Fairview and Grace. They were next tracked down on the corner of Fairview and Giles. Then, gone again! I have tracked them down to the alley between McDonald and Parker - on Roger.

I'm talking about our recycling dumpsters. I have no idea why they have been such vagabonds. I will

make it my quest to keep up with them for you (keep watching for clues in the Gazette).

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MY NEIGHBORHOOD AND WELCOME TO IT

A Conversation with Barb Potts

by Tom Booth

BARB: "I think we need to talk about how people can get involved and the importance of getting involved."

ME: (As usual, Barb Potts has a very definite opinion.)

BARB: "A couple of things that pop into my head ... as I've always said... I'm a strong advocate of the neighborhood watch program. If a block is not trained in neighborhood watch, they need to get trained ... the whole point of neighborhood watch is just paying attention and being aware of who's on your block. Who they are. Are they supposed to be there. Watching out for your neighbor. Making sure that ... if your neighbor has needs, that they're met. You know, for instance, this neighbor's on vacation... and needs their paper taken in, their lawn mowed or something like that, so it looks as though there's somebody there.

Those are all very important things we take for granted as being unimportant; but they're extremely important.

You know who belongs on your block. You know when someone looks suspicious, and by reporting that, by noticing that, you deter crime.

ME: (I recount a story about a neighbor who saw a couple of guys eyeing a neighbor's house. He called the police and they questioned the guys)

BARB: "I think Rich lezzi saw somebody ... I heard ... walking down the street with a crowbar, and called the police. And believe me when I tell you people will know and find out that this is not a neighborhood to mess with ... because 'they call the police'.

Couple of examples that happened just recently. About a week ago, there were 5 teens... well 5 pre-teens I'll call them, hanging out on the corner of Spring & Utah... and they were just hanging out, but it was school time, and the block captains in the area knew that they were supposed to be in school. So they proceeded to call the police and report truancy. Well in

a half an hour's time fifteen people... they had gotten a phone chain together and 'they're heading west on Wyoming, now they're heading East on Humphrey'... I'm not kidding it was the most beautiful example of neighborhood watch and keeping in touch with people. And they caught them. They caught them and these kids, it was funny, cause I went to the truant center and I sat with them, and they said 'how did you know?' And I said 'I'm gonna tell you something and I want you to listen very carefully. I have eyes and ears all over this neighborhood

and I guarantee you... you will get caught every time... every time you decide to skip school, you will get caught in this neighborhood. So if you don't want to get caught go East of Grand because you WILL get caught

here.' And these kids, to my knowledge, have not gone truant since. And they were regular offenders.

ME: (I tell story about calling on kids for truancy)

BARB: ... and I get the same message from people. They say 'well Barb, you know how do I know they're breaking the law. I feel so stupid calling the police they're so taxed and everything.' And what I answer to them is, the only stupid call to the police is the call that was never made, and should have been made.

ME: (I talk about police needing community's help)

BARB: I think I had shared this at a Tower Grove Heights meeting ... there was a man who was on our board of appeals who was murdered in cold blood in front of his family and everything. A horrible horrible thing that happened. Well anyway, they talked with the guy who did it and asked why... why. This street is a private street. You know, why in the heck would you even have picked this street. And they said for one thing it was dark. There were no porch lights on. It was very dark and they felt like, where there's darkness neighbors

won't watch. Now what they didn't realize was that in fact neighbors DID watch... even though they didn't have their porch lights on. I understand that street's lit up like an incredible arcade now. The neighbors had already called the police and told them that there were suspicious people in a truck. And the reason why the murderers were apprehended so quickly was that the police were already on the way... to answer the suspicious person call when the shots rang out.

They apprehended these guys very quickly because neighbors were aware and said these people don't look like they belong on our block.

ME: For the people on the block ... why keep it a secret? They should advertise to the world that they're watching.

BARB: Absolutely, look at our porch lights. We are watching. We come out on our porch when we hear things. You know it's very very important to get that word out. As a matter of fact Tom, I think people have the word already. I think that's why Tower Grove South is one of the safest neighborhoods... and it is. I know right now we're having a burglary problem. Ok, we are. There's no doubt about it. And that burglary problem is being watched by every block captain in the Tower Grove Heights area.

ME: We all got the word.

BARB: Exactly. It's being watched by everybody... 'look out for people in the hard hats in a white truck. Look out for people who are lurking in the alley.' And people are watching cause every day I get a new clue. And every day I call (the police detectives) and I say this was seen here... this was seen here. And you know what? They're getting close. I believe they're going to catch the people because of the vigilance of the neighborhood. And the word gets out. 'You cannot mess with Tower Grove Heights. You cannot mess with the Grand Oakhill area', because they have heard

(continued on page 11)

(continued from page 10)

with Tower Grove Heights. You cannot mess with the Grand Oakhill area', because they have heard that we watch out for each other. Criminals don't like it.

ME: You'd like to take out an ad in the paper.

BARB: Sure. All criminals beware. We don't allow it here.

There was a book that I read: *The Winnable War*. It's a community's answer to drug eradication. They had become so frightened... because, you know, guns every night. It was just horrendous, and the first thing they did was formed a neighborhood watch. And they plastered signs on all of the posts ... all of the doors. And the signs said, 'Beware criminals. Not only are we watching but we WILL report. We are no longer afraid'. And just with the neighborhood watch and posting those signs, the drug activity had cut itself by 75%.

ME: Really, well they believe those signs.

BARB: They believe it. Especially after the first few times the police are called, and they realize, 'oh my god, we can't intimidate these people anymore'.

ME: That's the thing. When people are afraid to do anything, they're cutting their own throats.

And the impression I've got, from the police I've talked to, that seem conscientious about it, is that they really want people to call, because that gives them more information to work with.

BARB: And one thing we have to remind people also is... that they'll call the police and then they'll call back and say I didn't see a police car. And I can tell you ('cause I ride with the police a lot)... Sometimes if you say 'I see a suspicious person they're walking down the 3800 block of Wyoming. They're heading east. The police officer may see him in the 3600 block of Wyoming, pull him over and ask him 'what're you doing here', and, whatever... and take care of it and never get to the 3800 block of Wyoming. In which case you don't see them ...

I know there was one night in particular that someone called in the neighborhood and I was with the police and she called me and said, 'I

called the police last night and they never showed up', and I said, 'well wait a minute, they DID show up'. 'I was WITH them. They were there'. We went around several times and didn't see anything. So you know, try to understand. You're not always going to see the results of your call.

ME: You have to have a little faith.

BARB: You have to have a little faith that somebody somewhere heard the call and is doing something.

ME: That's a good point cause people do do that ... and I think the type of community (the police) work in and the type of people there are in the community, you know, that carries over to the police. If they know that people are good people, and they're really conscientious, and want to be involved and want to help... that's gotta help their attitude. Anything else you want to add?

BARB: Basically... keep up the good work. It's obvious. And the pride that people take in the neighborhood shows outside of the neighborhood. We must continue to wear that pride on our sleeves.

Barb, your Neighborhood Stabilization Officer, can be reached at 622.4628 or 773.0531 (her field office).

IMPORTANT PHONE NUMBERS:

Board of Aldermen

622-3287

Child Abuse/Neglect Hotline

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For any problems or questions, you can always call your **Neighborhood Stabilization Officer Barb Potts** at 622-4628 or at her field office at 773-0531.



FOOTNOTE



(reprinted from an article in the St. Louis Business Journal)

Podiatrist Michael Horwitz has members of one charity tapping their feet. Horwitz, 34, has recorded a musical album, "Dangerous Ground," and is dedicating all the profits to the Caring Program for Children, which provides free medical services to children who are not covered by private insurance or Medicaid.

The album features local musicians and is for sale at Streetside Records, which is handling the sales at no fee to the charity.

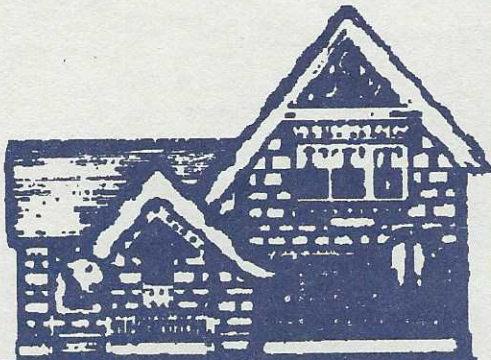
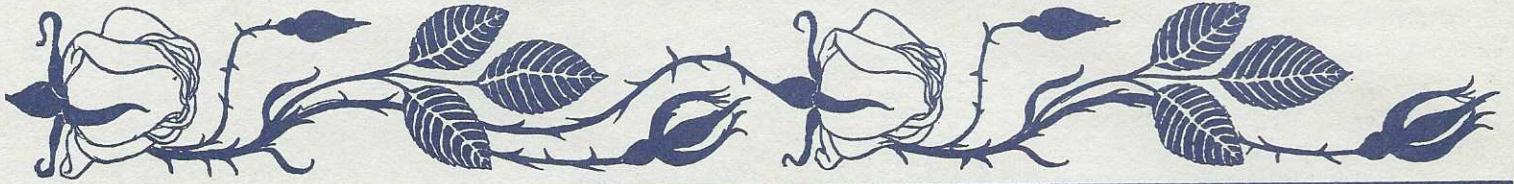
Horwitz, who spent more than \$100,000 to produce the album, says more than 300 Dangerous Ground tapes, CDs and albums have been sold. His goal is to sell 2,000 by Christmas. He plans another release in April.

When he's not making music, Horwitz is running his three Feet for Life Centers in Clayton, South St. Louis (on Grand South Grand) and DePaul Hospital.

Don't Worry, Be Healthy

Compiled By Tom Booth

What do you look for when you're looking for a quick pick-me-up? Chances are, you think of a "sugar fix", or a cup of coffee to wake you up and get you going. I confess I've done the same thing. But these so-called quick fixes (called "toxins" by many health practitioners) might be just the wrong things to put into your body if you're looking for a healthy energy boost. What many alternative health practitioners are prescribing is vitamin B12. "They feel it has remarkable rejuvenation and powerful energizing qualities, that it can pick a person up when everything else fails, that it improves memory and ability to reason and concentrate, dispels mental disturbances, (continued on page 13)



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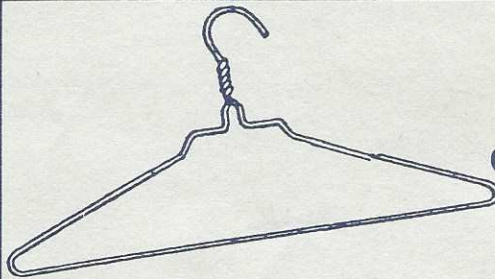
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(continued from page 12)

prevents mental deterioration and in general makes one feel younger". So says Sheldon Saul Hendler, M.D., Ph.D., in The Doctors' Vitamin and Mineral Encyclopedia.

Hendler says, "There is striking

new evidence that B12 may have important anticancer effects and that it may energize not only the body but the mind, alleviating a number of neuropsychiatric problems. It may also have a role in protecting us from toxins and allergens. New research

suggests a greater need than ever for supplementing vegetarian/macrobiotic diets with B12." He points out that those with B12 deficiencies feel much more energetic once they increase their B12 intake; and that persons suffering from pernicious anemia often benefit dramatically from injections of B12. (Since I know B12 shots helped our aging horse in the past, and made her feel and act like a young colt again, I think they're on to something)

Hendler quotes a doctor writing in "Medical World News" as saying that he and "thousands of other physicians" have gradually come to be convinced that B12 can help patients recover faster from viral and bacterial diseases and sometimes from surgical procedures. B12 also seems to accelerate a restoration of appetite and vigor.

Frank A. Lederle, M.D., reports in the January 2, 1991 issue of the Journal of the American Medical Association (JAMA) that Swedish doctors treated 64 patients with pernicious anemia with 1,000 mcg/day (micrograms) of B12 with great success.

So next time you're dragging around trying to gather up enough energy to get through the day, rather than that Snickers bar, try reaching for a hunk of B12 instead.



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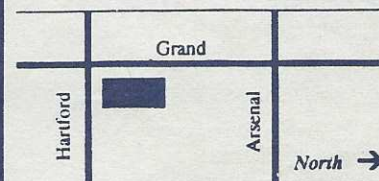


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HAPPY SAINT PATRICK'S DAY!!

(from the internet)

Saint Patrick's Day (March 17th), is an Irish holiday honoring Saint Patrick, the missionary credited with converting the Irish to Christianity (in the A.D. 400's).

Saint Patrick was not actually Irish. Historical sources report that he was born around 373 A.D. in either Scotland (near the town of Dumbarton) or in Roman Britain (the Romans left Britain in 410 A.D.). His real name is believed to be Maewyn Succat (he took on Patrick, or Patricus, after he became a priest). He was kidnapped at the age of 16 by pirates and sold into slavery in Ireland. During his 6-year captivity (he worked as a shepherd), he began to have religious visions, and found strength in his faith. He finally escaped (after voices in one of his visions told him where he could find a getaway ship) and went to France, where he became a priest and later a bishop.

When he was about 60 years old, St. Patrick travelled to Ireland to spread the Christian word. It's said that Patrick had an unusually winning personality, and that helped him win converts. He used the shamrock, which resembles a three-leafed clover, as a metaphor to explain the concept of the Trinity (father, son, holy spirit).

Legend has it that Saint Patrick drove all the snakes out of Ireland -- that they all went into the sea and drowned. It is not known why he would want to do this, except that the snake was a revered pagan symbol,

Tower Grove Heights Gazette
3203 South Grand Blvd., Suite 103
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and perhaps this was a figurative tale alluding to the fact that he drove paganism out of Ireland.

In America, Saint Patrick's Day is basically a time to wear green and party. The first American celebration of Saint Patrick's Day was in Boston, Massachusetts, in 1737. As the saying goes, on this day "everybody is Irish!" Over 100 U.S. cities now hold Saint Patrick's Day parades, the largest held in New York City.

Green is associated with Saint Patrick's Day because it is the color of spring, Ireland, and the shamrock. Leprechauns are also associated with this holiday, although it's not sure why. Leprechauns of legend are actually mean little creatures (with the exception of the Lucky Charms guy). They were probably added later on because capitalists needed something cute to put on greeting cards.

What's good luck on Saint Patrick's Day?:

Finding a four-leaf clover (that's double the good luck it usually is).

Wearing green. (School children have started a little tradition of their own -- they pinch classmates who don't wear green on this holiday).

Kissing the blarney stone.

Here's an Irish blessing to take with you today:

May your blessings
outnumber the shamrocks
that grow;
and may trouble avoid
you wherever you go.

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