

# Tower Grove Heights Gazette

Volume 9, Number 7

Grand to Gustine

Arsenal to Utah Place

September, 1998



## Corner Condo

By Audrey Anderson

Did you know that the large building at the southwest corner of Spring and Wyoming used to house a bakery? A friend of mine who is 55 years old grew up in our neighborhood and her family bought their bread and bake goods there. She fondly recalls butter crust bread and anise cookies.

Susie Gudermuth's company, Tower Grove Heights Homes has purchased the building with private financing, and Susie has drawn up plans to develop condos/apartments. There are actually two buildings at the corner, the larger facing Wyoming and a smaller building on the side of the alley. They are attached, but are definitely separate structures.

The plans are really neat. There will be three units: one very large unit, a relatively smaller unit and a loft apartment toward the back. Each unit will have a two-car garage within the building. There will also be a courtyard in the center, so occupants will be able to leave their home and access their garage through the courtyard. Very fancy!

Work on the exterior has already begun and Susie anticipates having the units ready for occupancy in about two years. Providing a certain symmetry to the project, the large white-tiled oven from the former bakery will be incorporated into the kitchen of the larger unit. It should be a nice addition to the neighborhood.



## TGHNA NEWS BRIEFS

### CONGRATS ELIZABETH

At the July meeting, Elizabeth Braznell was elected to complete the current term as President-Elect. We are all looking forward to working with Elizabeth.

### HISTORIC DISTRICT UPDATE

Over 75 people came out to hear Lynn Josse of Landmarks to talk about the possible benefits of the Heights in applying for designation as an Historic Place through the National Registry. All members will be mailed ballots to get their input on whether or not the Association should proceed. Be sure to turn in your ballot when you receive it.

### OUR SECOND DECADE

As the Association moves into its second decade, the Executive Board would like to invite everyone in the neighborhood to come to the September 22nd meeting to discuss a new mission statement, possible revisions to the bylaws, and goals for our second decade.

### MARK YOUR CALENDARS!

Holiday in the Heights will be held on Sunday afternoon, December 13th at the Stupp Center in Tower Grove Park. We are working on trying to get an ensemble from the Symphony to perform.

## IN THIS ISSUE

**A Short History of Coffeehouses...**with a special focus on MoKaBe's....page 3.

**Historian's Corner...**fascinating information on the first inhabitants of Tower Grove Heights....page 14.

**The Tattler...**all the inside dirt on happenings in the Heights....page 11.

**Community Calender...**with information and schedules of happenings all over the city. Can be found on refrigerator doors throughout the Heights....page 11.



## The Tower Grove Heights Gazette

**Founding Editor:** Janice Nesser

**Publications Chairperson-Editor:** Don Hardin

**Graphic Artists:** Janice Nesser

**Database Managers:** Tom Booth, Don Hardin

**Business Manager:** Colleen Santino

**Layout design:** Donna Mayes

**Typesetting:** Don Hardin, Ian Wilkinson

**Staff:** Mark Abbott, Audrey Anderson, Donna Blanca, Tom Booth, Elizabeth Braznell, Benjamin Chu, Richard Clinebell, Janet Crane, Matthew Fernandes, Sarah Griesbach, Don Hardin, Rich Iezzi, Sarah Langan, Terry Mayes, Bridget Moss, Patrick Murphy, Janice Nesser, Erin O'Reilly, Fredrick Rissover, Jay Rosloff, Colleen Santino, Cinder Wilkinson, Ian Wilkinson

**The Gazette** is a non-profit publication that is published bi-monthly by the Tower Grove Heights Neighborhood Association. For information concerning advertising call Colleen Santino at 773-5772.

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

**The Gazette/TGHNA**

P. O. Box 63002, St. Louis, MO 63163

## Curb Appeal

By Erin O'Reilly

Joe Rogers, an area resident and businessperson, is the man responsible for the curbside flower pots and the micropark at 3117 Bent. He and Marge Vining came up with this idea of neighborhood beautification last year and approached Home Depot for the necessary ingredients. Home Depot graciously supplied the planters, rocks, soil, fertilizer, tools and plants for the project. Gringo Jones, another business, devoted birdbaths for the micropark and Phil Duckwall and Joe Rogers donated two truckloads of dirt.

After getting all the ingredients together, Joe Rogers, who is a landscape artist and has a landscaping business called Solutions, created the flower pot arrangements and made the empty lot on Bent into a flower garden! The next step was to solicit help from community people to water and tend the flower pots and forty people have now adopted a pot! More flower pots are to come and possibly another microgarden in the future.

This neighborhood beautification project has brightened up our community and makes it more appealing.

Being so close to Tower Grove Park and the Missouri Botanical Garden, it is befitting that we enhance our community with gardening projects!



## Upcoming Events

### "Dinosaur Safari"

Through September 7

Over 30 life-sized dinosaurs invade the Climatron®. Don't forget to visit the fossil exhibit in the Brookings Interpretive Center.

### Japanese Art Exhibitions

September 3 - 10

Japanese postal stamp art, Japanese calligraphy, and Netsuke - the art of miniature sculpture.

### 22nd. Annual Japanese Festival

September 5 - 7, Sat. & Sun 10 a.m. - 10 p.m.,  
Mon. 10 a.m. - 5 p.m.

Japanese garden tours, tea ceremonies, Taiko drums, Japanese marketplace, arts & crafts, martial arts,



karaoke, Bon Odori, cooking demos, children's activities, food, & more!

### Federated Garden Club of Missouri Show

September 12 - 13

### Senior Day "Explore the Arts!"

September 15

Refreshments, dance performances by Atrak Dance Co., photography tips, music, cooking demonstrations, Japanese ink painting, prize giveaways, and more!

### Garden Gate Shop Fall Bulb Sale

September 17 - 18 members only

September 19 - 20 open to public

### Prairie Day at Shaw Arboretum

September 19

Living history characters, craft demonstrations, old-time music, storytelling, food, and frontier games.

### Sherman LeMaster Photography Exhibit

September 23 - November 18

### AARP "Celebration of Life"

September 26

Exhibits, demonstrations, food samples, storytelling, prize giveaways, and more!

### Dahlia Society of Greater St. Louis Sale

September 26 - 27

### Best of Missouri Market

October 3 - 4

Produce, crafts, music, food, and great family fun.

### Mid-America Regional Lily Society

#### Fall Bulb Sale

October 24 - 25

### Treasures of Peru

October 25

A celebration of the culture of Peru.

### Holiday Flower Show

November 25 - January 3, 1999

### Holiday Wreath Exhibition

November 25 - January 3, 1999

Many other events are happening at the Garden! Call (314) 577-9400 for information on all upcoming events.



**Missouri Botanical Garden**

4344 Shaw Blvd. • [www.mobot.org](http://www.mobot.org)



# On Coffeehouses in General...and MoKaBe's in Particular.

Dr. Richard R. Clinebell II

## *History of Coffeehouses.*

The coffeehouse tradition can be traced back at least as far as wandering medieval troubadours in the Old World, and wandering storytellers and magicians in the New. For instance, one of the dearest things to the crusader Richard the Lion-Hearted was his favorite minstrel, Blondel, who had a voice like honey and played a real mean lute. The lute is the predecessor of the guitar, with the exception that the G-string is tuned to F-sharp, and there is no curvature in the soundbox. Evidently, following the Moorish invasions of southern Europe, the oval shape of the lute fell out of favor because its shape resembled an Arabic stringed instrument. I'm not sure how the F-sharp was raised a half step. At any rate, since that time, the guitar has been the major musical instrument of folk balladry, all the way up to the present time.

## *Coffeehouses in American Culture.*

I was fortunate, in my college years as an enthusiastic young college student of 18, to pledge a fraternity at Wabash College in Crawfordsville, Indiana in the early 1960s which possessed in its membership a number of talented musicians. The mentor of them all was Amos Garrett, who had flunked out of school the year before I got there, but had taught a lot of his licks to other guys in the house, of which I was the grateful neophyte recipient. Amos went on to play for Paul Butterfield, Ian and Sylvia and Maria Muldaur (among others, and his elegant guitar work is known, I am sure, to all through his work on one of

Maria's songs, *Midnight at the Oasis*. Another guy in the house, one year ahead of me, was David Kendall, now the attorney for the President and First Lady in this sad spectacle we have been forced to witness these past seven months.

There was lots of music and political dialogue going on hand in hand in the house, and one of the opportunities that came for me was to spend my summers with several of the brothers who had gone to take their first jobs in Manhattan. I gravitated to Greenwich Village with my first guitar (a mid-priced Gibson) and having spent my freshman year at the feet of the anthropologist Page Stevens, the Latin scholar Melville Washburn and the writer Hans Heinzerling (all of whom were devotees of Amos' early folk music), I managed to get myself employed in the coffeehouses of Bleeker and MacDougal Streets in the Village. I say employed because, like the Mamas and Papas song, Cree Alley after every number, they passed the hat. Actually, it was a basket, and these places were called basket houses if memory serves me right. Occasionally, I got to play at one of the really legendary, famous places, like the Gaslight, the Bitter End or the Cafe Wha, but mostly I was in these little places next door.

It was an exquisite experience. People put enough change and small bills in the basket that I could support myself and spend the days wandering about the Guggenheim, the Met, the Museum of Natural History, the Frick and so on. Much more elevating than spending the summer

reading Jansen's *History of Art*. I also got to meet a lot of wild and crazy musicians. It was surely a lot different from my hometown of Wyoming, Illinois! St. Louis used to have such a place — Gaslight Square, and just before I got to the Village, the great Beat Poets, Kerouac and so on, were holding court in North Beach in San Francisco.

There was also a big coffeehouse scene on the near north side of Chicago where I played the open mikes at the Earl of Old Town with people like the late Steve Goodman (I'm the train they call the City of New Orleans, I'll be gone 500 miles when the day is done), before he became famous. Steve told me that I could probably support myself with my music, but I'd have to be willing to travel a lot. That was a long time ago, guys!

## *MoKaBe's.*

Recently, our local coffeehouse, MoKaBe's at 3606 Arsenal (telephone 865-2009) has reinstated this ancient and honored tradition of live music in intimate settings in the form of initiating Open Mikes beginning at 8:00 p.m. on the second and fourth Mondays of the month. This is delightful and brings back happy memories of my youth.

One of the organizers of the Open Mikes is Blue, whose home phone number is 776-3886. The deal is that musicians (sorry, no poets or comedians; only musicians are included in this venue at this time) can just show up and get a slot in the Open Mike.

I am very happy to

Cont on page 14



# Addictions and Drug-Free Communities

By Donna Branca

A recent article in the St. Louis Post-Dispatch reported St. Louis has been chosen by President Bill Clinton as a recipient of a \$2 million blitz of TV ads. The ads are geared toward teens and consist of a five-year campaign piloting twelve cities beginning in January. Sociologists and social workers like myself question whether a media blitz is enough to address a problem as large and complex as chemical dependency.

In preparation for this article, I interviewed my colleague, Dr. Winston Shen, M.D., tenured professor of psychiatry at Saint Louis University School of Medicine. Dr. Shen is also certified in added qualification of addiction psychiatry by the American Board of Psychiatry and Neurology.

Dr. Shen offered some information on the psychology and psychodynamics of addictions. Often, addicts are pleasure-seeking and seek chemicals as a regressive,

repetition compulsion to feed a libido. Often, the struggle is control versus powerlessness. Addiction in this sense is a defense against dependency and anger.

Teens are particularly vulnerable to addictions as drug use is often the "admission ticket" to the group, click, or gang of their choice. Dr. Shen reports chemically dependent persons often view themselves as worthless, experiencing a loss of self-esteem and a powerless feeling of loss of control. Persons experience a feeling of guilt and despair. Chemical dependency induces a feeling of omnipotence and invulnerability.

Dr. Shen's own professional stance supports the biological model: chemical dependency is a disease and as such responds to the medical model of medication management. Dr. Shen recently published "Pharmacotherapy of Alcoholism: the American Current Status." In this article, she reports pharmacotherapies such as antabuse and revia offer an effective intervention to addicts. Studies are still in progress regarding the efficacy of these medications. At present, both are utilized with patients at Saint Louis University Hospital, Department of Psychiatry. Patients are followed closely by the medical/psychiatric team, often with weekly follow-up and clinical services to include individual, group and family therapies, nursing therapies and nutrition services.



**NEIGHBORHOOD  
PRESCHOOL**

Non-profit, secular and parent  
cooperatively run. Serving South  
St. Louis since 1970.  
3964 Castleman  
(in St. Margaret of Scotland School.)

A cartoon illustration of a smiling sun with a face, surrounded by fluffy clouds. A vibrant rainbow arches across the scene, connecting the clouds.

**664-2654**

A cartoon illustration of a male golfer in mid-swing, wearing a cap and a glove on his left hand. He has a joyful expression.

## Custom-Fitted Golf Clubs

### Professional Quality & Performance For The Amateur Budget

**The Latest in High-Tech Components & Design**

**Convenient Location**  
5 minutes from the Arch 5 blocks south of Hwy 44  
Tues-Fri 9-6, Sat 9-4

**773-GOLF**

**CustomWorks Golf** 2300 S. Grand Blvd. St. Louis, MO 63104 314-773-GOLF (4653)



By Audrey Anderson

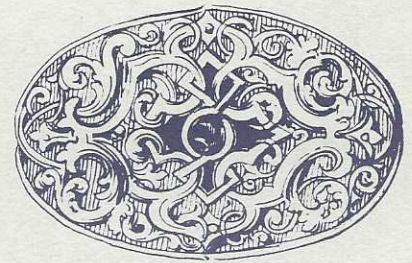
I recently spoke with Barb Potts and Pat Dougherty about several safety incidents in the neighborhood and recommend a task force to address problems such as drug traffic, truancy and theft.

Barb's response was to offer a "Safety Task Force" co-chaired by Barb and Pat. Barb also suggested new residents to Tower Grove Heights should receive a "Safety Package" compiled with the assistance of the Task Force and conjunction with the Division of Alcohol, Tobacco and Firearms.

Barb also applauded those of us who sold cookies at the International Festival. Several children were able to attend camp with these funds: Barb also reports the following resources for children: Fanning School, Herbert Hoover Boys and Girls Club, and Girls, Inc.

Gallaudet School was originally established in 1879 as a school for deaf and hard of hearing children. In 1925 the school was moved to its present location at 1616 South Grand. It now also includes the normal hearing child with severe to profound speech and language development disorders, autistic and educable mentally handicapped children. Student enrollment is about 70 full time students in grades kindergarten through eighth. The teacher-pupil ratio ranges from 5-10 students depending on the nature of the handicapping condition.

Signing and lip reading are taught and the students receive a full curriculum education. Gallaudet is a part of the St. Louis City public school system. For more information, call 771-2894.



**OPEN TILL 10 PM**

**7 DAYS**

**STOP BY FOR  
LUNCH OR DINNER!**

**HODAK'S**  
Restaurant & Bar

WHERE CHICKEN LOVERS COME TO FEAST

### BULK RATES

Porter House Steak Dinner	\$7.95
Shrimp Dinner	\$7.80
BBQ Rib Dinner	\$7.50
Catfish Dinner	\$6.10
Charbroiled Chicken Breast Plate	\$4.80

2100 Gravois • 776-7292

# FREE CHECKING

Why even consider a checking account that steadily chips away at your balance? At Commerce, we offer totally **FREE CHECKING**.

- ⊗ No monthly fees
- ⊗ No minimum balance
- ⊗ Unlimited check writing

Just apply for a no-annual-fee Special Connections VISA® or MasterCard®

Tower Grove Banking Center  
3134 South Grand  
746-8211

 **Commerce Bank**  
Member FDIC

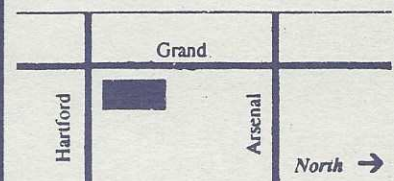
Personal Account  
Only



**Massive Selection Of  
Movies & Games**

**Free Popcorn**

**Free Parking In Rear**



3120 S. Grand • 664-2844



# THE HISTORIAN'S CORNER: THE FIRST RESIDENTS OF THE HEIGHTS

Probably when most residents of the Tower Heights think about what the area was like before they arrived, they conjure up images of the World's Fair, maybe farms on the outskirts of St. Louis around the time of the Civil War, or perhaps even Frenchmen staking out their claims to a seemingly empty land right after Laclede and Chouteau had founded their new trading post in 1764. But the history of what we affectionately call Tower Grove Heights goes back thousands of years. By the time Laclede and Chouteau sailed up the Mississippi from New Orleans, people might have been living in the "hood" for almost 12 thousand years.

The people we are talking about are a variety of different cultures that we collectively call "Indians" or "Native Americans." While Historians and Archeologists are uncertain exactly when it happened, most Indian scholars believe that the first Americans crossed over from Asia sometime between 20-50 thousand years ago and gradually made their way southward over time. They probably did not reach what is now Missouri until 12,000 BC which was towards the end of the last great ice age. Although one of the things we currently like about the neighborhood is its trees, it was during this time that the area started to assume the topography and vegetation that it would have until the Europeans arrived in the 17th and 18th centuries. As the glaciers receded, this area was at the border between the Ozark Highlands and the Northeast Prairie and probably where the Heights is now situated was mostly prairie. Because of periodic major flooding in the region, the Heights very well could have been an occasional home for the nomadic hunters who

roamed the area 10-12 thousand years ago. They mostly hunted deer and wild turkeys. But there were probably bison and elk in the area as well.

Around 10 thousand years ago, the Indian cultures in the region underwent a significant change. Gathering or foraging of vegetable matter became a significant element of the Indian diet as the climate warmed. Still nomadic, they also began experimenting with the manufacture of various cooking utensils. Though still in the "Stone Age," these early Tower Grove Heights residents by 3000 years ago were burying their dead and weaving fabric. While this may seem rather primitive from our vantage point, it should be remembered that the "Indians" had been separated from the rest of humanity some 20,000 years and had "evolved" to virtually the same point as had most cultures in the world by this time save for a few urban cultures in Africa and Asia.

Between 1000 BC and approximately 900 AD, Indians in the region underwent another quantum leap. During this time, they fully implemented agriculture with corn being their main crop. Agriculture not only permitted tribes in this period to become larger, they were able to have permanent settlements. While no evidence has been found to date that any settlement was sited exactly where the Heights is today, archeologists have found numerous settlements of the Woodland period in what is now St. Louis.

This movement towards permanent settlement accelerated during the Mississippi period which lasted roughly between the 10th and 14th centuries. This is the period that most St. Louisans know by Cahokia historical site. Possessing fertile bottomland, the east side

river city became the center of a far reaching trading society. These Mississippian Indians grew a wide variety of crops, had an elaborate social/political structure, and developed copper tools. By the 13th century, Cahokia was larger than London. But what differentiated the Mississippian culture from earlier local cultures was their construction of earthen mounds of various sizes and shapes. These mounds were used as burial grounds, as well as, observation posts and ceremonial centers. While Cahokia was the largest of the Mississippian towns, there were at least 25 settlements west of the river. Although none of these mounds have been found directly inside the Heights, one of the few remaining mounds in the city is located at 4400 Ohio.

What happened next is still a mystery. Even though Cahokia had a population of 40,000 at its peak, it and the surrounding towns died out between the 14th and 16th centuries. Some archeologists believe that it was due to pollution and environmental factors. Others believe that the Indians had overworked the soil so that crop yields decreased. Still other archeologists and historians point to DeSoto and the arrival of the Europeans with their diseases in the 16th century that triggered the demise of the Mississippian culture.

For whatever reason the Mississippians died out, their demise opened up the way for a new culture that was probably introduced from the plains. These new residents of the Heights were the Oneota. The Oneota were closely related to the Osage and the Missouri. Though the Oneota lived in semi-permanent settlements, they were primarily hunters and gatherers like most plains societies. They did, however, augment their diet with corn, beans, and squash



# September 1998

## Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday																																										
<div> <div>August</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>2</td><td>3</td><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td></tr> <tr><td>9</td><td>10</td><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td></tr> <tr><td>16</td><td>17</td><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td></tr> <tr><td>23</td><td>24</td><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td></tr> <tr><td>30</td><td>31</td><td></td><td></td><td></td><td></td><td></td></tr> </table> </div>	S	M	T	W	T	F	S	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							1	2 Bot. Garden Admissi- on Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6	3 Bot. Garden Japanese Ex- hibit Sept 3-10	4	5 Bot. Garden Admissi- on Free Until Noon Bot. Garden Japanese Festival Sept. 5-7
S	M	T	W	T	F	S																																										
2	3	4	5	6	7	8																																										
9	10	11	12	13	14	15																																										
16	17	18	19	20	21	22																																										
23	24	25	26	27	28	29																																										
30	31																																															
6 Full Moon Tower Grove Park - Hot Air Balloon Race	7 Labor Day	8 Block Rep Me- eting 7:30 pm Conn/Spring	9 Bot. Garden Admissi- on Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6	10	11	12 Bot. Garden Admission Free Until Noon																																										
13	14 Bulk Trash Pick-Up Week	15 Bot. Garden Senior Day	16 Bot. Garden Admissi- on Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6	17 Bot. Garden Fall Bulb and Gift Sale	18	19 Bot. Garden Admission Free Until Noon																																										
20 Rosh Hashanh	21 Carp. Lib. Book Discu- ssion "Come and Go, Molly Snow" 7.00 pm	22 Gen Meeting 7:15 pm 3617 Wyoming	23 Autumnal Equinox Bot. Garden "Sherman Lemaster" Exhibit Bot. Garden Admission Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6	24	25	26 Bot. Garden AARP Day Dahlia Society Show Bot. Garden Admission Free Until Noon Tower Grove Park Friends of the Park call 771-2679																																										
27 Carp. Lib. "Banned Books Exhibit" 9/27 thru 10/3	28	29 Yom Kippur	30 Bot. Garden Admissi- on Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6	<div> <div>October</div> <table> <tr><td>S</td><td>M</td><td>T</td><td>W</td><td>T</td><td>F</td><td>S</td></tr> <tr><td>4</td><td>5</td><td>6</td><td>7</td><td>8</td><td>9</td><td>10</td></tr> <tr><td>11</td><td>12</td><td>13</td><td>14</td><td>15</td><td>16</td><td>17</td></tr> <tr><td>18</td><td>19</td><td>20</td><td>21</td><td>22</td><td>23</td><td>24</td></tr> <tr><td>25</td><td>26</td><td>27</td><td>28</td><td>29</td><td>30</td><td>31</td></tr> </table> </div>			S	M	T	W	T	F	S	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31							
S	M	T	W	T	F	S																																										
4	5	6	7	8	9	10																																										
11	12	13	14	15	16	17																																										
18	19	20	21	22	23	24																																										
25	26	27	28	29	30	31																																										



# October 1998

## Monthly Planner

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<div> <div>September</div> <div>S M T W T F S</div> <div>6 7 8 9 10 11 12</div> <div>13 14 15 16 17 18 19</div> <div>20 21 22 23 24 25 26</div> <div>27 28 29 30</div> </div> <div> <div>November</div> <div>S M T W T F S</div> <div>1 2 3 4 5 6 7</div> <div>8 9 10 11 12 13 14</div> <div>15 16 17 18 19 20 21</div> <div>22 23 24 25 26 27 28</div> <div>29 30</div> </div>						
4 Bot. Garden "Best of Missouri" Market Compton Heights House Tour	5 Full Moon	6	7 Bot. Garden Admission Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6 10am	8 Carp. Lib. Workshop for Adults 7pm "How to Use the Lib. more Effectively"	9	10 Bot. Garden Admission Free Until Noon
11	12 Columbus Day	13 Block Rep. Meeting 7:30pm Comm/Spring	14 Bot. Garden Admission Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6 10am	15	16	17 Bot. Garden Admission Free Until Noon
18	19 Bulk Trash Pick Up Week Carp. Lib Book Discussion "In the Lake of the Woods"	20	21 Bot. Garden Admission Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6 10am	22	23	24 Bot. Garden Admission Free Until Noon Bot. Garden Lily Society Sale United Nation's Day
25 Bot. Garden Lily Society Sale "Treasures of Peru"	26	27 Gen. Meeting 7:15 pm 3617 Wyoming	28 Bot. Garden Admission Free Until Noon Carp. Lib. "Fall into Books" Ages 2-6 10am	29	30	31 Bot. Garden Admission Free Until Noon Carp. Lib. Halloween Open House Halloween



# MR. MANNERS TALKS ABOUT.....KIDS

**Dear Mr. Manners:** My neighbors are driving me crazy. Actually, it is my neighbors' kids. There are about a dozen kids within a half a block from my house and it seems like they spend their entire life roller blading and playing ball in front of my house on the sidewalk. They are constantly screaming and yelling. Frequently in the fall when they are throwing footballs, the balls hit parked cars, making dents or breaking windows. I have tried talking to them. But they usually use profanity and tell me to go back inside. Should I use a grenade to make them go away?

**Dear Gentle Reader:** No, you may not use a grenade! But this is a tough question. Of course, you should not have to tolerate profanity or damage to your property. City yards, however, are very small and children naturally want more room to play. Moreover, if parents know their children are right outside, they do not have to worry as much about them getting into trouble or getting hurt.

Obviously, the park is an alternative. But many parents feel uneasy about permitting their children to use the park unsupervised. They believe it is either too far from where they live, or the traffic is too heavy for the age of their children, or that their children will be harassed by older children. Mr. Manners is of the opinion that there are no hard and fast rules here. He thinks that the secret is communication and that parents and neighbors need to talk and discover what "manners" with which they feel the most comfortable. An answer for one

block may not be the answer for another.

**Dear Mr. Manners:** I spend a lot of time in my yard gardening and have spent hundreds of dollars on plants. My yard has become "the" place to play. I like my neighbors' kids, but they are ruining my lawn. What should I do?

**Dear Gentle Reader:** Mr. Manners agrees with the African proverb and the First Lady "that it takes a village to raise a child." It is unfortunate that race and class tensions make it difficult to talk to other parents

about the behavior of their children, but children need constant watching over and it is everyone's responsibility to monitor their behavior. If a child misbehaves in your presence, you not only have the right to correct that behavior, you have the responsibility. Moreover, you must have enough trust in your neighbor's judgment to correct your child and to report that misconduct to you, without that neighbor being reproached by you. Perhaps nothing other than how a neighborhood "collectively" disciplines its children shows whether or not it is a community.

3807 Hartford Street  
St. Louis, MO 63116

VM: (314) 719-2950  
HM: (314) 771-7675

  
**FreeLife**

Independent Marketing Executive

Thomas Booth

"The #1 rated MLM Company"  
"Exclusive, Clinically Proven Nutritional Products"

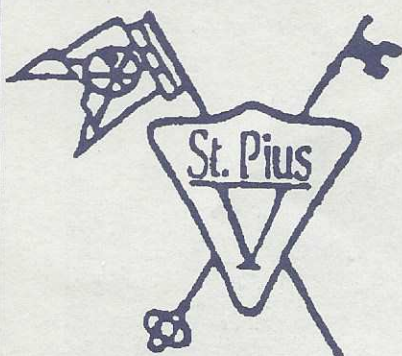
## St. Pius the Fifth Parish

3310 South Grand Blvd • St. Louis, MO 63118

**772-1525 Fax: 772-5615**

**Masses: 4:30 PM - Saturday**  
**7:30 & 10 AM - Sunday**  
**8:00 AM - every weekday**

**Ministry to the homebound and elderly**  
**Ministry to the immigrant and refugee**  
**Ministry to children**



St. Pius the Fifth Church

**Kindergarten thru 8th**  
**Catholic Grade School**

**773-8770**

**a caring faculty**  
**full-time kindergarten**  
**limited tuition assistance**  
**English as a Second Language**  
**government lunch program**  
**Girl Scouts & Boy Scouts**



# Share the Love...Companion Pets to the Rescue.

Cinder Wilkinson

People who have pets can tell you the great joy that having a pet brings to their lives. Pets are friends who are always available to us, don't judge our choices, accept our mistakes. I have seen t-shirts which


read "To err is human, to forgive canine. . ." Which I think is a reasonable twist on the statement, and feline could also be inserted with accuracy. There is medical research which proves that petting

an animal lowers blood pressure, creates a sense of relaxation and stimulates blood flow, and that's only for the person doing the petting! I'm sure most animals enjoy it very much as well!

We know that there are benefits, both physical and psychological, to pet ownership. But what about those people in our community who aren't able to own pets and so must forego the related benefits? This is the lucky pet owner's chance to share the love that their pets have to give, and that they have to give, and thereby share the benefits of pet ownership with people who may be in positions of greatest need, but unable to have or care for pets of their own. Any type of pet can qualify, dogs, cats, iguanas, birds, pigs, bunnies. The experience of having a pet therapist can be very rewarding and recuperative to a person in a nursing home, hospital, or institutional setting.

There are many ways to get involved in pet therapy work. There are organized groups, some of which require certain types of training and certification, and others which require only that the animal pass a basic temperament test. There is even one which does a "Doggie Drill Team", for the amusement of school, hospital and nursing home groups and in parades.

A few of these can be contacted through the APA — 781-2287, Support Dogs — 892-2554, Love on a Leash — 291-5829. If you have friends or family members who are shut-ins and unable to care for pets, you can set up your own home visit schedule. If you are interested in a certain facility, you can approach the director or head of therapy services and offer



Pediatric Specialists

## CITY SPEECH, INC.

**Lori R. Linder, MA., CCC/SLP - President**  
**Speech - Language Pathologist**

Diagnostics  
Therapy  
Training

3825 Utah Place  
St. Louis, MO 63116  
(314) 773-3060

By Appointment Only



## THE WINTER HOUSE

### BED AND BREAKFAST

**Hosts: Kendall & Sarah Lee Winter**

Give Your Out-of-Town Guests a Home  
Away from Home

3522 Arsenal Street  
Saint Louis, Missouri 63118

(314) 664-4399

# BOTANICALS

## ON THE PARK

*"Where Everyday is a Holiday"*

*Fine Gifts and  
Decorative Accessories*

*Flowers for all Occasions  
Fresh and Permanent*


*Accent Furniture  
Prints and Table Linens*

*Collectibles, Jewelry and  
Personal Products*

*China and Crystal  
Candles and Cards*

So, you like Chicago...  
You like New York...  
You'll love shopping  
at **Botanicals**  
**On The Park...**

Big city shopping  
in Saint Louis!  
**Botanicals**  
**On The Park...**  
City living at its best.



**Botanicals On The Park**  
3014 South Grand  
Saint Louis, Missouri

**(314) 772-7674**  
Hours:  
Monday - Friday: 9 am to 6 pm  
Saturday: 9 am to 5 pm



## The Tattler

Have you tuned in for all the positive publicity the Heights has been receiving? **Once Upon A Vine** was publicized in the Saturday St. Louis Post-Dispatch on July 11 in an article by Dorothy Firestone, "Once Upon a Vine is a wish come true"

Betsey Bruce, Channel 4 News, featured the Heights in news story on the area that included interviews with two local residents-Susie Gudermuth and Jean Iezzi. As Barb Potts says, never underestimate the value of positive publicity. A station employee who owns property in the area was telling a fellow worker about the increasing values in the Heights. The worker didn't believe him and took a trip into the city to see for himself-he was so impressed that he convinced Bruce to do a story. Word is more publicity may follow....So spread the word about the good things we have going in our neighborhood!

Speaking of great news-Marti Frumhoff, Coldwell Banker Realtor, tracked property values in the whole Tower Grove South area and found an 59% increase in the average home sale price over the last 18 months.

**Grand Happenings-** A Croatian Restaurant is opening at the corner of Wyoming and Grand at the former site of the Mid Eastern Market. A vintage clothing store is moving in next to the Post Office here Books and More was previously located. Pho Grand has completed a new kitchen in their new building next to their current location. They hope to open in September. Paramount Drug is moving to the old SOHO building at the corner of Grand and Hartford -the site of yesteryear's Hesselburg Drug. My sources decline to tell me what is going into the corner of Arsenal and Grand but say we will be happy. Another mystery to unfold is *who bought the*

*Roosevelt Bank building and parking lot and what it will become....stay tuned for more news!!!*

K-Mart plans to close their Gravois store and build at the corner of Kingshighway and Chippewa-the previous site of Southtown Famous. I don't know about you-but I have never completely forgiven Famous for leaving! Did you know the corner of Kingshighway and Arsenal is the most dangerous traffic intersection in the city?

Congratulations to elected Elizabeth Braznell as President Elect of the Tower Grove Heights

Neighborhood Association -filling the term of Mike DeCamp who resigned due to time pressures. Executive Board member Robert Jones reported that through the success of the booth at the Festival of Nations, we were able to send 11 year old twins, Dian and Desean Mosby of the 3800 block of Hartford to camp at the South Side Y. Robert is now spearheading a sign-up for free smoke detectors. Contact your Block Representative to sign up. The supply is limited so first come, first served.

The presentation on becoming a historic district received a warm welcome at the July meeting. The

Cont on page 14



**Kurt E. Wolfgram**

Attorney at Law

Personal Injury  
and Commercial Litigation



4500 West Pine  
St. Louis, Mo 63108

telephone (314)721-1787  
fax (314) 721-0703

*Proud Resident of Tower Grove Heights*

# Lucas Optometry, Inc.

## TODD N. LUCAS, O.D.

Eye Examinations- Contact Lenses- Eye Glasses

3165 South Grand Blvd.  
St. Louis, Mo. 63118

Participatory Provider for:

Blue Choice  
Group Health Plan  
Prudential

and many other vision and eye care plans

Office Hours by appointment

(314) 772-3737



## Share the love....

yourself and pet(s) for a certain number of hours per month. Most facilities will jump at your offer. The requirement of greatest importance is that the pet be fully vaccinated and free of parasites, and of course, clean. If you have reptiles, be sure to have your vet check them for salmonella, and carry antibacterial gel hand washing solution with you for the residents to use after handling your pet.

To get started, you may want to carry a bag with you with a brush and comb, treats and toys your pet enjoys.

If your pet knows any tricks many people will really enjoy them. Some people just want to pet and talk to your pet, others will enjoy grooming a pet who likes to be groomed.

Pet therapy can be as little as one hour once a month or as much as many hours every day. It is a very rewarding way to spend time with your pet while helping others. You will make new friends and enjoy yourself, your pet will also make friends and have fun. You and your pet will bring a ray of sunshine into someone's otherwise dreary day, promote communication and good health, and take people's minds off their worries.

There is nothing to lose, so go out today and find a way to share the love your pet has so much of with someone who needs and will truly appreciate and benefit from it.

Cinder Wilkinson, a former veterinary technician, is the owner of Best Friend Pet Care and Training and Jog Your Dog-Personal Training for your Pet. She is Vice President of Mound City Obedience Training Club, co coordinator of Alaskan Malamute Protection League of Greater St. Louis, and is involved with Belgian Breed Rescue. She can be reached at 664-8607.

## INTERNATIONAL INSTITUTE

By Erin O'Reilly


The International Institute of Metro St. Louis now located at 3800 Park will be moving to 3654 S. Grand to the old medical building. Their comprehensive resettlement services for refugees and immigrants will utilize all of the space in that building to assist people from other countries in making their home in our state of Missouri.

Refugees or immigrants wanting to resettle in Missouri are referred to the International Institute from the Immigration and Refugee Service in America located in Washington, D.C. Once the person or family arrives in St. Louis a case worker is assigned to them from the International Institute and services are rendered according to their needs. Some of the services offered are as follows:

Translation and interpretation, English language instruction, identification photos, visas, passports, housing and job placement, transportation and clothing assistance, orientation and counseling, DFS applications for welfare and medicaid, and connection with needed health services.

It seems only appropriate that the International Institute will make its new home in our internationally flavored community and I'm so glad that empty building is going to be put to good use!


*Once Upon A Vine, is a cozy  
Restaurant & Wine Shop located in the  
Grand South Grand Business District.*



3559 Arsenal  
St. Louis, Missouri 63118  
Near the corner of  
Grand and Arsenal  
314.776.2828

Inside you will find:

- Fine wines from all corners of the world.
- Gourmet foods to exercise your taste buds.
- Aroma of fresh ground coffees.





### OAK HILL TRUE VALUE HARDWARE & PAINT CO.

**4100 CONNECTICUT ST. AT OAK HILL  
776-0741**

*Monday thru Friday 8-5:30pm  
Saturday 8-5pm*

**A FULL SERVICE FAMILY OWNED HARDWARE STORE  
SERVING SOUTH ST. LOUIS FOR OVER 60 YEARS!**

**We specialize in:**

**Plumbing, Electrical, Builders  
Hardware, Lawn & Garden, Hand  
& Power Tools, Locksets,  
Cleaning Supplies, Bulk Nails &  
Fasteners, Paint & Painting  
Supplies**

**Special orders welcome!  
Mastercard, Visa & Discover  
accepted!**

**Our services include:**

**Key duplicating  
Glass & Plastic Cutting  
Window & Screen Repair  
and Fabrication  
Pipe Cutting & Threading  
Delivery within our area  
Window Shade Cutting  
Sharpening Services**



# Don't Worry, Be Healthy

Compiled by Tom Booth

While too much fat is, of course, not good, fat is one of the three primary nutrients that we need to survive. The other two are protein and carbohydrates. So why do we need fats in our diet? First of all, fats provide energy. Actually, more than twice as much energy as protein or carbohydrates: nine calories per gram as opposed to four calories per gram for protein and carbohydrates.

Second, fats provide the necessary nutrients called essential fatty acids (EFAs). These are nutrients that the body must get from food in order to maintain health. Fatty acids are oils that make up our foods, make up structures in our bodies and cells, and are necessary for life.

Third, the body needs fat to absorb vitamins A, D, E, and K

Dr. Jay Lombard, a board certified neurologist and nutritionist Carl Germano, in their book *The Brain Wellness Plan*, mention that DHA and EPA, readily available in omega 3 from fish and flaxseed oil or algae, are important antioxidants, a stimulant to the immune system, and a promoter of brain health.

They describe DHA as the major structural fatty acid in the gray matter of the brain, and facilitates communication between

brain cells by allowing synapses (contact points between the brain cells) to remain soft and functional.

Many researchers believe that changes in the composition and metabolism of fatty acids like DHA may contribute to Alzheimer's. A Swedish study demonstrated that the brain DHA content of Alzheimer's patients was significantly less than that in the brains of control patients.

Generally speaking, the most healthful fats are found in some, but not all, vegetable oils. They have no cholesterol, provide EFAs, and are, with a few exceptions, highly unsaturated. (Saturated fats are linked to heart disease and other serious illnesses.)

Some of the most common vegetable oils are: Canola Oil which is made from the rapeseed plant and named for Canada, where it is widely produced. It is highly unsaturated, neutral in flavor, and inexpensive. Coconut oil contains over 90 percent saturated fat. In fact, coconut oil is more than twice as saturated as lard. Its high level of saturated fats is what makes coconut oil, like lard and other animal fats, solid at room temperature.

The only other vegetable oil that is highly saturated is palm oil.

Both are great for making cosmetics and massage oil, but not so great for eating.

At the opposite end of the spectrum, corn oil is 84 percent unsaturated. In addition to EFAs, it is rich in vitamin E. When not highly processed and refined, it has an almost-buttery flavor that makes it a natural for baked goods.

Olive Oil is the mother of all cooking oils, with a colorful flavorful, 6,000 year history. Since ancient times, olive oil has been used throughout the Mediterranean in cooking and as a lamp fuel, cosmetic ingredient, and medicine. Interestingly, Spanish olive oils are considered the very finest of all.

Peanut Oil is relatively high in saturated fat (20 percent) and relatively low in EFAs. You'll find it in many commercially-processed foods because it's an inexpensive byproduct of the peanut industry.

Safflower oil comes from a member of the sunflower family. It is 94 percent unsaturated, high in EFAs, and inexpensive. Its neutral taste makes it a good choice for cooking when you don't want the oil to strongly flavor the dish. Safflower oil's only disadvantage is that it may spoil quickly. Keep it in the fridge or another cool place to help keep it fresh.

Oils for cooking are also made from sunflower, sesame, soybeans, cottonseed, almond, walnut, avocado, and other plants.

Whatever you buy, stick to the less processed, less refined oils you'll find at your natural foods store. They'll have more flavor and often, more of their naturally occurring nutrients.

By all means, avoid hydrogenated vegetable oils. These are oils that have been artificially saturated in order to prolong their shelf life, and they have all the health risks of





## **TOWER GROVE HEIGHTS NEIGHBORHOOD ASSOCIATION**

President: Mark Abbott  
President Elect:  
Secretary: Diane Hurwitz  
Asst. Secretary: Stacy Leimbach  
Treasurer: Suzanne Golemb  
Past President: Sara Langan

### **COMMITTEE CHAIRS**

Block Representative: Sara Langan  
Fun and Fundraising: Jeffrey Blunt  
Prom. & Marketing: Susie Gudermuth  
Publications: Don Hardin

### **BLOCK REPRESENTATIVES**

3600/3700 Arsenal  
Diane Hurwitz  
3800 Arsenal  
Elliott Blevins  
Fredric Rissover  
3600/3700 Hartford  
Rocky Keel  
Kathleen Pfeiffer  
Cinder Wilkinson  
3800 Hartford  
Chris Cleeland  
Joe Thele  
3600/3700 Juniata  
Fran Armstrong  
Rodney Dillon  
3800 Juniata  
Jay Rosloff  
3600/3700 Connecticut  
Judi Sharp  
Sarah Griesbach  
3800 Connecticut  
Curt Gilker/Sherry Taylor  
Bill/Noel Shamleffer  
3600/3700 Wyoming  
Bob Walker  
Ric White  
3800 Wyoming  
Linda Fick  
3600/3700 Humphrey  
Sue Clavin  
Mary Fazholz  
Susan Freedman  
3800 Humphrey  
Robert Reed  
Marcia Recks  
Sande Vieira  
3600/3700 Utah Place  
Doug Harding  
Loretta Morgan  
Robyn Schrager  
3800 Utah Place  
Veda Lynn  
Betsy Ward

## **MoKaBe's...cont.**

see this kind of local, non-showbusiness showcasing of local musicians, not only because it is an opportunity for the people of the neighborhood to hear the kind of music that being made right here at home, but also because it provides a forum for local musicians to meet one another and share ideas. I sincerely hope the Open Mikes at MoKaBe's will be a great success. They are extending one of the truly great cultural traditions of human history. Hope to see y'all there from time to time.

## **Historian's Corner...cont.**

and were quite adroit at pottery making. The Oneota, the Missouri, and the Osage were the primary tribes in Missouri when the French arrived in the 18th century. One of the great tragedies in Missouri history is that we have been deprived of any link to this glorious past and the Indians when virtually all Indians were forced out of Missouri into Oklahoma because of the Indian Removal Bill of 1830.

So the next time you are gardening or walking down the street, take a moment and wonder what the Tower Grove Heights was like when the Indians—the Heights' first residents—inhabited our world.

## **The Tattler...cont.**

only down side is the amount of work needed to gather information. The pluses are many-increased positive perception of the neighborhood, a link to our historic heritage, and possibility of tax credits and resulting positive impact on home values.

## **Don't Worry, Be Healthy...cont.**

naturally-saturated fats.

And what about nuts? Until recently, nuts were on a no-no list because of their "fat" content. A current pro-nut movement is gaining momentum as a result of a 1992 study of 26,473 Seventh-Day Adventists. During the six years following the study, the participants who ate nuts frequently (at least five times a week), had a 50 percent lower heart attack risk than that of those who ate nuts rarely.

The benefits are credited for the most part to the monounsaturated fat found in nuts (which is also in olive oil). Other oils rich in monounsaturates are in hazelnuts, pistachios, sesame and sunflower seeds, peanuts, avocados, and canola (rapeseed).

So don't be scared away from a healthy balanced diet which includes essential fatty acids. Fats can be healthy too.

**TGHNA**  
**3735 Connecticut**  
**St. Louis, Mo 63116**

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
ST. LOUIS, MO  
PERMIT NO. 3794

*Printed on Recycled paper*