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The Porch Review

Benton Park West

Vol 8, No. 8

August 2008



Celebrating our Heros and Sheros - Be a HERO Today!

BPWNA Notes

Aug 6 - BPWNA Board Mtg 7p,
2715 Cherokee, lower level

Aug 14 - South Cluster W&S Meeting 7p - 2832 Arsenal, Five Star Senior Center. 3rd District PA meetings suspended for summer.

Aug 21 - BPWNA Membership Meeting 7p - 2832 Arsenal, Five Star Center.

August 23 - Annual BPWNA Yard Sale - 7a-1p, 2832 Arsenal, Five Star Senior Center.

August 25 - Book Club - See Page 13 for more information.

Find out how you can be a part of BPWNA in 2008. See Bill Byrd or call (314) 771-0803.

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Questions, Comments, Concerns?

Contact Neighborhood Office:

Phone: 314-771-0803

E-mail: bpwna@yahoo.com

Gateway Greening

Gardening Partnerships for Community Development

Gateway Greening is a nonprofit organization dedicated to community development through community gardening. Since 1984, Gateway Greening has helped transform ne-

glected and abandoned lots in St. Louis into productive gardens and beautiful landscaped areas. Our mission is to provide resources and training to neighborhood groups who

(Continued on page 9)

New Garden and Landscaping Column



We welcome Greg Frankhouser this month as a guest writer helping you to understand your gardens and landscaping

Greg is a resident of the Dutchtown neighborhood and owner of *The Watershed*.

Greg's first column shares about those...

SUMMER PRUNING CHORES

Almost anything that gets pruned can be pruned now. The key being the timing. If you have Azaleas, Rhodis, lilacs, Viburnum, now IS the time

(Continued on page 6)

Ob-LITTER-ators

Attention Benton Park West!

Have you seen the "yellow T-shirts" walking around the neighborhood?

By Kim Bollinger

We are very excited to tell you about something new going on in your neighborhood! Have you ever been frustrated after seeing trash hurled in your yard or on the street out front of your house or in your alley? Well, we might not have Arnold Schwarzenegger to the rescue in Benton Park West to stop our trash problems, but we do have a group of folks who have recently begun to walk together to clean up the area! Who are these trash terminating, enthusiastic garbage eliminators? The ob-litter-ators, of course. **And...**

(Continued on page 10)

SAVE THE DATE

Aug 6 - BPWNA Board meeting, 7:00p - 2715 Cherokee St.

Aug 14 - *South Cluster Weed & Seed, 6:30p

Aug 21 - *BPWNA Membership meeting, 7p

Aug 23 - *Annual Yard Sale - 7a-1p,

Sept 2 - BPWNA Board meeting, 7:00p - 2715 Cherokee St.

* Location is Five Star Senior Center - 2832 Arsenal.



The Presidents Corner... "Word of the Byrd"



Bill Byrd

Make your dollars work for you!**City agencies, the Police and other Amenities**

So, you've called 911 a LOT. You've picked up trash and your yard is looking pretty good.

But, you still see trash blowing and the alley dumpster seems to always be overflowing.

Being a part of a neighborhood means being involved. Being a part of the walking groups, helping work toward the new Dog Park, neighborhood BBQ's, beautification projects, the gardens, helping your neighbors, etc.

Is there anything else you can do? YES. Get your monies worth from your taxes when it comes to City services and the Police. City Services include:

Trash Pickup	314-353-8877
Street cleaner	314 647-3111
Animal Shelter	314-353-5838
Animal Abuse Hotline	314-647-4400
Street lights	314-622-4800
Street department	314-647-3111
Potholes	314-768-2805
Park and Recreation	314-289-5300
Benton Park	314-289-5300
Cherokee Recreation Center	314-664-0582

Citizen's Service Bureau	314-622-4800
Operation Safestreet	314-622-3444

The Police services include:

Third District Police	314-444-0619
Problem Properties	314-622-3600
Noise Disturbance	911 or 231-1212
Guns	

Drugs	314-241-COPS
Accidents	911 or 231-1212
Domestic Abuse	911 or 231-1212

Alderpersons:

Ken Ortman	314-622-3287 (w) 314-776-0161 (h)
Craig Schmid	314-589-6816 (w)
Jennifer Florida	314-776-2890(w)

Neighborhood Stabilization Officers:

Barb Potts	314-613-3083 (w) 314-397-1091 (cell) pottsb@stlouiscity.com
------------	---

Dena Hibbard	314-613-3109 (w) hibbardd@stlouiscity.com
--------------	--

These services are as easy as a phone number away. Take a moment to acquaint yourself with the services and numbers. If each of YOU take time to look around you and your neighborhood and identify problems, then call the "Fix-it Resource" (person or agency) and report the issues, then we'll get Benton Park West "Fixed" in no time.

I encourage each of you to call when you think you should, stop to help someone in need when you can, pickup trash or work in your yard, or talk to a neighbor when you should. "It takes a village." Let's take our responsibility and ownership of our space around us. We can't do it alone and neither can all the agencies and services in the city.

Partner up and let's make Benton Park West clean, comfortable and a great place to live!

Bill Byrd,
President

2008 Board

Bill Byrd - President
776-4447 hm/ 602-0392 cell
bpwnabill@yahoo.com

Carrie Sleep - Vice-President
865-1002 cell cesleep@yahoo.com

Rhonda Shaw - Treasurer
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Neighborhood Association**

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On the Web at: www.bentonparkwest.org

Advertising Information:
bpwnapub@yahoo.com or 314.771.0803.

Advertising deadline: The 17th of each month.

We Need YOUR Help! Help out your neighbors by taking a leadership role and work on a Committee. Contact any board member.

Surrounding Our Schools with Care

The new school year is just around the corner. I will be kicking off the second year of my Surrounding Our Schools with Care initiative (SOS Care) in August. One part of the process is to share wish lists from schools in the 59th district. Here are lists I have received so far.

From Kottmeyer Big Picture School, 1530 S. Grand:

- T-Shirts (school clubs and school spirit to help enhance a sense of belonging)
- 60 blazers for students to wear when they need to dress professionally
- Funding for the Sistakeepers Program (support and leadership group for young women)
- Laser printers (at least six needed)
- Smartboards for every classroom (8)
- 100 - 3-ring binders with clear sheet protectors to create work portfolios

- Colored construction paper
- LCD projectors for each class (8)
- Clear plastic sheet protectors
- Bus tickets to get to internship sites
- Books for Boys to Men program (character books, etc.)
- Library books (fiction, nonfiction, reference)
- Books on c.d. for auditory learners
- Guest speakers (speak on a specific profession, education, motivational speaking)
- Funding for culturally enriching field trips (symphony, theatre, fine dining, art museums, etc.)
- Funding for team building activities (camping, ropes courses, etc.)
- Learning Through Interest/ Internship opportunities

From Shenandoah Elementary School, 3412 Shenandoah:



Jeanette Mott Oxford,
59th District

314-772-0301 (home)
573-751-4567 (office)
jeanette.oxford@house.mo.gov

- Children's books
- Boys and girls underwear or sock (new - in sealed packages)

From Roosevelt High School, 3230 Hartford:

- Three-ring binders (three inch, white preferred)
- Fans to come cheer at home football games
- Community Task Force members

Please call me at 314-771-8882 for more information. In addition, you are welcome to support students from our community by donating to or volunteering at the August 16th Back to School Fair at Joint Neighborhood Ministry (JNM), 2911 McNair. Call Joan Hensley, JNM director, at 314-771-3987 for a list of needed items.



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Fax.314-865-2900

E-Mail fcoac@swbell.net



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Michael W. Howard

Executive Director



Mary E Cox
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2731 South Jefferson Ave
St Louis, MO 63118
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MAKING SENSE OF INVESTING

BPWNA Meeting Minutes - July 17, 2008

Call to Order – Welcome from President Bill Byrd. Everyone went around and said their name and address in the neighborhood.

Review of Minutes – Aaron Weil moved to accept minutes, Jerry Pierce seconded; motion passed.

Treasurer's Report – Chad Johnson moved to accept report, Carrie Sleep seconded, motion passed.

Neighborhood Projects

Trivia Night – Chad Johnson gave a summary of event. NA raised almost \$3,000. Event will have to move to a larger space - St. Wenslslaus next year. Anyone interested in helping out with next year's event, please let him or Carrie Sleep know.

National Night Out – Please put this event on your calendar: Movie Night – Aug. 2nd, Bar-b-que – Aug. 3rd. Bill gave information about the event including times and that the movie will be Ratatouille. Neighbors to bring a side and NA to provide meat at the bar-b-que. NA is looking for volunteers for this event.

Yard Sale - Saturday, August 23rd; 7am-1pm at Five Star this year. Need volunteers to set up/clean up and run the event. Friday evening everything will be moved in and set up for Saturday morning.

Trunk-N-Treat - Pam Welsh described the event and got neighbor feedback.

MAD - Membership Appreciation Dinner - Chad presented information, November 8th at St. Wentsislaus, theme is 80 blocks of courage, brick award will be meeting soon if anyone would like to get involved.

Local Officials

Craig Schmid –

He passed out a product flyer from Penny Saver (Minnesota & Utah)

He passed out an article about St. Louis City being declared an All American City

Call 622-3689 for the city to issue tickets for cars parked on street cleaning days.

August 5th is National Night Out

Dog park going through some changes and needs additional money; is moving forward.

Challenges at 3200 Ohio and on Utah between Texas & Nebraska. He urged NA to keep doing the things we have done before to resolve issues such as getting together to come up with strategies using the tactic ARA (analyze, response, assessment).

- Fire hydrant season: If you see hydrant being turned on call 771-4880 in addition to calling 231-1212.

Ken Ortmann –

- August 13th is the Annual Cool Down Day at the Five Star Senior Center. Volunteers to serve lunch to the sen-

iors, fans donated and some delivered.

August 15th is the 9th Ward Beer & Pretzel event for our officers; 5:30pm-8:30pm

Breakfasts for Roosevelt football players are being planned this year and they are trying to get the surrounding five neighborhoods involved to sponsor these events. Roosevelt Football schedules were handed out.

Artworks to make a new sign for the Cherokee Recreation Center. A presentation was made by the kids with proposed designs.

Barb Potts –

It has been a rough summer so far. The problem people are getting smarter so we have to really step up our game a bit. She needs information that we have if it is from a reliable source and to have calls for service on problem properties. When calls are made please say, "I am calling about the nuisance property at - and say address-." Please, do not use your own address. She is spending lots of time meeting with problem owners and issuing summons to owners and tenants. Gangs are fighting each other and organization is the best crime deterrent. August 14th at 6:30pm is the next Weed/Seed meeting. She encourages greater attendance. Chad mentioned that Barb recommends neighborhood walks, an email will be sent out soon to announce the first walk. Please drive through problem blocks and call on issues you see (including calling or reporting to CSB on the city website issues like blinking street lights).

NNO - August 5th, deadline to sign up is July 25th; forms and flyers available at meeting

Movie Night - Bill read the sponsors that we have for the August 2nd movie night NNO kick off.

Presentation by Board Officers

Carrie Sleep - VPRES - Described Facilities Committee and the events she is involved with including Cinco De Mayo beverage booth and Trivia Night. Need volunteers for next year's events.

Anne Childers - Secretary - Helped with the last Trivia Night and Cinco de Mayo, This year heading up the NNO kick-off events and is interested in neighbors utilizing the park and working together with surrounding NA's.

Pam Welsh - Member @ Large - Passionate about Youth Committee. She organized the Easter Egg event with Linda Hennigh last year and this year. She described the Trunk-or-Treat event and that she needs volunteers.

Chad Johnson - Past President - The Board of Directors is a working Board. He described the officer positions and reminded everyone that elections for next year's board is in November and nominees are decided in October. Chad is chair of the Membership Committee which is fun - in charge of Trivia Night and MAD. Please see him to volunteer.

Melba Arnold - Member @ Large - In charge of finding a new caterer for the MAD event. She has helped with past

Featured in Sauce Magazine and St. Louis Magazine



*Proud to be a sponsor of National Night Out
making our neighborhood a safer place.*

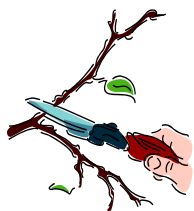
**Winner of the
BPWNA 2006
Most Attractive Storefront**

SUMMER PRUNING CHORES

CONTINUED FROM PAGE 1

to do it. Now (before Labor Day) will allow the plants enough time to set new flower buds before winter. It will also allow the evergreens' new growth to harden off.

If you dead head (remove the spent blooms) from your perennials, they will spend energy growing roots and new offsets instead of producing seeds. Several perennials will stop blooming if you don't deadhead.



Spirea, Hack it down, and if you do it now, you'll have new growth and new flower buds for next spring. I would not go lower than 8-12". Same way with Forsythia.

Wisteria, Who knows, They are finicky in many ways. I have heard, root

pruning, shock, prune 1/2, fertilize, don't fertilize. I would not chop them down, but they certainly can be cut back. I have a good pruning manual that is now packed. Check the Mobot website. www.mobot.org.

Roses, you want to be sure that they have airflow. Prune out the center of the shrub. It's hard to describe, but you want a vase/bowl shape, not a column, and you want the center open. If you examine the nascent buds, prune the stalks back to an outward facing bud.

Lawns should be mowed higher now, especially if you don't water. It's closing in on 2 weeks without rain, so if you have new plantings, water them. A longer trickle hose is much better than a 2 minute hose spray.

The deeper the water (soaking, not spraying) the deeper the roots (better

health and drought tolerance). Especially for lawns, Taller the shoots, the deeper the roots. By spraying, you are encouraging shallow root growth (roots where the water is), and if you stop watering, those shallow roots will burn up and die.

Remember spring, when it would rain for 8 hrs? Your plants still need that. One Inch a week. I recommend splitting that into 2-3 sessions, but if you did it all in one shot, that would be OK as well.

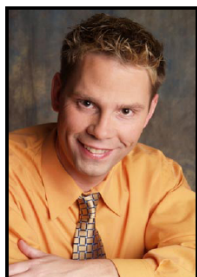
Pots and planters may need watering every day. The water absorbing gels DO work, and I'd recommend them for pots. Just because the water comes out the holes, doesn't mean you have done enough. Spend some time, bring a glass of wine...

Remember, most of us in the city don't have water meters....

Benton Park West Garden Work Days

Don't forget to do your part in the Community Gardens! The Garden Team can always use MORE help with weed-ing, mowing, trimming, and watering.

Help is also needed to prepare the corner and set the new sign. Work days are Saturday Aug 9, 9a and Thursday Aug 21, 9a.



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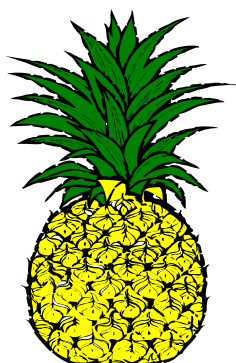
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Paper - newspaper, magazines & catalogs, letters & envelopes, junk mail, paperboard, cardboard.

Containers - steel cans, aluminum cans, glass bottles & jars, plastic bottles and jugs.

The normal fee is \$ 100/ year or \$ 50 for six months.

Use this application and get a \$ 5 discount for the first six months

Join the thousands of area residents and BPWNA neighbors who recycle with Earth Circle. Questions? 314-664-1450

Yes, I want Earth Circle to start coming to my curb!

Mail this form and your check to:

Earth Circle Recycling
1660 So. Kingshighway
St. Louis MO 63110

Name _____

Address _____

City/State/Zip _____

Phone _____

I have enclosed my check in the amount of:

_____ \$ 95 for 12 months of recycling.

_____ \$ 45 for 6 months of recycling.

**Reminder - Seniors you can get
help in the first six months!**

**Just contact the NA office at 314-771-0803
for more information.**



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- Recycling saves energy!
- Recycling reduces pollution!
- Recycling conserves natural resources!

What is Membership? Membership is the act of being part of a group. In sociology, a **group** is usually defined as a collection of humans who share certain characteristics, interact with one another, accept expectations and obligations as members of the group. Characteristics the group may share include interests, values, ethnic background, and kinship ties.



Membership Needs YOU!

To be a member or help out, call Chad Johnson at 776.4447.

Business Members -

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Edward Jones - Mary Cox
Five Star Senior Center
Grand Furniture Mart
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Indigo Massage - Anne Childers
JBF Therapy & Coaching - Justin Froelker
Joanie's To-Go
Luvy Duvy's
Mississippi Mud
Nader & Sons
Near Southside Employment Coalition
One Nite Stand
Park Avenue Coffee
Park West Grille
SSDN

St. Frances Cabrini Academy
St. Louis Building Corporation
The Salvation Army

General

Melba Arnold
Martha Belmar
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Scott Bollinger
Deanna Brady
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Jennifer Florida - Alderwoman, 15th Ward
Dena Hibbard - NSO
Ken Ortman - Alderman, 9th Ward

Craig Schmid - Alderman, 20th Ward
Jeanette Mott-Oxford - Missouri Rep., 59th Dist
Barb Potts - NSO

Gateway Greening

Gardening Partnerships for Community Development

Continued from pg 1

believe in their communities and want to reclaim them from urban decay.

Whether you have an idea for a new community garden, or just want to help beautify St. Louis, we'd love you to join our organization. Check out some of the many ways in which you can become involved with Gateway Greening and we'll see you in the garden!

OUR MISSION

Our mission is to contribute to neighborhood vitality and stability through community gardens, community greening projects and educational program. We accomplish this mission through alliances and joint project with community groups and other organizations to provide the resources and knowledge that enable them to develop food producing gardens and landscaped areas on public land. We also work with area schools and institutions of higher learning to bring gardening programs into the classroom; educating children on the wonders of gardening through grow labs, vermicomposting, outdoor programs and other gardening activities.

Whether you have an idea for a new community garden, or just want to help beautify St. Louis, we'd love

you to join our organization. Check out some of the many ways in which you can become involved with Gateway Greening and we'll see you in the garden...

GARDENS IN BENTON PARK WEST!

Two gardens are officially recognized by Gateway Greening for the Benton Park West Neighborhood Association.

The first is located at the corner of California and Wyoming. This was the first Gateway Garden and is named "Our Neighborhood Garden". Known for the beauty of the flowers, this garden is lovingly maintained by residents in the general area. Tamya Smith oversees the work.

The second garden is located at Ohio and Crittenden. Graciously donated by SSDN (South Side Day Nursery) this space has been used for the past few years for the garden. Known as the "veggie" garden, you'll find any number of different vegetables from tomatoes, beans, cucumbers, even to water melons. This garden is maintained by the gardeners.

Both of these gardens have oversight by the Garden Committee of Benton Park West Neighborhood Association.



MISSISSIPPI MUD COFFEE

Photo Exhibit by Brian M. Ballok Currently displayed through May 31st

Mississippi Mud House

Mississippi Mud House offers some of the best fresh roasted coffee in Saint Louis. Our sandwiches, soups, and local pastries offer our customers tantalizing selections in our unique environment. Located near the mighty Mississippi River, in Historic Cherokee Street Antique Row, we are located just minutes south of downtown Saint Louis, within the Cherokee-Lemp Historic District. Tour Antique, Collectible and Specialty Shops just outside our doors!

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Sat. 7 a.m.-6 p.m.
Sun. 8 a.m.-6 p.m.

You too can be an Ob-LITTER-ator

Join the Team!

Continued from pg 1

we'll be back! It's really been fun walking, talking, laughing, picking up trash, and getting to know people we don't even know, who live on blocks near us! We have found that so many neighbors are truly thankful when they see that someone cares enough to take the time and effort to help clean up the curb-side of their homes! A few times we've even had volunteer help from people who see us walking by! It's a good feeling to have made a difference....and it does help to "spruce up" the streets after all the paper cups, newspapers and potato chip bags have been picked up! Oh yes, we find a lot more un-identified variety than that, believe me! However, what a difference a day of ob-litter-ating makes! Just the smiles from the residences alone make it worthwhile!

A noticeably clean street often means people will think twice about throwing trash out. Of course, the removal of broken glass, dangerous items and garbage makes for a healthier and safer neighborhood. Would you consider walking with us one night or for as many as you like? Even if you aren't able to pick up trash, just your presence alone is a tremendous help – and think of the exercise you'll get! Others see us enjoying each other and working to keep our area a happy place to live and they often want to "get in" on the effort! We invite you to walk with us.....bring a water bottle, a garbage bag and a plan to ob-litter-ate un-

wanted trash! WE'LL BE BACK with vigor to make our streets a brighter place to live! Hope you will come along and find out just how rewarding it is to be a part of a GREAT neighborhood!

Dates and times of up-coming walks:

- Sat. Aug 9, 16, 23, and 30th – 9:00 am – Watch for location announcement in the list serve - BPW-Talk
- Wed. Aug 13, 20, and 27th – 7:00 pm – Watch for location announcement in the list serve - BPW-Talk

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Saturday	7:30 am - 11:00 pm
Sunday	7:30 am - 10:00 pm

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Gateway for Kids

History and Mission

Gateway for Kids is a ministry of South City Church that serves disadvantaged youth in the South St. Louis City community. The ministry offers children a year round holistic mentoring and learning experience in a safe environment. We spend time with each child in order to encourage their: spiritual, intellectual, emotional, psychological, and social development. As a result, children are better equipped and supported to make good decisions and be positive contributing members of their families and communities.

Gateway for Kids Programs

Gateway for Kids offers programs year round to children in grades K-8th. All of the programs are based on developing relationships, providing a safe environment, and giving inner-city kids new opportunities. You can find out more about our different programs in the paragraphs below.

Gateway for Kids

2715 Cherokee St.

St. Louis, MO 63118

CELL PHONE: 314-276-8407

After School Ministry

Is your child or a child on your block looking for a safe place to go during the after school hours? Are you interested in mentoring a child in your own neighborhood?

Then come join the Gateway for Kids Reading Club at the Cherokee Business Incubator, 2715 Cherokee. We have openings for tutors and children.

Reading Club meets every Thursday from 4:45-6:15 and starts on Thursday, September 11th.



Gateway for Kids isn't just for kids. If you are an adult who would like to help mentor, tutor or volunteer to help with the programs let us know!

To become involved in the program or enroll your child, contact the program at 314-276-8407.

Gateway for Kids tutoring office is located in the basement of Cherokee Place, 2715 Cherokee Street.. The office is in the heart of the inner-city and many of the kids can walk to the program from their homes.



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in South St. Louis



At St. Frances Cabrini Academy, education is more than just reading, writing, and arithmetic.

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It is a compassionate and dedicated faculty of certified professionals.

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We hope you can join us.



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www.cabriniaacademy.com

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Events for BPW

Annual Yard Sale - August 23

TIME TO CLEAN OUT! Bring your items to Five Star Senior Center on August 22nd, 6-9p.

MARK YOUR CALENDAR for August 23rd, 7a - 1p go "Shopping" at the Annual Yard Sale at Five Star !

Halloween Fun!

How about a Trunk-n-Treat for Halloween Fun.

Watch for more details about a SAFE place for kids to trick or treat and enjoy Cotton Candy, Popcorn, and Hotdogs.

Come to the August neighborhood meeting and share, ask, and tell how you can make things great for all of Benton Park West.

What's happening in Benton Park West

Aug

10 - PUT OUT YOUR BULK TRASH. Must be out by 10p Sun.

14 - Weed & Seed monthly meeting - 6:30p, Five Star Senior Center.

14 - Garden Work Day - 9a, Ohio\Crittendon

21 - BPWNA monthly meeting - 7p, 2832 Arsenal, Five Star Senior Center.

23 - Annual Yard Sale - 7a-1p, Five Star Senior Center

Sept

7 - BPWNA Board meeting - 6:30p, 2715 Cherokee.

2008 Events

- September/October - Dog Park Opening
- Aug 23 - Yard Sale
- Nov - Membership Dinner



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URBAN HEALTH FAIR & MARKET: DISCOVER WELLNESS

Annual Event Highlights Urban Health & Wellness Options

When: September 13th, from 11AM-7PM

What: Urban Health Fair & Market: Discover Wellness

Where: Lafayette Square Business District (Park Avenue between 18th & Mississippi)

Activities & Vendors: The Urban Health Fair & Market will include complimentary acupuncture, nervous system scans, massage, fitness tests/contests, yoga demonstrations, healthy pet products, essential oils, nutritional supplements, and health (& TASTE) conscious food choices

Entertainment: Music by Jane Godfrey & Saved By Chaos, Dance by Los Flamencos, Art by Cbabi Bayoc, & more!

Kids: The event will include a day full of health focused children's activities, including weight lifting demonstrations by youth from Lift for Life Gym.

Background: The event is organized by the Urban Health Initiative, a group of independent city business owners whose services, products and clientele are wellness-focused. The mission of the Urban Health Initiative is to:

- Promote health & wellness education & lifestyles in the city of St. Louis
- Increase access to preventative & holistic healthcare options in St. Louis City
- Unite & empower wellness-focused professionals serving the St. Louis community

You Can Help Make BPW Better

Help is still needed for several areas in Benton Park West!

Audit Committee - Contact Bill Byrd at 776-4447 or bpwnabill@yahoo.com.

Gardeners - Calling all Green Thumbs! Contact the neighborhood office at 771-0803.

Like to walk? Love your block?
- To help, call the neighborhood office at 771-0803

Like to talk? - Put your words on paper. Newsletters contributions - bpwnapub@yahoo.com.

Like to drive around? - Put your time to work. Contact 771-0803, e-mail bpwnaqls@yahoo.com.

BPWNA Meeting Minutes - July 17, 2008

Continued from pg 4

events and will help at the NNO kick-off events.

Rhonda Shaw - Treasurer - She keeps track of all of the money of the NA including reporting.

Brad Roell - Beautification Committee - Important to make neighborhood look good and as a developer he understands the importance of this in order to market the neighborhood to potential buyers/renters. Planter program is underway with planters adopted out to beautify the corners and businesses of BPW. Plans are being made for light pole banners. He also described PR/Marketing Committee.

Bill Byrd - President - A dog park chair is now needed and a new person will be announced next month. He described Block Link, Publications, and Quality of Life Committees.

Announcements –

Attendance Prizes were given.

Back to School block party is August 9th 10am-2pm, backpacks of school supplies distributed, haircuts and physicals given.

The meeting now moved into a Committee Fair with Board members at different tables on each committee. Attendees were encouraged to walk around, get information, and sign up to volunteer for upcoming events.

Official Meeting adjourned just before the Fair at 8:15pm

Neighborhood Book Club Schedule for 2008 - 2009

****Neighborhood Book Club** meets at 7:00p.m. each month at different people's homes. E-mail Rebecca Durst at rebeccadurst@gmail.com to be placed on the invite list and to receive a reminder of the date, time and location of the monthly book club. Those who attend select the books to be read.

Monday, August 4th: *The Opposite of Fate*, Amy Tan

Monday, August 25th: *The Handmaiden's Tale*, Margaret Atwood

Monday, September 29th: *Thirteen Moons*, Charles Frazier

Monday October 27th: *The Sunday List of Dreams*, Kris Radish

Monday, November 24th: *The Glass Castle*, Jeannette Walls

Monday, December 29th: *Stardust*, Neil Gaiman

Monday, January 26th: *Chalked Up* Jennifer Sey

Monday, February 23rd: *The Girl with No Shadow*, Joanne Harris

****NOTE:** this is a resident group and not officially sponsored by BPWNA



Reward Your Self....

By Anne L. Childers, LMT

At the Top of Your Game

Sports Massage a Must for Athletic Performance

Professional athletes have known about the benefits of regular massage for some time, but amateur athletes and even weekend warriors find that massage is important for them, too. Most trainers and coaches advise their clients to get regular massage to enhance workouts, recover from competition, and rehabilitate injuries.



Camie Larson is one example of a triathlete and runner who includes massage in her regular training routine. She commits to a

massage every other week during the heaviest part of her training season and says, "If I get too busy and don't get a massage, I really notice the difference. My legs and shoulders are tighter and it's much harder to recover from training sessions."

Muscles and Massage

Our muscles are designed to adapt to the demand of strenuous exercise. Athletic training and competition, or even exertion from heavy physical work, tears down the muscles involved. When muscles are allowed to recover following a workout, they increase their number of fibers to re-

*"Stopping at third base adds no more to the score than striking out."
-E. Joseph Cossman*

spond to the demand. This adaptation process builds strength in muscles and in the structural support of the surrounding soft tissues. It also affects their ability to relax.

Regular massage reduces the risk of injury by maintaining flexibility and range of motion. By helping the body eliminate the metabolic by-products of a workout, massage shortens recovery time and reduces soreness. In addition, massage improves circulation, which enhances athletic performance by increasing the oxygen and nutrient supply to the muscles.

Triathletes and runners aren't the only athletes who benefit. Cyclists and winter sports fanatics are taking to massage as well. A massage therapist can help assess each athlete's problem areas and target these specifically.

When to Get Massage

Depending on the athlete's specific sport and physical demands, massage can be targeted to different aspects of the athlete's needs. Massage is most effective when integrated throughout an individual's training program.

"When I'm training, my massage therapist works out the kinks, which allows me to train a little harder. It's the difference between having fun and being a hurting unit," Larson says.

Whether its professional marathon training or weekend warrior sports, getting a massage can ease muscle soreness, help your body recover more quickly, and get you ready to go again. And, of course, massage helps you deeply relax--an important key to overall wellness.

Article by Cathy Ulrich care of ABMP.com

Positive Affirmations:

- I enjoy outdoor summer sports.
- Exercise is what my body wants.
- I take care of myself as I train.

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St. Louis MO. 63118

Phone: 773-1776

Contact Numbers**Crime Prevention/Police:**

Emergency/Drug Activity 911
 Non-Emergency 231-1212
 Drug/Gang Hotline 241-COPS
 3rd District Police 444-0619
 Prob Prty Officer 622-3600
 3rd Dist Problem
 Properties 444-1085
 Citizen Ser Bureau 622-4800

Alderspersons:

Ken Ortmann 622-3287 (w)
 776-0161 (h)

Craig Schmid 589-6816 (w)
 Jennifer Florida 776-2890(w)

Neighborhood Stabilization Officers:

Barb Potts, 314-613-3083 (w)
 314-397-1091 (cell)
 pottsb@stlouiscity.com

Dena Hibbard, 314-613-3109 (w)
 hibbardd@stlouiscity.com

MISC:

Pothole Department 768-2805
 Refuse Department 353-8877
 Five Star Center 664-1008
 Illegal Dumping 911
 Then call CSB 664-4800

Lights:

Alley Lights (AmUE) 342-1000
 Street Lights (CSB) 622-4800

Additional Numbers

Operation Brightside
 772-4646

Operation Safestreet 622-3444

Child Abuse Hotline
 (Division of Family Services)
 1-800-392-3738

St. Louis Crisis Nursery
Hotline 768-3201

Parental Stress Help line
 1-800-367-3543

United Way Information & Referral 421-4636

Parents Anonymous (Info. On Mutual Support Groups)
 647-HELP or 866-492-0843

Foster Parenting Inquiry Line (314) 340-7536

Animal Abuse Hotline
 (314) 647-4400

YOU can be a Member - 2008

Dear Resident, Friend and Supporter:

YOU can still get YOUR membership for 2008. Fill out your application 2008 TODAY!

Let your voice be heard in the community. Membership grants you voting privileges at BPWNA meetings. Dues contribute to BPWNA support costs for projects throughout our neighborhood.

Thank you for your interest.

Chad Johnson, Membership Chair



Membership Application Benton Park West - 2008

Name: _____

Address: _____

Phone: _____

E-mail _____

Mail to: BPWNA Membership

**PO Box 18671
 Saint Louis MO 63118**

Level of Membership:

___ General Membership -
 \$ 10 per person

___ Senior - \$ 6 per person

___ Supporter - \$ 25 per person

___ Patron - \$ 50 per person

___ Sponsor - \$ 100 per person

___ Friend - \$ 20 per person

___ General Membership -
 Scholarship

I would like to be involved with:

___ Beautification

___ Dog Park

___ Youth

___ Garden

___ Facilities

___ Publications

___ Quality of Life/Safety

___ Board

___ PR/Marketing

___ Block Link

___ Membership



CHEROKEE STATION

www.cherokeestation.com



The Cherokee Station Business Association includes over 50 independently owned and operated businesses over seven blocks on Cherokee Street. Surrounded by a dense and active residential community, these businesses serve those within walking distance as well as attracting customers from all over the St. Louis area looking for a unique shopping experience.

Things to Remember

Aug 6 - BPWNA Board Meeting - 6:30p, 2715 Cherokee, lower level

Aug 12 - Grace Hill Community Health Fair 10a-3p - 2xxx S. Jefferson

Aug 14 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs follow at 7:30p.

Bulk Pickup - week of August 17th. Have your Bulk items out by 10p Sunday night!

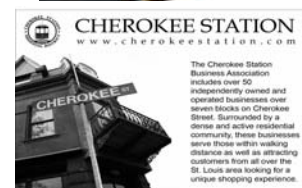
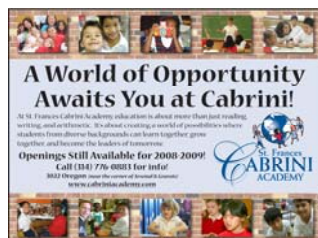
Aug 21 - BPWNA Monthly Meeting - 7pm, 2832 Arsenal, Five Star Senior Center.

Aug 23 - Annual Yard Sale - 7a-1p, Five Star Senior Center, 2832 Arsenal

Like to help plan these or any other event? Bill Byrd at bpwnabill@yahoo.com or call the neighborhood office at 314-771-0803.

Thanks to those businesses and organizations who sponsored the
Movie night on August 2nd to kickoff National Night Out!

Please patronize these sponsors



Benton Park West
Neighborhood Association
P.O. 18671
Saint Louis, MO 63118

On the Web
www.bentonparkwest.org

