



Don't forget!

**Jan 15  
BPWNA  
Neighborhood  
Meeting**

7p

2832 Arsenal.

Speaker - Holly Ingraham

# The Porch Review

Benton Park West

Vol 9, No. 1

January 2009

**Celebrating 75 Blocks of Courage**



## BPWNA Notes

Jan 6 - BPWNA Board Mtg 7p,  
2832 Arsenal

Jan 8 - South Cluster W&S Meeting 7p - 2832 Arsenal. 3rd District PA meetings follow immediately at 7:30p.

Jan 15 - BPWNA Membership Meeting - 7p - 2832 Arsenal, Five Star Center. Speaker - Holly Ingraham

Jan 26 - Book Club - See Page 7

Feb 2 - BPWNA Board Mtg 7p,  
2832 Arsenal

Feb 12 - South Cluster W&S Meeting 7p - 2832 Arsenal. 3rd District PA meetings follows at 7:30p.

Feb 19 - BPWNA Membership Meeting 7p - 2832 Arsenal, Five Star Center.

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## Questions, Comments, Concerns?

Contact Neighborhood  
Office:

Phone: (314)-771-0803  
E-mail: bpwna@yahoo.com

## Could 2009 Be the Best Year for Benton Park West?

Only YOU can find out.  
Only YOU can make 2009 the best!

With at least one major activity each month in 2008, Benton Park West has burst into the phase of the revitalization. Many more residents are opening their doors and stepping up to be a neighbor. As bad elements are dealt with, the feeling of safety and comfort continue to grow. Just about any day of the week you can see residents walking dogs, jogging, walking, outside talking and yes...even picking up trash.

### January Happenings in and around BPW

**Opening Night Reception at phd gallery  
Saturday, January 10, 2008 7-10 p.m.**

Bold. Optimistic. Electric! The vibrating, pop-art palette of St. Louis artist [Charles Houska](#) will be on view in a solo exhibition of 22 brand new paintings at phd gallery. Houska's collection of acrylic on canvas, original works will be on display and for purchase from January 10 to February 21, 2009. An opening night reception takes place Saturday, January 10, from 7:00 p.m. to 10:00 p.m. The event is free and the artist will attend. 20% of all opening night sales benefit [Food Outreach](#).



[Food Outreach](#) is the only St. Louis area organization whose mission is to provide nutritional support and enhance the quality of life of men, women and children living with HIV/AIDS or

Cancer.

Phd gallery is located at 2300 Cherokee Street.

**3<sup>rd</sup> Annual Trivia night for Franciscan Brothers**

Love Trivia? Join the (Continued on page 6)

The December holiday meeting found great food and excellent discussions about Benton Park West and what is happening. The discussion targeted the events and support that BPW has given to the neighborhood and surrounding area in 2008 and then moved to what was desired for 2009.

The 2008 list included:

- Yard Sale
- Dog Park
- Cinco de Mayo Booth
- Movie Night (Continued on page 11)

### Possible Classes in Benton Park West

Is there something you'd like to learn or do better?

- How about learning what and how much to plant in a garden so that you could have tomatoes, cucumbers for fresh salads or to can for the winter?
- How about learning to compost?
- What about canning like our mothers and grandmothers?
- Want to learn to sew?
- How about learning how to knit or crochet?
- Learn how to rehab old windows.

These are just a few ideas for classes that will help each of us. If you're interested in taking a class or have an idea for a new class, call the Neighborhood Office at 314-771-0803.

**Remember - learning never stops!**

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



Bill Byrd

## 75 Blocks of Courage... Let's Dream for 2009

**W**OW! What a great 2008. So many activities by YOUR neighbors were well attended. From fundraisers to the FUN activities, residents in Benton Park West found something to do in 2008.

The December gathering of residents brought great food and discussion to the same meeting. The list of BPWNA activities for 2008 were made and a list of additional things for all of us to be involved in this year, the list doesn't include all of the other things that Benton Park West Neighborhood Association does throughout the year.

So many of the events and fundraisers were only a *dream* a few years ago. Come along with your neighbors and dream for 2009.

While the list of activities and events listed at the meeting were things that could be seen, there are two "other" lists that include things that most residents don't know about.

The first "other" list includes St. Wenceslaus, Five Star Senior Center, Roosevelt High Community Council, Franciscan Brothers, Weed & Seed, Improvements in Benton Park, Serving the 3<sup>rd</sup> District Police Officers dinner on Christmas day, working with businesses and new residents and numerous other ways that Benton Park West Neighborhood Association supports those in and around the neighborhood.

The second "other" list includes areas for which specific residents have taken responsibility. The first area is NAB – Neighborhood Accountability Board. This is a group that helps our youth who might be in trouble for the first time through minor offenses. The NAB is an arm of the Youth Committee and is officially accepted by BPWNA. An-

other group is also through the Youth Committee and includes working to get the youth and young adults who hang at the corners into classes and to be mentored into channeling their energies into more productive ways.

There are constant conversations by the BPWNA leadership with virtually all of the amenities in and around BPW. Leadership talks with Cherokee Recreation Center (programming and safety), Cherokee Station Business Association, Five Star Senior Center, to Gateway Greening (bringing gardening classes to the neighborhood) and even the City of Saint Louis.

There is one way that each of you can become involved in what is happening around you. Connecting with the Neighborhood Association is the #1 way of being part of the larger group. Each of you is important in the fact that you are a resident. Each block is important as it is your immediate area where your neighbors and friends live. The neighborhood includes all 75 blocks that builds the community of Benton Park West!

Get a 2009 calendar. As projects and events are announced mark the date, if only to attend the events. However if you want to see change and improvement...become involved and help on the projects and at the events.

If you're tired of things you don't like, step up and share your feelings. Who knows, maybe your perspective is exactly what is needed. Dream what you'd like to see in Benton Park West.

In 2009, only YOU can make your neighborhood better for YOU!

*Bill Byrd,*  
President

## 2008 Board

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

**Carrie Sleep** - Vice-President  
805-0152 cell cesleep@yahoo.com

**Jennifer Shoemaker** - Treasurer  
306-8495 jen@jenshoemaker.net

**Erica Nuyen** - Secretary  
581-8154 cell ericahaberl@gmail.com

**Jackie Weatherly** - Member at Large  
Jackie@jlpweatherly.com

**Aaron Weil** - Member at Large  
bpwnaweil@yahoo.com

**Chad Johnson** - Block Link  
602-0318 cell  
bpwnablocklink@yahoo.com

**Derek Cadzow** - Dog Park  
256-9758 hm  
derekklc@mac.com

**Jon Meinz** - Garden  
jmeinz@sbcglobal.net

**Chad Johnson** - Membership  
602-0318 cell  
bpwnamembership@yahoo.com

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**Design/Editor:** Bill Byrd

**Proofreader:** Kenneth Pruitt

**Contributing Writers:** Bill Byrd, Anne Childers, Jeanette Mott-Oxford, Greg Frankhouser, Kim Bollinger

**Contributing Photographers:** Derek Cadzow, Bill Byrd

**Benton Park West  
Neighborhood Association**

P.O. Box 18671  
St. Louis, MO 63118  
Phone: 314-771-0803

E-mail: BPWNA@yahoo.com

On the Web at: [www.bentonparkwest.org](http://www.bentonparkwest.org)

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# Benton Park West

## Recession's Impact On State Budget May Be Top Legislative Issue of 2009



Jeanette Mott Oxford,  
59th District

314-771-8882 (home)  
573-751-4567 (office)  
[jeanette.oxford@house.mo.gov](mailto:jeanette.oxford@house.mo.gov)

When Gov.-elect Jay Nixon takes office on Jan. 12, he will inherit an estimated \$342 million deficit for the current fiscal year that will likely require midyear spending cuts. Former state Sen. Wayne Goode of University City, who is helping Nixon craft the state budget for the fiscal year beginning July 1, announced the problems with the current budget on December 2, 2008.

Although current Gov. Matt Blunt's Office of Administration developed the budget shortfall estimate, his spokeswoman told the Associated Press that the governor disputed its size. Reports from the Office of Administration do show that Missouri's three most significant revenue sources have performed poorly of late:

- Individual Income Tax collections have grown only 2.1 percent during the first four months of FY 2009 (which began on July 1). If weakness in income tax collections continues in the coming months, it would indicate significant difficulty for the state budget since individual income tax collections generate about 65 percent of all state general revenue collections.
- State Sales and Use Taxes declined in October and have now declined 3.3 percent for FY 2009 overall, despite Federal tax rebate checks that were distributed last spring. It appears tough economic times are causing Missourians to

tighten their belts and limit discretionary spending.

- State Corporate Income and Franchise Tax collections fell by 12.6 percent overall in the first four months of the fiscal year and fell by 16.7 percent in October alone.

To address the emerging budget crisis, Gov.-elect Nixon plans to place a temporary freeze on new long-term contracts for goods and services and to consider delaying planned construction projects that are not yet underway. He will require each state agency to submit a plan for cutting spending within the current fiscal year.

State Rep. Ron Richard, a Joplin Republican who is expected to be elected Speaker of the House when the General Assembly convenes in January, recently outlined a "family recovery plan" of legislation to promote job creation and im-

prove the state's economy. Richard's plan focuses on providing tax breaks to companies considering locating in Missouri or expanding existing operations. House Minority Leader Paul LeVota, D-Independence, expressed tentative support for Richard's goal but said any economic recovery plan should include important pocket-book issues such as reducing the cost of health care to Missouri families.

It is my hope that the General Assembly will also take a serious look at the Tax Justice for a Healthy Missouri legislation that I have sponsored for the past three years. This bill would create a tax structure that is more modern, fair, adequate, and sustainable. It will be very important for the General Assembly to think creatively and to work together with bi-partisan cooperation in these challenging times. I pledge to bring my best efforts to that process.



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**Help your neighbors - Take a leadership role or working on a committee. Contact a board member.**

- Board meetings - 1st Tues, 7p - 2832 Arsenal
- Membership meetings - 3rd Thurs, 7p - 2832 Arsenal



## New Missouri Laws take effect on Thursday, January 1, 2009

JEFFERSON CITY, Mo. (AP) -- Several new Missouri laws take effect on January 1, 2009. Here's a look at some of them:

### IMMIGRATION CHECKS

All public employers and those with private businesses with government contracts worth more than \$5,000, receiving state loans or getting tax breaks must use the federal E-Verify database to screen new hires. Employers caught "knowingly" hiring an illegal immigrant risk losing their business licenses, unless they used E-Verify.

### SANCTUARY CITIES

Cities are ineligible for state grants if they adopt an order or ordinance that limits cooperation with federal immigration authorities, bars immigration status verification or declares illegal immigrants can live within the city.

### MINIMUM WAGE

Missouri's minimum hourly pay goes up by 40 cents to \$7.05, or about 6 percent. A 2006 ballot measure requires the minimum wage to increase with the national Consumer Price Index.

### SOCIAL SECURITY

Half of Social Security and certain pension and retirement benefits are exempt from state income taxes up to a total income of \$85,000 for individuals and \$100,000 for couples. The tax break covers disability benefits for everyone and retirement money for those who are at least 62 years old.

### BEEF PRODUCERS

Beef producers and ranchers will be eligible for a tax credit to hold onto their cattle longer. The bill gives a tax break to farmers who sell their cattle later, after the animals weigh 450 pounds, which is about when they have been weaned from milk. It's designed to help develop a cattle feeding industry in Missouri that generally has centered farther west.

### HOME ENERGY

Homeowners can deduct from their taxes the full cost of audits to determine the energy efficiency of their residence. The reviews must be conducted by an auditor certified by the Department of Natural Resources.

## Keep Your Home (and your neighbors) safe

It is important to secure your home and watch out for your neighbors.

- Turn on your front and back porch lights from dusk to dawn.
- Leave a light or two on in your house if you go out at night.
- Call the police each and every time you observe suspicious activity or bad behavior. If you ask yourself "Should I call?", you should be calling 911 or 231-1212.
- If you don't know your next door neighbor, go knock on their door and introduce yourself.
- If you have your newsletter delivered each month, let your Block Link know your information.
- Make your block organized. It's not necessary to know every detail about everyone, but it is good to basically know who lives where and to have at least a nodding acquaintance with folks across the street and alley.
- If you have rental property on your block, know who owns it and contact that person or persons if there are ever problems or suspicious behavior at their buildings.

Work with your neighbors to eliminate nuisance behavior on your block: loud music, horn honking, etc.

With your neighbors, you can create a safe and comfortable Benton Park West. The City has a process to deal with nuisance properties, but it takes calls from YOU to help make it work.

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From the Desk of ...



## Senator-Elect Robin Wright-Jones

As the New Year approaches filled with customary hope, the state of Missouri is yet faced with dire economic straits. The General Assembly will convene on January 7, 2009 poised to wrestle with a \$22.4 billion budget and an estimated \$1 billion shortfall. State legislators will work for eighteen weeks to cover the gap and present a mandated balanced budget to the Governor by mid-May.

The shortfall has a direct impact on the \$8.6 billion of general revenue that covers the operations of the state's thirteen departments. Elementary and Secondary Education, Higher Education and Social Services are three departments that garner

65% of the budget or 65 cent of each tax dollar totaling \$5.62 billion. Calls for cuts to our higher education budgets have already been made.

Our economic forecast is further complicated by anticipated declines in sales, income and corporate tax revenues. These indicators present 97% of our state's general revenue. These declines are based on low consumer confidence, tight credit, rising unemployment, corporate downturns and instability in the equity markets.

Our state motto, The Welfare of the People Shall be the Supreme Law, will be sorely tested as the First Regular Session of the 95th General Assembly begins.

## Area Happenings

Continued from Pg 1

Franciscan Brothers for their 3<sup>rd</sup> Annual Trivia Night & Silent Auction on January 17, 2008

**WHERE:** St. Anthony of Padua, 3133 Meramec St. (across from the Church)

**WHEN:** January 17, Doors open at 6:30p, play begins at 7p.

**COST:** \$ 15/ person (tables of eight)

**CONTACT:** 314-773-8485 or send an email to FranciscanConnection@theFriars.org

### Roosevelt High JROTC heads to Washington

Our own Roosevelt High School Marine Corps JROTC Color Guard and Drill Team have been

invited to march in the 56th Inaugural Parade, set for Jan. 20 in the nation's capital.

RH student will join representatives from across the country and our Armed Forces in the historic parade down Pennsylvania Avenue following President-elect Obama's swearing-in ceremony on the steps of the Capitol."

The selections were made by a joint review of the applications by the Armed Forces Inaugural Committee (AFIC) and the Presidential Inaugural Committee.

The costs could be hefty due to transportation and accommodations. To donate, contact the BPWNA office (314-771-0803) and leave your contact information. Someone will follow-up

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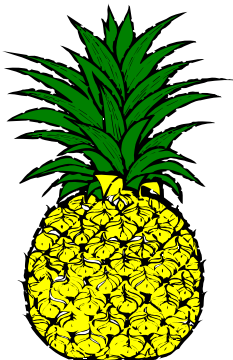
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## Dog Park Member Information Needed

Don't forget to collect the following information so that YOUR dog can be a member of the Benton Park West Dog Park.

This information is needed to ensure your furry friends eligibility. Make sure to have the following ready:

- Current tags
- Current shots
- Paperwork showing that rabies shots are current.

Watch for the application and guidelines in a future edition of *The Porch Review*. Applications will also be available at various locations in the

neighborhood.

Contact the neighborhood office at 314-771-0803 once you have the information together and the application filled out. Please leave your name, contact information and e-mail (if you have an e-mail address).



Derek Cadzow

Don't forget to leave the name of your dog(s). If you'd rather, send an e-mail to [bpwna@yahoo.com](mailto:bpwna@yahoo.com) and send the information.

WATCH for more information in the newsletter and on the list serves.

For more information check out the Dog Park Blog at <http://web.me.com/derekcl/DogBlog/Welcome.html>

## Neighborhood Book Club Schedule for 2009

Neighborhood Book Club meets at 7:00p.m. each month at different people's homes. E-mail Rebecca Durst at [rebecca-durst@gmail.com](mailto:rebecca-durst@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, January 26th: *Chalked Up* Jennifer Sey
- Monday, February 23rd: *The Girl with No Shadow*, Joanne Harris



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# YOUR 2009 Neighborhood Elected Board

It's easy to get involved in BPWNA. No matter what, your help is always wanted, needed and appreciated. Call the Neighborhood Office at 314.771.0803 or contact any Board member to see how you can help.

## Current Committees

- Beautification
- Block Link
- Board of Directors
- Community Gardens
- Dog Park
- Facilities
- Membership
- PR/Marketing
- Publications
- Safety and Quality of Life
- Quality of Life
- Youth Outreach



Bill Byrd

**PRESIDENT** - Bill has been part of Benton Park West since 2004. Quickly became involved and serving as Vice-President, Editor of the newsletter, leading countless projects and fundraisers has brought Bill to his second term as President.

Neighborhood work began in the 1990's as a Board member of a neighborhood association in Springfield MO. In addition to the BPW neighborhood board, he has also served on various Boards such as CHARIS - The St. Louis Women's Chorus, President of Operation Weed & Seed-St. Louis, and advisor to many non-profit organizations, and is a graduate of the Neighborhood Leadership Academy & the Citizen's Police Academy - SLPD.

His goal is to continue the nurturing and growth through new beginning and re-birth in creating and sustaining a safe and comfortable community for Benton Park West.



Carrie Sleep

**VICE-PRESIDENT** - Carrie Sleep lives on the 3200 block of Nebraska just off the corner where the new dog park is located. She moved to the neighborhood four years ago from Fox Park and continues to be an association member. She chaired the Cinco de Mayo beverage booth, co-chaired the Membership Appreciation Dinner, has served on various committees and volunteers at many events.

She begins a new job this month at School Information Systems (A Division of Tyler Technologies) where she will serve as their Special Education Director and is also a part-time real estate agent for Coldwell Banker Gundaker.

Carrie says she would like to see an increase in resident volunteers at events, a decrease in crime, more community effort in providing youth activities, more owner occupied residences and to see more involvement from renters in the neighborhood. She would love to see new businesses come into the neighborhood such as: dry cleaners, florists, and salons.



Erica Nuyen

**SECRETARY** - Erica lives at 3140 California with her husband Mark. They have lived in Benton Park West for almost 3 years. Both she and her husband grew up in Michigan and moved to St. Louis six years ago when Erica decided to attend law school at St. Louis University. She is a public defender and a die hard Michigan State alumni!

After renting in Soulard for several years, Erica and Mark decided to buy a house in Benton Park West because they loved the old homes, the character of the neighborhood and its buildings, the diversity of the residents, and the accessibility to all of St. Louis. Erica looks forward to becoming more involved in the neighborhood in 2009 and getting to know more of her wonderful neighbors.

**Interested in making YOUR neighborhood better?  
Contact any board member.**

**Watch for more information about what is happening in Benton Park West!**



# YOUR 2009 Neighborhood Elected Board



**Jen Shoemaker**

**TREASURER** - My name is Jennifer Shoemaker and I have lived in St Louis and Benton Park West for 2 ½ years. My fiancé, George Pumbo, and I moved to St Louis from Colorado during the summer of 2006.

We did not pick BPW, it chose us when we had the opportunity to rent a house in the neighborhood. We loved the neighborhood so much that we decided to purchase a home in

Benton Park West. We now live on the 3200 block of Minnesota with our two dogs and two cats.

I love everything about BPW...the people, the culture and diversity, the architecture and old buildings, city living, etc. I am very excited to be part of the 2009 board of BPWNA and become even more involved in this wonderful neighborhood.

For 2009 I would like to see more events and activities involving the children and youth of the neighborhood.



**Aaron Weil**

**MEMBER-AT-LARGE** - Aaron Weil was born in St. Louis, growing up in University City and Clayton area. After graduating from Clayton High School he studied History, Economics and Operations/Manufacturing Management at Washington University. Before graduation, he lived in different places including different continents, but eventually ended up back in St. Louis. He and Michelle lived in University City until May of '07. In

June of '06, after an exhaustive search, they found their home in the 3200 block of California.

Weil is a Union Carpenter and Millwright, which comes in very handy since owning a house that was built over a century ago isn't like owning one that was built last year even if it has been recently rehabbed.

Weil would like to see more community interaction and involvement in neighborhood activities. He loves the fact that on his block everyone looks out for each other as they genuinely care about one another, coming together to lend a hand when needed. He knows when neighbors know one another not only do those individuals benefit, but the community becomes stronger and more able to combat things like crime and violence.



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**Jackie Weatherly**

**MEMBER-AT-LARGE** - Hi!! I'm Jackie Weatherly – born and raised in Michigan; attended college at Ball State University in Muncie, Indiana and at Meredith College, in Raleigh, North Carolina. Some people say I'm nomadic since I've lived in Michigan, Indiana, North Carolina, Maryland and now Missouri. I am a contemporary fiber artist and a fairly new resident of BPW. My husband, Derek Cad-

zow, and I transferred from Bowie, Maryland to St. Louis April 25, 2008. We chose BPW because I no longer wanted to commute to my day job like I did in Maryland to DC. This is our first time living in the city and we're absolutely thrilled to be here and couldn't be happier with our new home on Wyoming Street. Our neighbors & neighborhood are the best!! I look forward to becoming an active Member-at-Large in 2009. With the continued positive trend in development, diversity, and renovations by homeowners and small businesses in our neighborhood, I see great potential for BPW to become the best neighborhood in South City! BPW is becoming a more exciting, safer and cleaner living experience every day! My husband and I look forward to expanding our Art and photography businesses here and hope to enjoy living and making our art here for many years.

## Its time to renew your membership for 2009!

### If you weren't a member in 2008, become a member in 2009

See page 13 for an application.

Following is the list of members from 2008. If your name is on this list, then it's time to renew!



### Membership Needs YOU!

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

#### Business Members -

Auto Bargain Center  
Blue Brick Renovation & Construction  
Cherokee Place  
Cherokee Station Business Association  
Clowder House Foundation  
Edward Jones - Mary Cox  
Five Star Senior Center  
Grand Furniture Mart  
Home Guard Pest Elimination  
Hummly Group, LLC  
Indigo Massage - Anne Childers  
JBF Therapy & Coaching - Justin Froelker  
Joanie's To-Go  
Millennium restoration & Development  
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  
Kim Bollinger  
Scott Bollinger  
Deanna Brady  
Brian Carter  
Denise Carter  
Stanley Fowler  
Chad Froelker  
Justine Froelker  
Ted Gann Sr.  
Edna Gravenhorst  
Ted Gravenhorst  
Betty Halloran  
Mark Halloran  
Theodore Hammond  
Doug Hargate  
David Lang

Tiffany Minx  
Alissa Nelson  
Dustin Newman  
Erica Nuyen  
Mark Nuyen  
Bob Poff  
Vicki Poff  
George Polumbo  
Andrew Roberts  
Natalie Roberts  
Gwendolyn Robinson  
Maureen Ross-Lang  
Eric Ryszkiewiz  
Jennifer Shoemaker  
Shronda Tayes-Terrell  
Mark Turpin  
Shelle Veres  
Steve Veres  
Sherry Young  
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Jeanette Mott-Oxford - Missouri Rep., 59th Dist  
Barb Potts - NSO

## ...2009 - the Best Year for BPW

Continued from Pg 1

- Trivia Night
- Easter Eggstravaganza
- Trunk or Treat
- Ohio Block Party
- Music in the Park
- Membership Appreciation Dinner and Awards
- Gardens
- For Sale House Tour
- Summer BBQ
- New Planters
- Neighborhood Walks
- Christmas Potluck
- Neighborhood and Board meetings
- Weed & Seed
- Quality of Life Drive Arouds
- Block Link
- Newsletter

The question was asked "What do we want to do again for 2009?" Before more than a couple of things were suggested, someone asked "Why not do all the same things in 2009?" The consensus was YES. Then the question moved to "What else is there for

BPW to do in 2009?" The additional suggestions for 2009 are:

- Mardi Gras Booth
- Opening of Dog Park
- Bingo
- Mouse Race
- Back to School Event
- Holiday Support to those less fortunate
- More Events in the Park
- South Side Neighborhood Picnic
- Kick Ball Team
- Food Pantry Support
- More fundraisers
- More collaboration with other neighborhoods
- New office space

While it's great to have events and projects in the neighborhood, Each of YOU are reminded that it takes work to organize events. Those who have organized and worked the events in the past know what it takes. It is estimated that the average number of people for an event is about 10. That does not mean that the same 10 peo-

ple do everything.

Find out what you can do in 2009. Contact any board member or call the neighborhood office (314-771-0803) to find out what you can do.

You don't have to lead an event, unless you want to. You don't have to volunteer for every event or project, unless you want to.

You may only be able to invest an hour here or there by stuffing or putting labels on envelopes while watching your kids or TV, or by digging in one of the community gardens. How are you at organization? Do you set a nice table? Do you like to write? Good at balancing your checkbook? So many things YOU could do.

Your first step is to attend the membership meetings on the third Thursday of each month. The next meeting is January 15<sup>th</sup>.

There are so many ways that you can help. It just takes one thing. That is for you to CALL (314-771-0803), email, talk to a Board member at a meeting and talk.



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## Reward Your Self....

By Anne L. Childers, LMT

### Twist to De-Stress

***"If you do not hope, you will not find what is beyond your hopes."***

*-St. Clement of Alexandria*

#### Easy Seated Twist

##### What it does:

Cleanses the body of negative wound-up energy; rejuvenates and calms the nervous system; relaxes the back muscles, spine, shoulders, neck, and hips.

##### How to do it:

1) Sit cross legged and place a blanket under your hops for support or sit in a chair. Breathe slowly and deeply through your nose. Inhale for a count of 4, then exhale for a count of 4.

2) Inhale and tense all your muscles from your face to your feet, then exhale and relax. On the next inhale, extend your arms up to your ears. On the next exhale through your mouth, release all the tension in your muscles, drop shoulders, and smile. On the next inhale, open the face muscles by opening your eyes and mouth wide. Imagine letting

all stress and anxiety. Feel your sit bones (bottom of the pelvis) sink into the floor.

3) On your next inhale, reach your arms above your head, lengthening your spine. Exhale and twist to the right as you bring your arms down, placing your left hand on the outside of your right knee and your right arm behind you, with fingertips on the floor for support. Turn your head to gaze over your right shoulder.

4) Stay in this twist for 3 to 5 breaths. Imagine your spine lengthening. Each time you exhale, twist a bit deeper.



On the next inhale, extend your arms up to the ceiling as you come back to the center, then exhale into the twist on the left side. Stay for 3 to 5 breaths, again twisting more deeply on each exhale. Come back to center,

reaching upward, and repeat the process on each side 2 more times.

*from Body & Soul Magazine Number 32; by Jill Russell*

#### Positive Affirmations:

- Life is a joy filled with delightful surprises
- I prosper wherever I turn and I know that I deserve prosperity of all kinds
- When I believe in myself, so do others

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# 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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Saint Louis Missouri 63118

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**Contact Numbers****Crime Prevention/Police:**

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 Non-Emergency 231-1212  
 Drug/Gang Hotline 241-COPS  
 3rd Dist PA Officer 444-0169  
 Prob Prty Officer 622-3600  
 3rd Dist Prob Prop 444-1085  
 Citizen Ser Bureau 622-4800

**Alderpersons:**

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

Judy Lane  
 lanej@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**  
 1-800-392-3738

**Parental Stress Help line**  
 1-800-367-3543

**United Way Information & Referral** 421-4636

**Parents Anonymous**  
 647-HELP or 866-492-0843

**Foster Parenting Inquiry Line** (314) 340-7536

**Animal Abuse Hotline**  
 (314) 647-4400

**EnergyCare**  
 (314) 773-5900

# YOU can be a Member - 2009

**Dear Resident, Friend and Supporter:** Fill out your application TODAY!

## Membership Application Benton Park West - 2009

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

E-mail \_\_\_\_\_

Mail to: **BPWNA Membership**

**PO Box 18671  
 Saint Louis MO 63118**

**Level of Membership:**

\_\_\_ General - \$ 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



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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.

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## Tips to a Better Life in 2009

***This list of tips might seem familiar as at one point or another we've all heard these from our parents, grandparents, aunts or uncles, or from a neighbor.***

1. Take a 10-30 minute walk every day. And while you walk, smile. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. Buy a DVR and tape your late night shows and get more sleep.
4. When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
5. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
6. Play more games and read more books than you did in 2008.
7. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.
8. Spend time with people over the age of 70 and under the age of 6.
9. Dream more while you are awake.
10. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
11. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
12. Try to make at least three people smile each day.
13. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.
14. Don't waste your precious energy on gossip, OR issues of the past, negative thoughts or things you cannot control. Instead invest your energy in the positive present moment.
15. Realize that life is a school and you are here to learn. Problems are simply part of the curriculum that appear and fade away like algebra class but the lessons you learn will last a lifetime.
16. Eat breakfast like a king, lunch like a prince and dinner like a college kid with a maxed out charge card.
17. Smile and laugh more. It will keep the NEGATIVE BLUES away.
18. Life isn't fair, but it's still good.
19. Life is too short to waste time hating anyone.
20. Don't take yourself so seriously. No one else does.
21. You don't have to win every argument. Agree to disagree.
22. Make peace with your past so it won't spoil the present.
23. Don't compare your life to others'. You have no idea what their journey is all about.
24. No one is in charge of your happiness except you.
25. Frame every so-called disaster with these words: 'In five years, will this matter?'
26. Forgive everyone for everything.
27. What other people think of you is none of your business.
28. REMEMBER GOD heals everything.
29. However good or bad a situation is, it will change.
30. Your job won't take care of you when you are sick. Your friends will. Stay in touch.
31. Get rid of anything that isn't useful, beautiful or joyful.
32. Envy is a waste of time. You already have all you need.
33. The best is yet to come.
34. No matter how you feel, get up, dress up and show up.
35. Do the right thing!
36. Call your family often. (Or email them to death!!!)
37. Each night before you go to bed complete the following statements: I am thankful for \_\_\_\_\_. Today I accomplished \_\_\_\_\_.
38. Remember that you are too blessed to be stressed.
39. Enjoy the ride. Remember this is not Disney World and you certainly don't want a fast pass. You only have one ride through life so make the most of it and enjoy the ride.
40. Think long and hard about the other tips for 2009. Share this list with everyone you care about. May your troubles be less, May your blessings be more, May nothing but happiness come through your door!

**Remember in 2009...**

**...give more, take less.**



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# Eat Healthy in 2009

While the CDC (US Center for Disease Control) publishes that Americans are living longer, the American people have more health issues than ever. Did you know that Americans are 2-3% heavier than just 3 years ago?

It has been stated that we are being "refined to death".

Think about our mothers and grandmothers and how they cooked. We call it "cooking from scratch", not just opening a box and adding water, an egg, or milk.

Eating out and convenience foods are high in fat, calories and sodium. As well as the containers

that are used to package prepared foods either fill-up our landfills or is a recycling concern.

Why not make 2009 the year when you start eating healthier. Watch for a class schedule in the spring for helping our neighbors create a better world for ourselves. From cooking, to simple sewing/handcraft, gardening and even simple rehab, learn from neighbors and the experts.

This month we start off with a chicken dish. Other foods to create a healthy meal would be steamed carrots and a green salad (low calorie dressing).



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## January 2009 Healthy Dinner

### Crunchy Garlic Chicken

*Oven-baked chicken breasts boast a delicious crunchy coating with herbs and garlic.*

**Prep Time:** 30 min, **Start to Finish:** 55 min

**Makes:** 6 servings

#### Ingredients:

¼ cup butter or margarine, melted  
2 tablespoons milk  
1 tablespoon chopped fresh chives or parsley  
½ teaspoon salt  
½ teaspoon garlic powder  
2 cups Country® Corn Flakes cereal, crushed  
3 tablespoons chopped fresh parsley  
½ teaspoon paprika  
6 boneless skinless chicken breasts (about 1 ¾ lb)

#### Prep:

Heat oven to 425°F. Spray 13x9-inch pan with cooking spray. In shallow dish, mix 2 tablespoons of the butter, the milk, chives, salt and garlic powder.

In another shallow dish, mix crushed cereal, parsley and paprika. Dip chicken into milk mixture, then coat lightly and evenly with cereal mixture. Place in pan. Drizzle with remaining 2 tablespoons butter.

Bake uncovered 20 to 25 minutes or until juice of chicken is clear when center of thickest part is cut (170°F).

#### Nutrition Information:

1 Serving: Calories 270 (Calories from Fat 110); Total Fat 12g (Saturated Fat 6g, Trans Fat 1/2g); Cholesterol 100mg; Sodium 420mg; Total Carbohydrate 9g (Dietary Fiber 0g, Sugars 0g); Protein 30g Percent Daily Value\*: Vitamin A 15%; Vitamin C 4%; Calcium 10%; Iron 20% Exchanges: 1/2 Starch; 0 Other Carbohydrate; 0 Vegetable; 4 Very Lean Meat

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BPWNA  
Board  
2009

We welcome the newly elected Board of Directors for 2009 in Benton Park West.

While these individuals won't officially take office until January 1, 2009, there will be a time of transition from the 2008 Board to the new Board members for 2009.

#### Your 2009 Benton Park West Board

President - Bill Byrd

Vice-President - Carrie Sleep

Secretary - Erica Nuyen

Treasurer - Jennifer Shoemaker

Member-at-Large - Jackie Weatherly

Member-at-Large - Aaron Weil

#### Available Now *Historic Photos of St. Louis*

by Adele Heagney and Jean Gosebrink

Historic Photos of St. Louis was featured in December at the Crestwood Barnes & Noble. For more information, contact the publisher at [www.turnerpublishing.com](http://www.turnerpublishing.com)

Pick up your copy from local retailers or directly from the publisher.

Borders, Barnes & Noble, Amazon, Costco (chains) AIA Bookstore, Gateway Arch Museum Store, Jefferson National Parks Association, Saint Louis Art Museum Shop, St. Louis Public Library, Washington University Campus Store, Left Bank Books

## Things to Remember

Jan 6 - BPWNA Board Meeting -7p, 2832 Arsenal, Five Star

Jan 8 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs follows at 7:30p

Jan 15 - BPWNA Monthly Meeting - 7pm, 2832 Arsenal, Five Star Senior Center.

Feb 3 - BPWNA Board Meeting -7p, 2832 Arsenal, Five Star

Feb 12 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs doesn't meet.

Feb 19 - BPWNA Monthly Meeting - 7pm, 2832 Arsenal, Five Star Senior Center.

Like to help plan these or any other event?

Bill Byrd at [bpwnabill@yahoo.com](mailto:bpwnabill@yahoo.com) or call the neighborhood office at 314-771-0803.

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

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

On the Web  
[www.bentonparkwest.org](http://www.bentonparkwest.org)

