

Events

Nov-Dec: Food Pantry Collection, Collection point - 2832 Arsenal

Dec 2: Splendor in the Glass - 2917 Park Avenue, 7-10p

Dec 5: BULK Trash Pickup

Dec 9: Weed & Seed Holiday - Noon - 6p 2832 Arsenal

Dec 14: BPWNA Board Potluck 6:30p, 2645 Wyoming

Dec: No Neighborhood Mtg.

Dec 25: Merry Christmas

Dec 31: New Years Eve

Jan 4: BPWNA Board Mtg 6:30p, Five Star, 2832 Arsenal

Jan 29: Membership Appreciation Party, 6-9p

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Questions, Comments, Concerns?

Contact Neighborhood Office:

Phone: (314)-771-0803

E-mail: bpwna@yahoo.com

Food Drive for The Salvation Army Food Pantry


Until Dec 18th. Thanks to Five Star Senior Center for hosting the collection.

Beautification! A Community Effort

by Rolanda Johnson

Benton Park West (BPW) is a wonderful neighborhood with a lot of character, a true St. Louis jewel which we should preserve, maintain and continuously enhance. The goal of the BPW Beautification Committee (BPWBC) this year is to assist the BPW Association in its efforts toward im-

(Continued on page 7)



Thursday December 9, 2010

Noon - 6p

All Day Celebration - Third District.

Come and show your officers your appreciation

No 3rd Dist Community Outreach

Take this joyous time of giving and give to those who cannot give.

Join your neighbors and friends by donating to a food pantry in Benton Park West. A box is available at Five Star Senior Center, until December 18th for donations.

The Board of Benton Park West Neighborhood Association wishes each of you happy holidays!

Mark Your Calendars!

2010 Membership Appreciation January 29th

The annual Membership Appreciation Dinner is a time for residents to thank their neighbors for making BPW a place where family and community matters.

It takes everyone (village) to create a space where we want to live.

Voting for the 2010 Brick Awards concluded at the November neighborhood meeting. Planning has already started to bring the residents of Benton Park West an event to remember!

Be a part of planning the food and entertainment! Don't forget about the silent auction. If you'd care to be part of the team to plan this event, call Martha Buckley at 314.566.9348.

You can donate or plan on bringing your check book to find wonderful items for yourself or gift giving.

The Presidents Corner...



Linda Hennigh

How to Build Community

- Part 7

Last Sunday it was warm, sunny....a perfect day to sit out and visit with neighbors and

where was I, sitting at the computer trying to balance my checkbook... what a waste. It was very difficult to concentrate as my normally quiet block was loud with sounds of conflict. Shouting voices bounced from building to building. After an hour or so I went out to find the source. There were fully 4 households causing commotion...raising voices and arguing.

Instead of closing the windows or retreating to a park I decided to try a little building. Listen Before You React To Anger, Mediate A Conflict and Seek to Understand, three of our "How to Build Community" bricks, came to mind. So, I drummed up some courage and visited several of the houses, introduced myself and explained that there were many houses in the block where folks just wanted to enjoy the peace and quiet of the day. I received

apologies, listened to problems, met some neighbors and was able to put a face to what others might think of as an empty house.

I think sometimes we take the easy way out and call the authorities in an attempt to make life more to our liking. The best the police can do is to try to help people get along and they do a great job but don't we want them to spend their time finding burglars and bank robbers? You would be surprised how rewarding it is to get out and Learn From New and Uncomfortable Angles. If we want change, perhaps we need to put ourselves out there and do our share. If our alley is a mess and we are tired of looking at it... clean it up, don't expect someone else to do it. Let's get involved, make a difference, Know That No One Is Silent Though Many Are Not Heard and Work To Change This!!

Linda Hennigh, President

2010 Board

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BPWNA is a 501(c)3 organization registered with US IRS and Missouri Secretary of State.

A Better Explanation of Crime Rankings

The Crime Ranking report has gotten a lot of media attention today. I wanted a chance to dispel the rumors and let you know exactly why Mayor Slay, the FBI, the US Conference of Mayors, and criminologists agree that these rankings are bogus.

Let's start with the way CQ press compiles this information - and the FBI does not agree with the way CQ press uses this data. CQ Press takes information from the FBI that was reported by police depart-

ments. In spite of the FBI's request to follow uniform standards in reporting crime, cities don't all report crime the same way. For example, New York doesn't count thefts of items worth less than \$1000. Cities in Tennessee use a different reporting system called the National Incident Based Reporting System. Some cities, like Chicago, are not even included in the rankings because they didn't meet the FBI criteria for reporting their crimes. Here's a full list of cities that are not included:

<http://www.morganquitno.com/methodology07.htm#MissingCities>

One of the biggest problems with these rankings is that there is no standard definition of a City. So, the line between "City" and "Suburb" is critical in how the numbers come out. In other words, some cities are geographically small and do not include many middle-class areas as geographically larger cities. The City of St. Louis, for example, is 62 square miles and contains just the

(Continued on page 11)

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Urban and Rural Missourians See Some Issues Very Differently



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Ballot Issues

The Nov. 2 General Election showed a continuing, and perhaps growing, pattern of polarization between Missouri's urban and rural communities. Voters in the metropolitan areas especially saw Propositions A and B in a different light than did their rural brothers and sisters.

New regulations on large-scale dog breeding operations were narrowly approved. Proposition B, which targets so-called "puppy mills," encountered significant outstate opposition but passed with 51.6 percent of the overall vote thanks to strong support in urban

and suburban areas. According to Brian Wahby, St. Louis City Chair of the Central Democratic Committee, 73% of St. Louis City voters said Yes on Prop B.

Another high-profile measure, Proposition A, garnered 68.4 percent voter support and will trigger elections in St. Louis and Kansas City in April that could lead to the repeal of the local one percent earnings tax on the wages of people of live or work in those cities. Proposition A passed in every election jurisdiction in the state except for St. Louis and Kansas City, which are the only two Missouri cities that impose a local

earnings tax. Again citing figures shared by Wahby, 68% of St. Louis City voters said No to Prop A. Hopefully this bodes well for our chances of defeating this measure when we face it again this April.

Also on the ballot were three amendments to the Missouri Constitution. Amendment 1 received 74.1 percent of the vote and will require most charter counties to have an elected, rather than appointed, county assessors. Amendment 2 received 65.8 percent support and exempts disabled former prisoners of war from paying property taxes on their homes. Amendment 3 received 83.7 percent of the vote and will prohibit the imposition of sales taxes on the transfer of real estate, a tax that Missouri has never had.

Composition of 2011-12 General Assembly

I was thankful to be unopposed and re-elected to my fourth and final term in the Missouri House on Nov. 2. I had hoped to serve at least

this final term in the majority party so I could accomplish more for our City. (I have been able to get two of my bills passed despite being in the minority.) However, I am now more deeply in the minority. My caucus has 57 members compared to the 106 held by the majority caucus. I will continue to seek to build relationships across the aisle for the sake of passing commonsense public policy that will improve the quality of life for all Missourians.

State Revenue Showing Slow But Steady Growth

Net state revenue collections for October 2010 increased 7.6 percent compared to October 2009, going from \$442.7 million to \$476.4 million. That boost helped Missouri continue its steady revenue growth for the 2011 fiscal year, with year-to-date collections through the first quarter of the fiscal year up 3.6 percent compared to FY 2010, going from \$2.15 billion last year to \$2.23 billion this year.



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Consider Financial Gifts to Family



Mary Cox, Financial Advisor for Edward Jones
314-577-0167

My name is Mary Cox and I am a financial advisor for Edward Jones. I live in the Benton Park neighborhood and have an office at 1908 Park Avenue in the Lafayette Square business district.

You can find any number of thoughtful presents, but if you'd like to give something that can have an impact long after the holiday season is over, consider making a financial gift. Here are a few possibilities:

* Stocks — Many people have preferences for products made by certain companies — and they may well enjoy owning the stocks of those firms. You can give up to \$12,000 per year, free of gift taxes, to as many people as you want; over your lifetime, you can give up to \$1 million without incurring gift taxes.

* Contributions to Section 529 plans — Over the past several years, college tuition costs have increased significantly. If you have a child (or grandchild) who will be headed off to college in a few years, you may want to open a Section 529 college savings plan. The contribution limits are typically quite high for this type of account, and your contributions may be tax-deductible if you are participating in your own state's plan.

* Contributions to an IRA — Many people don't fully fund their IRA each year — so any help you

can give toward that goal will be important. While you can't contribute directly to someone else's IRA, you can write a check to the recipient for that purpose. For the 2010 tax year, the IRA contribution limit is \$5,000 (\$6,000 for investors who are 50 or older).

* Charitable gifts —

You may want to make a financial gift to a charitable organization in the name of a loved one. You'll

get an immediate tax deduction for your gift, as long as the group has received 501(c)(3) tax-exempt status.

By making any of these gifts, you'll brighten your family members' holidays — and you'll know that your generosity truly had an impact on their lives.

Have a safe and happy holiday season!

HairPros

Heather Santorski, Stylist
BPW Resident



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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.

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Community Information Corner

The Holidays are some of the busiest time in the neighborhood. Let's remember all the activities happening on Cherokee.

Third Annual Cherokee Print League Holiday Sale

As the renovations of our own Cherokee street continue, don't forget to mark your calendar for the Third Annual Cherokee Print League Holiday Sale on December 4th, 10a-7p.

This indoor print-themed arts & craft sale will take place all along the street, with businesses hosting artists from all over the St. Louis area (as well as the greater Midwest) whose work is print-related (printmaking, letterpress, screen printing, stencils, printed fabrics, anything printed goes!)

27th Annual Cookie Spree

The first of December is traditionally the time of the Antique Row Cookie Spree. This year is no exception. December 4th & 5th, 11a-5p, will find the shops and street filled with crowds enjoying holiday shopping and cookies.

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New Shops on Cherokee Street
Don't wait for others to tell you about all of the new, cool shops on Cherokee street. From Lemp to Gravois, Cherokee street is teeming with excitement where you can do your holiday shopping.

Just a few new places to check out!

- St. Louis Curio Shoppe at 2301 Cherokee
- Midwest Guitar Repair and Building School at 2611 Cherokee
- Peridot at 3159 Cherokee
- Gallery AM at 2617 Cherokee

Don't miss the great places on Cherokee Street.

Update on the Animal Control Process in St. Louis

November 4, 2010 - Info provided by the Department of Health – City of St. Louis

The City of St. Louis Department of Health has completed the closing of the animal shelter at 2422 Gasconade.

Call CSB (Citizen's Service Bureau), for stray dogs or cats, at 314.622.4800 from 8a-5p or 911 after hours.

If an animal bite draws blood, call 911. Police & EMS will be dispatched. Animal Control will be notified, and take the animal for a 10 day observation. Contact with an owner will be attempted. Missouri law requires all medical providers to report animal bites to The City of St. Louis Department of Health. The owner will be notified (if there is an owner). Otherwise, the animal will be assessed for adoption by Stray Rescue (SR) or euthanized. If an owner is found, fees will be assessed and face possible prosecution if found in violation of the ordinance multiple times.

The dogs have been moved to Stray

BENTON PARK WEST 2011 BOARD

We congratulate the following individuals who were elected at the October BPW Neighborhood Meeting.

Welcome YOUR leaders in BPW for 2011.

President - Linda Hennigh
Vice-President - Martha Buckley
Secretary - Shannon Headley
Treasurer - Diane Hurwitz-
Member at Large -
Shirley Johnson & Carrie Sleep

For more information about being a part of making BPW great, contact Linda Hennigh at 771-2161 or the neighborhood office at 771-0803.



Rescue (SR), located at 2320 Pine Street.

Cats moved to Animal House (AH) located at 2801 Clark Street, in partnership with Metro Animal.

Animal Control is responsible for Ordinance Enforcements – Licensing/Rabies vaccine; Protecting people from dangerous animals; Protecting animals from abuse; Promoting responsible pet ownership and to reduce overpopulation – through spay/neuter.

The Gasconade facility no longer meets the Missouri Department of Agriculture licensing standards.

The City of St. Louis no longer accepts pets from owners who want to surrender them. Owners are encouraged to make contact with the various rescue groups or to list the animal with the appropriate websites for advertisement for adoption. Stray Rescue (SR) cannot accept owner surrenders.

Ms. Melba R. Moore, MS, CPHA
Commissioner of Health

Nuisance Properties are an issue for Quality of Life

Boarded properties have been broken into at a higher rate in recent days.

Many of these properties are used for drug use and a place to sleep. Many boarded properties are due to nuisance calls and include city owned and foreclosed properties.

Nuisance properties are what causes quality of life issues for neighbors. These properties are characterized by being neglected, used for illegal activities - such as drug trafficking, prostitution and public drinking. Also, nuisance can be loud music, honking of horns, trash in front, trash in the alley, over-

grown yards, safety issues around the building, or anything that causes you quality of life issues.

If you have a problem property in your neighborhood which fit any of the above, call the police patrol division for your area and ask for the nuisance and problem property officer:

South Patrol Division,
314-444-0100

Residents can also reach Sgt. John McLaughlin, the police officer in charge of the nuisance and problem property officers, at 314-444-5490.

After you make the call to the police, make sure to call your NSO - Barb Potts at 314-397-1091.



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Beautification - A Community Effort

Continued from Pg 1

proving the quality of life for all its residents.

One simple way we all can improve the neighborhood is make sure our yards are **Neat and Tidy**. Having a **Neat and Tidy** yard means keeping the grass cut and edged, leaves raked, and weeds pulled. It also includes keeping the trees and bushes trimmed in the front yard and alley way. Vegetation should not extend beyond your fence and property line in the alleys nor should it impede the walkways (e.g. sidewalks). This not only beautifies the area but allows for safer passage through the streets at night. Well kept yards and alleys help preserve market values for our homes; and are very simple things that have a significant impact on neighborhood beautification.

For public reference, please feel free to look at the *St. Louis City Revised Code Chapter 11.04* <http://www.slpl.lib.mo.us/cco/code/data/t1104.htm> which addresses property maintenance.

The City of St. Louis requires grass to be cut if it *exceeds* 7 inches. The City also

has Codes which deal with excessive junk *"including but not limited to weed cuttings, cut and fallen trees and shrubs, rubbish and trash of all kinds, lumber of all kinds not piled or stacked twelve (12) inches off the ground, rocks or bricks of all kinds not piled or stacked twelve inches off the ground, tin, steel, parts of derelict cars or trucks, broken furniture, any flammable material which may endanger the public safety or any material which is unhealthy, unsanitary or unsafe is hereby declared a public nuisance"*.

If you see a home and/or business which you believe is in violation of the above, please feel free to contact the Citizen's Bureau at #314/622-4800 to file a grievance. When calling, you may choose to leave your name or remain anonymous. You may also email property concerns to bpwbeautification@yahoo.com

and BPWBC will forward your concern to the Citizens Bureau and keep you posted on the updates. The Citizen's Bureau is **YOUR** resource to address problem properties. BPWBC appreciates yard improvement photos, especially 'before and after' shots. If you have a yard that has been noticeably improved, we would love to post the before and after pictures online in acknowledgment of your commitment to the BPW neighborhood.

Questions, Comments, Concerns? Please email: bpwbeautification@yahoo.com

Remember -

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is the key to
Neighborhood Enjoyment!**

Benton Park West



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Near Southside Employment Coalition
One Nite Stand
Park Avenue Coffee
Pets in the City
Pointer's Market
SSDN
St. Frances Cabrini Academy
The Salvation Army

General

Rex Abernathy
John Aho
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Dawn Alexander
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Wilbur Stuhlman
Carissa Vandenbal
Shirley Wallace

City, State and Federal officials, Friends of BPWNA

Jennifer Florida - Alderwoman, 15th Ward
Dena Hibbard - NSO
Ken Ortman - Alderman, 9th Ward

Craig Schmid - Alderman, 20th Ward
Judy Lane - NSO
Barb Potts - NSO

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TOYS FOR TOTS BRINGS JOY TO NEEDY CHILDREN.

Edward Jones is supporting the Toys for Tots campaign by using our offices as drop-off locations. Help needy children in our area by bringing a new, unwrapped toy to the branch office nearest you during regular business hours.

With the holiday season just around the corner, now is a great time to remember those who are less fortunate in our community.

For more details,
call or stop by today.

Mary E Cox, AAMS®
Financial Advisor

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St Louis, MO 63104
314-577-0167

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MAKING SENSE OF INVESTING™

Spices and Herbs: More than Just Good Taste

Studies show that many different herbs and spices offer health benefits. Herbs, including basil and parsley, are from plants and plant parts. Spices often come from the seeds, berries, bark or roots of plants.

Seasonings, such as cinnamon, often lend lists of commonly eaten foods with the highest levels of measured antioxidant activity. Polyphenols, a type of plant compound, provides one of the main health benefits associated with the herbs and spices. Polyphenols are also abundant in certain fruits and vegetables, teas and red wine.

Here are some reasons to consider adding a little *spice to your life*.

Savor the Flavor, Reap the Rewards

Using herbs and spices expands your taste without adding calories and may decrease the amount of

salt, fat and sugar you add, without losing flavor. It is a known fact that tastier foods will satisfy your hunger more than bland foods. If not satisfied, we tend to continue eating which leads to overeating. It has been shown that compounds, such as chili peppers, boosted fat-burning capacity.

How to Add Spice to Your Daily Diet

Adding spice is quite easy. Small amounts of dried and fresh herbs and spices have health benefits. Even ground cinnamon has health benefits and can be consumed throughout the day to taste. Capitalize on the potency of dried herbs and spices by using fresh.

**Take a hint from
nature and eat more
healthy!**



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Slendor in the Glass Dec 2, 7-10p
The Looking Glass - 2917 Park Avenue

What's happening in Benton Park West

DECEMBER 2010

2 - Splendor in the Glass - 1917 Park Ave, 7-10p

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

9 - W&S Holiday Thanks! Noon - 6p, Five Star Senior Center, 2832 Arsenal.

14 - BPWNA Board Potluck - 6:30p, 2645 Wyoming

16 - NO NA meeting

25 - Merry Christmas

31 - New Years Eve

Jan 1 - Happy New Year!

Sun	Mon	Tue	Wed	Thu	Fri	Sat
			1	2 Splendor in the Glass - 7-10p	3	4
5 Bulk Trash week	6	7	8	9 W&S Holiday Noon -6p	10	11
12	13	14 BPW Board Potluck, 6:30p	15	16 No NA mtg	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	



January Events

Jan 4: Board Mtg, 6:30p, Five Star Senior Center, 2832 Arsenal

Jan 13: Weed & Seed (6:30p), 3rd District Outreach (7p), 2832 Arsenal

Jan 20: Neighborhood Mtg, - 7p, 2832 Arsenal, Five Star Senior Center

Jan 29: Membership Appreciation Event - 6-9p. Watch for details

Be involved in 2011

Be part of Benton Park West

Contact Linda Hennigh at 314.771-2161, neighborhood office at 314-771-0803 or any Board member.

Lafayette Park United Methodist Church

2300 Lafayette Avenue
Saint Louis, MO 63118
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Join us for Christmas Eve Services
4p - Family Service 10:30p - Evening Service

Worship

- 9:30a
- Fellowship after service

Vision - "Lafayette Park United Methodist Church will be a church without walls, creating a visible sign of Christ's presence in our urban community and beyond"



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Weed & Seed

Operation Weed & Seed is a community based effort sponsored by the U.S. Department of Justice to "weed" out violent crime, drug abuse, and gang activity and to "seed" much needed community programs to improve communities and make them safer. BPWNA participates in the Weed and Seed program and holds regular meetings with city and law enforcement officials at the Five-Star Senior Center on the second Tuesday of every month starting at 6:30p.

Emergency help: 9-1-1

Non-emergency:
314.231.1212

**"PEOPLE AREN'T
SUSPICIOUS,
BEHAVIOR IS!"**



Barb Potts- 613-3083(w)
397-1091 (c)
pottsb@stlouisacity.com

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

Judy Lane- 613-7143 (w)
lanej@stlouisacity.com

Citizen Service Bureau
622-4800

Refuse Department
353-8877

Alley Lights (AmUE)
342-1000

Street Lights (CSB)
622-4800

Third District Neighborhood Associations, 3D Business Partnership, Alderpersons, NSO's, and Friends of Third District Officers would like to invite you to the

District Three Christmas Party December 9th

Lunch will be served at Noon & dinner at 6P.M.

2832 Arsenal Five Star Center

To help defray the cost of this event we would greatly appreciate your assistance with the following needs.

Please contact Mike Howard at the Five Star Senior Center

@

314-664-1008

Cheese Cracker/Appetizer Trays

B.B.Q. Burgers, Brats, Hotdogs, Chili

Soda/Beer/Water

Cookies Cakes

Utensils, Plates, Cups, Napkins

Monetary Donations

Servers/Door Greeters

Small Attendance Prizes

Set up Clean up

...Explanation of Crime Rankings

Continued from Pg 2

entire urban core. The City of Phoenix is 515 square miles. The better way to compare cities is by comparing metropolitan areas - and St. Louis is nowhere near the top of that list.

The truth is that the majority of neighborhoods in St. Louis are safe -and they're getting safer. Since 2003, overall crime will have dropped 33.9% in the City. Vehicle thefts have dropped 61.6% and larcenies have dropped 33.9%. This year, through October 31, robberies are down 24%, assault with guns are down 11%, rapes are down 25%, and overall crimes against persons are down 17%.

Making the City safe is the Mayor's first priority. He will continue to work with the St. Louis Metropolitan Police Department to ensure the numbers continue to trend down. We urge you to spread the word that St. Louis is a good, safe, place to live, work, and do business.

Thank you,

Kara Bowlin
Press Secretary to the Mayor

Holiday Stress and Children

The holiday stress is upon us, and for many people that means decorating the house, baking cookies and shopping at the mall. Families want their holidays to be special and happy for everyone, especially the children. Recognizing the signs of stress, and using these holiday stress management tips will help your family cope with the holidays and reduce anxiety.

Signs of Holiday Stress in children

- *Tears for seemingly minor reasons.
- *Nervous behaviors such as stomach aches, headaches, fatigue, diarrhea, etc.

*Regression to younger behaviors: bed wetting, eating with hands.

*Withdrawal from school friends and siblings.

*Any behavior that your child doesn't typically do could be a sign of Holiday anxiety.

Holiday Stress Management Tips

- Limit TV and video games
- Remember routines
- Nutrition
- Family Traditions
- Rest and Relaxation
- Laugh
- Provide Comfort

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- Start Searching at <http://isearch.igive.com/>.

Simple way for you to help Benton Park West.

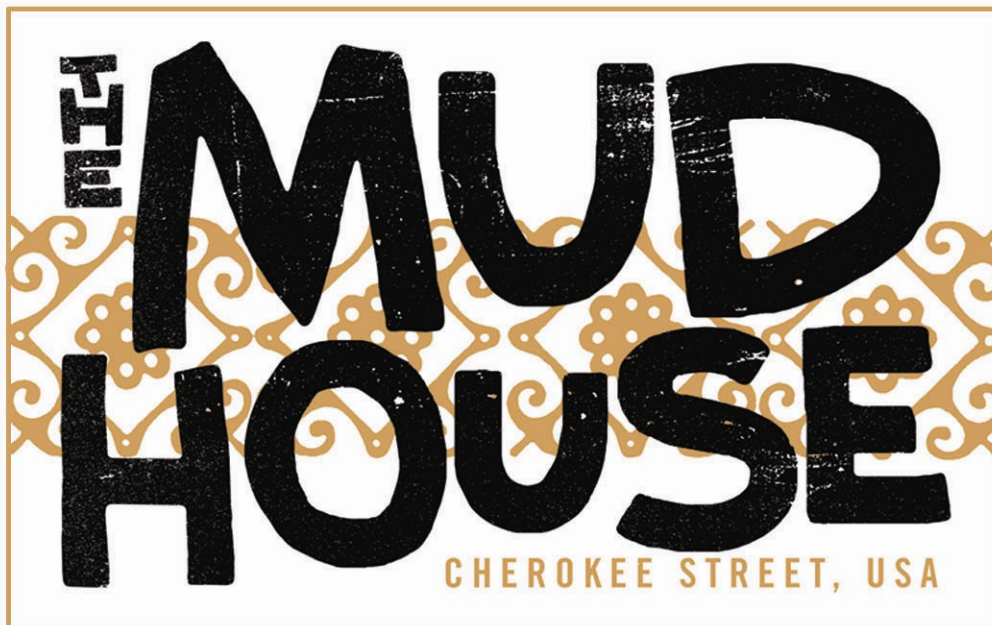
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M-F 7-5:30

Sa-Su 8-6

Library Corner - Erin Guss

GetItNow Service at Your Library

St. Louis Public Library, along with its downloadable audiobooks and movies, now offers downloadable ebooks you can read on your portable devices (including – but not limited to – the iPad, Barnes and Noble Nook,

and Sony Reader). All you need to do is download the Overdrive media console and you instantly have access, 24 hours a day, seven days a week.

Here is a sample of some of the titles available for

download:

The Carrie Diaries, by Candace Bushnell (2010)

Djibouti, by Elmore Leonard (2010)

Shutter Island, by Dennis Lehane (2003)

The Women Jefferson Loved, by Virginia Scharff (2010)

Visit www.slpl.org, click Games & Downloads at the bottom of the page, and away you go!

Spicy Potato Soup

Prep time: 5 min **Makes:** 6 - 8 servings

Cook Time: 1 hr, 5 min **Start to Finish:** 1 hr, 10 min

Ingredients:

- 1 pound ground beef
- 4 cups cubed peeled potatoes (1/2-in cubes)
- 1 small onion, chopped
- 3 cans (8 ounces *each*) tomato sauce
- 4 cups water
- 2 teaspoons salt
- 1-1/2 teaspoons pepper
- 1/2 to 1 teaspoon hot pepper sauce

Prep:

1. In a Dutch oven or large kettle, brown ground beef over medium heat until no longer pink; drain.
2. Add the potatoes, onion and tomato sauce. Stir in the water, salt, pepper and hot pepper sauce; bring to a boil.
3. Reduce heat and simmer for 1 hour or until the potatoes are tender and the soup has thickened. Makes 2 quarts).

Nutrition Information: Per Serving: Calories 159, Carbs 16g, Fiber 2g, Protein 12g, Sodium 764, Chol 28mg

Tip & Notes:

- Adjust the Hot Pepper Sauce to taste.
- Substitute a 24-oz jar of mild salsa in place of the tomato sauce and Hot Pepper Sauce
- Great "make ahead" dish; refrigerate and warm up.
- Add grilled cheese or cornbread for a complete meal

If you have a recipe or suggestion, contact Publicity @ bpwnapub@yahoo.com or the neighborhood office 314.771.0803

Library Calendar - Dec

CHILDREN / TEENS

Wednesday
November 3
4-5 p.m.

Minute to Win It @ Your Library
Complete challenges from the popular game show Minute to Win It for a chance to win a prize. Grd 6-12

Thursday
November 4
4-5 p.m.
Hardware Jewelry

Jewelry from items found in a toolbox. Grd 6-12.

Mondays
November 8, 22
11-11:30 a.m.
Storytime.
Stories, songs, & more. Toddler/Preschool. Grps of 5 or more register in advance.

Wednesday
November 10
4-6 p.m.
Got Game?
Play Nintendo Wii and Xbox

360ä. Grd 6-12.

Wednesday
November 17
4-5 p.m.
Karaoke
Sing your heart out. Grd 6-12.

Tuesday
November 23
4-6 p.m.
Family Movie: *Up*
Families.

ADULTS

Thursdays
4-6 p.m.
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Thai Massage - Movement and Massage Makes for a Unique Experience

A slow dance--that's how many have described the ancient work known as Thai massage, a modality that incorporates the tenets of yoga with massage and mindfulness.

This is the last installment of a four part series about Thai Massage.

Exploring the Benefits of Thai Massage

As with traditional massage, Thai massage offers numerous benefits:

- Deep relaxation.
- Quieting of the mind.
- Heightened energy levels.
- Improved circulation.
- Improved lymphatic flow.
- Improved range of motion.
- Increased flexibility.
- Rejuvenated body and mind.
- Relief for pain and muscle tension.
- Enhanced body-mind connection.

Experts say there is an interesting dichotomy that exists within Thai massage, as it both relaxes and rejuvenates. After a session, some Thai massage clients report feeling awakened and energized, while simultaneously feeling deeply grounded and at peace.

The Yoga Component

Recipients of Thai massage can also capture the well-established benefits of yoga without actually doing yoga. As the practitioner gently moves clients into yoga-like poses, tight joints are opened, energy flows freely, and breathing is enhanced. A meditative state becomes part of the process, as both client and practitioner focus on breath and intention.

Through the assisted stretches, clients' muscles become less prone to injury, their joints have a greater range of motion, and their

whole body enjoys greater flexibility. In addition to its acceptance among nurses, massage therapists, bodyworkers, and physical therapists, many yoga enthusiasts are finding that Thai massage adds a whole new dimension to their practice.

Conversely, if you're wanting to explore yoga but may be intimidated or not sure where to begin, Thai massage is a great introduction. It can give you a sense of how yoga works with the body, how it's practiced, and how the body will respond. Your practitioner may also be able to recommend yoga classes suited for your needs.

Communication is Key

As with any form of massage or bodywork, it's paramount that Thai massage clients communicate with their therapists throughout the session. Is the massage pressure too deep? Does the stretch no longer feel good? Is the room too hot? Be sure to let the therapist know if something is not quite right so he or she can deliver the best, most therapeutic work possible and you can experience the full benefits of your Thai massage session.

Young or old, healthy or frail, Thai massage offers something for everyone. Whether you're a weekend warrior needing to work out the aches and pains of excess, or a retiree needing to awaken and invigorate an aging body through movement and stretching, the therapeutic nature of Thai massage can address your needs.

- from abmp.com

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Tues, Thur 12p-6p



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- Tues - Happy Hour all day
- Wed - \$3 Cosmos
- Thurs - \$ 5 Long Island
- Fri - \$ 1 Select Martinis
- Sat - \$ 4 Bombs

Feel Good About Yourself - 2

Life is busy and our stress level can get out of control. We continue to bring you ways to reduce your stress level.

1. Spend time with people over the age of 70 and under the age of 6.
2. Dream more while you are awake.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Drink green tea and plenty of water. Eat blueberries, wild Alaskan salmon, broccoli, almonds & walnuts.
5. Try to make at least three people smile each day.
6. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.

Advent Conspiracy: A New/Old Approach to Advent and Christmas

by Virginia Gilbert

Advent is the season of four Sundays leading up to Christmas. Advent Conspiracy is a movement among many churches across the United States to reduce the commercialism of Christmas and emphasize the celebration of Jesus' birth.

Epiphany United Church of Christ, 2621 McNair, (located at McNair and Pestalozzi) is discussing four themes of Advent Conspiracy in adult Sunday School (at 9:15 a.m.) and worship ((at 10:30 a.m.)

Nov. 28: Intro - Worship Fully

Dec. 5: Spend Less

Dec. 12: Give Presence

Dec. 19: Love All

Communion, open to all, Dec. 5 & 19.

Christmas for Kids

In keeping with the Advent Conspiracy themes, Epiphany UCC is inviting children and families to an afternoon celebrating Jesus' birth **2-4 p.m. Saturday, December 18.**

Activities include: Making a nativity scene to take home, Singing Christmas songs, Storytelling and hands-on examination of the nativity characters, Trying on costumes and photo session. (One photo of each child is included. Bring your camera for more.)

These all culminate in a come-as-you-are Christmas Pageant beginning at 3:30 p.m. No lines to memorize, no scenes to rehearse. Participation is open to children and adults; costumes provided.

The pageant will be repeated in worship Sunday, Dec. 19, at 10:30a. Adults and children are invited to participate in either or both.

This is not a fund-raising activity. Worship fully; spend less; give presence; love all.

For more information, you may call the church: 314-772-0263, or visit our Website: <http://www.epiphanyucc.org/>

WasabiNet Comes to You!

Check out this inexpensive way for everyone, who owns a computer, to be on the net. Contact WasabiNet today!

<http://sites.google.com/site/wasabinetwifi/Home/contact>

As seen on KSDK; which aired on October 14th. Checkout the interview with Minerva Lopez and Ben West -

<http://www.youtube.com/watch?v=1pDpUpRT6ZM>

Mesh Node technology is being used to bring WiFi to Cherokee Street using inexpensive routers that you just hang on a wall, indoors or outdoors, no wires! The network will include a multi-lingual info portal where events, community updates, and ads from local businesses.

The service is comparable in speed to conventional DSL, but since you will help own it, you can have a say in upgrading it in the future. Help us put Cherokee on the Grid!

As this is a Mesh Technology, not

all of BPW, Fox Park or Cherokee Street is covered, but we are growing.

Costs...

- Limited free access
- \$9.99/month - residential
- \$19.99/month for businesses, with advertising options

Many other communities use Mesh Node Wifi such as Little Rock, AR, Prestonsburg, KY, Urbana-Champaign, IL, Vienna, Austria, and even Montreal, Canada.

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 Joe Calabro -
 3rd Dist PA Officer 444-0169
 Dave Krapf -
 3rd Dist Prob Prop 444-0185
 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, 314-657-1370 (w)
 314-397-1091 (c)
 pottsb@stlouiscity.com

Dena Hibbard, 314-657-1359 (w)
 hibbardd@stlouiscity.com

Judy Lane 314-657-1365 (w)
 lanej@stlouiscity.com

MISC:

Pothole Department 768-2805
 Refuse Department 353-8877
 Five Star Center 664-1008
 Illegal Dumping 911
 Then call CSB 622-4800

Lights:

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

Water:

Open Hydrant 771-4880

Additional Numbers

Animal Abuse Hotline
 (314) 647-4400

Child Abuse Hotline
 1- 800-392-3738

EnergyCare
 (314) 773-5900

Five Star Senior Center
 664-1008

Operation Brightside
 772-4646

Parental Stress Help line
 1-800-367-3543

Parents Anonymous
 647-HELP or 866-492-0843

2011 is coming! Are you a member?

Membership Application Benton Park West - 2011

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

Book Club in BPW

To get an invite to the book club, contact Rebecca - rebeccadurst@gmail.com or call 314-853-1091.

December 27th: Bring your own Book night (Rebecca hosts)
Watch for more exciting books and discussions in 2011



BPW Dog Park

It's never too late to join and let your
dog enjoy their own space!

You just need the following:

1. Submit application.
2. Your pet must have been neutered or spayed
3. Your pet has all immunizations; rabies, distemper, and bordetella.

Find the application online at www.bentonparkwest.org and send to: BPWNA, PO Box 18671, St. Louis, MO 63118

Don't let your pooch miss out on the freedom of the park!

Benton Park West

Neighborhood Association

P.O. 18671

Saint Louis, MO 63118

On the Web

www.bentonparkwest.org