

Don't forget!

May 21
BPWNA
Neighborhood
Meeting
7p
2832 Arsenal.

The Porch Review

Benton Park West

Vol 9, No. 5

May 2009

Celebrating 75 Blocks of Courage



Events

May 2: Cinco de Mayo
Benton Park West booth on
Cherokee

May 5: BPWNA Board Mtg
6:30 pm, 2832 Arsenal

May 7: Weed & Seed (7pm) & 3rd
Dist Public Affairs: (7:30pm)
2832 Arsenal St.

May 9: Operation Brightside

May 21: Neighborhood Mtg,
7 pm, 2832 Arsenal

May 22: BPWNA Social
Park West Grille - 5p - ??

Jun 2: BPWNA Board Mtg
6:30 pm, 2832 Arsenal

Jun 20: Trivia Night
See page 4 for more info

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Questions, Comments, Concerns?

Contact Neighborhood
Office:

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

Spring Ushered in with the...

Annual Easter Eggstravaganza

By Derek Cadzow

For the fourth time in as many years, the Easter Bunny hopped into Benton Park West to delight kids at the neighborhood association's Easter Eggstravaganza held at the neighborhood's Community Gardens at the corner of Ohio and Crittenden on April 11.

As many as 150 kids, aged 2-10, greeted Mr. Bunny and had their polaroid photograph taken with him during the afternoon. Many of the kids also enjoyed other fun activities such as dying eggs, applying temporary tattoos, doing crafts, and eating hamburgers, hot dogs, and drinking Kool-Aid at table pro-

vided by the **Park West Grille**.

In addition to the Easter Bunny's visit, there were two other major fun events.

In the Easter egg hunt, kids up to five years of age had their own hunt on one side of the gardens and kids between five and 10 years hunted on the other side of the garden. Most of the eggs were found on the raised flower beds, which had been previously hidden by volunteers from the neighborhood and from the Neighborhood Accountability Board (NAB).

(Continued on page 13)

CELEBRATING THE GRAND OPENING

of the Benton Park West Dog Park

By Derek Cadzow

The popular song by the Baha Men asks 'Who let the dogs out?'.

Until recently, the only ways a neighborhood dog could be let out was on the end of a leash or into a fenced-in usually-small back yard.

But now, they can run free and play with other dogs at Benton Park West's brand new dog park. And on April 25, their humans came to present the new park to the world at the official Grand Opening and to have a lot of fun themselves.

Neighborhood dogs were accompanied by about 40 humans, some of them local dignitaries. They came to the corner of Nebraska and Utah streets for doggie ice bobbing and doggie nail

clipping, to make their dogs bandanas, and for tattoos, raffles and giveaways.

The main event was the ribbon cutting by



Ribbon Cutting - (left to right) Bill Byrd, Rebecca Durst, Jennifer Shoemaker, Gina McGrew, Alderman Craig Schmid

a gaggle of people connected with the

(Continued on page 6)

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



Bill Byrd

75 Blocks of Courage... Spring has definitely SPRUNG!

There are so many things to do; things you want to do and things you NEED to do. Whether you are looking at your house, yard, block, or even extending the thoughts to work...we all have lists of things that we want to do and need to do. I suggest reviewing your lists and prioritizing.

- Think about what is important
- What are your basic beliefs of what is needed or required
- Put in order the items on your list
- Think about the time you have to do the tasks

Decide what will be low on the list and what may not get completed

The next step is to START. Too many people spend their time thinking about what needs to be done or planning the jobs, but never start. "Starting" can be as simple as asking your neighbors to help clean the alley, pickup trash, or help out an elderly resident on your street. Have you ever walked/driven by a property and wonder why the grass is always overgrown or the house itself is unkempt. Not everyone is in great health and can attend to their property on a regular basis. Whether the resident is elderly or just not the healthiest, it would be right to do something nice and help them out.

Think beyond your block to the entire neighborhood of Benton Park West; you

will be thinking about over 4800 residents. The Board of Benton Park West thinks about these 4800 residents almost daily. From gardening and beautification projects, the Dog Park, free movies, summer BBQ, kids events, etc. your neighborhood association is always looking out for you.

While it seems that 2009 has just begun, Benton Park West is about six months away from nominations and elections for the 2010 Board. There is much work to do for your neighbors and residents. From 2 hours to many hours a month, the time you invest is up to you. Just as the scissors were different sizes, shapes, and age used for the ribbon cutting at the Grand Opening of the Dog Park, it takes everyone to make Benton Park West the neighborhood where YOU want to live.

I was also taught that one should do the "right thing". Doing the right thing for me is to help my fellow neighbor and resident.

I challenge each of you to set your priorities and plan, take care of your home, then become involved in the neighborhood association; but the most important thing is to START. Do the right thing when deciding to mow your lawn on a regular basis, plant flowers, help a neighbor, but ask what you can do to help everyone in the neighborhood.

Bill Byrd,
President

2009 Board

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Save the Earth by Collecting Rainwater!



Harvesting rainwater for your garden is an excellent way to save money in this tight economy. Instead use earth's water, use a practical rain barrel to capture and

use the water Mother Nature provides. A roof of only 1,000 square feet can provide nearly 600 gallons of water during a 1-inch rainfall. That's a lot of water to collect and use on your

garden! Rainwater harvesting system directs the water from your gutter into the rain barrel and stores it for later use. When you're ready to use the water, simply hook up a hose to the spigot.

Some Bad News From the House and Good News from the Senate



Jeanette Mott Oxford,
59th District

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Recently I joked with some colleagues in the Missouri House of Representatives that we should get "team spirit T-shirts" printed up. I said the slogan across the back would read "We'll fix it in the Senate." Seriously, we do seem to pass a lot of bad legislation in the House and send it over to the Senate hoping it will be improved, corrected (of mistakes found in final passage), or, in many cases, served up the death it deserves.

On April 16 the House passed two tragically flawed bills. The first was a proposed constitutional amendment (House Joint Resolution 36 sponsored by Ed Emery, R-Lamar) that would eliminate Missouri's income and corporate taxes. These would be replaced by a higher sales

tax of 5.11 cents that would be applied across the board, including restoring sales tax to food and to prescription drugs. In addition, hundreds of services that are currently not subject to sales tax would also be taxed (doctor's visits, having an attorney draw up legal papers, getting your hair cut, landscaping, child care, valet parking, buying a house....the list goes on and on).

I offered a Dave Letterman-like "Top 10 Reasons to Vote Against HJR 36" during the debate. For example, I argued that the taxes on sales and services would be most harsh on senior citizens (who frequently see doctors and attorneys and require many prescriptions) and young families (because they have to buy so many

things as they become independent – clothing for work, houses, cars, furniture, baby items, etc.).

The sponsor gave absolutely no proof for his claims that this change in tax methodology would be good for Missouri (unlike my tax reform plan for which I can provide an extensive cost-benefit analysis). For some reason 89 other legislators were willing to follow him lemming-like off the cliff. Hopefully the Senate will swiftly kick this resolution to the curb.

In a second piece of bad legislation on April 16, the House passed House Bill 668 to lower the minimum age for obtaining a conceal-carry permit from 23 to 21 and repeal a six-year-old prohibition of guns on college campuses. University of Missouri President Gary Forsee issued a statement saying the bill "increases the risk that our university family could be put in harm's way." College officials and student groups at some of the state's other public universities also have spoken out against the measure.

I argued that most shooting incidents involve a mentally

ill person and that providing better funding for community-based mental health services (cut in the House budget) would do more to make Missouri safer than expanding conceal-carry. Still the House passed HB 668 on a 105-50 vote, and it advances to the Senate.

The good news is that the GOP-led Senate on April 15 passed its version of the \$23.2 billion state operating budget for the next fiscal year. The Senate budget closely tracks the budget proposed by Gov. Jay Nixon. It reverses deep cuts approved by the House, mainly by using \$943 million in recovery funds from the federal government. Health care coverage is restored to 35,000 adults at no cost to state taxpayers through a voluntary tax Missouri hospitals have agreed to pay. House Republicans had rejected that proposal out of hand. Senate Republicans, however, turned down a Democratic attempt to expand health care coverage to 20,000 children. Let's hope the Senate version of the budget wins out in the conference committee process yet to come.



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Garden Workdays
Second Saturday of
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MEET ME IN ST. LOUIS
Trivia Night

Emceeding is **HONORARY CHAIR, AMY SHAW**,
Vice President Education and Community
Engagement for KETC Channel 9

Saturday, June 20, 2009 at 7 p.m.
(doors open at 6:15) at **St. Wenceslaus Parish Church/St. Frances Cabrini Academy, 3022 Oregon,**
the corner of Gravois & Oregon in south city.

Cost is \$160 per table of 8.

Raffles and a silent auction will be featured. Beer and wine will be provided while supplies last and outside snacks and adult drinks are welcome.

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To make a reservation, send a check, made payable to: BPWNA. Send your team name and contact information to BPWNA "Trivia", PO Box 18671, St. Louis, Missouri 63118. We will confirm your reservation via phone or e-mail.

For more information, call 314.771.0803 or e-mail bpwna@yahoo.com.

This is a non-smoking event, except in designated places outside.

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Keep Your Home (and neighborhood) 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.

Neighborhood Advisory Board

Third District Police-Public Affairs

The Next Meeting Will Be Held At
The Five Star Senior Center
2832 Arsenal

Thursday, May 14, 2009 at 7:30 p.m.
Join us to discuss issues in your neighborhood.
Invite a neighbor as well.

Presentation II of II by: Cathy Horejes
Supervisor of Unit "A" 22nd Judicial Family Courts
Juvenile Division, City of St. Louis

Car Club sold prior to the meeting cost \$11 ea. License plate protector covers \$5 per pair.

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CELEBRATING THE GRAND OPENING

Continued from Pg 1

park including BPWNA president Bill Byrd, Dog Park Chairperson Jennifer Shoemaker, long-time park supporters Gina McGrew (a former chairperson) and Rebecca Durst, and the



Alderman most behind the project Craig Schmid (20th ward). Other dignitaries in attendance included Lewis



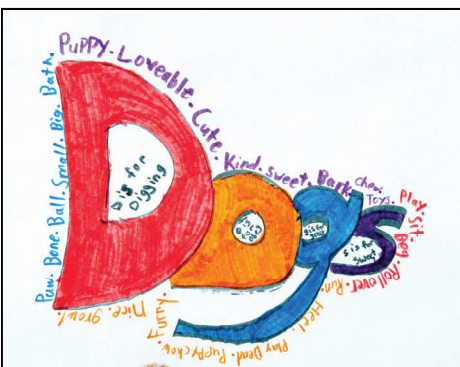
Reed (President of the Aldermanic Board of St. Louis), Jeanette Mott Oxford (Missouri State Representative), and Alderman Shane Cohn (25th Ward).

The opening, according to President Bill

Byrd, is a milestone in the development of our community; including a resolution from the Missouri State House of Representatives.

"This is the culmination of almost 10

years of work by many people in the neighborhood and brings a service to the community that people have



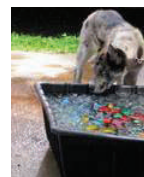
Artwork by Gracie Shortall and Jackie Davis - Photo by Derek Cadzow

wanted for a long time."

Chairperson, Jen Shoemaker agrees: "As well as providing a place for dogs to exercise, the dog park draws people together. When I've had my dogs in the park, people come up to see the dogs and others stop while they're walking by."

She adds that dog parks also provide

much needed socialization for dogs who, for the most part, spend their days at home alone while their owners are at work.



The park is continuing to take applications for dog membership. To apply, download an application from the Benton Park



West Neighborhood Association website and have paperwork to show that your dog has been spayed or neutered and



that they are up to date with their vaccinations. Jen says to allow about two weeks for processing your membership.

Candid photos by Gina McGrew

Thanks to the many people who made this Grand Opening a reality.

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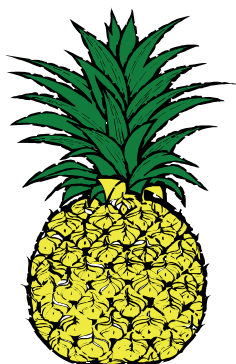
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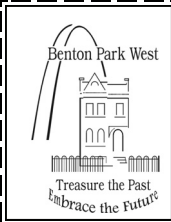
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Mail this form and your check to:

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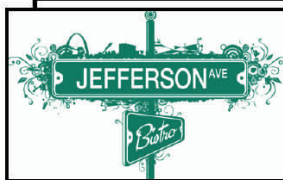
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Non-Profit News in and around Benton Park West

The Salvation Army

Support The Salvation Army (2740 Arsenal) at their Yard Sale on May 9th, 8a-Noon.

Find Treasures right in your own neighborhood.

Rehabbers Club

The Rehabbers Club is once again supporting the Chatillon-DeMenil Mansion's annual used book sale, which takes place this year May 16-17.

If you have any books you'd like to donate, please drop them off at the wonderful Chatillon-Demenil Mansion, 3352 DeMenil Place, Tuesday through Saturday (May 12-16) between the hours of 10-3.

Five Star Senior Center

Many thanks to all who worked, purchased orders, or help spread the word, attendance was unbelievable at the "Good Friday Fish Fry". The event was a great success approximately \$ 3,000 was raised. Way to go "Friends of Five Star Senior Center" you are all STARS in my book.

Don't forget that Saturday, May 2nd, is the next "Texas Hold-em" tournament. Door open at 5:30p; game starts at 6:30p. Entry fee of \$50.00 includes poker chips, food, beer & soda for the night. Always a fun evening, hope to see some of you there.

Grace Hill Neighborhood Health Center

By Sherry Young

Located at 3400 S. Jefferson, Grace Hill Neighborhood Health Center has a program for women 18-55 years of age with no health insurance. There is an opportunity for these women to sign up for temporary Medicaid.

If you can use these services, or you know of anyone who would benefit from the services of

Grace Hill, please call Nina Taylor, Health Outreach Coordinator, at 314-898-1757.

If you have no medical doctor or primary care physician, you can contact Sherry Young, 314-771-3919, C.C.L. volunteer for Grace Hill, to make you or someone in your family a doctor appt.

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Its time to renew your membership for 2009!

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

See page 16 for an application.



Membership Needs YOU!

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

Business Members -

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Blue Brick Renovation & Construction
Cherokee Station Business Association
Clowder House Foundation
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Dutchtown South Community Corporation
Edward Jones - Mary Cox
Five Star Senior Center
Home Guard Pest Elimination
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Indigo Massage - Anne Childers
Jefferson Avenue Bistro
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Millennium Restoration & Development
Mississippi Mud
Nader & Sons
Near Southside Employment Coalition
One Nite Stand
Park Avenue Coffee
Park West Grille
Pets in the City
Red Latina
Rich's Automotive

SSDN

St. Frances Cabrini Academy
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The Salvation Army

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

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



"The Garden Spot"

By Linda Hennigh, Garden Co-Chair



What to do in the garden this month:

- When checking your seed packets for planting suggestions, remember that we are in Zone 6.
- If necessary, preheat cool soils where warm-season vegetables are to grow by covering beds with plastic sheets for two weeks.
- After Mother's Day you can begin putting tomato plants, peppers, eggplants, and sweet potatoes. Plant squash and cucumber seeds in hills and place a stake beside the seed to locate the root for watering later (they will vine and spread along the ground).
- Plant summer bulbs such as can-nas, caladiums, dahlias, gladiolus and elephant ears.
- Begin fertilizing annuals.



This month's hint:

Close the gardening loop! Recycle plastic garden pots, cell packs

and trays. Plastic should be empty of soil with no metal hangers or rings (no clay pots or food plastic). Drop off at west parking lot of the MO Botanical Garden's Monsanto Center, 4500 Shaw Blvd. at Vandeventer, April 22–September 30, 2009, 9 a.m. to 4 p.m.

This month's featured garden:

The Benton Park West Community Garden, sponsored by the Benton Park Neighborhood Association and Gateway Greening, located at 2929 Ohio, had their opening workday on Saturday, April 4 and gained several new gardeners. If you are interested in a plot this year, please call Linda

Hennigh at 314.771.2161. Use of the plots is free and due to high demand this year we will be building new plots as needed. Garden workdays are every 2nd Saturday of the month. On Saturday, May 9 we will be installing our garden sign and building a couple of plots. Please stop by and join the fun.



Planting and Moving at the Garden Opening

Next Month: Do you know how many community gardens have their home in Benton Park West? Answer next month!!

HAPPY GARDENING!

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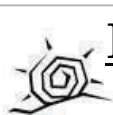
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Reward Your Self....

By Anne L. Childers, LMT

Massage as the Body's Workout

*"A warm smile is the
universal language of kindness"*

-William Arthur Ward

Can Bodywork Sometimes Make You Sore?

By Shirley Vanderbilt; from abmp.com

You've just had a wonderful massage, and you go home feeling both relaxed and rejuvenated. But later that night you feel like you're coming down with something. Or perhaps the next morning, you wake up with twinges of muscle soreness, maybe some fatigue, and you just don't feel yourself. What happened? Chances are it's the massage, and it's perfectly OK. .

Keith Grant, head of the Sports and Deep Tissue Massage Department at McKinnon Institute in Oakland, Calif., says, "It's very much like doing a workout. If the muscles aren't used to it, they often respond with some soreness." Grant notes this should last for no more than a day or two. If it lasts longer, the massage may have been too intense, and the therapist should adjust for this in the next session. However, just as with exercise, when your body adjusts to having this type of workout, your physical response will also be less intense.

A professional massage is more than an ordinary backrub. Your massage therapist can find all the kinks that have built up from daily stress and too little or too much exercise. The whole point of a therapeutic massage is to release that tension, work out the kinks, and help your body relax so it can function at an optimal level. All of this work stretches muscles, pushes blood into them, and gets things working again.

A Closer Look

There are several theories, in addition to muscle function, as to why people sometimes experience after-effects from massage. Massage can stimulate the lymph system, which is comprised of several organs (thymus, tonsils,

spleen, adenoids), hundreds of lymph nodes, and a multitude of vessels that run throughout the body. These lymphatic vessels carry a clear fluid, known as lymph, that circulates around the body's tissues, absorbing fluid, waste products, dead cells, bacteria, viruses, fats, and proteins from the tissue as it goes, while also giving passage to immune cells as they're needed. Massage can sometimes stimulate the lymph system, helping to eliminate toxins from the body. And if the body contains a high level of environmental or dietary toxins, you could feel some mild, flu-like symptoms. While most people come out of a typical massage feeling nothing but relaxed, some people do report feeling a bit nauseous. If this is the case, make sure to drink plenty of water and perhaps take a slow walk. Movement creates a greater lymphatic response and will hurry the process along.

Grant points to another theory being closely examined by experts. Neurological sensitivity, or "sensitization," looks at the "whole response of what's going on in a person." As Grant explains, massage provides a significant amount of input to the central nervous system and the body responds to that increased information. Pain and other occasional after-effects may be the result of a system that has received more information than it can handle at that particular time. And because the amount of sensory input we receive during any day or week is always fluctuating, sometimes we may be overloaded and other times not. It depends on the total stress (emotional, spiritual and physical) being experienced by the body at that moment.

Minimizing Overload

So what can you do to minimize the sometimes uncomfortable side effects? It's important to communicate with your massage therapist regarding your

expectations, as well as your current state of health. Your therapist can then tailor the massage to your personal needs and desires, and make adjustments in intensity or technique as the session proceeds. "I'd look at what's being done," says Grant. In some cases, a shorter or more soothing session may be more appropriate. In others, the therapist may need to change the kind of technique used. Much of this can be judged by how the person is feeling and responding during the massage.

In addition to communicating clearly with your practitioner throughout the session, following a few simple steps will help ease tenderness and maximize benefits:

- Understand that every body reacts differently. Your body is an organism made up of complex systems that react to a constantly changing influx of external factors.

- Maintain good health practices. This means also keeping your mind free of negative clutter.

- Drink plenty of water immediately following your treatment. Continue to do so for the next day or two. This will rehydrate your tissues and ease the effects.

- Take it easy after your massage. Go home, relax and just allow your body to find its balance naturally.

Getting a massage can do you a world of good. And getting massage frequently can do even more. This is the beauty of bodywork. Taking part in this form of regularly scheduled self-care can play a huge part in how healthy you'll be and how youthful you'll remain. Budgeting time and money for bodywork at consistent intervals is an investment in your health. And remember: just because massage feels like a pampering treat doesn't mean it is any less therapeutic. Consider massage appointments a necessary piece of your health plan, and work with your practitioner to establish a treatment schedule that best meets your needs.

Happy Anniversary to Indigo Celebrates on its First Year!!

Thank you to all who support us in spreading wellness in St. Louis!

comments/questions/suggestions email info@indigomassagetherapy.com

May 2009 Healthy Dinner

Shepherd's Pie with Vegetables

Prep time: 20 min, **Cook time:** 30 mins

Makes: 6 servings

Ingredients:

For the mashed potatoes:

3 Idaho potatoes, peeled and halved
3 cloves garlic, peeled
1/2 cup skim milk
salt to taste
freshly ground black pepper

For the vegetables:

2 tablespoons olive oil
1 medium onion, chopped
1/2 pound mushrooms, sliced
2 tablespoons flour
3 cups low-sodium vegetable broth
1 cup frozen peas
1 cup frozen corn
1 cup frozen cut carrots
1 cup frozen green beans

Add cooked turkey or chicken as desired

Prep:

For the potatoes:

1. Place the potatoes and garlic in a saucepan, cover them with water and add a pinch of salt. Bring to a boil and simmer until the potatoes are tender, about 20 minutes. Drain and mash the potatoes and garlic. Stir in the milk and season to taste with salt and pepper.

For the vegetables:

1. In a large soup pot, heat the olive oil over medium heat. Add the onion and mushrooms and cook until the vegetables are soft.
2. Stir in the flour and cook for 2 minutes more.
3. Slowly whisk in the vegetable broth. Bring the mixture to a boil, add the frozen vegetables and simmer for 3 minutes. Season the vegetable mixture with salt and pepper.
4. Pour the vegetables into a casserole dish. Spread the mashed potatoes over the vegetable mixture. Place the dish on a cookie sheet and bake for 30 minutes or until the potatoes are lightly browned.
5. Serve hot.

Serving Size: 1 piece

*Nutrition Information:

1 Serving: Calories 208; Total Fat 5g (Saturated Fat 1g); Sodium 102mg; Total Carbohydrate 37g; Protein 7g; Fiber 6g

*Based upon the meat included, the Nutrition Information will change.

Easter Eggstravaganza

Continued from Pg 1

The other major event, the cupcake walk, is played much like musical chairs: kids stand on a large circle of flowers and eggs drawn on the street with chalk. While music plays, they move from one drawing to the next. When the music stops, someone wins a cupcake. In all, more than 60 cupcakes were given away during the event.

According to organizer Linda Hennigh the cupcake walk tends to be an exercise in organized chaos as the kids try to understand which way to walk and when to walk when the music plays. "This year," she says, "one of the mothers stepped up and stood in the middle of the circle and helped bring more organization to the event

than chaos and as a result the kids knew what to do and the event was a lot of fun."

She says that's an example of why the event is important to the community. "It brings neighbors together. All parents will do anything for their kids and, like our **Hallowe'en Trunk and Treat, (October 31, 2009)** they bring them all out for events like this."

She says it also helps to showcase the neighborhood's gardens and that two of the mothers at the Eggstravaganza joined the gardening community afterwards.

"This event is extremely successful at bringing people together of all ages and backgrounds."



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Smoke-free going out guide for St. Louis City

This smoke-free dining guide for St. Louis City was put together by Smoke Free STL. This list may not be complete, so if you know of a public location in South Saint Louis not on the list, feel free to send us an e-mail at smokefreestl@gmail.com

If you dine at one of these establishments in the near future, make sure to mention that you chose their restaurant because it is smoke free. If you own a smoke-free business go to http://smokefreestl.org/Ornization_Pledge_of_Support_Smoke-Free.pdf and fill out the form to become a supporting business of Smoke-Free St Louis City!

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3132 S. Kingshighway
772-3600

Berix Coffee
5053 Gravois Ave
353-5758

Black Bear Bakery
2639 Cherokee St.
771-2236

Benton Park Café & Coffee
Bar
1900 Arsenal
771-7200

St. Louis Tea Room
4001 Utah St.
361-6666

Sweet Art
2203 S. 39th St.
361-6646

Amsterdam Tavern
3175 Morganford
363-2631

Urban Eats Café
3301 Meramac
558-7580

Local Harvest Grocery and
Café
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772-8815

Shangri-La Diner
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771-6920

Off Broadway
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773-3363

Hartford Coffee
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771-5282

El Burrito Loco
3611 Bates
457-8600

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1901 Withnell Ave
776-3515

Soda Fountain Square
1801 Park Ave
241-0099

33 Wine Bar and Shop
1913 Park Ave
231-9463

Niche
1831 Sidney St.
773-7755

Bailey's Chocolate Bar
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Photo Exhibit by Brian M. Ballok
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Classes Gardening 2009 - Greetings Greeners!

Gateway Greening, partnering with the Northside Education Center of St. Louis Community College, is offering a Sustainable Gardening Workshop Series.

There is a minimal fee of \$9 per workshop in order to cover instructor fees. Please note that classes will be cancelled if a minimum of 10 people have not registered, so please forward this message on to anyone you think might be interested!

To register with a credit card, check or money order, please call:

Harrison Education Center
4666 Natural Bridge Road
St. Louis, MO 63115
(314) 951-9850

Sustainable Gardening Workshop Series

05/09 Vegetable Gardening:
Bell Garden, 3871 Bell, 63108
 Goal Setting, Soil Fundamentals, Tools, Transplanting, Plot Design

05/16 Summer Crops: Bell Garden, 3871 Bell, 63108
 Seasonal Planting Calendar, Soil Preparation for hot crops, Watering, Harvest

05/30 Ornamental Trees and Shrubs: Bell Garden, 3871 Bell, 63108
 Four season interest, Shade and Sun, Transplanting, Pruning
06/06 Composting: City Seeds Urban Farm, 2200 Pine, 63103

What is compost?, General Maintenance, Vermicomposting

06/13 Water Conservation: William A. Kerr Foundation, 21 O'Fallon St., 63102

Rain barrel water collection, Raingardens & plant Selection, Rooftop gardening

06/30 Disease and Pest Management: City Seeds Urban Farm, 2200 Pine,

07/11 Propagation: Bell Garden, 3871 Bell, 63108
 Sowing Calendar, Sowing Medium, General Maintenance

07/18 Native Perennials: City Seeds Urban Farm, 2200 Pine, 63103

Summer Blooming, Seed Saving of Spring Blooming, Attracting Pollinators, Deadheading/Haircuts

07/25 Fall Crops: Bell Garden, 3871 Bell, 63108

Seasonal Planting Calendar, Soil Preparation for cool crops, Watering, Harvest

8/01 Preserving your Harvest: Five Star Senior Center, 2832 Arsenal, 63118
 Canning, Freezing, Drying

What is Sustainable Gardening?

A sustainable garden is one that thrives with minimal inputs of labor, water, fertilizer and pesticides. Gardening methods do have implications beyond the backyard. If all gardeners, new and experienced, continue to adopt and refine the principles of sustainable gardening, they will further enhance the environment for people, plants and wildlife.

63103
 Identification, Organic vs. Non-Organic, Herbicides, Pesticides



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 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
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Benton Park West

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P.O. 18671

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On the Web

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