



Don't forget!

**Neighborhood
Meeting
August 20 - 7p**

Matt Kastner,
President
Jefferson Gravois
Business Association

The Porch Review

Benton Park West

Vol 9, No. 8

August 2009

Celebrating 75 Blocks of Courage



Events

Aug 1: Kung Fu Panda - Movie in the Park (Benton Park) Starts at Dusk

Aug 4: National Night Out

Aug 11: BPWNA Board Mtg
6:30p, 2832 Arsenal

Aug 13: Weed & Seed (7p) 2832 Arsenal

Aug 8: Garden Work day
9a-Noon, Ohio and Crittendon

Aug 15: Back to School Event
9a-Noon, 2740 Arsenal

Aug 20: Neighborhood Mtg, 7p
2832 Arsenal, hear Matt Kastner of JGBA

Aug 29: Annual Yard sale
7a-1p, 2832 Arsenal

Sept 1: BPWNA Board Mtg
6:30 pm, 2832 Arsenal

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Questions, Comments, Concerns?

Contact Neighborhood Office:

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

The Month of August in BPW...

You'll not be Bored!

By Bill Byrd

If you think that July was busy with the Independence Day celebration and all of the other summer activities in the city, then look out for August!

Kicking off right at the first of the month is the annual National Night Out Movie in the Park. On August 1st (dusk....about 8:30-9p) bring your spouse/significant other along with your blankets, lawn chairs, food, drink and whatever or whomever you'd like to bring and join your neighbors in the Park - Benton Park for a fun

filled night with Kung Fu Panda. As always popcorn and lemonade will be provided (as long as the supply lasts). This is a family event and it is requested that **kids under the age of 16 be accompanied by a parent or guardian.**

Following on the heels of the movie night on August 1st, is a day to celebrate with your neighbors in your very own block. August 4th is the official day of celebration of National Night Out. National

night out is in its 26th year and is a time to pull out the BBQ grills, tables, chairs, favorite side dishes and enjoy a time talking with and discussing things with your neighbors. This is also a time for the kids to play games, bring out the chalk for drawing on the streets,

(Continued on page 6)

**August
Neighborhood
meeting
August 20th
7p
Find out what is
happening in
YOUR
Neighborhood**

Annual Benton Park West YARD SALE

**August 29th - 7a-1p
2832 Arsenal - Five Star Senior Center**

The Goal – Adding Value

Benton Park West was privileged to have several groups of individuals, organized by David and Sherri Godbout, working on a block of California last month.

Thanks to individuals such as the Godbouts and the team members for helping to make Benton Park West a great place to live.

This past month a lot of activity could be found in the Benton Park West neighborhood as work groups from Columbia, Springfield, Lebanon and Kansas City, Missouri, as well as Granite City, Illinois, spent long hours working in the 95 degree plus weather.

The work, which included landscaping, painting, mowing, brick work and general clean-up, was intended to beautify and add value to the community.

The catalyst for all the energy and investment was Novation Church, a

(Continued on page 14)

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



Bill Byrd

75 Blocks of Courage... Deep Roots, New Shoots

The porch was created to provide a space to relax, enjoy shade from the sun, catch a breeze on a warm summer evening, chat with neighbors, and even chat with your family. It's been a long time since beans were snapped or corn was shucked, but maybe it's not too late to recreate the time of when neighbors talked and life was a bit slower.

Many have gardens today, whether one of the community gardens or right in your own back yard. You may have beans to snap or corn to shuck, or even some sort of handiwork. Plan on taking a week and sitting on your front porch or back porch.

With busy streets and such, you might find the back porch (or patio) a better choice. Whichever you choose, turn off the TV, get away from the computer, leave your cell phone inside, invite neighbors over, and the most important thing is to prepare a pitcher of cool lemonade for everyone.

After the week, think about how you feel; consider that you might be breathing a bit easier, have more of a smile on your face, know your neighbors better, and even treat others differently.

Remember that your neighbors are those who watch out for you. Having a good relationship and knowing their names is the first step in building a "Neighborhood Watch" type of environ-

ment. Several questions to ask yourself.

- Do you know who the elderly are on your block?
- What if there is a major storm that comes through Saint Louis. Would you know what to do?
- Would you know who to check on?

"Porches are as synonymous with American culture as apple pie. While not unknown in colonial times, they rose to nationwide popularity in the decades before the Civil War, and remained in fashion for almost one hundred years. Ironically, the very social and technological forces that made them both popular and possible were eventually responsible for their decline."

-- from Kahn, Preserving Porches

- What numbers would you call?
- What is the official radio station to listen to during the time of an emergency?

These and many other questions should be answered. Want to find out the answers to the questions? Plan on attending the neighborhood meeting on August 20th. The meeting starts at 7p, but come at 6p and these and many more questions will be answered. Enjoy refreshments while meeting other residents and finding out about YOUR neighborhood.

Bill Byrd, President

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**Want to make
YOUR Neighborhood better?
Contact any board member**

Watch for info about what is happening in BPW!

Gov. Nixon Makes Use of Veto Pen



Jeanette Mott Oxford,
59th District

314-771-8882 (home)
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On July 13 Jay Nixon, Governor of the State of Missouri, vetoed 18 bills and signed several others to conclude actions on measures passed by the Missouri General Assembly during the 2009 legislative session. Gov. Nixon had already rejected five bills earlier, for a total of 23 vetoes. This is substantially higher than “typical” but well short of the record 35 vetoes made by Gov. John Dalton in 1961.

The governor’s vetoes included bills that would have:

- made it easier for local governments to raise property tax rates without voter approval
- authorized residential

tenants to be contractually liable for continued rent payments even if their home is destroyed by natural or man-made disaster

- required the state to provide all lawmakers a key to the Capitol dome (a visitor dropped a crutch from the Capitol dome this spring, injuring another visitor on the Rotunda floor, so I had some concerns too about this liberalization of the key policy)
- placed caseload restrictions on the Missouri Public Defender System
- relaxed regulations on charitable bingo operations

- repealed the The veto of the “Bingo Bill” also noted that the change would negatively impact funding for the Missouri Schools for the Deaf, the Blind, and the Severely Disabled.

The “veto letters” explaining each veto, whether for philosophical grounds, drafting errors or other technical reasons, may be read at:

<http://governor.mo.gov/actions/>

News from Our Schools

Dr. Carol Hall-Whittier Retires: Carol Hall-Whittier has been the outstanding principal of Shepard e-Mints Academy during my time as state representative. Unfortunately this school was on the school closings list this year because of the need for expensive renovations and inadequate enrollment. Dr. Hall-Whittier has announced her retirement, and I enjoyed presenting resolutions in her honor from Gov. Nixon and from the House of Representatives at a retirement party

for her in early June. Enjoy a well-deserved rest, Dr. Hall-Whittier!

Chris Nicastro New Head of DESE: The Missouri State Board of Education on July 2 selected Hazelwood School District Superintendent Dr. Chris (Wright) Nicastro as the state’s new commissioner of education, the top administrator at the Missouri Department of Elementary and Secondary Education. Nicastro will begin work on Aug. 1. Nicastro, 58, will be the first woman to hold the post. She will replace Dr. D. Kent King, who had led the department for more than eight years until succumbing to brain cancer in January. I am very excited about the possibilities that she brings as director of the department in that I was on faculty for the Dismantling Racism Institute for Educators the year that Dr. Nicastro attended. I was very impressed by her understanding of both oppression and privilege and her commitment to social justice. Best wishes, Dr. Nicastro! I look forward to working with you to erase disparities in educational attainment.



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FINANCIAL FOCUS

An Introduction

Scott Bollinger is an Investment Advisor Representative with Ameritas Investment Corp. (AIC), member FINRA/SIPC and may be reached at 314-225-7170 or scott@advisorstl.com. AIC is not affiliated with Carillon Group.

As a BPW resident, I am very excited to introduce myself and initiate this monthly financial section within The Porch Review. My ongoing goal will be to provide financial and insurance educational information that will be informative and useful in your personal and professional lives.

I am Financial Advisor with a diverse combination of professional experience and training. Before joining Ameritas Investment Corp., I was in corporate management for over 25 years with a focus on domestic and international business development and marketing. This varied background enables me to advise individuals and business clients with a unique skill set and understanding.

My business partner, Mark Werner CFP®, CLU, ChFC, AEP, has over 28 years of experience helping people with their financial and insurance planning and management needs. Mark also was named a "2009 Five Star Best in Client Satisfaction Wealth Manager".

The partnership is structured to take full advantage of our individual skills for the strengthened and overlapping support of each client. Our team approach represents over 50 years of combined experience, providing a broad knowledge base with a pinpoint focus on helping our client's meet their goals.

Life is more than the number of dollars you accumulate. The impact you can make on the world and who you become in the process is what really counts. Risk management, income planning, wealth creation and wealth management are all key components of this process.

We take a holistic approach when working with individuals and businesses. Being a Financial Advisor is not just about the investment of money, it involves planning and action based upon the individuals unique situation and financial goals while taking the necessary actions to manage risk. There are an overwhelming amount of financial and insurance products and services available to support this objective. These tools along with decades of knowledge and experience are combined to effectively serve our clients.

These views should not be construed as investment advice. Neither the named Representative nor Broker/Dealer give tax or legal advice. All information is believed to be from reliable sources; however, we make no representation as to its completeness or accuracy. Please consult your Financial Advisor for further information.



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Don't miss out on the 2009 Activities for Benton Park West!

August 1 - Movie in the Park

August 4 - National Night Out

August 15 - Back to School with
The Salvation Army

August 29 - Annual Yard Sale

September - Picnic and Movie

September - For Sale House Tour

Oct 31 - Trunk in Treat

November - Membership Dinner

Watch for the For Sale House Tour in September

Mark your
calendar to make
YOUR
neighborhood
****Sparkle****



Neighborhood Advisory Board

**Thursday, August 13, 2009
at 7:00 p.m.**

Weed & Seed meeting will be held at
2832 Arsenal - Five Star Senior Center

Join us to discuss issues in
Benton Park West

Bring any information
you have about crime or suspicious
behavior

Invite a neighbor as well.

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You'll not be Bored!

Continued from Pg 1

etc. While it is too late now to get a street permit to block your street off, there are still the sidewalks and spaces between parked cars to have fun and take a stand on your block. We ask that if you don't have your street blocked off, that you keep a special watch for the kids and traffic.

Back to School is upon us... Where did the summer go? BPWNA is partnering with The Salvation Army for the annual Back to School event. Bring your school aged children (accompanied by parent or guardian) to 2740 Arsenal on August 15th, 10a-1p. Enjoy a BBQ, back to school supplies, music and fun time for all. Just need proof that the child is enrolled in school with either last years report card or this year's enrollment letter.

Speaking of back to school, don't miss the annual Yard Sale for BPW on August 29th, at 2832 Arsenal (Five Star Senior Center). While the yard sale is a fundraiser for BPWNA, this is also an opportunity for YOU to clean out your closets, base-

hood office (314-771-0803) to setup a time to donate your items. You never know what you might find on August 29th, 7a-1p. Come and find new treasures

WHEW! Do you think you're finished yet? Well, maybe with August, but

mown lawns? Think about taking a look at your street the weekend of September 19th and what YOU can you do to make your street look nicer/better. Picking up trash is not a hard thing, even if you didn't place it there. Make the entire week of September 21st a BPW FALL CLEANUP!

Right before Fall hits, watch for a Picnic and Movie in September for BPWNA residents to relax and enjoy. Then in October we have the Trunk or Treat for all ages on October 31st. Watch for more information about these great events.

The last BIG event of the year for Benton Park West is the annual Membership Appreciation Dinner in November. This is where you can come together with your neighbors and friends and celebrate 2009.

Half of 2009 is ahead of us, half is behind us. Where has the time gone?

Slow down and enjoy what Benton Park West Neighborhood Association has to offer!

ments, attics and donate. Donations are eligible for tax donation letters to help with your 2009 taxes (in 2010). Donations will be accepted on August 28th from 6p-8p at 2832 Arsenal. If you can't make the donation time call the neighbor-

hood office (314-771-0803) to setup a time to donate your items. You never know what you might find on August 29th, 7a-1p. Come and find new treasures

take a breather for a short time and then let's rev up for the annual Benton Park West For Sale House Tour the end of September.

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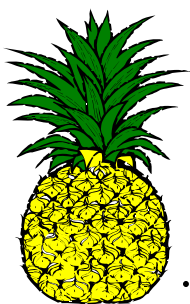
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Join BPWNA neighbors who recycle with Earth Circle.

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Phone _____

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Information for the Young and the Mature

Summer Meals Program

The St. Louis Department of Human Services is offering a Summer Meals Program providing free breakfast and lunch every day for children in St. Louis City that are 19 years-old or younger.

Recipients do not need to sign up for the program but can just arrive at one of the many locations throughout the city. For additional information feel free to call the St. Louis Department of Human Services 314.657.1695, or provide your client with this number as well.

See list of sites in the BPW area below. All sites serve M-F except where noted.

AMEREN UE LAUNCHES \$3 MILLION "CLEAN SLATE" PROGRAM FOR LOW-INCOME ELDERLY/DISABLED CUSTOMERS

Called "Clean Slate," the program will help qualified customers pay off their past-due utility bills. This effort is fully funded by UE; customers will not be charged for the program.

"Our goal is to reach customers who literally have to choose each month between paying for utilities and paying for food, medicine or other essential services," said Warner Baxter, AmerenUE president and chief executive officer.

To apply call 314-342-1111 or toll-free 1-800-552-7583, and follow the menu prompts.

Update on BPW's Best Kept Secret for Kids!!

Cherokee Recreation Center, 3200 S. Jefferson (at Wyoming), (314) 664-0582

Last month it was reported of open Gym times. This was incorrect.

Summer Camps are being held at Cherokee Recreation Center.

For information about the FREE summer camps for kids, **call 664-0582 TODAY** and make sure the kids have a fun summer.

Cherokee Rec. Center	3200 S. Jefferson	664-0582	9:00-10:00	12:00-1:00	06/08/09-08/14/09
Kids Kompany	2727 Compton Ave	776-5437	8:00-9:00	12:00-2:00	06/08/09-08/14/09
Marquette Center	4025 Minnesota	353-1250	9:30-10:00	1:00-1:30	06/08/09-08/14/09
Metro Association (Saturday only)	3501 Arkansas	276-8633		12:00-2:00	08/15/09-08/15/09
Metro Christian Worship Center	3452 Potomac Ave	772-8444	8:30-9:30	12:00-1:00	07/27/09-07/31/09
Peace of Mind Child Dev. Cntr	2651 Iowa	664-4445	8:30-9:30	12:00-1:00	06/08/09-08/14/09
Salvation Army - Temple Corps	2740 Arsenal St.	771-3460	8:45-9:45	11:45-12:30	06/08/09-08/14/09
YWCA St. Francis Cabrini Camp	3022 Oregon	330-4246	7:30-8:30	11:30-1:30	06/15/09-07/31/09



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Weed & Seed

Operation Weed & Seed is a community based effort sponsored by the U.S. Department of Justice that helps 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, public meetings with city and law enforcement officials at the Five-Star Senior Center on the second Tuesday of every month.

The Porch Review will bring you law enforcement news so that you are in tune with the community's efforts to make Benton Park West a better place to live for us all.



Emergency help: 9-1-1

Non-emergency:
314.231.1212

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

Nuisance Issues - Identify and Report

Thanks to Alderman Craig Schmid for providing this information as a reminder of how to identify nuisance properties and tools to report concerns to the correct individuals.

Next month look for "What Happens When There Is Nuisance Activity?"

What Is A Nuisance?

City of St. Louis Ordinance 66181 defines it broadly in Section 3 (A) as "any premises upon which a continuing act or physical condition, which is significantly detrimental to safety, welfare or convenience of the inhabitants of the City or a substantial part thereof...or any act which is so designated as a nuisance by statute or ordinance."

Then, Section 3 (B) adds the specific acts of prostitution, illegal gambling, illegal possession or delivery of or trafficking in controlled substances, or any other activity that constitutes a felony, misdemeanor, or ordinance violation under federal, state or municipal law which is significantly

detrimental to the safety, welfare and convenience of the inhabitants of the City or a substantial part thereof."

There is also a minimal requirement that the property is used for two or more qualifying offenses within any six month period or the offense is one which is punishable by imprisonment for one year or more. Now, that's how the law defines nuisance. Practically speaking the hearing officers (more about this later) look for prostitution, illegal gambling, and drug possession or sales tied to the premises. Assaults, flourishing weapons, and murders also count. But, it seems from my experience that you would have to have a whole lot of

loud music or parties, public drinking or urination, or disturbances with police reports to get beyond the specific list of nuisances in the ordinance. The requirement of two offenses within a six-month period is just a basic minimal requirement.

Thank you for your efforts to make the Benton Park West Neighborhood the very best it can be. I encourage you to be active in the Benton Park West Neighborhood Association and on your block.

GE Alarm System Scam

Recently individuals have been going door-to-door presenting themselves as GE Alarm System Salespeople. They are not legitimate individuals. The only authorized GE dealer in STL has stated that they do not have door-to-door salespeople.

Do not give any information. Be courteous to the individual(s), but call 911 or 231-1212 immediately. The description of the individuals is white males, early 20's, wearing white polo-style shirts with a GE logo. Also, there are no business cards or brochures available.

A resident in the South City area gave information that she has a wireless alarm system. Several days later the electric was cut to her home & an attempt to break-in occurred. Fortunately, her alarm system was on battery backup & stopped the burgle.

YOU CAN'T CONTROL THE WORLD BUT YOU CAN CONTROL YOUR DECISIONS.

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See page 16 for an application.



Membership Needs YOU!

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Blue Brick Renovation & Construction
Cherokee Station Business Association
Clowder House Foundation
Coldwell Banker/Gundaker
Dutchtown South Community Corporation
Edward Jones - Mary Cox
Five Star Senior Center
Home Guard Pest Elimination
Hummly Group, LLC
Indigo Massage - Anne Childers
Jefferson Avenue Bistro
Luvy Duvy's
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
St. Louis Building Corporation
The Salvation Army

General

Rex Abernathy
Melba Arnold
Abi Bollinger
Bethany Bollinger
Kim Bollinger
Scott Bollinger
Brian Carter
Denise Carter
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Saturday, September 12th, 2009 (11AM-5PM)

Park Avenue in Lafayette Square (between 18th & Vail)

Free Admission & Activities

More information: 314.762.0669 or www.UrbanHealthFair.org



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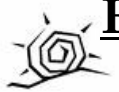
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Reward Your Self....

By Anne L. Childers, LMT

Pregnancy Massage Contributes to Nine Healthy Months

During pregnancy physical and emotional changes cascade throughout the body. Nausea, fatigue, swelling, heartburn, headache, and emotional turbulence are just some of the symptoms that come with the territory. Fortunately, massage can help ease these issues, so that the mom-to-be can focus on what's most important: her baby.

The First Trimester

"In the first trimester I see a lot of cases of nerves," says Megan O'Connor, a New York-based certified prenatal massage therapist. "Massage can give reassurance." This is largely because newly pregnant women may experience a range of emotions--elation, anxiety, contentment, and even fear--made more poignant by the hormonal changes that accompany pregnancy. Fortunately, massage therapy can help ground an expecting mother and ease the emotional roller coaster that comes with pregnancy.

But is massage safe in the first trimester? According to Susan Rachel Condon, founder of Niara Healing Arts Massage Therapy and Perinatal Support Systems, "It is absolutely safe and can be very beneficial for an expecting mother."

Having said that, there are some precautions to take when considering prenatal

massage. If it is a high-risk pregnancy or there's a history of complications--diabetes, high blood pressure, miscarriages, placenta previa, preeclampsia, or any other medical condition--a midwife or doctor should be consulted before scheduling a massage. In addition, it is very important for pregnant clients to speak openly with their massage therapist about any concerns or issues.

On the other hand, bodywork techniques like shiatsu access the meridians used in acupuncture, including trigger points that can relieve nausea. Techniques such as this can be a great relief to a woman navigating the early days of pregnancy.

The Second Trimester

A woman in her second trimester may begin to have trouble with circulation, sometimes because the baby's weight begins to pinch the major veins in the mother's legs. Poor circulation can cause swelling of the extremities, headaches, and exacerbated carpal tunnel syndrome. Massage will increase circulation and help create space in the body to relieve the pressure from the baby's weight. Condon explains that weight gain and joint laxity can cause women to feel off balance and clumsy. Massage can help to center, ground and balance a pregnant woman.

Expecting Moms Embrace Massage

by Hope Bentley and abmp.com

The Third Trimester

As the baby grows heavy in the final trimester of pregnancy, major changes are likely to occur in the musculoskeletal system, and massage can become even more essential.

"A lot of women feel discomfort in their lower backs because the womb is attached near the sacrum, which is that triangle of area at the base of the spine," O'Connor says. "The weight of the womb pulls on that mooring and can be very uncomfortable."

Women may also experience discomfort in their abdomen. As the baby grows, the mother's muscles are stretched, her organs are compacted, and her lungs are compressed. A practitioner can alleviate discomfort and ease breathing.

And when labor finally begins, massage can help facilitate the birth, perhaps especially appealing for women considering natural childbirth.

On the Table

But how exactly does a pregnant woman--complete with enormous tummy and tender chest--receive a massage? Many prenatal massages are given with the pregnant woman on her side, semi-reclined, briefly on her back, or on a specially designed pregnancy massage table, and often with a network of pillows for support.

Condon explains that prenatal massage is not simply a regular massage except in a different position. A qualified prenatal massage therapist

will know the changing physiognomy of a pregnant woman and will tailor the massage to the needs of the client.

Postpartum Massage

Now that baby is here, mom needs a massage more than ever. Says O'Connor, "I think postpartum massage is extremely underrated."

After baby arrives, bodywork can help a new mother ease back into her body again, relax sore muscles, address any abdominal muscle strains or tears that occurred during pregnancy, and cope with the life changes and lack of sleep that come with a new baby. In addition, the uterus will sometimes linger low in the abdomen instead of returning to its proper place. An abdominal massage can activate muscles and fascia that return the uterus to its proper position.

Nursing moms may feel reluctant to book a massage due to leaking breasts, but O'Connor says not to worry. "Women shouldn't be concerned about massage while they're nursing, even if they feel like an uncapped fire hydrant!" she says. Practitioners will accommodate nursing women, with proper draping and towels.

Pregnancy is an important time that needs to be honored, and prenatal massage plays an important role. As the body goes through miraculous changes, bodywork facilitates pregnancy and helps the expectant mother stay comfortable, connected, and healthy.

Indigo Massage August Special

Prenatal Massage Special - \$10 off prenatal massage therapy sessions - mention pregnancy

[www.http://indigomassage.com/our_therapists.html](http://indigomassage.com/our_therapists.html)



"The Garden Spot"

By Linda Hennigh, Garden Co-Chair



What to do in the garden this month:

- Deadhead spent perennials and annuals.
- Feed mums, asters and other fall-blooming perennials for the last time.
- To grow big dahlia flowers, keep side shoots pinched off and pants watered.
- Thornless blackberries are ripening now.
- Soak shrubs periodically during dry spells with enough water to moisten the soil to a dept of 8-10 inches.
- Sow seeds of beans, beets, spinach and turnips now for the fall garden. Spinach may germinate better if seeds are refrigerated for one week before planting.
- Begin planting lettuce and radishes for fall now.

- Pinch growing tips of gourds once adequate fruit set is achieved. This directs energy into ripening fruits rather than vine production.
- Protect ripening fruits from birds by covering plants with a netting.
- Cultivate strawberries. Weed preventers can be applied immediately after fertilizing.

This month's hint:

Believe it or not it is time to think about transplanting seedlings in August so you can harvest fresh greens into November. Here is a list that may be available at you favorite garden center: Mizuna, Tatsoi, Kale, Chard, Lettuce, Mustard, Bok Choy, Broccoli, Cabbage, Cauliflower, Collards, Cabbage, and Brussels Sprouts. You might even try sowing some of the leftover seeds that you have on hand for the above vegetables.

This month's featured garden(s):

The 3100 block of Iowa is home to three gifted gardeners. Take a stroll down both sides of this quiet street and drink in the beauty of beautiful perennial gardens dotted with colorful annual and spilling over into the tree lines. Delicate yellow moonflower, purple coneflowers, pink hibiscus, red monarda, asters in every color of the rainbow, white phlox, orange poppies and other gorgeous flowers too numerous to name dotted with the ever colorful petunias, zinnias and assorted annuals.

If you're lucky, one of the ladies will be out tending to their garden (and, as we know, these gardens need loving care every day of the week) and will share her secrets with you!!

HAPPY GARDENING!

"The Garden Spot" is provided by the Garden Committee of Benton Park West Neighborhood Association.



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Sunday	7:30 am - 10:00 pm

Located in the heart of Historical Lafayette Square.

Adding Value

Continued from Pg 1

new church developing in the community. "I believe that each person's life should actively add value to the world, somehow making it a better place," said David Godbout, the pastor of Novation Church. He went on to comment how great it was to see all the work being done; and how many peo-

ple of California Ave jumped right in to help the visiting work teams.

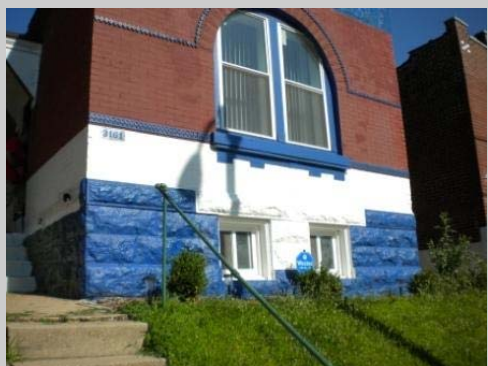
The challenge to all is to seek ways in which our lives can truly add value to the people and the world around us, specifically adding value in our own neighborhood right here in Benton Park

West. Find out more about Novation Church at <http://novationchurch.com>, or join them at their Monday evening Gathering at the Mississippi Mud House at 2101 Cherokee Street at 6:45pm, for a time of coffee, desserts and discussion of relevant topics. The Monday evening Gatherings are open to all.



One of the multiple crews and the family.

Before



During



After



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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Mississippi Mud House

2101 Cherokee Street

Saint Louis Missouri 63118

314-776-6599

Mon.-Fri. 6 a.m.-6 p.m.

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

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

August 2009 Healthy Dinner

Cutting carbohydrates is a good idea. Whether you have health issues, such as Diabetes, eating healthy is a GREAT idea.

Staying out of the kitchen for August brings us to excellent grilled vegetables.

Marinated Barbequed Vegetables

Prep time: 20min, **Makes:** 4 servings

Cook Time: 5 min **Start to Finish:** 1.25 hour

Ingredients:

- 3/4 small eggplant, cut into 3/4 inch thick slices
- 1-5/8 small red bell peppers, seeded and cut into wide strips
- 2-1/2 zucchinis, sliced
- 4-3/4 fresh mushrooms, stems removed
- 3 tablespoons and 1/2 teaspoon olive oil
- 3 tablespoons and 1/2 teaspoon lemon juice
- 3 tablespoons and 1/2 teaspoon coarsely chopped fresh basil
- 1-5/8 cloves garlic, peeled and minced

Prep:

1. Place eggplant, red bell peppers, zucchinis and fresh mushrooms in a medium bowl.
2. In a medium bowl, whisk together olive oil, lemon juice, basil and garlic. Pour the mixture over the vegetables, cover and marinate in the refrigerator at least 1 hour.
3. Preheat an outdoor grill for high heat.
4. Place vegetables directly on the grill or on skewers. Cook on the prepared grill 2 to 3 minutes per side, brushing frequently with the marinade, or to desired doneness.

*Nutrition Information:

1 Serving: Calories 157 (Calories from Fat 101); Total Fat 11.2g; Cholesterol 0mg; Sodium 8mg; Total Carbohydrate 14.2g (Dietary Fiber 5g; Protein 2.5g)

Daily Value*: Vitamin A 48%; Vitamin C 86%; Calcium 4%; Iron 13%

***% Daily Values are based on a 2,000 calorie diet.** Your daily values may be higher or lower depending on your calorie needs

Back to School Events

August 5th. For 14 years Concordia Publishing House, at 3558 S. Jefferson, has had a back to school event. Kids accompanied by a parent or adult can pick up a back to school pack and enjoy a free meal. For more information contact please contact LouAnne Oberto at 268-1132.

August 15th, 9a-Noon. Joining with The Salvation Army, Benton Park West will host a Back to School event by providing school supplies and providing a BBQ for kids accompanied by a parent or guardian.

Children's Summer Concert Series

The Friends of Tower Grove Park present this concert series (with support from the Regional Arts Commission) at the Piper Palm House. Free and open to the public, the concerts start at 9:30 a.m., and seating is first come-first served.

Aug. 5--Peter and the Wolf
Aug. 12--Percussion Discussion
Aug. 19--The Bull and the Bee

For more information, call 314-771-4424.



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BPWNA Garden Workdays Second
Saturday of each Month - August 8

Contact Numbers**Crime Prevention and
Quality of Life**

Emergency/Drug Activity 911
 Non-Emergency 231-1212
 Drug/Gang Hotline 241-COPS
 Joe Calabro -
 3rd Dist PA Officer 444-0169
 Prob Prty Officer 622-3600
 Dave Kraff -
 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 (c)

pottsb@stlouiscity.com

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

Judy Lane 314-613-7143 (w)
 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

Water:

Open Hydrant 771-4880

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

Parents Anonymous
 647-HELP or 866-492-0843

Animal Abuse Hotline
 (314) 647-4400

EnergyCare
 (314) 773-5900

There is still time for YOU to 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



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.

Benton Park West

Neighborhood Association

P.O. 18671

Saint Louis, MO 63118

On the Web

www.bentonparkwest.org





2009

Saturday - August 15
10:00a - 1:00p

Bring the kids!

2740 Arsenal - The Salvation Army Temple Corps parking lot

- . Free Haircuts from Great Clips
- . **DJ CORNELIUS GREEN WILL PROVIDE MUSIC**
- . Backpacks with school supplies from The Salvation Army
- . BBQ provided by Benton Park West Neighborhood Association

To receive a backpack:
Parents need to bring proof that their child is enrolled in school.
Last year's report card or this year's enrollment letter will suffice.

A partnership of The Salvation Army - Temple Corps and Benton Park West Neighborhood Association

Benton Park *West*

Annual Yard Sale

Aug 29th, 2832 Arsenal

Five Star Senior Center

MARK YOUR CALENDAR

go "Shopping" at the Annual Yard Sale 7a - 1p

- Have stuff you no longer need or want? **TIME TO CLEAN OUT!**
- Bring your items to Five Star Senior Center on August 28th, 6-9p.
- **Noon - 1p - 50% off on most items. Come and fill up a bag!**
- Items include school/office supplies, household items, home repair, adult clothes, baby clothes, and miscellaneous.



All proceeds benefit the Benton Park West Neighborhood Association to make Benton Park West a GREAT place to live!

FREE MOVIE - AUGUST 1

J A C K B L A C K



Benton Park at the corner of Arsenal and S. Jefferson

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Benton Park West Neighborhood Association KICK OFF National Night Out

The Goal for **National Night Out** is to increase awareness about police programs in communities, such as drug prevention, town watch, and other anti-crime efforts by holding block parties, festivals, etc. to help bring neighbors together.

Join your neighbors and friends at this **FREE** movie on August 1st, in the Park
Benton Park at the corner of Arsenal and S. Jefferson.

Movie starts at dusk (about 8:30-9p). Bring your spouse/significant other along with blankets, lawn chairs, food, drink and whatever or whomever you'd like to bring. As always popcorn and lemonade will be provided (as long as the supply lasts).

*This is a family event and it is requested that **kids under the age of 16 must be accompanied by a parent or guardian.***