



The Porch Review

Benton Park West

Vol 4, No. 5

May 2008

Celebrating our Heros and Sheros - Be a HERO Today!



BPWNA Notes

May 3 - Cinco de Mayo - Join in this annual event on Cherokee

May 8 - South Cluster W&S Meeting 7p - 2832 Arsenal, Five Star Center. Third District Public Affairs meeting follows at 7:30p.

May 13 - BPWNA Board Mtg 6:30p, 2715 Cherokee, lower level

May 15 - BPWNA Membership Meeting 7p - 2832 Arsenal, Five Star Center.

May 17 - Music in the Park - Blues Festival in Benton Park

June 14 - Trivia Night!

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

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Questions, Comments, Concerns?

Contact Neighborhood Office:

Phone: 314-771-0803

E-mail: bpwna@yahoo.com

Roosevelt High A Bit of History

by Bill Byrd

Did you know that the phrase "Roosevelt Rough Riders" was coined in the 1890's?

While it wasn't for a school or sports team specifically in Saint Louis, it was for a team that was fighting for you and me (or our parents and grandparents) at a federal level

"Rough Riders" was the name given to the First U.S. Volunteer Cavalry under the leadership of Theodore Roosevelt. Roosevelt was not President at this time, but May 1898 he joined the volunteer cavalry. The original plan for this unit called for filling it with men from the Indian Territory, New Mexico,

Arizona, and Oklahoma. However, once Roosevelt joined the group, it quickly became the place for a mix of troops ranging from Ivy League athletes to glee-club singers to Texas Rangers and Indians. Roosevelt later became the 25th and 26th President of the United States.

Today our neighborhood high school shares the name with this courageous and forthright group of individuals.

Benton Park West Neighborhood Association recognizes the value of Roosevelt High School to the Youth of our neighborhoods. The neighborhood association donated \$ 200 last year to bene-

(Continued on page 11)

Dates You Don't Want to Miss!

Join your neighbors for an evening of "Blues in the Park" May 17 - 4p-6:30p Northwest corner - Benton Park

Support Benton Park West at their beer booth at Cinco de Mayo May 3 - 11a-9p California and Cherokee

SAVE THE DATE

May 8 - *South Cluster Weed & Seed, 6:30p - 3rd District PA meeting follows at 7:30p

May 13 - BPWNA Board meeting, 6:30p - 2715 Cherokee St.

May 15 - *BPWNA Membership meeting, 7p

May 17 - "Music in the Park" - Blues Festival, Benton Park

June 14 - First BPWNA Trivia Night

* Location is Five Star Senior Center - 2832 Arsenal.

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

Bill Byrd

Residents Working Together ... Make Benton Park West Home

Looking out your front window one can see mother nature making changes. Flowers are blooming and trees are budding.

Changes are also taking place in our neighborhood – Benton Park West (BPW).

Benton Park West is ever evolving. The neighborhood area is not what it was 100 plus years ago when it was a bustling and vibrant diverse neighborhood, nor is BPW the sad looking, dirty, perceived bad area it was just five years ago. It is up to each resident to maintain their own space, help maintain their block and alley in a community perspective, and even to keep a "mother's watch" on the entirety of Benton Park West and the surrounding areas.

Visual signs of change are coming from the Garden and Beautification Teams. These "inside" changes are making BPW more beautiful with a noticeable change. Watch for the flowers and vegetables to start showing themselves in the Gardens at Ohio and Crittendon and California and Wyoming. Look for more small concrete planters appearing though out the neighborhood. Watch for the continued work at the Arsenal and S. Jefferson lots in the space becoming much better to see. At this particular corner, watch the progress of the new planter.

Outward signs of change can be seen with the continued support of Cherokee Street and Cinco de Mayo. Cinco de Mayo is also an event where BPW

has a booth that serves as a fundraiser. Later in May is the Blues Festival, May 17th, that is a collaboration of both BPW and Benton Park in a "party in the park" event for all residents of both neighborhoods.

Inward signs that are "physical" are new neighbors moving into BPW. Another interesting sign is current residents moving to other properties still within BPW. In the past few years, more and more renters are choosing to buy in BPW. Sometimes it is across the street from where they rented, other times it's blocks away... yet still in BPW. Also, there are current residents who have invested in properties in BPW as rental property or even to renovate for re-sale.

The non-physical inward signs can be seen with more and more people opening their doors and talking with neighbors or talking with the police. While each of us would like to think that BPW is crime free and perfect... we are not living in "Stepford". Benton Park West still has it's share, as an old historic City neighborhood, of quality of life issues. Many will say that the issues are bad, others would say the issues aren't as bad as they used to be. Even others would say to compare the type of crime and activity to four years ago and the current BPW looks GREAT.

Residents are what make Benton Park West the place one is proud to call "home".

Bill Byrd,
President

2008 Board

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

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

Rhonda Shaw - Treasurer
772-5361 hm rhondabee@yahoo.com

Anne Childers - Secretary
276-9882 cell lilanne@gmail.com

Pamela Welsh - Member at Large
pwelsh@epssettlements.com

Melba Arnold - Member at Large
taz3manian@sbcglobal.net

Chad Johnson - Block Link
776-4447 hm
bpwnablocklink@yahoo.com

Chad Johnson - Membership
776-4447 hm
bpwnamembership@yahoo.com

Jon Meinz - Garden
jmeinz@sbcglobal.net

Brad Roell - Beautification
bjroell@sbcglobal.net

Blake Roell - Beautification
blakeroell@sbcglobal.net

Melissa Winneshiek - Dog Park
sarmels@yahoo.com

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Design/Editor: Bill Byrd

Proofreaders: David Lang

Contributing Writers: Bill Byrd, Anne Childers, Jeanette Mott-Oxford

Contributing Photographers: Bill Byrd

**Benton Park West
Neighborhood Association**

**P.O. Box 18671
St. Louis, MO 63118
Phone: 314.771.0803**

E-mail: BPWNA@yahoo.com

On the Web at: www.bentonparkwest.org

Advertising Information:

bpwnapub@yahoo.com or 314.771.0803.

Advertising deadline: The 17th of each month.

We Need YOUR Help!

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

Board meetings - 1st Tues, 7p - 2715 Cherokee, lower level

Membership meetings - 3rd Thurs, 7p - 2832 Arsenal, Five Star Senior

Protect Children from Furniture-Tip Hazards

As a member of the Special Committee on Family Services of the Missouri House of Representatives, for four years I have begun each Wednesday morning with some of the most heart-breaking stories that could come to anyone's attention. This committee often hears testimony about children who have experienced abuse or neglect or families hurt by a state or local agency that did not respond quickly enough to save a child's life. Some legislators call this committee "the Kleenex Committee" because of the number of tears that get shed in our hearings, and yes, we legislators cry too.

Recently a hearing on House Concurrent Resolution (HCR) 25 educated me about a problem that was new to me. That issue was the danger of "furniture tip-overs." A father from Kansas City told us the sad story of his two-year old son's death, a loss caused by a bedroom chest that tipped over. This dad had "child-proofed" his kitchen to get dangerous chemicals out of the reach of his children. He had used safety latches on cabinet doors and taken many other steps to

try to protect his children. It had not occurred to him that a 30-inch high piece of furniture could lead to such a tragedy.

Parents cannot keep their eyes on children every minute of the day, and children love to climb. In a brief unsupervised moment, very heavy furniture items can cause crush injuries, but more commonly when a large dresser, shelf, or home entertainment center tips, the resulting injury is often suffocation. Children become pinned between the tipping furniture and the bed or floor, unable to breathe or call for help, making it a nearly silent event. That is what happened to this man's son.

The dad later learned that the U.S. Consumer Product Safety Commission (CPSC) rates furniture tip-overs as number three of the top five hidden home hazards. The CPSC estimates that nationwide 3,000 children ages five and younger go to the emergency room each year with injuries caused by television sets falling or tipping over, and at least 100 people - mostly young children - have been



Jeanette Mott Oxford,
59th District

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

killed since 2000 by falling televisions or other furniture.

I supported HCR 25 in committee and on the floor when the bill was perfected on April 16. I also brought home some anchoring devices that the grieving father had given to committee members so that we would know how to prevent injuries and deaths. I gave these to two families in my faith community who have toddlers so that they could make their homes safer.

HCR 25 may be found at: <http://www.house.mo.gov/billtracking/bills081/biltxt/intro/HCR0025L.htm>. As state representative for the 59th district, I hope that by sharing this information with neighborhood associations, education will happen to prevent other parents suffering the loss experienced by the dad whose story prompted HCR 25. Play it safe. Use straps, brackets, and anchors to secure furniture that could fall or tip over.



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Fax.314-865-2900

E-Mail fcoac@swbell.net



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Mon.-Fri. 9:00-3:00

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Michael W. Howard

Executive Director



Mary E Cox
Financial Advisor

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St Louis, MO 63118
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MAKING SENSE OF INVESTING

BPWNA Meeting Minutes - April 19, 2008

Call to Order – Welcome from President Bill Byrd. 25 people present

Review of Minutes – Pam Welch moved to approve minutes, Melba Arnold seconded.

Treasurer's Report – Melba Arnold moved to approve minutes, Phil Jarvis seconded.

Introduction of Local Officials:

Barb Potts – Focusing on problem properties. Please keep calling.

Committees and Activities:

Beautification – Brad Roell – Adopt a Planter Program presented. Call him if you are interested in a planter. Information flyer handed out. Building a large planter at the corner of Arsenal and Jefferson and April 26th with help of NA members we will fill other planters around the neighborhood.

Cinco de Mayo – May 3rd - Last year was a huge success and we need volunteers to make it successful this year. Three hour shifts available from 12p-8p. Please sign up on the tables or contact Carrie Sleep, vice president. Tip training happening soon.

Main Presentations:

Joe Thele, Manager of St. Louis Neighborhood Stabilization Team

Joe gave his background as a Neighborhood Stabilization Officer and how the office works with other departments for quality control. He gave extensive information about the nuisance property program and the citizens' service bureau. He gave informational flyers about CSB, getting the Club for your car, and Ignition Switches. He also gave a customer satisfaction survey for residents to fill out about their experience with the

neighborhood stabilization team. He answered questions.

Neighborhood Projects:

PennySaver – The owner of the Penny Saver was not able to be at meeting. Bill gave out a list of items sold to attendees. The owner would like to know what items we would buy at the PennySaver. Neighbors urged to buy local and support the Pennysaver to make it a safe corner store.

Blues Festival, May 17th in Benton Park, 4p-6:30pm – Contact Bill or Melissa for more information. Flyers will be distributed soon!

Recycling Project – Blue tubs are issued for cub side pick up. The cost is discounted for the first 6 months for BPWNA. Seniors get 50% discount if they submit through BPWNA.

Dog Park – Opening planned for June/July. Work should begin next month.

Volunteer Incentive – Gardening, Cinco de Mayo, Yard Sale, Fundraisers, Five Star events, Easter Event. Get an apron at the end of the year if served 40+ hours. Keep track of all hours served. Board members are not eligible. Call or email Bill with ideas or questions.

Announcements

-Barb Potts and Police Officers in attendance answered questions about loitering laws, vandalizing, loud music, and the 3300 block of Ohio.

Adjournment – bagels, muffins, coffee, and other breakfast snacks were available at the meeting.

Respectfully submitted, Anne Childers, Secretary

Did you notice that the April meeting minutes are less than in previous months?

Does it seem like you missed out?

Come to the May 15th Benton Park West Neighborhood meeting and find out ALL of what is happening.

Our featured speaker will be Mr. Terry Houston, Principal at Roosevelt High School.

Featured in Sauce Magazine and St. Louis Magazine

Park West

G R I L L E

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8pm

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BPWNA 2006

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Are you a Senior that would like to get on board the "Recycling Train"?

If so, then BPWNA can help you with the fee for the first six months.

Normally, the fee is \$ 50, but being part of BPWNA the fee is only \$ 45 for the first six months. As a senior, BPWNA can discount the \$ 45 even farther by offering to pay for 1/2 of the first six months.

If you sign up for recycling service:

- For six months, you ONLY HAVE TO PAY \$ 22.50.
- For a full year, you ONLY HAVE TO PAY \$ 72.50.

To get this great benefit all you have to do:

- Simply fill out the application on the other side of this form
- Make your check, for the appropriate amount, to "Earth Circle Recycling"
- *Submit the completed application and your check to Bill Byrd or send to the BPWNA office

Benton Park West Neighborhood Association

P.O. Box 18671

Saint Louis MO 63118

Contact Bill Byrd or call the neighborhood office (314-771-0803) for more information.

*NOTE: You MUST submit your application and money through BPWNA to be eligible for the subsidized recycling fee for the first six months.




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- **Recycling can save your tax dollars!** Every pound of material that is recycled is a pound that the City won't have to pay to dispose of in a landfill.
- **Recycling benefits the local economy!** Almost 16,000 people are employed in 1,500 local recycling businesses in the St. Louis Metropolitan Area.
- **Recycling saves energy!** Placing 1 aluminum can in the recycling bin saves enough energy to power a television for 3 hours. Recycling 1 glass container saves enough energy to light a 100 watt bulb for 4 hours. Recycling one pound of steel will light a 60 watt bulb for 24 hours.
- **Recycling reduces pollution!** Making products from recycled materials results in a reduction of air and water pollutants. Recycling 4,800 16oz. soda bottles saves a cubic yard of landfill space.
- **Recycling conserves natural resources!** If every household recycled their newspapers, approximately 500,000 trees would be saved weekly. We save over 1 ton of resources from being mined for every ton of glass recycled.

Benton Park West recognizes Recycling is needed for good Quality of Life!

Contact the neighborhood office at 771-0803 to be on board with Recycling! Earth-Circle Recycling is the designated vendor for this project.

Items that will be picked up if you are a customer:

- **Mixed Paper:** newspaper, magazines, catalogs, envelopes, junk mail, office paper
- **Bottles and Cans:** aluminum cans, glass bottles and jars, plastic bottles and jugs, and steel cans

You will receive a plastic 19 gallon recycling bin.

Start recycling TODAY by filling out the contract on this page, then send with your check to
Earth Circle Recycling!

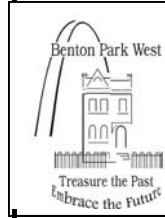


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Earth Circle will:

- Come to you every week for curb-side pickup
- Provide a plastic recycling bin
- Pickup these items:

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

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

The normal fee is \$ 100/ year or \$ 50 for six months.
Use this application and get a \$ 5 discount for the first six months

Join the thousands of area residents and BPWNA neighbors who recycle with Earth Circle.

Questions? 314-664-1450

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

Name

Address

City/State/Zip

Phone

I have enclosed my check in the amount of:

_____ \$ 95 for 12 months of weekly recycling service.

_____ \$ 45 for 6 months of weekly recycling service.

Mail this form and your check to:

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

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

Membership Needs YOU!

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



Business Members -

Auto Bargain Center
Blue Brick Renovation & Construction
Cherokee Place
Clowder House Foundation
Coldwell Banker/Gundaker
CPA Transport
Edward Jones
Five Star Center
Grand Furniture Mart
JBF Therapy & Coaching
Joanie's To-Go
Luvy Duvy's
Massage Therapy - Anne Childers
Millennium Restoration & Development
Mississippi Mud
Nader & Sons
Near Southside Employment Coalition
One Nite Stand
Park Avenue Coffee
Park West Grille
ReMax Results - Connie Petty

ReMax Results - Bob Walker
Sparkling White Cleaners
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General

Melba Arnold
Martha Belmar
Kim Bollinger
Scott Bollinger
Deanna Brady
Brian Carter
Denise Carter
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Maureen Ross-Lang
Eric Ryszkiewiz
Jennifer Shoemaker
Shronda Tayes-Terrell
Shelle Veres
Steve Veres

Senior

John Coleman

Roma Coleman
Anna Pierce
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Benton Park NA
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Joe Frank
Kelly Frank
Galen Gondolfi
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Laura Lesse
Amanda Oncken
Christian Oncken
Megan Schacht
Melissa Winnehiek
Rebbi Yagham

Patron

Pamela Atchley
Bruce Levine
Marlene Levine
Rhonda Shaw
Carrie Sleep
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Bill Byrd
Linda Hennigh
Chad Johnson

Friends

Eddie Brauer
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Patricia Ortmann
Cindy Schmid
Susan Sheppard

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
Jeanette Mott-Oxford - Missouri Rep., 59th Dist
Barb Potts - NSO

Volunteer WANT ADS CLASSIFIEDS

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

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

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

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

It's easy to get involved in any of the activities of Benton Park West Neighborhood Association. No matter what, your help is always wanted, needed and appreciated. Call the Neighborhood Office at 314.771.0803 to see how you can help.

Current Committees

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

Roosevelt's Principal - Terry Houston - Named Principal of the Year by Colleagues

St. Louis—Terry Houston, principal at Roosevelt High School, has been named High School Principal of the Year by the St. Louis Association of Secondary School Principals (SASSP). The award recognizes Houston's leadership in improving student learning and morale at Roosevelt. He will be honored at the SASSP awards banquet on May 7 at the St. Charles Convention Center.

St. Louis Public Schools Superintendent Diana Bourisaw said Houston's recognition from the SASSP is well deserved. "Terry's work has made a profound impact on Roosevelt and so many of the students there. I'm happy that his peers have recognized his accomplishments. He has made us all proud."



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

What's happening in Benton Park West

May

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

3rd District Public Affairs meeting follows at 7:30p.

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

13 - Board meeting, 6:30p, 2715 Cherokee, lower level

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

17 - *Blues in Benton Park*. 4p-6:30p, Northwest corner of Benton Park. Join your friends

and neighbors for an evening of relaxation and fun. Bring blankets, food and beverages and enjoy 2+ hours of Blues Music.

June

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

14 - Trivia Night

2008 Events

- June/July - Dog Park Opening
- Summer BBQ
- Aug 5 - National Night Out!
- Aug - Yard Sale
- Nov - Member Dinner

Call 314.771.0803 or e-mail bpwna@yahoo.com

Proceeds go to
YOUR
neighborhood!

- Beautification
- Newsletters
- Neighborhood gatherings
- Gardens
- New Dog Park

June 14, 2008

Doors open at 6:00pm

2832 Arsenal - Five Star Senior Center

Trivia Night

Hosted By:

Benton Park West
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Saturday	7:30 am - 11:00 pm
Sunday	7:30 am - 10:00 pm

Located in the heart of Historical Lafayette Square.

Overflow from Page 1- Roosevelt story Continued from pg 1

fit the Saturday morning breakfasts and Homecoming lunch for the football players. Not only are residents volunteering time with the Roosevelt Council and supporting the breakfasts and other activities, the neighborhood association plans to donate additional funds for 2008.

Many residents in Benton Park West and other neighborhoods around Roosevelt High School are part of the "Roosevelt Council", started by the Saint Louis Public Schools. While Benton Park West wasn't the first neighborhood to become involved, we have partnered with Tower Grove East to be two movers and shakers on the Roosevelt Council. The Council is an

attempt to draw the community into what is going on at the schools and encourage students to become involved in the community. These activities are fun and encouraging, including life and job skill related activities. Another arm of the Council is to promote school as a fun and important part of a students life while at Roosevelt. Encouraging participation by the community means "cheering on" the sports teams and also the academic teams at Roosevelt.

Take a moment to think about Roosevelt; it is OUR neighborhood high school and we should support Roosevelt. The Council meets once a month in the Library of Roosevelt High School. I would encourage any resident, whether you have a child in the public schools system or not, to walk the halls and remember your high school days. THEN step up to plate and either just share your opinions and ideas or actually get your "hands dirty" in helping to grow and mold our youth of today.

The building that was completed and occupied in 1924, occupying the former site of Picker Cemetery. It was designed by R. M. Milligan in English Gothic style. Roosevelt is St. Louis' largest high school with more than 1,100 students.



RE/MAX
Results

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TEACHING the WORLD in South St. Louis

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It is a curriculum tailored to meet the needs of each child.

It is a compassionate and dedicated faculty of certified professionals.

It is a partnership between students, parents, and teachers.

It is a truly diverse community that respects and learns from other cultures.

At St. Frances Cabrini Academy, education is about our children, our families and our community.

We hope you can join us.

(314) 776-0883

www.cabriniaacademy.com

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How can your everyday shopping benefit BPWNA?

Who hasn't uttered the words, "I wish there was something I could do to help"? Now you can. Start shopping! At www.iGive.com/BPWNA, you can buy the items you've always wanted—like that DVD box set, expensive cologne, or the wall-mounted flat-panel TV you've had your eyes on - only without the guilt.

Join now at www.iGive.com/BPWNA

It's FREE, no invisible costs or tricky obligations. Shop for everyday items at the over 650 stores.

iGive.com™
Change online shopping for good.



Cherokee Place
Business Incubator

2715 Cherokee Street

314-369-5515

WJL Services

BBQ of Love

Words from the Roosevelt Council

Hi!

The Roosevelt Council wants to let everyone know about the "Roosevelt Day of Love BBQ" which is rapidly approaching. May 16th is the day, and the folks at the school are busy planning lots of fun and food for the students and the community.

We're in need of a few items for the BBQ. If you have a volleyball net set complete with poles, we would love to borrow it for the day. We'd also like to borrow a few washers sets if you have access to those.

We also are looking for people who are able to do face painting or who might know someone who can do face painting. Please email me if you know of anyone.

And lastly, we're in need of donations for beverages.

If you can help us with any of the above, please contact me at georgejennifer@sbcglobal.net.

Thanks, Roosevelt Council



Music House

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Blues in Benton Park

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www.myspace.com/roughgrooves

Saturday May 17, 2008 4:00 - 6:30PM

Benton Park
South Jefferson Avenue & Arsenal

sponsored by

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Cherokee Station Business Association
Copy That!
Frazer's Restaurant & Lounge
Indigo Massage & Wellness Therapy
Luvy Duvy's Café
Mattingly Brewing Co.
McLozzi Deli & Marketplace
Mississippi Mud House
Park West Grille
Jennifer Florida, 15th Ward Alderwoman
Ken Ortmann, 9th Ward Alderman

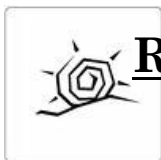


Blues in Benton Park is held the weekend of the ninth annual Cherokee-Lemp History Fair.

FREE & open to the public - information (314) 771-0803
www.bentonpark.org - www.bentonparkwest.org

design by AmyVanDonsel.com

Don't miss this event.
YOU are invited. This is a "party in the Park" for residents



Reward Your Self....

By Anne L. Childers, LMT

A Healthy Heart!

May! A time for flowers, gardening, Memorial Day plans, remembering mom, and enjoying the beautiful weather before the heat of the summer rolls in. Spring is the best time to start a new exercise program. Whether you're walking, running, or climbing, outside activities make it easy to keep movin'. The American Heart Association tells us that exercise is one of the best ways to combat heart disease. Check out www.mystartonline.org for a free tool from the AHA to track your physical activity and daily nutrition. Reduce your risk for heart disease by choosing a healthy lifestyle. By adjusting eating habits, adding a little exercise, and knowing your own personal stats you can lower your risk of cardiovascular disease, the leading cause of death in America today. After you get outside and exercise, go to the kitchen. Changing your recipes can be fun and adventurous and you may even find yourself enjoying time to make and create! Growing your own vegetables can be inspiring and educational for you and



"The best and most beautiful things in the world cannot be seen or even touched. They must be felt with the heart."

-Helen Keller

Next month.....

Summer Outdoors!

Please visit my website at: www.indigomassagetherapy.com or email me at info@indigomassagetherapy.com
Indigo Special - 15% off gift certificates through May! Perfect for Mother's Day!

Positive Affirmations:

- Spring allows me a fresh new beginning.
- I am an active participant in my own health and wellbeing.
- When I exercise I feel alive.

your kids. Then try a healthy cookbook with flavor such as the **2008 Healthy Soul Food Recipes Cookbook** available at your local grocery store this month. It is also from the American Heart Association. Most importantly the key to staying healthy is to know your risks. Early detection of heart disease is our best weapon. Here is a schedule of upcoming screenings in St. Louis provided by St. John's Mercy Heart Hospital. To register you must call 314-364-3222.:

St. John's Mercy Medical Building at Old Tesson Road Community Room, 12348 Old Tesson Road, St. Louis, MO 63128 - May 7, 11 - 1 p.m.

St. John's Mercy Medical Building in O'Fallon Community Room, 300 Winding Woods Drive, O'Fallon, MO 63366 - June 5, 7 - 9 a.m.

St. John's Mercy Heart Hospital Lobby, 625 South New Ballas Road, St. Louis, MO 63141 - May 22, 11- 1 p.m.

The screenings include the following:

Blood Pressure - Cholesterol (HDL, LDL, Total) - Blood Glucose - Triglycerides - Body Mass Index

St. John's Mercy nurses provide the screenings and offer consultation time with each patient following the screening to review the results of the tests.

Fee: \$25 Cash or Check (made payable to St. John's Mercy Corporate Health)

Please Note: Insurance (Medicare and Medicaid included) will not be billed for this service.

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Contact Numbers**Crime Prevention/Police:**

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

Alderspersons:

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

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

Neighborhood Stabilization Officers:

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

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

MISC:

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

Lights:

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

Additional Numbers

Operation Brightside
 772-4646

Operation Safestreet 622-3444

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

St. Louis Crisis Nursery
Hotline 768-3201

Parental Stress Help line
 1-800-367-3543

United Way Information & Referral 421-4636

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

Foster Parenting Inquiry Line (314) 340-7536

Animal Abuse Hotline
 (314) 647-4400

YOU can be a Member - 2008

Dear Resident, Friend and Supporter:

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

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

Thank you for your interest.

Chad Johnson, Membership Chair



Membership Application Benton Park West - 2008

Name: _____

Address: _____

Phone: _____

E-mail _____

Mail to: BPWNA Membership

**PO Box 18671
 Saint Louis MO 63118**

Level of Membership:

__ General Membership -
 \$ 10 per person

__ Senior - \$ 6 per person

__ Supporter - \$ 25 per person

__ Patron - \$ 50 per person

__ Sponsor - \$ 100 per person

__ Friend - \$ 20 per person

__ General Membership -
 Scholarship

I would like to be involved with:

__ Beautification

__ Dog Park

__ Youth

__ Garden

__ Facilities

__ Publications

__ Quality of Life/Safety

__ Board

__ PR/Marketing

__ Block Link

__ Membership

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www.iGive.com/BPWNA
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 a fundraiser for Ben-
 ton Park W3st!

Five Star May Fundraiser - Texas Hold'em

**Texas
 Hold'em
 Tournament**

May 17th - Call 314-664-1008 for more information



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City of St. Louis Street Department

City of St. Louis Department of Parks & Recreation

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Things to Remember

- May 8 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs follow at 7:30p.
- May 13 - BPWNA Board Meeting - 6:30p, 2715 Cherokee, lower level
- Bulk Pickup - week of May 11th. Have your Bulk items out by 10p Sunday night!
- May 15 - BPWNA Monthly Meeting - Terry Houston - 7pm, 2832 Arsenal, Five Star Senior Center.
- May 17 - Blues in Benton Park - Neighborhood "Party in the Park" - 4-6:30p, NW corner of Benton Park
- Like to help plan these or any other event? Bill Byrd at bpwnabill@yahoo.com

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- Bulk Meat orders
- To order meat cuts
- Deli

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 Neighborhood Association
 P.O. 18671
 Saint Louis, MO 63118

On the Web
www.bentonparkwest.org



Pg 1 - Lead Story, Happenings, **Inside**, SAVE the Date, Don't miss dates

Pg 2 - President's Corner

Pg 3 - JMO

Pg 4 - Minutes

Pg 5 - Park West Grill

Pg 6 - Recycling for Seniors

Pg 7 - Recycling

Pg 8 - Membership

Pg 9 - Volunteer Want Ads, Terry Houston - Principal of the year

Pg 10 - What's happening in BPW, TRIVIA

Pg 11 - Roosevelt Overflow - Lead

Pg 12 - BBQ of Love for Roosevelt, iGive.com

Pg 13 - Blues in Benton Park

Pg 14 - Reward Yourself

Pg 15 - Contact numbers, membership app, Texas Hold'em, iGive.com blurb

Pg 16 - Done