

Don't forget!

July 18

BPWNA  
BINGO NIGHT

Doors open at 6:30p  
2832 Arsenal

# The Porch Review

Benton Park West

Vol 9, No. 7

July 2009

Celebrating 75 Blocks of Courage



## Events

Jul 4: FOURTH OF JULY

July 7: BPWNA Board Mtg  
6:30 pm, 2832 Arsenal

July 9: Weed & Seed (7pm) 2832  
Arsenal St.,

July 11: Garden Work day  
9a-Noon, Ohio and Crittendon

July 16: Neighborhood Mtg, is  
canceled. Enjoy July and stay cool

July 18: BINGO  
2832 Arsenal -  
Five Star Senior Center, Doors open  
at 6:30p

Aug 11: BPWNA Board Mtg  
6:30 pm, 2832 Arsenal St.

Aug 4: National Night Out

Aug 13: Neighborhood Mtg.  
7 pm, 2832 Arsenal St., Speaker -  
Matt Kastner, GJBA President

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## Questions, Comments, Concerns?

Contact Neighborhood Office:

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

## Red, White, and Blue...

# Celebrate AMERICA!

Independence Day is more than a chance for family and friends to gather for barbecues and fireworks displays. It is an annual celebration to celebrate the courage and faith of our founding fathers. Commemorating the formal adoption by the Continental Congress of the Declaration of Independence on July 4, 1776, in Philadelphia.

First observed on July 8, 1776, at which time the Declaration of Independence was read aloud, city bells rang and bands played, July 4th was declared a legal holiday in 1941 by Congress. Today, communities celebrate the holiday with parades, fireworks, picnics and the playing of

the "Star Spangled Banner".

From the battles that were waged to guarantee our freedom to be "The United States of America", comes our Pledge to our country:

**"I pledge allegiance to the flag of The United States of America, and to the republic for which it stands, one nation under God, indivisible, with liberty and justice for all".**

Here are some suggestions for Saturday, July 4th:

Annual Fair St. Louis. Events start at 10a on the riverfront near the Gateway Arch and

will feature the following:

Counting Crows - 7/3 at 8:00PM

Nat & Alex Wolff - 7/4 at 1:00PM

Train - 7/4 at 8:00PM

Voted one of the Top 10 Best Places to Watch Fire-  
(Continued on page 14)

## B-I-N-G-O

July 18

MARK YOUR  
CALENDAR

for the FIRST Benton  
Park West Bingo Night!

July 18 - 6:30p

2832 Arsenal  
(Five Star Senior Center

\$ 10 for first card.

314.771.0803 for questions

## 'Tis the Season

By Craig Schmid,  
20th Ward Alderman

You may be noticing an upsurge in the number and noise of fireworks.

Fireworks are illegal in the City of St. Louis. They can cause personal injury, property damage, and are very irritating to

pets and people. However, the closer we get to July 4, the busier the po-

## Remember!

**FIREWORKS ARE ILLEGAL  
in the city of Saint Louis**

lice department will become with these calls. It is virtually impossible

to handle all of the calls for fireworks. As a service to the community, the South Patrol Division (1st, 2nd & 3rd Police Districts) of the St. Louis Metropolitan

Police Department is planning once again this year to send letters to

(Continued on page 15)

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



Bill Byrd

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

Over the past six years a lot of changes have taken place in Benton Park West. At one point nearly any block you might drive or walk down would have a dumpster in front of a building that was being renovated. Buildings always need updating and upkeep.

Just as buildings need care, people also need care and nurturing. We are lucky to have GREAT people who are residents in Benton Park West. These same residents didn't all just move in over the past eight years. We have a lot of residents who are "multi-generational". This means that either they live in a house where there are multiple generations who live in the same house (meaning more than two generations). Also, multi-generational residents include living in a house or apartment in which their parents or grandparents lived. One example is a couple who are living in the house that his grandparents not only lived in, but built. Another resident is living in the same house since he was a toddler, when his parents

moved there almost 80 years ago. A third example is a resident who lives in the house that his parents bought over 60 years ago and lived until they could no longer live in the home.

Residents have roots just as plants. Some roots go deep to seek food and water; other root systems can exist closer to the top. Either way, both thrive and do well with the same "tools". It's important that each of us understand the tools we need to thrive in our neighborhood. Look for information in the newsletter, from neighborhood leadership, and each other that helps each of us to thrive and recreate Benton Park West each and everyday.

The Benton Park West family has a great heritage not only from long term residents, but also from new "family" members. I encourage each of you to open your door and talk with your neighbors. Find out who on your block may have DEEP ROOTS and who may be NEW SHOOTs.

*Bill Byrd*, President

## 2009 Board

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

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

## Annual Yard Sale - Fundraiser in August

Something old, something new...No, no one is getting married, but it's time to think about the Annual Yard Sale for Benton Park West. The sale this year will be on August 29th, at 2832 Arsenal (Five Star Senior Center).

One thing that is needed now is for you to take the TIME TO CLEAN OUT your basement, closets, under the beds, etc. ! Anything still in good shape and not too

worn would be appreciated by those treasure hunters. Donations to BPWNA are eligible for a tax donation letter.

There will be a drop off

gust 28<sup>th</sup>, call the BPWNA office at 314.771.0803 for an early convenient pickup/drop off time.

We've found the treasure hunters like school supplies, household items, books, knick-knacks, and pretty much any-

thing else that is still in good shape.

Don't forget that any items you donate will get you a tax donation letter, if you wish!

**MARK YOUR CALENDAR**  
**August 29<sup>th</sup>. 7a - 1p**  
**"Shopping" at the**  
**Annual Yard Sale !**

time in the evening of August 28<sup>th</sup> for items that you would like to donate. If, however, you don't feel you can wait until Friday night, Au-

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bpwnapub@yahoo.com or 314.771.0803.

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## ***Economic Recession Keeps Budget & Job Creation at the Forefront of 2009 Legislative Session***



Jeanette Mott Oxford,  
59th District

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

The major issue of the 2009 Legislative Session was the state budget. With many Missouri jobs lost and sales tax receipts also down, finding a way to adequately fund our state's essential needs was a huge challenge. In March the House of Representatives passed a budget with deep cuts to Health, Mental health, and Social Services. Fortunately the Senate saw things differently and used about \$785 million from the federal economic stimulus package to fund most items in Gov. Jay Nixon's proposed \$23 billion budget.

In addition, a \$381 million of federal stimulus money was approved for

various special projects, including a \$112 million radio system for emergency responders and \$12 million for Metro buses. Gov. Nixon has said he will veto some of the other items in the bill to reserve funds for a projected shortfall next year.

A showdown over a massive tax credits package framed by both Democrats and Republicans as "economic development" was another prominent issue. It passed on the final day of Session, and I was one of only two no votes. The bill imposed some caps on two tax credits that have been important to the 59th district - historic preservation and family develop-

ment accounts. Other tax credits that have failed to prove themselves as job creators in the past were expanded, and they also operate without adequate transparency and accountability.

Among other measures that passed in 2009:

**Child support:** Men would have two years to challenge paternity rulings with DNA tests and also could be referred to job-training or drug-treatment programs rather than to prison if in arrears for child support payments.

**DNA testing expansion:** Those 17-years-old and up would have to give a DNA sample upon being arrested on suspicion of most felonies. The sample would be discarded if the case leads to acquittal/dismissal.

**Protection for purchasers of pre-need funeral packages:** Following a scandal at St. Louis-based National Prearranged Services and its affiliates, tougher monitoring and new rules were set up to offer protections.

**Motorcycle helmets:** I

hope Jay Nixon will veto a bill allowing riders who are at least 21 years old to skip wearing a helmet when riding a motorcycle on an interstate highway.

**Text messages:** Motorists 21 and younger will not be able to legally send or read a text message while driving, except in emergencies. (I don't see why people of any age should text while driving.)

The full list of bills passed is at: <http://www.house.mo.gov/content.aspx?info=bills091/rpt/truagree.htm>.

I was glad to see three very flawed tax reform measures die in the Senate, and allowing conceal and carry on college campuses died too. Unfortunately quite a few good ideas died as well: my tax reform plan, expansion of health coverage to 35,000 low-wage working adults, health coverage for children with autism, etc. We must keep organizing and fighting the good fight so that we are able to make progress on these issues next year.



### ***Music House***

Karaoke - Fri. & Sat. Nights  
Keno All MO. Lotto Tickets  
Packaged Liquor

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2800 Ohio Ave at Gravois

St. Louis, MO 63118

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PROPRIETORS**

Hours:

12:00 Noon to 1:30am

Mon - Sat.

## **Five Star Senior Center**

Ph.314-664-1008

Fax.314-865-2900

E-Mail [fcoac@swbell.net](mailto:fcoac@swbell.net)



Meals-Transportation

Social Activities

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

**2832 Arsenal St. Louis, MO 63118-2317**

**Michael W. Howard**

**Executive Director**



314-865-1211

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Owner

2700 Gravois

St. Louis MO 63118



# Yard Waste Dumpsters and TRASH

It's that time of year again when we will be using the yard waste containers/dumpsters in our alleys. Remember so that we don't cause problems for our neighbors and to ensure that the City will empty the dumpsters, let's follow these simple rules:



## Yard Waste Dumpsters -

- Cut the branches and debris into pieces no longer than 2 feet.
- Having any dumpster be overloaded means that cars have problems navigating down the alley.

While we are talking about the yard waste dumpsters, the same thought pertains to our regular trash dumpsters:

- Never put trash on the outside of the dumpster, in front, to the side, or behind.
- The lid should always be able to be closed.

- If the dumpster is full, walk a few feet to the next dumpster.
- Bulk pickup items **MUST** be 3 feet away from any dumpster, just at YOUR property line in the alley.

If you see anyone illegally dumping, this means setting trash outside of a dumpster or overloading a dumpster, call 231-1212 and file a report. Give the evaluators the time, date, and location. Then call the Citizen's Service Bureau (CSB) at 622-4800.

There is not an easy answer for trash and we have to be the ears and eyes. If you see rehabbers dumping in the trash dumpsters, this is illegal dumping.

Also, don't forget about recycling.

- Recycling can save your tax dollars!
- Recycling benefits the local economy!
- Recycling saves energy!
- Recycling reduces pollution!
- Recycling conserves natural resources!



## Neighborhood Advisory Board

Thursday, July 9, 2009  
at 7:30 p.m.

The Next Weed & Seed meeting will be Held at

The Five Star Senior Center  
2832 Arsenal

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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or to schedule a visit.  
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SSDN

2930 Iowa Avenue • St. Louis, MO 63118



(314) 865-0322 • [www.ssdn.org](http://www.ssdn.org)



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

July 18 - Bingo

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

Sept 12 - Picnic in the Park

Oct 31 - Trunk in Treat

November 14 - Membership Dinner

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## Health Food Store for Pets

All-natural Foods  
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General Pet Supplies

Grooming Salon • Self-Pet Wash

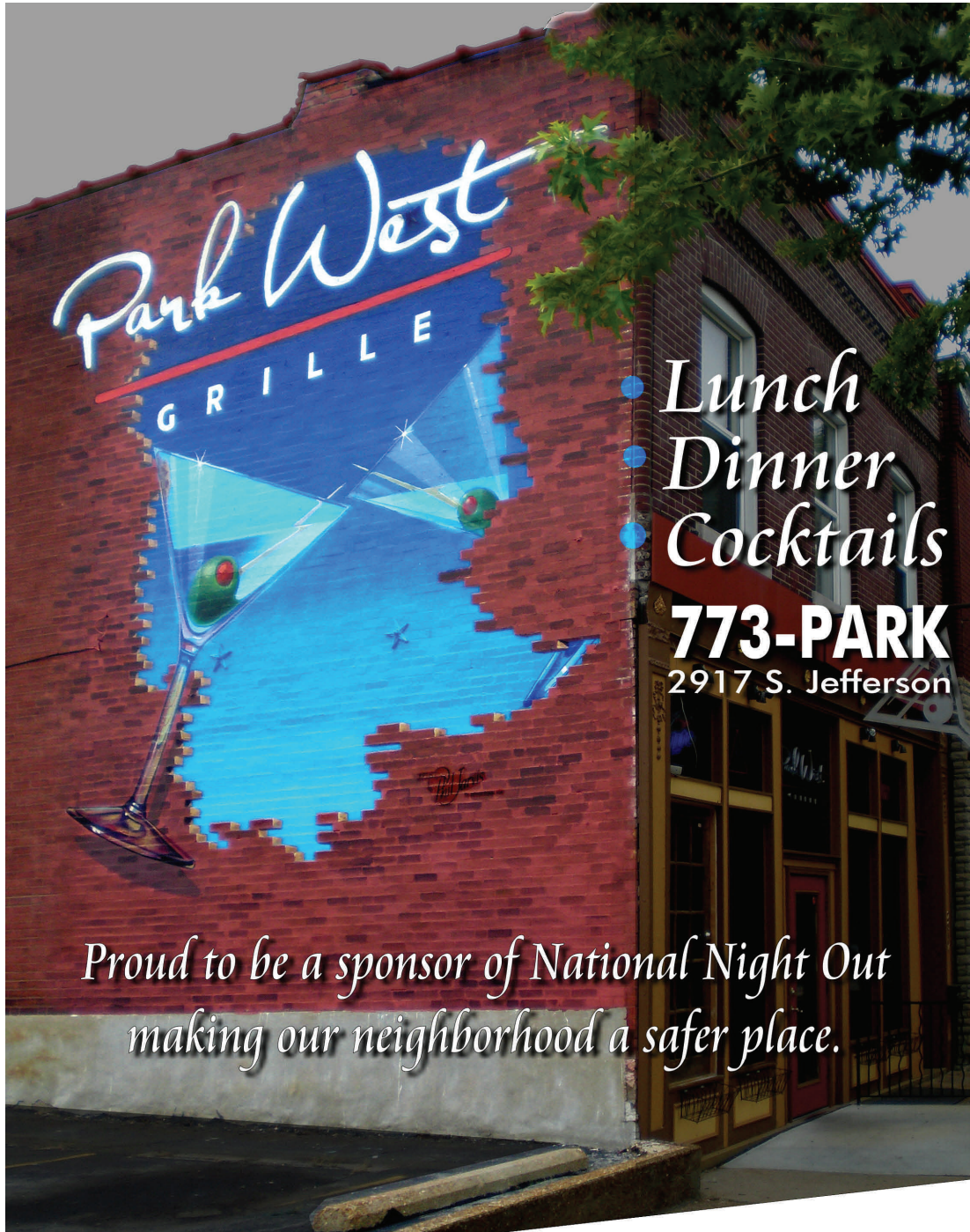


**PETS IN THE CITY**

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# Featured in Sauce Magazine and St. Louis Magazine



*Proud to be a sponsor of National Night Out  
making our neighborhood a safer place.*

**Winner of the  
BPWNA 2006 Most Attractive Storefront  
BPWNA 2008 Spirit of Service by a Business/Community Group**



# National Night Out 2009!

**Annual National Night Out Against Crime and Drugs on Tuesday; August 4, 2009**

Sponsored by the National Association of Town Watch on the first Tuesday of August, the goal 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.

National Night Out was started in 1984. The first year had 2.5 million people involved, with each year increasing to now to over 38 million people.

August 1<sup>st</sup> will find a free movie in the Park-Benton Park starting about 8:30p (depending upon the time it gets dark). Before the movie starts, popcorn and

cotton candy will be available. The movie selected is "*Kung Fu Panda*". Take some time in the park and enjoy our city park. Maybe enjoy a picnic dinner, flying a kite, taking pictures, people watching, etc. or whatever you find relaxing.

We are not a separate com-

***Start planning today!! You must Register to be granted permission to close your street as well as receive updates as National Night Out approaches. DEADLINE IS JULY 24th!***

*To register, go online at*

*<http://stlouis.missouri.org/citygov/nst/nnomain.htm>*

munity from other surrounding areas. Benton Park West and the surrounding neighborhoods consist of diversity in people and foods, wonderful architecture, Chero-

kee Street and S. Jefferson/ Gravois shopping districts, continued development, talented residents on every block, residents with passion and love for BPW.

Coming together as a community is important to keep the south side area strong and vibrant. Look for information about other activities in

out and celebrate being a neighborhood. Registering gives you the opportunity to have your block closed off (depending upon if your street is an emergency route or not) for a few hours in the evening. Drag out BBQ's, tables, food, chalk, the kids, music, etc. and enjoy a street party. Other events are being

planned that include everyone in the south side. Watch for details.

**Mark your calendar for August 1<sup>st</sup> and August 4<sup>th</sup>.**



*Nader and Sons, Inc.*

**Repairs American and Foreign Cars  
and Body Shop**

Maroun

Eddie

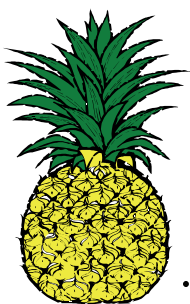
Monir

2863 S. Jefferson

Phone: 771-9141

St. Louis MO. 63118

Phone: 773-1776



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St. Louis, Mo 63118

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BENTON PARK WEST!**

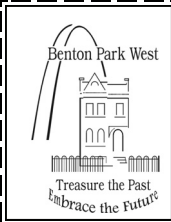
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[www.bluebrickconstruction.com](http://www.bluebrickconstruction.com)



## Now, doing something good for the Earth is easy!

Contract with Earth Circle today and be part of Recycling in  
**BENTON PARK WEST!**

Earth Circle will:

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

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 BPWNA neighbors who recycle with Earth Circle.

Questions? 314-664-1450

Say YES, I want Earth Circle to start coming to my curb!

Name \_\_\_\_\_

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Phone \_\_\_\_\_

Mail this form and your check to:

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

I have enclosed my check in the amount of:

\_\_\_\_\_ \$ 95 for 12 months of recycling.

\_\_\_\_\_ \$ 45 for 6 months of recycling.



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Check out our beautiful banquet room  
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Find us on the web at [jeffersonbistro.com](http://jeffersonbistro.com)

## 'Tis the Season

Continued from Pg 1

folks who were found with fireworks last year (or to addresses about which calls were made for fireworks being exploded) and to those whom neighbors identify as likely to have them this year. This letter normally indicates that it is against the law and what the consequences are. If you have addresses where you suspect fire-

works will likely be a problem this year, you can give them to me, and I will send them to the appropriate person in the police department. Or, you may want to submit them to the captain for the district in which the address is located.

The police also tend to watch these addresses to see if there are fireworks problems at them.

**Want to see more events like Events in the Park, Trivia Night, Annual Yard Sale, National Night Out Parties?**

**Call the neighborhood office at 314-771-0803 to help. You don't have to do it all...just offer to help and YOU will make the events even better.**

# Benton Park West's Best Kept Secret for Kids!!

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

Monday-Friday, 8:00 a.m. – 8:00p, Saturday and Sunday – Closed

This building houses a ton of opportunities for our children to take advantage of this summer. The recent monies made available to the City of St. Louis Recreation Center will pay for much needed renovations in the near future. In the meantime, drop in or call and find out more about the following **FREE** programs:

- June 11 – July 8, 9:00 a.m. to 4:00 p.m.: **Summer Camp** for kids age 7-12 **FREE**
- **Learn to Swim** – Heated swimming pool, Tuesday and Thursday, 5:00 p.m. – 6:00 p.m. **FREE**
- **Open Gym** – Bring the kids in your block in to play basketball. Individuals or groups and they will reserve the gym if requested. **FREE**
- **Boxing and Martial Arts** – year round, age 8 and up with parental permission **FREE**
- **Arts & Crafts** – all ages, ceramics (they have a kiln), jewelry **FREE**
- **Exercise Equipment and Weight Room**

You can join in any time, no beginning and ending date (except for Summer Camp) so **call 664-0582 or drop in TODAY** and make sure the kids have a fun summer.

## Hello to all of our Friends of Five Star Senior Center

- **Saturday July 11th from 4-8** will be a pig roast fundraiser. Space is limited so call the Center ASAP for your reservation.
- **Wednesday July 22nd from 10a-1p** will be the 6th Annual Summer Cool Down Luncheon sponsored by Aramark Services, St. Louis Police Department, Walgreens, Ninth Ward Alderman Ken Ortmann, Benton Park West Neighborhood Association and many others.
- **Saturday July 25th - doors open at 5:30** for our next Texas Hold-em.

Call the center at 314-664-1008 for questions.



## TEACHING the WORLD in South St. Louis

At St. Frances Cabrini Academy, education is more than just reading, writing, and arithmetic.

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.

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We hope you can join us.

**(314) 776-0883**

**[www.cabriniaacademy.com](http://www.cabriniaacademy.com)**

At the corner of Arsenal & Oregon  
(one block from Gravois)

**Now Enrolling  
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Call for a tour!**





# 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 how to define: "what exactly is a nuisance?"

**D**o you wonder why that great house you live in cost you less than if the same house were across Jefferson Avenue in Benton Park? Well, you're in a "fixer-upper" neighborhood. That means that, while Benton Park West can offer a lot of great house and a good community for the price, is still under construction. While others may be saddled with huge mortgage payments, you live in an area that that requires some "sweat equity." The sweat equity spoken of here is not just physically on your house, but your neighborhood. In order to get the job done in a timely manner, we need to rely on each other as we reinvest to create greater quality and value.

### Know your neighbors and your tool kit.

It takes time, commitment, and education. There is no substitute for "rolling up your sleeves" (figuratively and literally) and getting to know your neighbors, picking up trash, being vigilant and demanding (respectfully) City services. There are a number of community building tools at your disposal. The newsletter and neighborhood leadership can help you with many of these tools. In this column, the nuisance property process will be addressed.

### Who Ya Gonna Call?

First of all, once you get the hang of it, "it ain't rocket science." At its basic core there are 3 numbers to remember

(forgive me Captain Leyshock of the SLMPD-3rd District). You must be observant, you must be willing to communicate, and you must have some patience for resolution. The 2 numbers you need to remember are 911 and 231-1212 (the non-emergency number for police service). Use the 231-1212 number unless your situation involves life/death issues, guns/drugs, or other life threatening situation.

Now, the observant part of this is not really difficult. You already have observed (seen, heard, felt, smelled, etc.) something that is a problem and harming the quality of life for the neighborhood. The next step is to translate the observations into a checklist..

- Note the address of the issue (always give the address of the offending building)
- Describe in detail the nuisance behavior. For example, a bunch of people standing around is not considered a nuisance, but if they are noisy, block the sidewalk, wave down cars, etc. then there is a nuisance.
- Describe the persons in-

volved: height; weight; gender; race; age; hair color and style; facial hair; markings, tattoos; earrings, rings, or other unique identifiers; clothing; name or nickname (if known).

- Tell your NSO and Alderman the time when this behavior most frequently occurs, if there is any pattern.
- If there is suspected drug activity, how do the transactions occur (on foot, by car, signals, travel routes, lookouts, drug storage locations, etc.), and where do they occur (in the street, alley, on the porch, in the house, at the car)?
- No matter what tool you use it is important to keep a log of the details. Bring your log to the monthly Weed & Seed meeting at Five Star Senior Center every 2<sup>nd</sup> Tuesday starting at 7p.

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.



**314-772-6362**

**#1 HISPANIC NEWSPAPER AND RADIO STATION  
SAINT LOUIS, MO**

## 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 -

Auto Bargain Center  
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  
Dane Cheek  
Jason Deem  
Janet Emerson  
Gale Erickson  
Barry Gilbert  
Virginia Gilbert  
Edna Gravenhorst  
Ted Gravenhorst  
Clint Gullledge  
Natalie Hilfiker  
Anna Jinkerson  
Shirley Johnson  
David Lang  
Andrew Liebermann

William Liebermann  
Marcus McCullough  
Kathryn McKay  
Amanda McKenny  
Gerard Monti  
Erica Nuyen  
Mark Nuyen  
Obi Nwakanma  
Amanda Oncken  
Christian Oncken  
Melissa Pink  
George Polumbo  
Danielle Reamy  
Andrew Roberts  
Gwendolyn Robinson  
Maureen Ross-Lang  
Eric Ryszkiewiz  
Christian Sabatino  
Jennifer Shoemaker  
Steve Skidmore  
Carrie Sleep  
Jay Swoboda  
Karen Talbott-Wood  
Mira Tanna  
Deborah Thurston  
Vivica Toxwell  
Lia Varanavicius  
Rokas Varanavicius  
Shelle Veres  
Steve Veres  
Raymond Warnhoff  
Sherry Young  
**Senior**  
Frances Bunse  
Barbara Christ  
Walter Christ

John Coleman  
Roma Coleman  
Mary Jones  
Anna Pierce  
Jerry Pierce

#### Supporter

Derek Cadzow  
Glenn Cambell  
Anne Childers  
Michelle Foley  
Ted Gann Sr.  
Kevin Hovis  
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Sharon Burgess  
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Jeremy Funke  
Linda Hennigh  
Carl Hoffman  
Chad Johnson

#### Friends

Eddie Brauer  
Jean Durel  
Patricia Ortmann

### City, State and Federal officials, Friends of BPWNA

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

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





# Benton Park West Neighborhood Association presents Bingo Night!!!

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

- Where:** Five Star Senior Center  
2832 Arsenal
- When:** Saturday July 18, 2009,  
7:00pm (Doors open at 6:30pm)
- Why:** Benefits Benton Park West  
Neighborhood Association
- Cost:** \$ 10.00 per person at the  
door (includes 1 card)  
Additional cards can be  
purchased for \$ 5.00
- Snacks:** There will be concession stand  
of soda and snacks. Also, you  
may bring your own food and  
beverage of choice.
- Prizes:** Gift Certificates from local  
businesses and/or restaurants

For more information or to RSVP please call the Benton Park West Neighborhood Association office at 314.771.0803 or call Carrie at 314.805.0125 or e-mail at cesleep@yahoo.com.

#### Directions:

From Hwy 55: Exit Arsenal and head west. Five Star is at the intersection of Arsenal and Oregon, SW corner.  
From Hwy 44: Exit Jefferson and head south. Turn right on Arsenal. Five Star is at the intersection of Arsenal and Oregon, SW corner.

Don't miss BINGO, the next FUN and exciting event for Benton Park West.

Upcoming events which nights like BINGO provide are:

- August 1st - Movie Night  
Come and see "The Cars"
- August 15th Back to School event with The Salvation Army
- September 12th - South-side Picnic with all neighborhoods
- October 31st - Trunk in Treat

**ARE YOU READY FOR SOME SOCCER?**

**GOOOO!!!**  
*Because we all love Soccer*

- Uniforms
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- DVDs - Teams & Training
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- Authentic jerseys
- Customization with your name and number

**Get \$5 off your purchase of \$50 or more, if you bring this flyer**

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3353 California Ave. | St. Louis, MO 63118  
[www.goooo!!!.com](http://www.goooo!!!.com)

## Summer Sun and the Heat

The hot Saint Louis days of summer are upon us. Take care to protect yourself, children, the elderly and even your animals.

**Symptoms of heat exhaustion for humans include:**

- Body temperature usually normal or only slightly elevated.
- Dry mouth.
- Fatigue, weakness.
- Dizziness.
- Headache.
- Nausea, sometimes vomiting.
- Weak and rapid pulse.
- Sweating.

- Cool, clammy, pale skin.

**NOTE:** Symptoms take time to develop - sometimes several hours after dehydration occurs.

### Keeping Pets Cool and Safe during Summer

Don't forget as the hot summer temperatures approach, pets are better off at home.

- Don't leave your Pet in the car.
- IF your pet is overheated, move the animal into the shade and apply cool (not cold) water all over its body to gradually lower the body temperature. Apply ice packs or cold towels to your pet's head, neck and chest only.





## Reward Your Self....

By Anne L. Childers, LMT



Lavender is one essential oil that can be used in every home, and this month rediscover its many uses! Lavender is a more natural alternative to many store-bought products, and once you begin using it around the house you'll wonder how you ever survived without it.

Recent studies in Japan have shown lavender, when

inhaled, actually changes brain wave patterns producing a calming, sedative effect.

One of the first natural remedies to be introduced to Western culture, today lavender is used for everything from calming the mind to soothing irritated skin. Here are a few quick and easy ways to incorporate its benefits into your daily routine:

**Relaxation**

- Massage lavender into the back of the neck or bottom of the feet for relaxation.
- Add a few drops of lavender to your bath water for a relaxing soak.
- Diffuse lavender before bed to quiet the mind and prepare for sleep.
- Grow your own lavender plants and dry the flower buds to make drawer sachets.

Add a few drops to a spray bottle of distilled water and lightly spray your pillowcase to induce sleep.

**Skincare**

Lavender is good for all skin types even baby's sensitive skin. It can safely be applied

"Nothing is more memorable than a smell. One scent can be unexpected, momentary and fleeting, yet conjure up a childhood summer beside a lake in the mountains..." -- Diane Ackerman

## Rediscovering Lavender

"neat" meaning directly to the skin.

- Soothe minor burns by applying 2-3 drops to the affected area.
- Rub several drops onto the scalp area to help soothe minor irritations.
- Reduce or minimize scar

analgesic, antiseptic, antiviral, detoxifying, a fungicide, an insect repellent, and a sedative.

You may have seen lavender-like products that promise the same benefits as true lavender essential oil. However, these synthetic products merely duplicate the aroma of lavender, and

### Lavender Lemonade

- 7 lemons, peeled and juiced
- 2 limes, peeled and juiced
- 14 c. water
- 1 ½ c. Agave Syrup (or honey or sugar to taste)
- 1 - 3 drops of lavender essential oil

Mix all ingredients together and chill. Add more water or Agave, depending on the size and tartness of the fruit.



### Indigo Wellness Fieldtrip

Mark your calendars for Saturday, August 15<sup>th</sup> when we will take a trip to *Winding Brook Estate Lavender Farm* Indigo will receive a Free Group Tour and lavender infused box lunches are available with advanced notice.

Please RSVP by July 31st to Indigo 314-276-9882

tissue by massaging it on or around affected areas.

- Apply 2-3 drops to relieve itching, promote healing, and soothe skin; great for psoriasis, poison ivy, eczema, insect bites, rashes.

Studies have shown that lavender inhibits Elastase, an enzyme that degenerates dermal elastin, thereby countering aging and reducing wrinkles. Add a few drops to your toner or moisturizer.

Lavender is inherently antibacterial, anti-inflammatory,

cannot offer the health-enhancing benefits of 100% pure essential oil.

Over 64% of what we apply to our skin is absorbed into the bloodstream. This can easily affect our health, thus it's important to know all the ingredients in our skincare products. Look for products containing pure plant based components free of harsh chemicals and toxins

Indigo uses therapeutic grade lavender essential oil often in our massage creme and cleaning sprays. We have essential oils available to add aromatherapy to any massage.

[www.http://indigomassagetherapy.com/our\\_therapists.html](http://indigomassagetherapy.com/our_therapists.html)

## IF YOU'RE NOT AT YOUR LAST JOB, YOUR 401(k) SHOULDN'T BE EITHER.

To see why it makes sense to roll your 401(k) to Edward Jones, call today.

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Financial Advisor

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## "The Garden Spot"



By Linda Hennigh, Garden Co-Chair

### What to do in the garden this month:

- Deadhead spent perennials and annuals.
- Remove infected leaves from roses.
- Newly planted trees and shrubs should be watered thoroughly once a week
- Maintain a 2-3 inch layer of mulch around tomatoes and peppers to prevent blossom-end rot.
- Plant zinnia seed by July 4.
- Dig potatoes when tops die.
- Sweet corn is ripe when silks turn brown.
- Divide bearded iris at the end of the month.
- Prune climbing roses and rambler roses after bloom.
- Don't pinch mums after mid-July or you may delay the flowering

### This month's hint:

Water is essential to keeping your plants healthy and productive in this extremely hot weather. Water stress can set your plants back to the point where they will never recover. Hand watering, sprinklers and soaker hoses will all do the trick, choose the method that best suits your availability. If you are not home for days at a time, get a timer that will turn the water on for you. It's just too risky to count on Mother Nature to provide adequate rainfall. After all the trouble of creating a vegetable garden, a few more hours watering is not that difficult and it gives one the chance to inspect the progress of the garden

### This month's featured garden:

When you are out walking the neighborhood, be sure to stop by the Neighborhood Garden on the southwest corner of California and Wyoming. Under the tender care of Tammy Smith, a devoted gardener and

grandmother, this beautiful flower garden has it all....a mythical dragon keeping watch, benches for visitors to sit and meditate, birdbaths for flying visitors, flower arbors, and of course, beautiful perennials and flowering vines and shrubs. The gate is on the California side and visitors are welcome!

Answer to last month's garden trivia question: **Benton Park West has its own local nursery at the corner of Cherokee and Compton, the Southside Garden Shop. Stop by, say "hello" to Joe. He can answer all your gardening questions and has lots of annuals, herbs, potting soil and hanging baskets?**

## HAPPY GARDENING!

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



**ParkAvenueCoffee.com**  
**1919 Park Avenue**  
**314.621.4020**

*Consistent Quality.*  
*Consistent Service.*  
*Consistent Hours.*

## Experience the "Park Avenue Difference"

*Impeccable Customer Service*  
*Knowledgeable, Friendly Staff*  
*Buy 10 Get One FREE*  
*52 Flavors of Gooley Butter Cake*  
*Baked Goods Made Fresh Onsite Daily*  
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*Relaxing, Cozy Atmosphere*

THANK YOU FOR SUPPORTING ST. LOUIS'  
 LOCALLY OWNED BUSINESSES.

**NOW  
OPEN!**

**HUGE  
OUTDOOR PATIO  
WITH  
FIREPITS**

### Hours of Percolation

|          |                    |
|----------|--------------------|
| Mon-Thu  | 6:30 am - 10:00 pm |
| Friday   | 6:30 am - 11:00 pm |
| Saturday | 7:30 am - 11:00 pm |
| Sunday   | 7:30 am - 10:00 pm |

*Located in the heart of Historical Lafayette Square.*

## Red, White and Blue

Continued from Pg 1

works in 2008, Fair Saint Louis is a Fourth of July celebration not to be missed. Bring the family for free children's activities in the AmerenUE/Schnucks K-Town Kids Zone and entertainment on the Buster Brown Kids Stage. Dine in style at The Sauce Café. And don't miss the US Bank / Enterprise Rent-A-Car fireworks on both July 3rd and 4th.

Celebrate summer at Fair Saint Louis and LIVE on the Levee, the free summer festival on the Mississippi River levee under the spectacular Gateway Arch.

The Line-up for "Live on the Levee" for 2009:

July 3 : 6p  
Magnolia Summer

July 3 : 8p  
Counting Crows  
July 4 : 3:30p  
The Feed  
July 4 : 4:30p  
Jimmy Griffin  
July 4 : 6:45p  
Green River Ordinance  
July 4 : 8p  
Train  
July 17 : 6p  
Awesome Color  
July 17 : 8p  
Sonic Youth  
July 18 : 6p  
Madahoochi  
July 18 : 8p  
Little Feat  
July 24 : 6p  
Leandra  
July 24 : 7p  
Soul Alliance  
July 24 : 8p

Angie Stone

July 25 : 6p  
Pearl Heart

July 25 : 8p  
Gretchen Wilson

July 31 : 8p  
Guster

August 1 : 6p  
Black Spade

August 1 : 8p  
Lupe Fiasco

Other event around to celebrate the Fourth of July:

**Compton Hill Water Tower Opening** - Built in the late-19th century, it was designed as part of the city's public water supply system.

Time: 12:01p to 4:00p  
Location: 1900 Grand Ave.

**Floral Clock** - In 1859,

Henry Shaw established the Missouri Botanical Garden as a gift to the City of St. Louis. In 2009, the Garden will mark its sesquicentennial with a monumental, floral tribute.

Time: 9:00a to 5:00a  
Location: Missouri Botanical Garden

**North Star Summer Zoo Weekends** - The Zoo is open 8 a.m.-7 p.m. Fridays, Saturdays, Sundays through September 7. Enjoy Jungle Boogie concerts on Fridays from 5-8 p.m. and animal enrichment on Saturdays and Sundays from 5-5:30 p.

**Whatever you do, celebrate Your country's birthday!**

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!

**Free Wi-Fi**

### 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.



## July 2009 Healthy Dinner

Burgers/fries or steaks are great for a Fourth of July celebration, but think about healthy grilling.

Grilling is made easy with this meal on a stick!

## Grilled Caesar Kabobs

**Prep time:** 15 min, **Makes:** 4 servings

**Start to Finish:** 1 hour

### Ingredients:

- 4 small potatoes, scrubbed and halved
- 1 lb. boned beef sirloin steak or boneless, skinless chicken breasts, cut into 1-inch pieces.
- 2 medium red and/or green bell peppers, cut into 1-inch pieces
- 1 medium onion, cut into 8 wedges
- 1/8 teaspoon black pepper
- 1/2 cup fat-free Caesar vinaigrette dressing

### Prep:

1. In medium saucepan, heat 4 cups water to a boil over high heat. Add potatoes and cook 20 minutes or until fork-tender.
2. Meanwhile heat coals or gas grill for direct heat.
3. In large bowl, combine beef or chicken, potatoes, peppers, onion and pepper. Stir in dressing. Alternately thread meat and vegetables onto 4 metal skewers. Place on grill rack. Cover and grill kabobs 4 to 6 inches from medium heat, turning occasionally, 15 minutes for beef, 25 minutes for chicken, or until meat is no longer pink.

### \*Nutrition Information:

**1 Serving:** Calories 360 (Calories from Fat 40); Total Fat 4 1/2g (Saturated Fat 1 1/2g, Trans Fat 0g); Cholesterol 75mg; Sodium 530mg; Total Carbohydrate 46g (Dietary Fiber 6g, Sugars 11g); Protein 33g %

**Daily Value\*:** Vitamin A 40%; Vitamin C 80%; Calcium 4%; Iron 35%

**Exchanges:** 1 Starch; 1 1/2 Other Carbohydrate; 1 1/2 Vegetable; 4 Very Lean Meat

**Carbohydrate Choices:** 3

**MyPyramid Servings:** 1 tsp Fats & Oils, 3 oz-equivalents Meat & Beans, 1 1/2 c Vegetables

**\*% Daily Values are based on a 2,000 calorie diet.**

## September 12th, 11AM-5PM

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

Featuring over 25 Wellness Vendors, Healthy Pets Section, Entertainment & Children's Activities!

Call (314) 762-0669 or [www.UrbanHealthFair.com](http://www.UrbanHealthFair.com)



## 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.

July 1--George Washington's Radio

July 8--Baroque and More

July 15--Drumming It Up

July 22--Strings Attached

July 29--Bremen Town Musicians

Aug. 5--Peter and the Wolf

Aug. 12--Percussion Discussion

Aug. 19--The Bull and the Bee

For more information, call 314-771-4424.



## Rich's Automotive and Truck Repair

Independently owned  
& operated

Full Service Automotive & Truck Repair  
All Major & minor automotive & truck repairs  
ASE Certified Technicians – Proud Member AASP

Certified Clean Air Emission Repair Center  
Missouri State Inspection Station  
*Gateway Clean Air & Emission Facility*

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**3700 Michigan at Winnebago**  
314 – 771 – 2500

*Over 75 years of combined mechanical experience*  
**Over a decade of service  
to South St. Louis!**

**BPWNA Garden Workdays Second  
Saturday of each Month - July 11**

**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



# Texas Hold'em Tournament

Saturday July 25, 2009

2832 Arsenal

\$50 Entry Fee

**(\$20 Rebuy Until 1st Break)**

Includes: Bag of Chips, Beer, Soda & Food

For More Information Call 314-664-1008

Sponsored By

INTEK.NET

&

Signature Touch Entertainment

All Proceeds Benefit

The Five Star Senior Center

Get Your Money in Early  
Large Crowd Excepted

Doors Open @ 5:30 P.M.  
Game Starts @ 6:30 P.M.



## Pig Roast Dinner Party Under the Pergola

**Host:** Ann & Ron Auer

**Location:** Ann & Ron's House

3501 Juniata, St. Louis MO 63118

**When:** Saturday, July 11, 4:00pm to 8:00pm

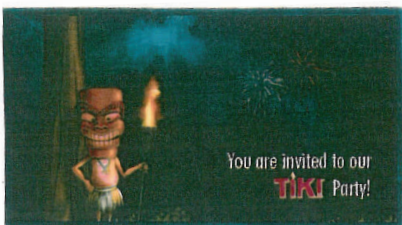
**Phone:** 314-664-1008

Join us at the Auer House for an "Old Fashioned Pig Roast" and all the trimmings. This is a fundraiser for Five Star Senior Center!

Donation of \$30.00 per person includes: Dinner, Beer, Wine, Soda & Entertainment, as well as, knowing that you are supporting a much needed program that delivers over 400 meals a day to independent seniors and disabled adults. Invite your friends and family or pass it on to anyone who likes to have fun and support a good cause. Space is limited, so... reservations are required; payment in cash or checks may be sent to:

Five Star Senior Center  
2832 Arsenal  
St. Louis, MO 63118  
314-664-1008

(If it rains, 2832 Arsenal, Five Star Senior Center. If in doubt, Call!)



# July events for Five Star Senior Center



314-664-1008

## Five Star Senior Center 6th Annual Summer Cool Down Luncheon 2009

Beat The Heat & Be A Big Fan Of

Aramark Services

Metropolitan Police Department &

Ninth Ward Alderman Ken Ortmann

Wednesday July 22

Bingo 10:00

Lunch 11:00

Music & Dancing 12:00

Bar-B-Q Lunch provided by

Aramark

Aramark, Metropolitan Police Department and Walgreens have donated window fans that will be distributed to needy seniors after lunch and will deliver fans to home bound seniors who need them.



**For more information call**

**Michael Howard-Executive Director**

**314-664-1008**

## A Proud Tradition Making South St. Louis A Great Place to Call Home!

Providing  
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Exercise Classes  
Insurance & Tax Credit Counseling  
Day Trips - Apple Picking, Grants  
Farm, Casino, Art Museum, Zoo  
Many More Activities and Surprises



# Summer Activities for Benton Park West



## Benton Park West Neighborhood Association presents Bingo Night!!!

**This is a non-smoking event, except in  
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- Where:** Five Star Senior Center  
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businesses and/or restaurants

For more information or to RSVP please call the Benton Park West Neighborhood Association office at 314.771.0803 or call Carrie at 314.805.0125 or e-mail at [cesleep@yahoo.com](mailto:cesleep@yahoo.com).

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From Hwy 55: Exit Arsenal and head west. Five Star is at the intersection of Arsenal and Oregon, SW corner.  
From Hwy 44: Exit Jefferson and head south. Turn right on Arsenal. Five Star is at the intersection of Arsenal and Oregon, SW corner.

It is not too early to think about August and school starting again. Enjoy your summer, but watch for info on going

### “Back to School”.

August 15th will find Benton Park West partnering

with The Salvation Army for the Back to School Event!

Look for more information in the next issue of  
*The Porch Review*.



## National Night Out Movie

August 1st - Benton Park

