

Easter Eggstravaganza April 23



April 2011

Vol 11, No. 4

Neighborhood Meeting
Apr 21, 7p
 2832 Arsenal

The Porch Review

DIVERSE BACKGROUNDS, UNIQUE PATHS, ONE WIN - PEOPLE OF BPW



IRS Warns of E-mail Fraud

IRS E-mail Fraud. The scam involves e-mails supposedly sent from the IRS that bear copycat logos and the names of real IRS officials. The recipients are told that their payment for taxes due has been rejected. They are then told to click on a link, which actually contains a virus. If you receive an e-mail that claims to be the IRS: Do not respond to it. Do not open any attachments. Do not click on attachments. Call 1-800-829-1040 to determine if IRS is indeed trying to contact you regarding your tax return

For full details, go to https://local.nixle.com/alert/4669219/?sub_id=119368.

Contact Information:
 Kathy Suarez
 Metropolitan Police Department, City of St. Louis-District 7
 314-444-0047 kmsuarez@slmpd.org



www.bentonparkwest.org



Playground Build day is April 6th

Help bring Jean's dream playground to the BPW neighborhood on April 6th, through **volunteering, along with volunteers from Energizer**, or through other means of **support**. Please contact Steve Diaz or John Aho from The Salvation Army at 314-771-3460.

Be part of the FUN and help out on one of the workdays:

- April 4-5 - Prep days
- April 6 - Build Day
- April 9 - Grand Opening
- April 17 - Appreciation Dinner

Matching funds are needed to complete this project. Sponsor as an individual from \$ 50 - 250.

Neighborhood Advisory Board
 Third District Community Outreach
 The Next Meeting Will Be Held At
The Five Star Senior Center
 2832 Arsenal




Thursday, APRIL 14th, 2011 at **6:30 p.m. - 8:30 p.m.**
 Join us to discuss issues in your neighborhood.
 Invite a neighbor as well.

FIELD TRIP THE ST. LOUIS POLICE ACADEMY



AND COMMUNICATIONS FACILITIES

*****Transportation will be provided for the first 41 persons*****

Captain Gerald Leyschock
 Commander, District Three
 444-0125

PO Joseph Calabro
 Dist.3 Community Outreach
 444-0169

Events

- Apr 2: Dog Park Cleanup**
- Apr 5: Election Day**
- Apr 5: BPWNA Board Mtg**
6:30p, Five Star, 2832 Arsenal
- Apr 9: Dog Park Spring Opening**
- Apr 10: BULK Trash Pickup**
- Apr 14: Weed & Seed (6:30p), 3rd District (7p)** 2832 Arsenal
- Apr 21: Neighborhood Mtg.**
7p, Five Star, 2832 Arsenal
- Apr 23: Easter Eggstravaganza**
10a-Noon Gravois Park
- May 3: BPWNA Board Mtg**
6:30p, Five Star, 2832 Arsenal
- May 8: BULK Trash Pickup**

Operation Brightside Blitz Weekend

April 9-10

Take your opportunity to enjoy the great spring weather and clean up your world! Talk to neighbors and plan a clean-up. Make it a real party and plan lunch!

Vote on April 5

Exercise your rights as an American Citizen.

It's up to YOU to make your voice heard.

Inside this issue:

Youth	2	SSDN Anniversary	6	Trash Pickup Schedule	11
Term Limits	3	Callaway Plant Safety	8	Chocolate Covered Eggs	12
Recycling	4	Nuclear Plant Info	9	Reward Yourself	13
BPW Wide Yard Sale	5	Calendar of Events	10	Single-stream Recycling	14

Good Friday Fish Fry at Five Star

The Presidents Corner...



Linda Hennigh

Happy April neighbors! The combination of daylight savings time and warmer weather are finally enabling our children to get outside and play after a very cold winter. This month I

Welcome to 2011

Youth

would like to introduce you to another member of our board, Pamela Welsh, who will share with you her passion involving our littlest citizens.

Linda Hennigh, President

Pamela Welsh - Youth Chair

My responsibility on the Neighborhood Board is to chair the Youth Committee. I feel as many of you do that the youth of our neighborhood are the future of the neighborhood. As the Neighborhood Association we can only make a small impact on each individual child but we do try to have events throughout the year that are centered on the children. The Neighborhood Association provides two main events throughout the year. The first is the upcoming Easter Eggstravaganza. This is a great event that will be held this year in Gravois Park on Saturday, April 23rd. We also have the Trunk or Treat at the end of October to celebrate Halloween. This event gives the children a safe place to trick or treat and brings neighbors and friends together. The Neighborhood Association also holds at

least one movie night a year with popcorn and snacks. We also participate in the Back to School Event sponsored by the Salvation Army. You can easily get involved in any of these events and see how heartwarming it is to see a child smile and say "thank you".

One other organization that works with the children of our neighborhood is the Neighborhood Accountability Board that is associated with the Juvenile Court. I serve as a member on this Board and we meet each month with children who have issues. We try to instill in them how to be accountable neighbors and that we as a neighborhood want them to succeed and excel in the future. If you want to be involved in this board or just know more about what we do, please contact me or Linda Hennigh.

2010 Board

- Linda Hennigh - President 771-2161(h) linda_hennigh@yahoo.com
Martha Buckley - Vice-President 566-9348(c) marthabuckley@ymail.com
Diane Hurwitz - Treasurer 776-7877(c) dmh819@yahoo.com
Shannon Headley - Secretary 495-5404(c) srdogfostering@aol.com
Carrie Sleep - Member at Large cesleep@yahoo.com
Shirley Johnson - Member at Large muchhumility@yahoo.com
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Dog Park bpwnadogpark@yahoo.com
Bill Byrd - Facilities bpwnabill@yahoo.com
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Bill Byrd - Publicity bpwnapub@yahoo.com
Pam Welsh - Youth pwelsh@epssg.com



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

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Benton Park West Neighborhood Association

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On the Web at: www.bentonparkwest.org

Advertising Information: bpwnapub@yahoo.com or 314.771.0803.

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Mark Your Calendar!



Roosevelt High Dates

- Roosevelt High School Graduation - May 13, 2011
Day of Love Barbeque - May 21, 2011 (usually starts around 11 am)
Black & White Tie Dance for Adults - TBA
Next Roosevelt Community Council meeting will be Tuesday, April March 12th, 4:30 pm, in the RHS Library. (Second Tuesday of the month at 4:30 pm.)

Don't forget the FREE TAX SERVICES available at Five Senior Center, 2832 Arsenal.

For information, call 314.664.1008

HAVE IRA QUESTIONS? LET'S TALK.

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The “Perks” and Challenges Of Facing Term Limits



Jeanette Mott Oxford,
59th District

314-771-8882 (home)
573-751-4567 (office)
jeanette.oxford@house.mo.gov

As you may know, this is my final term in the Missouri House of Representatives since term limits do not allow service of more than eight years, and I will reach that marker at the beginning of January 2013. I feel a little bit like a carton of milk with an expiration date on it. I don't “smell yet,” but I'm aware that I'm reaching my “use by” date and will soon be gone from the General Assembly.

I voted against term limits when Missouri residents voted on this issue in 1992. To me, Missouri already had term limits in that every two years, vot-

ers had the ability to vote out a House incumbent who was not performing up to expectations, and every four years they had that same opportunity related to Missouri Senate members, the governor, etc. I see term limits as a lazy solution that produces more problems than those solved. An informed and active electorate is our only real defense against elected officials who are unethical, lazy, or in service to special interests with goals that do not benefit the incumbent's district.

In any case, my “seniority” is now bringing me some opportunities that I have

not had in previous sessions. Last year, my six-year relationship with a fourth-term colleague across the aisle led to our working together to get one of my bills passed with her as the lead sponsor since she had more power as a majority party member. We were successful in closing a loophole so that parents will not be denied health coverage for an adopted child.

This year my status as a “senior” means my bills are being assigned to committee more quickly. I have had three hearings, and I expect that House Bill 637, the Tax Justice for a Healthy Missouri bill, will be heard within two weeks of our return from Spring Break (on March 28). Here are the bills for which I am lead sponsor that have been heard already this year:

House Concurrent Resolution 35 - Requests the Adjutant General of the Missouri National Guard to establish a voluntary reporting program for Missouri National Guard members and veterans who have been exposed to depleted uranium – heard in the Veterans Committee on March

1 and voted Do Pass 14-0. I hope this may move to floor debate.

House Bill 636 - Establishes the Compassionate Assistance for Rape Emergencies (CARE) Act which requires hospitals and health care facilities to provide emergency contraception to sexual assault victims – heard March 9 in Children and Families Committee. I am currently working with committee members to try to find consensus language that will allow this bill to move forward.

House Bill 581 - Establishes the Missouri Earned Income Tax Credit (EITC) Act which authorizes an individual income tax credit equal to 20% of any earned income tax credit claimed by the taxpayer on his or her federal income tax return. President Ronald Reagan called the EITC “the best anti-poverty, the best job creation, the best pro-family measure to come out of Congress.” This bill will die in the Tax Reform Committee that heard it, but it is well worth additional study and hopefully will move forward in a better budget year.



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Alderman Craig Schmid, 20th Ward
314-622-3287(office)
schmidc@stlouiscity.com

RECYCLING IS HERE PHASE I

Last month, alderman Schmid shared with us about locations of recycling and the schedule for the 20th Ward.

This month he shares what can be recycled.

WHAT CAN BE RECYCLED?

- Aluminum: bottles, cans, foil, pie plates, trays
- Aseptic packaging: boxes or packs that held juice, soup, soy milk, etc.
- Gable-top (peaked) containers. cartons that held juice, milk, etc.
- Glass: brown, clear, green bottles, jars (NO WINDOW GLASS)
- Plastics: containers that held beverages, food, body products, household cleaners, etc. and are marked #1, #2, #3, #4, #5, #7
- (NO PLASTIC BAGS)
- Steel: bottles, cans
- Paper & Cardboard: Unwanted mail (shredded), magazines, office & school paper, newspapers, corrugated cardboard (packing boxes), chipboard/paperboard (e.g., dry food boxes), carrier stock

(e.g., soda cartons), telephone books.

PLEASE NOTE: ALL RECYCLABLE BOXES MUST BE FLATTENED AND ALL CONTAINERS SHOULD BE EMPTIED AND RINSED. DO NOT RECYCLE WINDOW GLASS, PLASTIC BAGS, FOOD, BAKEWARE OR DISHES, DIAPERS, STYROFOAM, CONTAINERS THAT HELD HAZARDOUS MATERIALS, BINDER CLIPS, BOOKS, CARBON PAPER, EGG CARTONS, PHOTOGRAPHS, TISSUE, #6 PLASTICS AND WAX-COATED BOXES.

In addition to covering part of the costs of solid waste collection and recycling, the City is utilizing the \$11 monthly trash fee to launch greater enforcement efforts through camera deployments. By this spring we plan to be able to cover some of our most problematic alleys for illegal dumping.

The City is still encouraging those who witness illegal dumping or misuse of dumpsters to call or e-mail the Citizens Service Bureau at (314) 622-3400 or <http://stlouis-mo.gov> You will need to leave your name and phone number for contact by the Trash Task Force. Provide details of times, descriptions, license plates, etc.

Watch next month for the trash pickup schedule. Note: Alleys west of Jefferson still are on a twice weekly schedule.



401(k) Review and Rollover Can Be Rewarding

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

Mary Cox is a financial advisor for Edward Jones. She lives in the Benton Park neighborhood and has an office at 1908 Park Avenue in the Lafayette Square business district.

Your 401(k) offers tax-deductible contributions, tax-deferred growth of earnings potential and a variety of investment options — so it's a great tool for building retirement savings. Yet like all tools, your 401(k) must be used properly to get the best results. That's why you should review your 401(k) at least annually and make whatever adjustments are needed.

As you begin to review your 401(k), your first question should probably be this: "How much should I contribute?" At the very least, try to put in enough to receive your employer's matching contribution, if one is offered. If you don't earn this match, you are essentially walking away from "free money."

Of course, it's not only how much you put into your 401(k) that determines its success — it's also how you choose to allocate your

investment dollars. To choose the right investment mix, you'll need to consider a variety of factors, including these:

- Your Age
- Your Goals.

Your Other Retirement Income Sources

What else can you do to get the most out of your plan? Here's a suggestion: If you have worked at various jobs and acquired multiple 401(k)s, consider rolling them over into one account. You might save money on fees and reduce paperwork, but more importantly, you'll be able to concentrate your resources and pursue a unified investment approach, with your investment dollars working together toward your ultimate retirement goals.

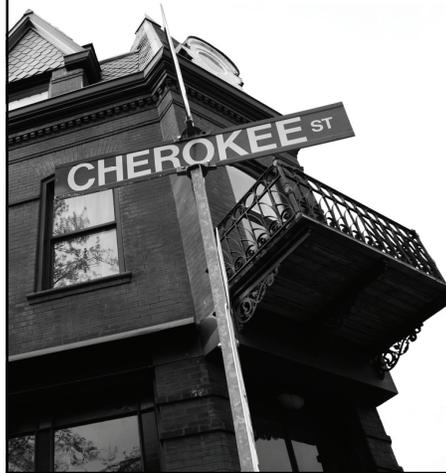
If you'd like more information or assistance with this issue please contact my office at 677-0167. Mary Cox, AAMS, Financial Advisor for Edward Jones.

If you'd like more information or assistance with this issue please contact my office at 577-0167. Mary Cox, AAMS, Financial Advisor for Edward Jones



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.

*Time to Get Rid of
ALL that Stuff
You Never Use!!*

BPW NeighborhoodWIDE Garage Sale

When: Saturday, June 11, 2011
Time: 8:00am - 12:00pm
Location: The ENTIRE Benton Park West
Neighborhood.

Who Can Participate? ALL BPW Residents & Neighbors

Get rid of all those clothes you don't wear, furniture you don't use, toys your kids stopped playing with, knick knacks you haven't taken out of the box, dishes, paintings, blankets, TV's, radios, CD's, etc; and at the same time make a little pocket change. Start getting your things together today!!

DON'T FORGET TO
Get Your Address Listed on the Official BPW Yard Sale Map
Email: BPWBeautification@yahoo.com
Call: The BPW Office: #314/771-0803



Also Anything you don't sell you can donate to the BPW Association from 12:00noon-1:00pm @ 2832 Arsenal for the BPW Neighborhood sale/fundraiser

If interested in sponsoring this event
Email: BPWBeautification@yahoo.com, or call the BPW office: #314/771-0803.
If you have any questions about City Rules pertaining to yard sales:
Visit: www.stlouis-mo.gov or Call City Hall #622-4800 or Contact the Citizen's Bureau #622-4800.
Participants are Independent Vendors
BPW Association is NOT responsible for any merchandise bought or sold.



Want to make YOUR Neighborhood better?

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Keep 911 or 231-1212 numbers handy. If you see something and it doesn't "feel" right, call.

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South Side Nursery Celebrates 125 Years in South City with "Champions for Children" Gala

South Side Day Nursery (SSDN) will celebrate its 125th anniversary at "Champions for Children," an April 9 fundraising event to help provide early education and childcare services for families with limited resources in St. Louis. South Side Day Nursery delivers high-quality childcare, health services and preschool education that prepares children for success in school, enabling their parents and guardians to work, receive job training, or attend school.

The St. Louis community is invited to the Starlight Ballroom at The Chase Park Plaza at 6:00 pm on Saturday, April 9

for an evening of cocktails, dinner & celebration. Guests will be able to participate in a huge silent auction and bid on tickets to entertainment and sporting events, trips and local restaurants. St. Louis Rams tight end Daniel Fells and his wife Nahall are the event's honorary chairs. Proceeds from "Champions for Children" will go to support the South Side Day Nursery mission to serve low-income families by funding tuition scholarships.

South Side Day Nursery is also interested in contacting alumni of the school. "Since we began teaching long before computers or the Internet, we don't have a

way to contact many of our former students," says Executive Director Anne Kessen Lowell. "We would appreciate any assistance from the community in helping us trace former students, so we can invite them to celebrate this important milestone."

For more information about the event or if you have information on former students of the school, please contact Becky Moss at 314-333-7111 or at bmoss@ssdn.org. Tickets are \$125 per person. Event information is available at www.ssdn.org.



Community Information Corner

April brings warm weather activities & possible crime issues.

BPW Dog Park - April 9th - The Dog Park is in its third year and enjoyed by furry friends from BPW and surrounding neighborhoods. April 9th is the celebration of the 2011 opening. For more information call 314-771-0803.

Easter Eggstravaganza - April 23 - New Location - Gravois Park, 3200 Potomac. Join us at the 6th annual Eggstravaganza, 10a-Noon.

Crafts, snacks, pictures (\$1) and of course the Easter bunny.

Copper thefts are afoot again - Secure exterior doors & set alarms, and watch your AC units. Word from other neighborhoods tell us that thieves are breaking in & taking copper from basements. Painting is the way to protect your copper. Painted copper cannot be sold.

Operation Brightside BLITZ weekend - April 9-10 - Don't miss your chance to get out and cleanup your block or alley with your neighbors.

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

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Easter Eggstravaganza

Saturday, April 23
10am to Noon

For Ages 1 - 10, Accompanied by Adult

Gravois Park

3200 Potomac

This is a
FREE Event

To volunteer or for questions call Pamela @ 406-2026

Bring
A
Basket

Photos
With the
Easter
Bunny
\$ 1.00

Easter Egg
Hunt

Crafts

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 See page 16 for an application

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 Blue Brick Renovation & Construction
 Cherokee Station Business Association
 Clowder House Foundation
 Dutchtown South Community Corporation
 Edward Jones - Mary Cox
 Franciscan Connection

Five Star Senior Center
 Indigo Massage
 Jefferson Avenue Bis-tro
 Kakao Chocolate
 Lafayette Park UMC
 Love & Life Photography
 Luvy Duvy's
 Mud House
 Nader & Sons

Near Southside Employment Coalition
 One Nite Stand
 Park West Grill
 Pets in the City
 Pointer's Market
 Rich's Automotive and Truck Repair
 SLPD 3D Partnership
 SSDN
 St. Frances Cabrini Academy
 The Salvation Army
 Tower Tacos Restaurant
General
 Pamela Atchley

Barry Gilbert
 Virginia Gilbert
 Shannon Headley
 Amy Headrick
 Suzanne Hennigh
 Brian Kennen
 Amanda Oncken
 Christian Oncken
 Judith K. Rabin
 Josh Welsh
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 Aaron Weil
Patron
 Bill Byrd
 Linda Hennigh
 Bruce Levine
 Marlene Levine

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Become a member TODAY!

Simply fill out the application on page 14, put the filled out application and your check today and mail to: BPWNA, PO Box 18671, Saint Louis MO, 63118.

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*

*Neighborhood Stabilization Officer

Ameren Missouri Assures Citizens of the Safety of Callaway Plant after Japanese Earthquake



Senator Robin Wright-Jones,
 District 5
 573-751-2606(office) robin.jones@house.mo.gov

Last month, a powerful 8.9/9.0 magnitude earthquake devastated Japan . The earthquake also triggered a tsunami, which has affected Hawaii , California , Oregon , and many other coastal areas. According to the American Red Cross, 5 million households are without electricity, and 1 million are without water. After this devastating disaster, Missourians are being reassured that the

Callaway Nuclear Power Plant, located in Fulton , is very capable of withstanding a natural disaster. A recent report published by KSDK stated that the U.S. Nuclear Regulatory Commission calculated the odds of an earthquake causing catastrophic failure to a nuclear plant in Missouri . The Callaway County nuclear plant was ranked toward the bottom and received good marks in the investigation.

The plant was designed to withstand a worst-case scenario disaster in Missouri . For us, this would mean a severe flood, tornado, or earthquake. The heavily damaged Fukushima-Daiichi plant in Japan was not designed to handle a tsunami of that magnitude, and the plant's emergency power systems were compromised. At the Callaway Plant, a 30-day cooling water supply is stored on-site in a retention pond designed specifically to withstand a seismic disaster.

To ensure the continuity of the plant's safety features, Ameren Missouri performs walk downs and inspections of important equipment needed to help the plant manage and remain safe should a natural disaster occur. Please keep the victims and rescue workers in your thoughts and prayers as they attempt to recover from this awful disaster. To find out what you can do to help, please visit the American Red Cross at www.redcross.org.

Weed & Seed

Operation Weed & Seed is a community based effort sponsored by the U.S. Department of Justice. BPWNA participates in the regular meetings with city and law enforcement officials at 2832 Arsenal, on the 2nd Tuesday of every month - 6:30p.

Emergency help: 9-1-1

Non-emergency:
314.231.1212

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



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

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

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

Citizen Service Bureau
622-4800

Refuse Department
353-8877

Alley Lights (AmUE)
342-1000

Street Lights (CSB)
622-4800

How Close is Your Home to a Nuclear Power Plant?

In the past few weeks we've heard about the disasters in Japan: the earthquake, Tsunami and then the issues with radiation due to damaged nuclear plants.

In the US, much of our electrical power is generated by nuclear power. In the city of Saint Louis, Ameren UE gains its power from many plants with multiple fuel sources: Coal-Fired, Hydro, CTG (Oil or Gas). Ameren UE also gains power from Callaway Nuclear Plant located in Callaway County in MO. The Callaway plant began operation in 1984.

While there seem to have been several issues at the Callaway plant, from research, all seem to be targeted around routine main-

tenance with pumps.

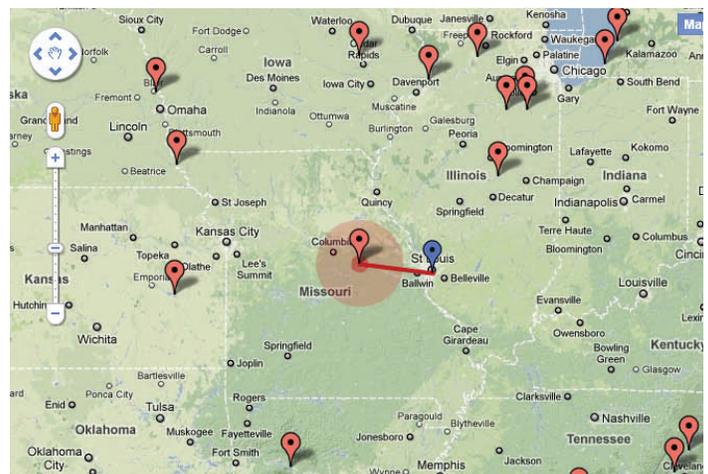
You may ask, "What if a crisis at a nuclear reactor happened?" "Could you be living in a danger zone?"

The Nuclear Regulatory Commission says in a 10-mile radius the air could be unsafe to breathe in the event of a major catastrophe. Food and water supplies may be unsafe within 50 miles.

St. Louis is well outside the 50 mile radius as detailed by the Nuclear Regulatory Commission.

Plants closest to St. Louis are as follows.

- Callaway, 84 mi
- Clinton 1, 31 mi
- La Salle 1, 2200 mi
- Braidwood 1, 2211 mi
- Quad Cities 1, 2216 mi



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Operation Brightside

Don't forget about the spring and Operation Brightside Clean-up "Blitz Weekend", April 9th (Sat) & April 10th (Sun).

It just takes YOU to clean

up your street or alley. If you see other streets or alleys that need help, just stop and help.

Mark your calendars for Saturday, April 9th and Sunday April 10th!

- **Happy Hour Fridays**
- **Dog Friendly Patio**
- **Sponsor - BPWNA Dog Park**

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What's happening in Benton Park West

APRIL 2011

- 2** - Dog Park Cleanup
- 5** - Election Day
- 5** - BPWNA Board Meeting - 6:30p, 2832 Arsenal
- 6** - Newsletter Deadline bpwnapub@yahoo.com
- 9** - Dog Park Spring Opening
- 9-10** - Operation Bright-side Blitz
- 10** - PUT OUT YOUR BULK TRASH. Must be out by 10p Sun.
- 14** - W&S Advisory meeting 6:30p, 3rd District 7p, 2832 Arsenal.
- 21** - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal
- 23** - Easter Eggstravaganza 10a-Noon Gravois Park, 3200 Potomac

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2 Dog Park Cleanup
3	4	5 BPWNA Board mtg 6:30p	6 Newsletter Dead-line	7	8	9 Dog Park Spring Opening Operation Bright-side Blitz
10 Bulk Trash week Operation Bright-side Blitz	11	12	13	14 W&S 3rd Dist -6:30p	15	16
17	18	19	20	21 BPWNA mtg 7p	22	23 Easter Eggstravaganza
24	25	26	27	28	29	30

May Events

- May 3:** Board Mtg, 6:30p, Five Star Senior Center, 2832 Arsenal
- May 12:** Weed & Seed (6:30p), 3rd District Outreach (7p), 2832 Arsenal
- May 19:** Neighborhood Mtg, - 7p, 2832 Arsenal, Five Star Senior Center

Be involved in 2011

Be part of Benton Park West
 Contact Linda Hennigh at 314.771-2161, neighborhood office at 314-771-0803 or any Board member.



Lafayette Park United Methodist Church

2300 Lafayette Avenue
 Saint Louis, MO 63118
 314-771-9214 www.lp-umc.org

Worship

- 9:30a
- Children's services and childcare provided.

Join for food fellowship at 10:45a each Sun

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



ssdn

ENROLLING NOW

Full day child care and preschool
 Accredited early childhood center
 Nurturing, experienced teaching staff
 Breakfast, lunch and snack provided on-site
 A welcoming environment for all families

Call 865-0322, x0 for information or to schedule a visit.
Hablamos Espanol

SSDN
 2930 Iowa Avenue • St. Louis, MO 63118
 (314) 865-0322 • www.ssdn.org



Single-Stream Recycling

Rinse containers. Discard caps and lids. Labels do not need to be removed. Do not include food contaminated materials. If in doubt, leave it out.
No Plastic Bags

ALUMINUM Cans	Foil, Pie Plates & Trays	PLASTIC 1 PET 2 HDPE 3 PVC 4 LDPE 5 PP 7 OTHER
ASEPTIC PACKAGING Boxes & Pouches	CABLE-TOP CONTAINERS Cartons	BOTTLES & JARS
CARDBOARD Carrier Stock, Chipboard, Paperboard, Kraft Paper Bags & Corrugated Cardboard MUST BE FLATTENED	PAPER Junk Mail, Magazines, Newspapers, Office Paper & Telephone Books	STEEL Cans

Single-Stream Recycling

What, How and Why?

Single-stream recycling is the future.

What is single-stream recycling? Single-stream is a process of placing all recyclables in a single container, rather than sorting plastic, paper, etc. This leaves only a small amount going in the traditional trash dumpster.

Other communities using single-stream recycling? Yes. Other communities are diverting 50-70% of waste to recycling. Communities currently using single-stream include San Francisco, Toronto, Denver, Tucson, San Jose, Philadelphia and Dallas.



Kakao Chocolate
2301 S. Jefferson Avenue
St. Louis, MO 63104
314-771-2310

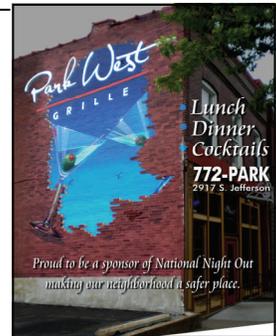
Artisan Chocolates • Locally Roasted Coffee
Lattes and Cappuccinos with House-Made Syrups

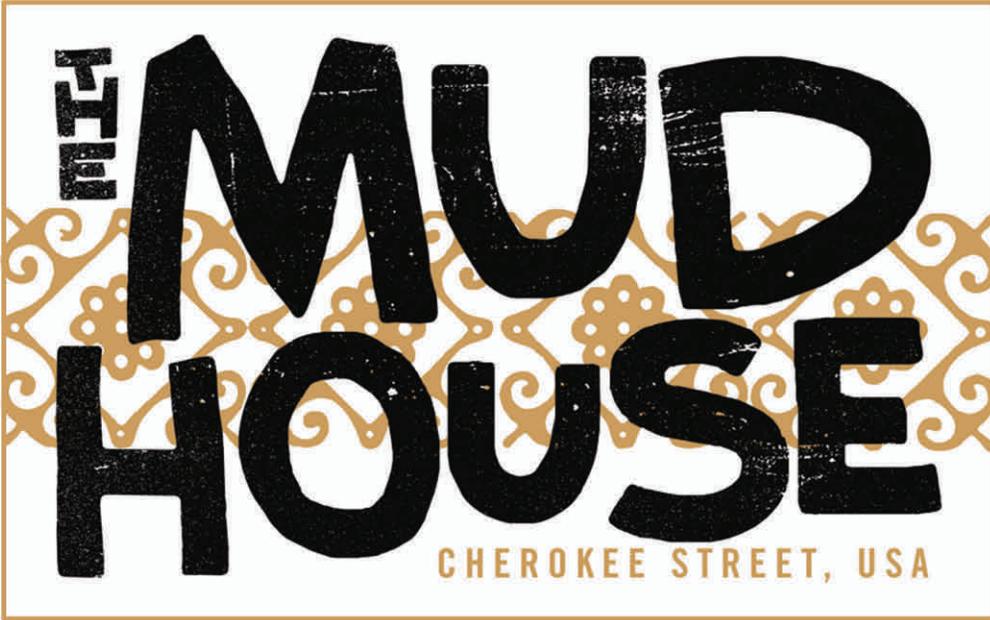
Open Tuesday - Friday, 7 a.m. to 6 p.m.
Saturday 9 a.m. to 4 p.m.

Park West Grille
2917 S. Jefferson

Happy Hour – 5-7p - \$1 off everything
Daily Specials!

Mon - \$3 Margaritas Wed - \$3 Cosmos
Thurs - \$5 Long Island Fri - \$1 Select Martinis
Sat - \$4 Bombs





THE MUD HOUSE
CHEROKEE STREET, USA

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• visit themudhousetl.com or follow us on facebook! •

local coffee
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quick internet
cool records
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314.776.6599
M-F 7-5:30
Sa-Su 8-6

Library Corner - Erin Guss

Spring has Sprung at Your Library

The sun is shining, the birds are chirping, and your garden's ready for digging! If you're not sure what to plant this year, try one of these amazing books from Barr Library!

Eat Your Yard! Edible Trees, Shrubs, Vines, Herbs, and Flowers for your Landscape, by Nan K. Chase (2010) – What to plant and recipes for your harvest!

Fresh Food From Small Spaces, by R.J. Ruppenthal (2008) – Planting on balconies, windowsills,

and patios to produce your own fruits and vegetables at a low cost.

The Missouri Gardener's Companion, by Becky Homan (2008) – A handy guide for local gardeners, this covers climate, soil, and planting recommendations.

The Missouri Lawn Guide, by Melinda Myers (2007) – How to attain and maintain the lawn you want.

Talking Dirt, by Annie Spiegelman (2010) – How to have great dirt and quality produce, organically.

Library Calendar - Apr 2011

RECURRING EVENTS

Storytime - 2nd and 4th Monday each month
 April 11, 25; May 9, 23;
 June 13, 27 11-11:30a.
 Toddler/Preschool.
 Groups of 5 or more register in advance

GED Study Group -
 Every Thursday 4-6p -
 Adults

CHILDREN/TEENS

Thursday, April 7, 4-5p.
 Got Game? Play Xbox 360 and Wii games.

Grades 6-12.

Thursday, April 14, 4:30-5:30 p
 Mosaic Art: Aztec Style
 Create a colorful mosaic wall-hanging.
 Grades 2-12.

Monday, April 18, 4-6p.
 Magic Mondays. Impress your friends with coin tricks. Grades 3-8.

Thursday, April 20, 4-6p.
 Karaoke - Sing your heart out.



Chocolate-Covered Eggs

Prep time: 1 hr **Makes:** 24 servings
Chill Time: 1 hr 45min **Start to Finish:** 2hrs 45min

Ingredients:

- 1/4 cup butter, softened
- 1 jar (7 ounces) marshmallow creme
- 1 teaspoon vanilla extract
- 3 cups plus 1 tablespoon confectioners' sugar, *divided*
- 3 to 4 drops yellow food coloring, optional
- 2 cups (12 ounces) white baking chips *or* semisweet chocolate chips
- 2 tablespoons shortening
- Icing of your choice
- Assorted decorating candies

Prep:

- In a large bowl, beat the butter, marshmallow creme and vanilla until smooth. Gradually beat in 3 cups confectioners' sugar. Place 1/4 cup creamed mixture in a bowl; add yellow food coloring if desired and mix well. Shape into 24 small balls; cover and chill for 30 minutes. Wrap plain mixture in plastic wrap; chill for 30 minutes.
- Dust work surface with remaining confectioners' sugar. Divide plain dough into 24 pieces. Wrap one piece of plain dough around each yellow ball and form into an egg shape. Place on a waxed paper-lined baking sheet; cover with plastic wrap. Freeze for 15 minutes or until firm.
- In a microwave, melt chips and shortening; stir until smooth. Dip eggs in mixture; allow excess to drip off. Return eggs to waxed paper. Refrigerate for 30 minutes or until set. Decorate with icing and decorating candies as desired. Store in an airtight container in the refrigerator.

Nutrition Information: Per Serving: Calories 100, Total Fat 7g, Chol 5mg, Sodium 22mg, Carbs 31g, Fiber 1g .

Make YOUR Neighborhood better
 Contact any board member or call the neighborhood office at 314.771-0803

*A focus on wellness.
 A focus on you.*

More than a massage studio, Indigo specializes in total wellness. Licensed Massage Therapists provide personalized service, tailored to fit your needs.

- Therapeutic Massage
- On-site Chair Massage
- Hot Stone Massage
- Yoga Classes & more

indigo
 massage & wellness therapy

314-276-9882 - indigomassagetherapy.com
 3030 Jefferson Ave. in Benton Park - gift certificates available



Reward Yourself....

By Anne L. Childers, LMT

"Linen & Spa Party"

Saturday, April 9th @ 4p



*Receive a Cucumber Paraffin Hand Dip"

- Relax and Enjoy the "Living in Comfort" Spring Catalog from Private Quarters. Everything soft, silky, satiny, cozy, comfy, and more!
- Bring a friend and receive a gift!
- "Share the Comfort"
 - Any purchases at the party will benefit... "LYDIA'S HOUSE", our local battered women's shelter. (15% of retail will be donated)
 - Also, donate your old (good condition) bedding and receive 10% off any sheet set or blanket purchased at this event. With your help, we can make a difference!

RSVP was by March 25th, but call 314-276-9882 to find out if there is still room for you!

SLU IRB #16937
PI: Weinstock

WANT TO GET IN SHAPE?

Adults who drink alcohol regularly and want to start exercising needed for research.



Participation lasts 4 months with 3 study visits, and the possibility of a 16 week exercise intervention.

Free 4-month gym membership and \$125 in compensation provided.

Location: Saint Louis University, Shannon Hall

Call Jeremiah for more info:

314-977-2293

or wagerlab@slu.edu

Indigo Massage & Wellness

1901 Arsenal in Benton Park
314-276-9882

www.indigomassagetherapy.com

Five Day Detox from Holistic Fitness

Day 1

Eliminate all starchy carbs and sugary desserts from your diet. This also includes bread, pasta, chocolate

Day 2

Maintain day one and include all caffeinated and alcoholic beverages. Your diet should consist of mainly fruits, veges, clean proteins, good fats, and lots of water.

Day 3 - One Day Juice Fast
juice or squeeze the following into a large pitcher:

12 oranges

6 grapefruit

6 lemons

drink as is or dilute with up

to 12 quarts of water. drink as much as you like plus more water through your day.

Day 4

add in only fruits, veges, clean proteins, good fats, and lots of water

Day 5

Proceed with caution to maintain your regular, healthy diet practicing awareness of the foods which may or may not fit into your new, cleaner way of eating.

Always consult your physician when making diet changes

Read more at www.holifit.com



2901 Salena St Louis MO 63118

314-776-2331

* Cold Cuts * Pastured Chicken

* Grass Fed Beef * Seasonal Produce

* Dairy products

*Daily specials for lunch or dinner!

Winter hours

Mon-Sat 9:30am-6:00pm

Sun-10:00am-5:00pm

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
 Dave Krapf - 3rd Dist Prob Prop 444-0185
 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, 314-657-1370 (w) 314-397-1091 (c)
 pottsb@stlouiscity.com
 Dena Hibbard, 314-657-1359 (w) hibbardd@stlouiscity.com
 Judy Lane 314-657-1365 (w) lanej@stlouiscity.com

MISC:

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

Lights:

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

Water:

Open Hydrant 771-4880

Additional Numbers

Animal Abuse Hotline 647-4400
 Child Abuse Hotline 800-392-3738
 EnergyCare 773-5900
 Five Star Senior Center 664-1008
 Operation Brightside 772-4646
 Parents Anonymous 647-HELP or 866-492-0843
 Parental Stress 800-367-3543

2011 Membership Application

Benton Park West - 2011

Name: _____

Address: _____

Phone: _____

E-mail _____

Mail to: BPWNA Membership
PO Box 18671
Saint Louis MO 63118

Level of Membership:

___ General - \$ 10 per person
 ___ Senior - \$ 6 per person
 ___ Supporter - \$ 25 per person
 ___ Patron - \$ 50 per person
 ___ Sponsor - \$ 100 per person
 ___ Friend - \$ 20 per person
 ___ General Membership - Scholarship

I would like to be involved with:

___ Beautification ___ Dog Park ___ Youth ___ Garden
 ___ Facilities ___ Publications ___ Quality of Life/Safety
 ___ Board ___ PR/Marketing ___ Block Link ___ Membership

Annual Benton Park West Dog Park Spring Fling

CONTINUING TO CELEBRATE OUR FURRY FRIENDS

Saturday April 9 10:00a-12:00p

Benton Park West Dog Park
3300 Nebraska
 (Corner of Utah and Nebraska)

Join us for
 Applications Nail Clipping
 Adoption Services Available
 Pictures with pets/owners: \$ 1




Membership also available to residents in Benton Park, Fox Park, McKinley Heights, Marine Villa and Gravois Park

BPW Dog Park You just need the following:

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

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

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

Benton Park West
 Neighborhood Association
 P.O. 18671
 Saint Louis, MO 63118



On the Web
www.bentonparkwest.org

Totally '80s 5K & Kids Fun Run:

MAY 14, 2011, SAINT LOUIS, MO: Grab your spandex, we're reclaiming the '80s! The Benton Park Neighborhood Association (BPNA) invites runners and walkers alike for a totally awesome 80s inspired 5K and Kids Fun Run that benefits two St. Louis non-profits: [Trailnet](#) and the [Benton Park Neighborhood Association](#).

WHAT: Benton Park 5K: Reclaiming the '80s! *PLUS* Kids

Fun Run, live '80s music by Frankie Says Relax, break dancers, sponsor exhibits

GEARED TOWARD: Competitive and casual runners, leisurely strollers, pet owners, parents, and 80s fanatics



Kitschy, family and pet-friendly run/walk supports Trailnet, Benton Park

WHEN: Saturday, May 14, 2011 9am 5K / 10am Kids Fun Run / Festival 9:15 to 11:30

WHERE: Benton Park, South Jefferson Avenue and Arsenal Streets (across I-55 from Anheuser Busch)

COST: \$20 5K registration until 5/12, \$25 after 5/12; \$10 Kids Fun Run

INFORMATION & REGISTRATION: www.bpnastl.org/20115k

This family and pet-friendly event will start and end in historic Benton Park, with a 5K Run/Walk/Stroll that loops through the neighborhood amongst historic architecture and abundant green spaces. Dogs and strollers are welcome. The first 500 registrants receive a commemorative technical shirt, and top racers will be awarded in this professionally chip-timed event. For a fun twist, participants (and pets) are also encouraged to sport their best '80s costume for a chance at prizes. A Kids Fun Run at 10am gives 11-and-unders chance to spin around a specially prepared 400-meter loop in the park.

Registration for the race can be completed online at www.bpnastl.org, by mail, at packet pickup or on the day of the event. BPNA gratefully acknowledges event sponsors LifeChapter Creative LLC, Abstrakt, and ALIVE Magazine.

The Power of Advocacy: 5 Ways to Change Your Life



An Evening with Areva Martin
Attorney, Author and Advocate

AREVA MARTIN is one of the most sought-after autism and disability rights experts in the nation.

A St. Louis native, Areva's passionate advocacy on behalf of those whose voices are marginalized propelled her to the top, graduating with honors from Harvard Law School.

When Areva's son, Marty, was diagnosed with autism, her profession became personal. Areva is the author of the best-selling book *THE EVERYDAY ADVOCATE: Standing Up For Your Autistic Child* (Penguin, April, 2010) and founder of the Special Needs Network.

With regular appearances on *THE DR. PHIL SHOW* and *THE DOCTORS*, Areva's expertise has helped millions of individuals, caregivers, and parents.

FREE & OPEN TO THE PUBLIC!

Light Refreshments Served
Childcare provided on site
- with RSVP

Date:
Thursday, April 7, 2011

Time:
5:30 Doors Open
6:00 Presentation

7:30 Special Book Signing

RSVP:
<http://powerofadvocacy.eventbrite.com/>

For more information:
314-516-5917

Location:
Central Reform Congregation
5020 Waterman Blvd
St. Louis, MO



Sponsored by:

University of Missouri—St. Louis College of Education's Center for the Research and Study of Disability, Education, and Culture



And St. Louis Arc



2nd Annual Trivia Night



10 Great Rounds!!!

\$150 per table of 10 *Includes, soda & light snacks

Attendance Prizes, Door Prizes

50/50, Silent Auction, More!

Saturday May 14th, 2011

Paul Costigan Committee Chairman (314) 773-9090 ext. 162

5 Star Senior Center

2832 Arsenal

Doors open at 6:30PM

Questions start at 7:30PM

Reserve your ticket/table today!

www.slpd3d.org

BPW

NeighborhoodWIDE Garage Sale

Time to Get Rid of
ALL that Stuff
You Never Use!!

When: Saturday, June 11, 2011

Time: 8:00am - 12:00pm

Location: The ENTIRE Benton Park West
Neighborhood.

Who Can Participate? ALL BPW Residents & Neighbors

HAVE YOUR OWN GARAGE SALE & Get rid of all those clothes you don't wear, furniture you don't use, toys your kids stopped playing with, knick knacks you haven't taken out of the box, dishes, paintings, blankets, TV's, radios, CD's, etc; and at the same time make a little pocket change. Start getting your things together today!!

DON'T FORGET TO

Get Your Address Listed on the Official BPW Yard Sale Map

Email: BPWBeautification@yahoo.com

Call: The BPW Office: #314/771-0803

Benton Park West

Also Anything you don't sell you can donate to the BPW Association from 12:00noon-1:00pm @ 2832 Arsenal for the BPW Neighborhood sale/fundraiser

If interested in sponsoring this event

Email: BPWBeautification@yahoo.com, or call the BPW office: #314/771-0803.

If you have any questions about City Rules pertaining to yard sales:

Visit: www.stlouis-mo.gov or Call City Hall #622-4800 or Contact the Citizen's Bureau #622-4800.

Participants are Independent Vendors

BPW Association is NOT responsible for any merchandise bought or sold.

