

# The Porch Review Fenton Park West

### Benton Park West

Vol 8, No. 10

October 2008



Celebrating our Heros and Sheros - Be a HERO Today!

## **BPWNA Notes**

Oct 14 - BPWNA Board Mtg 7p, 2832 Arsenal

Oct 16 - BPWNA Membership Meeting 7p - 2832 Arsenal, Five Star Center.

Oct 27 - Book Club - See Page 9 for more information.

Oct 31 - Trunk-n-Treat – 2720 Arsenal (Salvation Army Parking Lot).

Nov 4 - BPWNA Board Mtg 7p, 2832 Arsenal

Nov 6 - South Cluster W&S Meeting 7p - 2832 Arsenal, Five Star Senior Center. 3rd District PA meetings follow immediately at 7:30p.

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

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### Questions, Comments, Concerns?

Contact Neighborhood Office:

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



Gateway Greening and University of Missouri Extension will host a canning demonstration at the Five Star Senior Center.

FREE and open to the public!

Tuesday October 28, 5:30pm 2832 Arsenal, St. Louis, MO, 63118 RSVP by October 24th 314-588-9600

Don't forget about the "Meet the Beekeepers" beekeeping presentation this Saturday October 4 at 10:30am!

Potluck lunch and discussion to follow! Bell Garden, 3871 Bell, 63108 FREE - RSVP to 588-9600.

## Dog Park News

By Bill Byrd

E arly 2000, the idea of having a Dog Park was discussed. Discussions in spring 2005 brought the birth of the Benton Park West Dog Park in 2006 when the planning started.

After many suggestions and ideas of where to have (Continued on page 6)

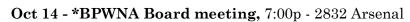
# October Garden & Lawns Kickoff

We continue with the next segment of keeping our lawns and gardens safe for the winter. As "gardeners of the earth" lets keep up the good work to help more plants survive and be plentiful in the new year.

Thanks again to Gateway Greening for allowing us to use this valuable information. Read with intent and make a few notes of how you can save your perennials and lawn and give everything a kick start for the spring.

Plant spring bulbs among hostas,
(Continued on page 5)

#### SAVE THE DATE



Oct 16 - \*BPWNA Membership meeting, 7p

Oct 31 - Trunk or Treat – 2720 Arsenal (Salvation Army Parking Lot)

Nov 4 - \*BPWNA Board meeting, 7:00p - 2832 Arsenal

Nov 13 - \*South Cluster Weed & Seed, 7p

Nov 20 - \*BPWNA Membership meeting, 7p



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



Bill Byrd

#### Carve into "it"

## What about My Pumpkin?

There is a variety of ways people interact with each other when in a group. This series of ways to think about peo-

ple interaction is focused mainly in work situation, but they can also be applied to any group.

From "Who moved my Cheese" to "Fish!", thoughts on how groups and individuals move through change have been written and taught about.

The ideas behind these are slightly different, but both deal with attitude and change.

"Who moved my Cheese" describes change and how it affects people in a group.

The idea behind the "story" is that:

Change Happens Anticipate Change Monitor Change Adapt To Change Quickly Change

**Enjoy Change!** 

#### Be Ready To Change Quickly And Enjoy It Again & Again

"Fish!"...describes the culture found in the fishmongers of Seattle's Pike Place Fish market. It is suggested that using ideas and processes from this culture, people can be change to be more energetic and more productive in their everyday life. The four key points from this story is:

1) Choose Your Attitude; 2) Play; 3) Make Their Day, and; 4) Be Present. The basic principle is simple: by creating an environment where group members are expected to have a good time, the "customer service" and results will improve. The atmosphere of fun is created by re-thinking how one looks at their current home/work/community responsibilities.

I think the lessons learned in the two above books can be applied to Benton Park West in a similar way in the phrase, "What about my pumpkin?".

When a pumpkin is small and not ripe, the insides are very firm and not good to eat. As a pumpkin becomes mature and ripe, the insides become creamy and can be used for many different things. When the pumpkin is past its prime, the insides get mushy and once again are not tasty or useful.

For Benton Park West, many see the neighborhood as unchanged with a hard covering, but soft and mushy on the inside just like an over-ripe pumpkin. Others think of Benton Park West as having a lot of potential, but still needing to ripen; this is like the small pumpkin. I think that Benton Park West is just ripe for the picking. We are just sweet and creamy enough on the inside to make lots of great things happen. From events in the Park to kids events (Easter and Trunk or Treat) to promoting the neighborhood to having FUN and even to telling our neighbors and friends how much we appreciate their work.

This means that we need to think about Benton Park West, beyond the skin. Not when it was a new community, not when it will no longer exist, but today. Today Benton Park West is just like that ripe pumpkin. The insides are juicy, creamy and at one of its best times. However, unless you decide to take the step and carve into Benton Park West you won't ever see any of the insides or enjoy the goodness of the pumpkin. Having a positive attitude and carving into the pumpkin that is Benton Park West is a decision that each of us should make.

I encourage each of you to not think of Benton Park West as "What about my pumpkin", but to be positive about what you'll find when you CARVE INTO BENTON PARK WEST and see what great things are in store for you!.

Bill Byrd, President

#### 2008 Board

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

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

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

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

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**Blake Roell -** Beautification blakeroell@sbcglobal.net

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

**Derek Cadzow** - Dog Park dereklc@mac.com

**Jon Meinz** - Garden jmeinz@sbcglobal.net

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

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### Home Health & Renewable Energy On November 4 Ballot

ive ballot measures will be decided along with national and state offices in the Nov. 4 election. Here are some details about Proposition B and Proposition C, which I have endorsed:

BPWNA - October 2008

**Proposition B** would create a Missouri Quality Homecare Council, an eleven-member public authority to ensure the availability of and improve the quality of home care services by recruiting, training and stabilizing the personal care attendant workforce. The Council would consist of a majority of governor-appointed consumers and consumer advocates, providing them with a real voice to improve the home care system in Missouri and would fall under the Department of Health and Senior Services.

The Quality Home Care Council would recommend minimum qualifications and offer voluntary training for workers. It would also prepare Missouri's long term care system for future growth and help contain Medicaid costs. In addition, it would allow

workers to have a voice in the system through a union, if they elect to do so.

Similar councils have been created in several other states with positive results. Academic studies of one state's program found that workforce turnover fell 57 percent over a five-year period. The supply of workers also increased by 54 percent, and consumers reported greater satisfaction with services following the wage and benefit improvements.

**Proposition C** is the Clean Energy Initiative which would require Missouri investor-owned electric utilities (Ameren, Empire, Aquila, and KCP&L) to get 15% of their electricity from renewable sources by 2021. Renewables are defined as clean sources of energy like wind, solar, landfill gas, biomass, and small hydroelectric projects. According to Missouri Coalition for the Environment, 26 states have passed a similar policy often known as a Renewable Electricity Standard (RES). Instead, Missouri has a voluntary standard that does not hold utilities accountable to



Jeanette Mott Oxford, 59th District 314-772-0301 (home) 573-751-4567 (office jeanette.oxford@house.mo.gov

use clean energy.

Currently, 86% of Missouri's electricity comes from coal, and pollution from these plants has been linked to asthma and lung disease. Coal fired power plants are also the biggest contributor to climate change. So finding cleaner ways to produce electricity is very important to our planet's future.

Are you saying, "Sounds good, but what will it cost me?" The other states with this policy have not experienced rate increases. Instead, diversifying the power supply by developing America's homegrown renewable energy resources can help shield consumers from spikes in energy prices over time. And there's an insurance policy for voters in the ballot language: the Clean Energy Initiative includes a 1% rate increase cap.

I urge you to vote yes on both Proposition B and C.



## Music House

Karoke - Fri. & Sat. Nights Keno All MO. Lotto Tickets Packaged Liquor 314-776-0996 or onenitestand-

2800 Ohio Ave at Gravois St. Louis, MO 63118

ROGER & KATHERINE **PROPRIETORS** 

Hours:

12:00 Noon to 1:30am

Mon - Sat.



Cherokee Place **Business Incubator** 

2715 Cherokee Street 314-369-5515

WJL Services



## **WORKING TOGETHER FOR YOUR** FINANCIAL SECURITY.

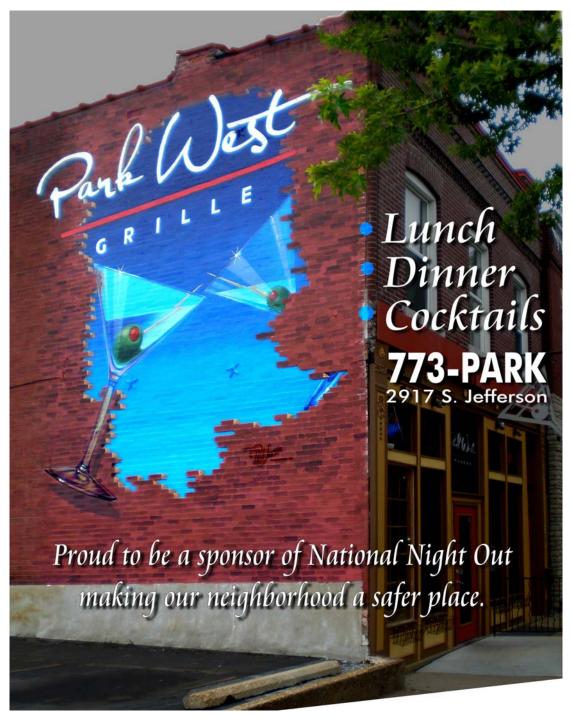
Mary E Cox Financial Advisor

2731 South Jefferson Ave St Louis, MO 63118 314-577-0167

www.edwardjones.com Member SIPC



# Featured in Sauce Magazine and St. Louis Magazine



Winner of the BPWNA 2006 Most Attractive Storefront

### ... October Gardens and Lawns Kickoff

ferns, daylilies or ground covers. As these plants grow they will hide the dying bulb foliage.

- Plant container-grown trees and shrubs now.
- Loosen the soil in an area five times the diameter of the root ball before planting.
   Mulch well after watering.
- Store apples in a cool basement in old plastic sacks that have been perforated for good circulation.
- Sow cover crops such as winter rye after crops are harvested.
- Continue harvesting tender crops such as winter squash and pumpkins before frost. For best storage quality, leave an inch or two of

stem on each fruit.

- Dig sweet potatoes before a bad freeze.
- Gourds should be harvested when their shells become hard or when their color changes from green to brown.
- A few degrees of frost protection may be gained by covering tender plants with sheets or lightweight fabric row covers.
- Cannas and dahlias can be dug when frost nips their foliage. Allow the plants to dry under cover in an airy, frost-free place before storage.
- Plant garlic bulbs mid-month.
- Monitor fruit plantings for mouse

continued from page 1

activity and take steps for their control if present.

- Continue mowing lawns until growth stops. Keep leaves raked off lawns to prevent smothering
- Plant tulips now.

grass.

- Place wire guards around trunks of young fruit trees for protection against mice and rabbits.
- Winterize mowers before storage.



\*Reprinted with permission from Gateway Greening

## Benton Park West Garden Work Days

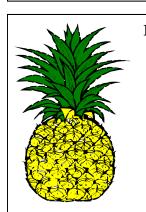
Don't forget to do your part in the Community Gardens! The Garden Team can always use MORE help with weeding, mowing, trimming, and watering.

Work days are Saturday October 11, 9a and Thursday October 23, 9a. WATCH FOR GARDEN CLOSING DATES

# 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



Live

Laugh Lo

Love

Luvy Duvy's Cafe

2321 Arsenal St. St. Louis, Mo 63118 776-5889

In Historic Benton Park



#### Dog Park News

the Dog Park and the subsequent recommendation by the Dog Park Committee to the Board of Benton Park West the Dog Park is becoming reality. The

next steps have been to gain signatures from residents, conversations with the Alderman and other City officials, then the construction phase..

There has been great support from Craig Schmid, 20th Ward alderman,

in working with the city to gain approval to use the lot and helping to offset many of the costs involved in getting the infrastructure in place. In addition to the City personnel and elected officials working for

continued from page 1

Benton Park West Dog Park, there are numerous residents who have walked and knocked on doors to get signatures, used professional skills to design the

layout for the Dog Park, as well as, donated landscaping services, etc.

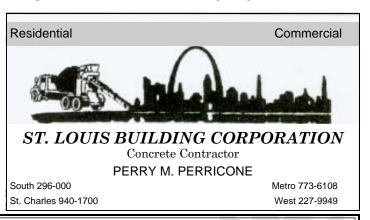
Join us in our venture to bring a Dog Park to the South City area for our furry friends to be able to frolic and have fun...leash free!

# Watch for the Grand Opening this fall at Nebraska and Utah!

Before then, check out the construction blog for the BPWNA Dog Park

http://web.me.com/dereklc/DogBlog/Welcome.html







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 Sunday
 7:30 am - 10:00 pm

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#### 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

 $\ensuremath{\mathsf{Join}}$  BPWNA neighbors who  $\ensuremath{\mathsf{recycle}}$  with Earth Circle.

Questions? 314-664-1450

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

Name		
Address _		
City/State/Z	ip	
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.



# Seniors want help with recycling? Contact the NA office at 314-771-0803



314-865-1211

AUTO BARGAIN CENTER
USED CARS AND TRUCKS

BOB QUINN

2700 Gravois

Owner

St. Louis MO 63118



#### What is Membership? Membership is the act of being part of a group. In sociol-

ogy, a **group** is usually defined as a collection of humans who share certain characteristics, interact with one another, accept expectations and obligations as members of the group. Characteristics the group may share include interests, values, ethnic background, and kinship ties.



# Membership Needs YOU!

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

#### **Business Members -**

Auto Bargain Center

Blue Brick Renovation & Construction

Cherokee Place

Cherokee Station Business Association

Clowder House Foundation

Edward Jones - Mary Cox

Five Star Senior Center

Grand Furniture Mart

Home Guard Pest Elimination

Hummly Group, LLC

Indigo Massage - Anne Chil-

ders

JBF Therapy & Coaching -

Justin Froelker

Joanie's To-Go

Millennium restoration &

Development

Luvy Duvy's

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Near Southside Employment

Coalition

One Nite Stand

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SSDN

St. Frances Cabrini Academy

St. Louis Building Corpora-

tion

The Salvation Army

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Kim Bollinger

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Denise Carter

Stanley Fowler

Chad Froelker

Justine Froelker

Ted Gann Sr.

Edna Gravenhorst

Ted Gravenhorst

Betty Halloran

Mark Halloran

Theodore Hammond

Doug Hargate

David Lang

Tiffany Minx

Alissa Nelson Dustin Newman

Erica Nuyen

Mark Nuven

Bob Poff

Vicki Poff

George Polumbo

Andrew Roberts

Natalie Roberts

Gwendolyn Robinson

Maureen Ross-Lang

Eric Ryszkiewiz

Jennifer Shoemaker

Shronda Tayes-Terrell

Mark Turpin

Shelle Veres

Steve Veres

20010 10100

Sherry Young

Vivica Toxwell

Senior

John Coleman

Roma Coleman

Mary Jones

Anna Pierce

Jerry Pierce

Supporter

Benton Park NA

Darrell Carroll

Shirley Carroll

Anne Childers

Joe Frank

Kelly Frank

Galen Gondolfi

Phil Jarvis

Laura Lesse

A 1 0 1

Amanda Oncken

Christian Oncken

Megan Schacht

Melissa Winnehiek

Rebbi Yagham

Patron

Pamela Atchlev

Derek Cadzow

Jason Deem

Joseph Heden

Bruce Levine

Marlene Levine

John Meniz

Rhonda Shaw

Carrie Sleep

Jackie Weatherly

Aaron Weil

Pamela Welsh

Sponsor

Sharon Burgess

Bill Byrd

Linda Hennigh

Chad Johnson

Bryan Roell

Friends

Eddie Brauer

Jean Durel

Patricia Ortmann

Cindy Schmid

Susan Sheppard

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

Jennifer Florida - Alderwoman, 15th Ward

Dena Hibbard - NSO

Ken Ortman - Alderman, 9th Ward

Craig Schmid - Alderman, 20th Ward

Jeanette Mott-Oxford - Missouri Rep., 59th Dist

Barb Potts - NSO

## Neighborhood Book Club Schedule for 2008 - 2009

\*\*Neighborhood Book Club meets at 7:00p.m. each month at different people's homes. E-mail Rebecca Durst at <a href="rebeccadurst@gmail.com">rebeccadurst@gmail.com</a> to be placed on the invite list and to receive a reminder of the date, time and location of the monthly book club. Those who attend select the books to be read.

- Monday October 27th: *The Sunday List of Dreams*, Kris Radish
- Monday, November 24th: *The Glass Castle*, Jeannette Walls
- Monday, December 29th: Stardust, Neil Gaiman
- Monday, January 26th: Chalked Up Jennifer Sey
- Monday, February 23rd: *The Girl with No Shawdow*, Joanne Harris

\*\*NOTE: this is a resident group and not officially sponsored by BPWNA

# **BPW Area Happenings**

# St. Wenceslaus Parish-Fall Festival

3022 Oregon Avenue; 63118-1412 **Sat., Nov. 1st, 12 Noon - 9 p.m.** 

Chicken or Roast Beef Dinners Noon - 7 p.m. Served or packaged to go (Day of #865-1027Games, Raffles, Live Music (5-9 p.m.) & Silent Auctions.

Fun for all ages!

#### Five Star Senior Center Events 2832 Arsenal



#### TEXAS HOLD'em

**SATURDAY** - November 1, 2008 Doors Open 5:30, Game Starts 6:30

#### Chicken Dinner

**Sunday** - November 8, 2008 Adults - \$ 8.00 Kids (5-12) - \$ 4.00 For more information call 314-664-1008



# TEACHING the WORLD in South St. Louis



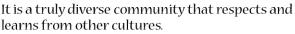
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At St. Frances Cabrini Academy, education is about our children, our families and our community.

We hope you can join us.





(314) 776-0883 www.cabriniacademy.com

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







#### Ten Reasons why Receiving Regular Massage is Right for YOU!

\*\* As said by some of our clients. \*\*

#### 1) "Massage is my Ibuprofen!"

Massage therapy is known to reduce pain both acute and chronic. Back pain is the leading cause of missed work in the U.S.

- 2) "I receive massage because my headaches are better now that I do." Massage therapy can help prevent headaches by relaxing muscle tension.
- 3) "Massage has helped my golf game." Massage therapy releases tension in muscles and ligaments, increasing the range of motion of joints and flexibility of muscles. This can really help your game.

# 4) "This is how I cope with my stressful job."

Massage therapy calms the nervous system helping individuals manage their stress. Stress is one of the causes of disease.

- 5) "Massage relieves my "mouse arm." Massage therapy helps to relieve tension in the hands, arms, neck, and shoulders where nerve entrapment may be occurring.
- 6) "It is because of massage that I can walk."

Massage of the feet can help loosen bound up connective tissue which may be causing pain in the feet at the start of your day.

# 7) "I don't like to take medications unless I have to. I believe in preventative care."

Massage therapy is an age-old practice that helps all of the systems of the body to work more efficiently, thus lessening dependency on over-the-counter medications and saving money!

# 8) "I notice my face has an improved glow with massage."

Massage therapy increases circulation and lymph flow even to the face which actually helps improve skin tone and feel;

a natural anti-aging treatment.

# 9) "Regular massage is the best gift for my self."

Massage therapy is arguably the best thing you can do for yourself. Not only is massage good for you, it is individualized care that feels good too.

# 10) "I get my car tuned-up regularly and my body needs regular tune-ups as well."

Massage on a regular basis is the best way to notice its benefits, ranging from increased circulation, pain relief, restful sleep, management of stress, improved skin tone, increased energy and productivity, improved energy flow, and much more.

## \*\* Now Ask Yourself if Massage Therapy is Right for YOU!

Visit <u>www.indigomassagetherapy.com</u> for monthly discounts. comments/questions/suggestions email <u>info@indigomassagetherapy.com</u>

# Contact Numbers Crime Prevention/Police:

Emergency/Drug Activity 911

Non-Emergency 231-1212 Drug/Gang Hotline 241-COPS 3rd Dist PA Officer 444-0169 Prob Prty Officer 622-3600

3rd Dist Problem

Properties 444-1085 Citizen Ser Bureau 622-4800

#### Alderpersons:

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

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

## Neighborhood Stabilization Officers:

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

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

#### MISC:

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

#### Lights:

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

#### **Additional Numbers**

Operation Brightside 772-4646

**Operation Safestreet** 622-3444

#### **Child Abuse Hotline**

(Division of Family Services) 1-800-392-3738

St. Louis Crisis Nursery Hotline 768-3201

Parental Stress Help line 1-800-367-3543

United Way Information & Referral 421-4636

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

Foster Parenting Inquiry Line (314) 340-7536

Animal Abuse Hotline (314) 647-4400

## YOU can be a Member - 2008

#### Dear Resident, Friend and Supporter:

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

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

Thank you for your interest.

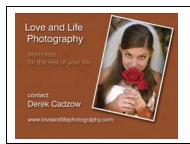
Chad Johnson, Membership Chair

	Level of Membership:				
Membership Application Benton Park West - 2008	_General Membership - \$ 10 per person				
Name:	Senior - \$ 6 per person				
Address:	$\_$ Supporter - \$ 25 per person				
Phone:	Patron - \$ 50 per person				
E-mail	Sponsor - \$ 100 per person				
Mail to: BPWNA Membership	Friend - \$ 20 per person				
PO Box 18671 Saint Louis MO 63118	General Membership - Scholarship				
I would like to be involved with:					
BeautificationDog Park	Youth				
GardenFacilities	Publications				
Quality of Life/Safety Board	PR/Marketing				
Block LinkMembership					





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.



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Thanks to our sponsors who support Benton Park West all year long.



## Things to Remember

Oct 14 - BPWNA Board Meeting -7p, 2832 Arsenal, Five Star

Oct 16 - BPWNA Monthly Meeting - 7pm, 2832 Arsenal, Five Star Senior Center.

Oct 31 - Trunk-n-Treat - XXNoon-4p, 27XX Arsenal

Nov 4 - BPWNA Board Meeting -7p, 2832 Arsenal, Five Star

Nov 13 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs follow at 7:30p

Nov 20 - BPWNA Monthly Meeting - 7pm, 2832 Arsenal, Five Star Senior Center.

Like to help plan these or any other event?

Bill Byrd at bpwnabill@yahoo.com or call the neighborhood office at 314-771-0803.



# TRUNK OR TREAT

#### Halloween Fun!

Come join us for a great time!!!

Candy & Popcorn

Talk to Mr. Pumpkin

Cup Cake Walk (6:30 p.m.)

Costume Judging (7:00 p.m.)

Chalk Art & Face Painting

What: Halloween Fun for ALL!

Where: 2720 Arsenal, Salvation Army Park-

ing Lot

**When:** October 31 - 6p - 8p

**Who:** Bring your kids and collect candy.

NO KIDS??? Bring your vehicle and give out

candy from your truck or tailgate.

Age 14 and below.

Children must be accompanied by an adult.

Come to the October neighborhood meeting and share, ask, and tell how you can make things great for all of Benton Park West.

#### Benton Park West

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











On the Web www.bentonparkwest.org