

WHAT INNOVATION IS HOW WE LIVE, WORK AND PLAY TOGETHER. HOW DO YOU IMPROVE YOUR NEIGHBORHOOD?

Here we can have the greatest impact on the Benton Park West community. We need your ideas. Who would you like to see in your neighborhood?

SATURDAY, NOVEMBER 15
8:00 a.m. - 4:00 p.m.

The Benton Park West Foundation has agreed to meet with you on Saturday, November 15, from 8:00 a.m. to 4:00 p.m. at the Benton Park West Community Center. This is a great opportunity for you to share your ideas and concerns with the foundation. Please bring a list of ideas and concerns to the meeting. If you are unable to attend, please call the foundation at (314) 771-0803 to schedule a meeting.

Please make sure you have a list of ideas and concerns. If you are unable to attend, please call the foundation at (314) 771-0803 to schedule a meeting.

Child Care: If needed, please check the age and number of children attending.

Registration: Please fill out any other necessary information.

Address: Benton Park West Foundation, 2832 Arsenal, Ste. 200, St. Louis, MO 63104

Phone: (314) 771-0803

Email: info@bentonparkwest.org

The Porch Review

Benton Park West

Vol 8, No. 11

November 2008

Celebrating our Heros and Sheros - Be a HERO Today!



BPWNA Notes

Nov 4 - BPWNA Board Mtg 7p,
2832 Arsenal

Nov 13 - South Cluster W&S Meeting 7p - 2832 Arsenal. 3rd District PA meetings follow immediately at 7:30p.

Nov 20 - BPWNA Membership Meeting 7p - 2832 Arsenal, Five Star Center.

Nov 24 - Book Club - See Page 11 for more information.

Dec 2 - BPWNA Board Mtg 7p,
2832 Arsenal

Dec 18 - Annual Holiday Potluck 7p - 2832 Arsenal, Five Star Center.

Find out how you can be a part of BPWNA in 2009. See Bill Byrd or call (314) 771-0803.

Inside this issue:

President's Corner	2
Public Policy Updates	3
Volunteer Thanks!	5
Pet Safety	11
Book Club	12
BPW Area Happenings	12
Reward Yourself	14
2009 BPWNA Board	16

Questions, Comments, Concerns?

Contact Neighborhood Office:

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

Giving "Thanks" Where Thanks is Due!

The Board of Benton Park West Neighborhood Association gives Thanks for the residents and friends. If you were not part of Benton Park West, then the Neighborhood Association would not need to exist.

We are here for you.

We wish each of you a happy Thanksgiving!



The Artistry of Claude Gregory



Extra Hands is proud to feature the artistry of Claude Gregory, a person with ALS from St. Louis, Missouri. His beautiful works are now available in a 2009 calendar. Claude has generously permitted us to sell his calendars exclusively for the benefit of Extra Hands. We are so thrilled to join hands with Claude in stamping out ALS.

To see more of the artwork in the calendar, go to <https://secure.ga4/01/claudegregory>. It will open a new window (Continued on page 8)



November Garden & Lawns Kickoff

This is the last segment, for 2008, of keeping our lawns and gardens safe for the winter. As we are concerned about gardens, let's remember to be as concerned about people. We are "gardeners of the earth" not just for plants but for people as well.

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.

- Complete tulip bulb planting now. (Continued on page 7)

SAVE THE DATE

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

Nov 8 - Membership Appreciation Dinner and Silent Auction

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

Nov 20 - *BPWNA Membership meeting, 7p

Dec 2 - *BPWNA Board meeting, 7:00p - 2832 Arsenal

Dec 18 - *Annual Holiday Potluck, 7p

* Location is Five Star Senior Center - 2832 Arsenal.



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



Bill Byrd

Giving and Showing... Thanks For Your Neighbors!

In this month when American's celebrate "Thanksgiving", we look back at what the original Thanksgiving was all about. The early settlers of our country wished to celebrate the abundance of the "harvest". In this case the harvest was for food. The celebration didn't happen every year as the food wasn't always in abundance.

From Wikipedia, "The early celebration of Thanksgiving was originally a religious observance for all the members of the community to give thanks to God for a common purpose."

A bit of history about our traditional Thanksgiving in the United States takes us from those early pilgrims in 1565 to October 3, 1863 when a proclamation was issued by President Abraham Lincoln. This was largely due to the lobbying efforts of Sarah Josepha Hale, editor of Godey's Lady's Magazine who had lobbied for 17 years for the holiday. The proclamation declared the last Thursday in November as Thanksgiving Day.

By 1916, Thanksgiving was referred to in writings as Turkey Day due to the popularity of the bird at the traditional feast. Interestingly enough, in 1941, President Franklin D. Roosevelt attempted to move the official Thanksgiving date to earlier in November in order to encourage a longer Christmas shopping season as a Depression recovery strategy. His idea was shut down by Congress, and the official date was declared permanently as the fourth Thursday in November via Public Law #379.

The foods that are traditionally served at Thanksgiving meals include turkey and stuffing, mashed potatoes with gravy, sweet potatoes, cranberry sauce, corn and other fall vegetables. Pumpkin pie is also commonly served as a dessert. Interestingly enough the ingredients for all of these dishes were actu-

ally native to the Americas or were introduced as a new food source to the Europeans when they arrived.

In the last 50 years, there have been many material ways of celebrating Thanksgiving. From the Macy's Thanksgiving Day Parade in New York City to parades in Philadelphia, Chicago, Houston, Detroit, the original Plymouth VA and even our own St. Louis with the Ameren Thanksgiving Parade.

Continuing with the thoughts of materialism, the day after Thanksgiving typically begins the holiday shopping season in the US. This first shopping day is known as "Black Friday", however in the last 10-15 years more and more stores are stocking and promote the December holidays starting in October. Those who oppose consumerism protest this shopping behavior by declaring the day after Thanksgiving as "Buy Nothing Day".

Thanksgiving Day for this year will be celebrated on November 27th. As this is a national holiday, most companies recognize this day in the form of a paid day off from work. The day after Thanksgiving may or may not be a paid day for most people. If you are able to be off work on Friday the 28th, then continue the celebration by running out to shop for "Black Friday" or stay home and enjoy relaxing with a "Buy Nothing Day".

Whether you eat turkey or ham, shop on the Friday after Thanksgiving, it is important that we give Thanks for our neighbors and friends. While we officially celebrate one day of the year as "Thanksgiving", let's remember that we need to show our thanks each day by helping neighbors and doing what we need to in making our community – Benton Park West – the place we want to live.

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

Pamela Welsh - Member at Large
pwelsh@epssettlements.com

Melba Arnold - Member at Large
taz3manian@sbcglobal.net

Brad Roell - Beautification
bjroell@sbcglobal.net

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

A Publication of
The Benton Park West
Neighborhood Association

Design/Editor: Bill Byrd

Proofreader: Maureen Ross-Lang

Contributing Writers: Bill Byrd, Anne Childers, Jeanette Mott-Oxford, Greg Frankhouser, Kim Bollinger

Contributing Photographers: Derek Cadzow, Bill Byrd

**Benton Park West
Neighborhood Association**

**P.O. Box 18671
St. Louis, MO 63118
Phone: 314-771-0803**

E-mail: BPWNA@yahoo.com

On the Web at: www.bentonparkwest.org

Advertising Information:
bpwnapub@yahoo.com or 314.771.0803.

Advertising deadline: The 1st of each month.

Editorial deadline: The 17th of each month.

Public Policy Updates for November 2008

As this column goes to press, we are days away from an historic General Election. However it turns out, those elected will need our prayers and support to face the many challenges that lie ahead for our state and nation. It will take great wisdom, creativity, and character to safely negotiate the rough waters created by the financial crisis, the federal deficit, the overwhelming number of uninsured people, the continued sorrow of our wars in Iraq and Afghanistan, and many other pressing issues. May those who win on Nov. 4 seek solutions that will truly promote the common good and justice for all.

Here are a couple of announcements about important changes here in Missouri.

Minimum Wage to Increase in January 2009

Missouri's minimum wage will jump

40 cents on Jan. 1 to \$7.05 an hour, the Missouri Department of Labor announced on Oct. 3. Under a 2006 minimum wage law approved by voters, the wage is adjusted annually based on inflation.

The ballot measure set the state's base minimum wage at \$6.50 an hour. The first inflationary adjustment took effect this year, bumping the wage slightly to \$6.65 an hour. The pending 40-cent jump is due to a 6 percent increase in the Consumer Price Index from July 2007 to July 2008.

Later next year, however, the state minimum wage will be superseded by the federal minimum wage, which will increase to \$7.25 an hour from the current \$6.55 an hour effective July 24, 2009.

Zel Fischer Named To Fill Supreme Court Vacancy



Jeanette Mott Oxford,
59th District

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

Republican Gov. Matt Blunt on Oct. 15 appointed Atchison County Associate Circuit Judge Zel Fischer to the Missouri Supreme Court.

Fischer, a Republican who was elected to the trial bench in November 2006, replaces Judge Stephen Limbaugh Jr., who resigned in July to become a federal district judge.

Fischer, 45, of Tarkio was one of three finalists for the post selected by the Missouri Appellate Judicial Commission, which under the state constitution chooses nominees for vacancies on the state Supreme Court and Court of Appeals. The other finalists were Lisa White Hardwick and Roy Holliger, both judges on the Missouri Court of Appeals Western District who were appointed by Democratic governors.



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

Five Star Senior Center

Ph.314-664-1008

Fax.314-865-2900

E-Mail 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

AUTO BARGAIN CENTER USED CARS AND TRUCKS

BOB QUINN
Owner

2700 Gravois
St. Louis MO 63118

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

Board meetings - 1st Tues, 7p - 2832 Arsenal

Membership meetings - 3rd Thurs, 7p - 2832 Arsenal

BPWNA Meeting Minutes - October 16, 2008

Call to Order – Welcome from President Bill Byrd at 7:11p.m. Everyone went around and said their name and address in the neighborhood.

Review of Minutes – Two changes were noted; in the Barb Potts section, the following was asked to be stricken "...she is looking specifically for prostitutes", the second was a correction of the website for the Cherokee Street blog which should be www.cherokeestreetnews.org. Aaron Weil moved to accept minutes, Carrie Sleep seconded; motion passed.

Treasurer's Report – Pam Welsh moved to accept report, Erica Nuyen seconded, motion passed.

Neighborhood Projects

Trunk or Treat – Pam Welsh gave a summary of the event on October 31st. Expecting a lot of kids and loads of fun with Popcorn, games and music.

For Sale House Tour – Great event. Bill gave thanks to everyone who worked the week previous helping to mow tree lines, picking up trash. Special thanks goes to Derek Cadzow and those who helped to clean up the Dog Park area. Determined that over 150 people came through the neighborhood. Bill noted that this seems to be annual event that everyone enjoys that will probably happen again on the last Sunday of September in 2009.

Brick Awards and Membership Appreciation Dinner – Chad shared that the annual dinner is November 8th, those invited need to send their RSVP's. Those who have not attended in the past will find this is nice event. Also, volunteers are needed; see Chad Johnson or Carrie Sleep.

Dog Park – Derek Cadzow shared about the "buzz" on the Dog Park. Not sure about an opening date as the construction isn't quite finished, but possibly sometime in November. There is a fake fire hydrant, fountain for dogs and humans, etc. in the park. Looking for a name, may have a naming contest, start thinking about a name for the Dog Park. Thanks to all who helped at the clean-up for the For Sale House Tour. Don't forget to checkout the Dog Park Blog; reach it through the BPWNA website.

Elections for 2009 Board

A ballot was handed out and voting was conducted. There was only a single person for each elected position. The voting was unanimous.

The elected Board for 2009 are:

President – Bill Byrd

Vice-President – Carrie Sleep

Secretary – Erica Nuyen

Treasurer – Jennifer Shoemaker

Member-at-Large – Jackie Weatherly

Member-at-Large – Aaron Weil

Featured Speaker – Barb Potts

Barb shared the job scope of a Neighborhood Stabilization

Officer's job. She talked about how Alderman, the Police, City Hall and US (residents) are the team that is cleaning up and doing the job. She then talked about the different project and programs she had been a part of for the last 15 years.

Barb then changed her perspective and spoke about community "pride" in one's neighborhood. She thanks everyone who came out to the 3200 block Ohio BBQ. Thanks for the "back-up" showing support for the event. Barb talked about resident needing to look around and seeing the great place they live and be proud of their neighborhood. Additionally, she talked about the fine balance needed, when it comes to rentals and home ownership, for a neighborhood to be sustainable. She said that if residents are negative, then that is the way people from outside the neighborhood will see Benton Park West. She likes Benton Park West because the neighborhood has "feelings". We, the residents, are the sales people of Benton Park West. Barb finished by saying that the neighborhood is excellent and she loves "the people"

Local Officials

Ken Ortmann –

- Playground in Benton Park is operational. Grand opening will probably be in the Spring as it is getting too cool this fall for a ribbon cutting.

Craig Schmid –

Ownership is the key the neighborhood. This helps greatly in the identification of problems.

Craig shared his perspective that we should focus on converting renters (not rental property) to home owners.

Grace-Hill is has not contacted him recently about the potential move to Benton Park West.

Don't forget the "club sale" on Schnucks parking lot on Oct 18 from 9a-12p.

Announcements –

Chicken Dinner at Five Star on November 9th.

Texas Holdem at Five Star on November 1st.

Roosevelt Game on Oct 18th at 1:30p.m. Benton Park West is hosting the breakfast for players and cheerleaders.

Grassroots Youth area at Camp, including computers and a craft area. Also, Oct 26th is event talking about problems with elections.

Sr. Jean Durel share about an upcoming meeting sponsored by IWF. Results will determine where \$ 25,000.00 seed money will be used in Benton Park West.

Membership did raffle.

Meeting adjournment was moved by Craig Schmid, seconded by Erica Nuyen and passed. **Meeting was adjourned at 8:26p.m.**

What can YOU do to make 2009 in Benton Park West even better?

It's easy to get involved in BPWNA. No matter what, your help is always wanted, needed and appreciated.

Call the Neighborhood Office at 314.771.0803 to see how you can help.

Current Committees

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

Don't think that you don't have the time or talent/skill. Just helping to stuff envelopes for mailings, picking up trash, cleaning the Dog Park, making sure the offices are cleaned, passing out flyers, etc.

There is always work to be done in Benton Park West to make YOUR neighborhood the place you want to live.

SHOP and SEARCH to help BPW!

How can you help BPWNA just by Searching?

Here is a FREE way to help BPW do fundraising. Just shop online and do searches on the computer.

- Start shopping! At www.iGive.com/BPWNA
- Start Searching at <http://isearch.igive.com/>.
- Simple way for you to help Benton Park West.

BPW Area Happenings

**Five Star
Senior Center Events**
2832 Arsenal



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

New businesses in Benton Park West

City Art Supply LLC
3215 Cherokee St, St. Louis, MO 63118
Tower Taco
3147 Cherokee Street, St. Louis MO 63118

Photo Project on Cherokee

UMSL's Public Policy Research Center Photo Project is now on display on Cherokee at 2715 Cherokee (Cherokee Place). The exhibit is on display now until early January.

All photos for sale -- profits go directly into the hands of the students. Find the full project essay at

<http://cherokeestreetnews.org/?p=253>.

Find all photos at www.cherokeestreetphotos.org

**SAVE YOUR ALUMINUM CANS
FOR PACK #6**

**MEETS IN BENTON PARK WEST
SUPPORT OUR SCOUTS**

**CALL TOM (CUB MASTER) FOR PICK UP
CELL 314-660-7861**



Neighborhood Advisory Board

Third District Police

**The Next Meeting Will Be Held At
The Five Star Senior Center
2832 Arsenal**

Thursday, November 13th, 2008 at 7:30 p.m.
Join us to discuss issues in your neighborhood.
Invite a neighbor as well.

**Presentation by: The St. Louis Metropolitan Police Department
Communications Division**

Captain Stephen Hobbs, Commander, District Three
P.O. Joseph Calabro Public Affairs Officer, District Three
(314) 444-0169



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**

... November Gardens and Lawns Kickoff

continued from page 1

- **Shut off and drain any outdoor water pipes, hoses or irrigation systems that may freeze during cold weather.**
- Set up bird feeders. Birds appreciate a source of unfrozen drinking water during the winter.



- Just before the ground freezes, bury root crops (carrots, radishes, turnips and Jerusalem artichokes) under a deep layer of leaves.

- Mulch strawberries for winter with straw. Apply straw loosely, but thick enough to hide plants from view.

- House plant basics for winter: reduce or eliminate fertilizer until spring.



- Shorter days mean slower growth. Slower growth means less fre-

quent watering. Plants in plastic pots need less water than those in clay pots.

- Roses should be winterized after a heavy frost. Place a 6-10 inch deep layer of mulch or topsoil over each plant. Prune sparingly, just enough to shorten overly long canes. Climbers should not be pruned at this time.



- To prevent injury from frost, mulch flower and bulb beds after the ground freezes.

- Prevent insects or diseases from overwintering by removing

and composting all plant debris. Till under any unused, finished compost to expose insect pests to cold.

- Now is the ideal time to plant trees and shrubs. Prepare the site by loosening the soil beyond the drip line of each plant. Plant no

deeper than they grew in the nursery.

Apply a 2-3 inch mulch layer, but stay several inches away from the trunk.

Keep the soil moist to the depth of the roots.

- Collect soil samples to test for pH and nutritional levels.
- Stop at the windows and doors inside of your house. Can you feel a draft? This will cost you \$\$\$ this winter. Try to stop as much of the drafts as possible with weather stripping or even blankets at the bottom of the doors.



We wish everyone a safe and "thankful" Thanksgiving.

*Reprinted with permission from Gateway Greening



Nader and Sons, Inc.

Repairs American and Foreign Cars and Body Shop

Maroun

Eddie

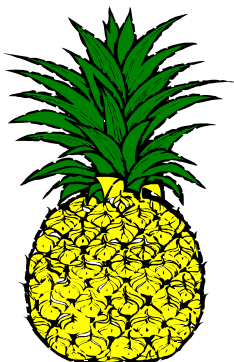
Monir

2863 S. Jefferson

Phone: 771-9141

St. Louis MO. 63118

Phone: 773-1776



Live Laugh Love

Luvy Duwy's Cafe

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

In Historic Benton Park

BLUE

BRICK

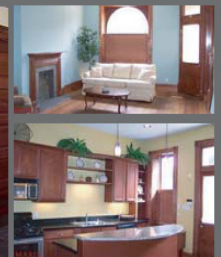
blue|brick

renovation + construction, llc

NOW RENOVATING IN
BENTON PARK WEST!



Winners of a 2006 Homer
Award for Outstanding
Historic Renovation



Standard Blue Brick Amenities

Granite Countertops ~ Maple Cabinetry ~ Stainless Steel Appliances ~ Custom Milled Woodwork ~ All Upgraded Plumbing Fixtures ~ All New Systems ~ Custom Pendant Lighting ~ Tile Showers ~ Jetted Tubs ~ Beautifully Landscaped Yards ~ Custom Built Wrought Iron Fencing ~ 2 Car Garages ~ Intercom Systems...and much more.

Visit our new website or call us at 314.772.3644

www.bluebrickconstruction.com

The Artistry of Claude Gregory

continued from page 1

in which you can scroll through the beautiful images.

Thanks for your support!

To order one of these great calendars, just click on the website: <https://secure.ga4/01/claudegregory>. The cost of each calendar is \$ 12.

Claude and Pat Gregory were residents of Benton Park West until several years ago when they relocated to be closer to their daughter.

What is amyotrophic lateral sclerosis?*

Amyotrophic lateral sclerosis (ALS), sometimes called Lou Gehrig's disease, is a rapidly progressive, invariably fatal neurological disease that attacks the nerve cells (neurons) responsible for controlling voluntary muscles.

ALS causes weakness with a wide range of disabilities.

Eventually, all muscles under voluntary control are affected, and patients lose their strength and the ability to move their arms, legs, and body. When muscles in the diaphragm and chest wall fail, patients lose the ability to breathe without ventilatory support. Most people with ALS die from respiratory failure, usually within 3 to 5 years from the onset of symptoms. However, about 10 percent of ALS patients survive for 10 or more years.

ALS does not affect a person's ability to see, smell, taste, hear, or recognize touch. Patients usually maintain control of eye muscles and bladder and bowel functions, although in the late stages of the disease most patients will need help getting to and from the bathroom.

*Reprinted information from the ALS Fact Sheet from the National Institute of Neurological Disorders and Stroke




ssdn
SINCE 1886

Affordable, quality child care for children ages six weeks to twelve years
Early Head Start & Head Start services
Educational & referral services for expectant families
Home Child Case Business Development
Business Development
And Much More

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

Residential

Commercial



ST. LOUIS BUILDING CORPORATION
Concrete Contractor
PERRY M. PERRICONE

South 296-000 Metro 773-6108
St. Charles 940-1700 West 227-9949



Park Avenue COFFEE

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 Goopy Butter Cake
Baked Goods Made Fresh Onsite Daily
FREE Wireless Internet Access
Relaxing, Cozy Atmosphere

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

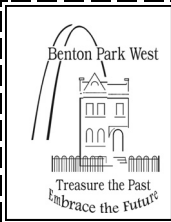
NOW OPEN!

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.



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.

You Can Make BPW Better

Help is still needed for several areas in Benton Park West!

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

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

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

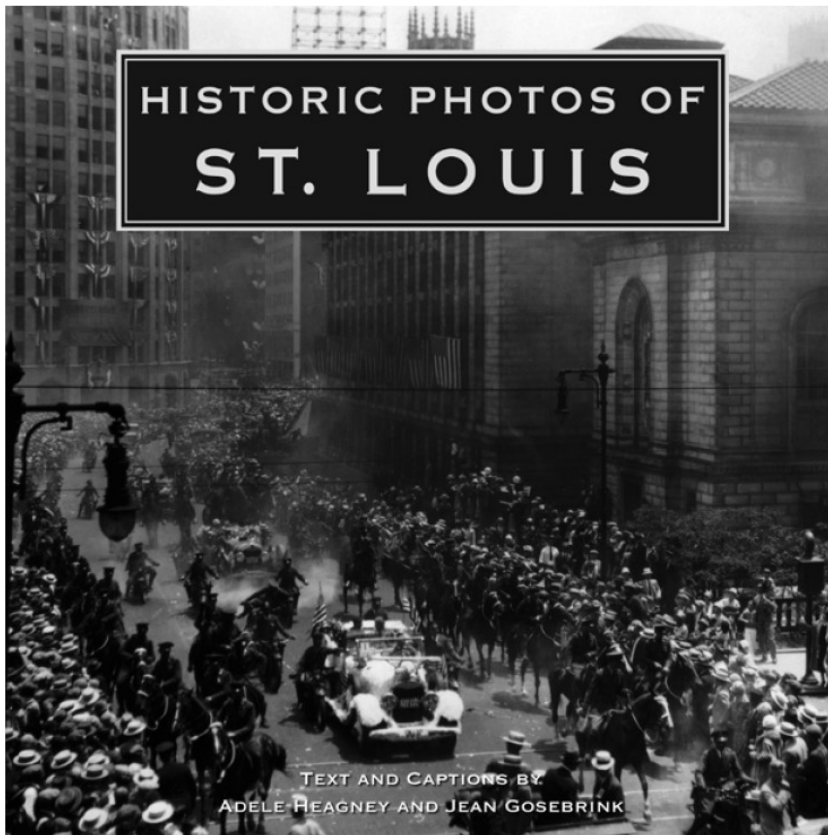
Like to talk? - Put your words on paper. Newsletters contributions - bpwnapub@yahoo.com.

Like to drive around? - Put your time to work. Contact 771-0803, e-mail bpwnaqls@yahoo.com.

Health Food Store for Pets
All-natural Foods & Supplements
General Pet Supplies
Grooming Salon • Self-Pet Wash
PETS IN THE CITY
1919 South 12th Street, Saint Louis, MO 63104
314-772-PETS (7387) • www.thecitypet.com

Radio CUCUI
770 AM
Listen to RADIO CUCUI online
www.rediatinastl.com
314-772-6362
#1 HISPANIC NEWSPAPER AND RADIO STATION
SAINT LOUIS, MO

Available Now



Historic Photos
of
St. Louis
by
Adele Heagney
and
Jean Gosebrink

Pick up your copy from local retailers or direct
from the publisher.

Join us on December 13 from 2 to 4 P.M. at
Crestwood Barnes & Noble.



www.turnerpublishing.com

It's all about...

Pet Safety!

While we are cleaning up and mulching our yards and gardens for the winter, keep in mind that not everything available is safe for our pets. One item currently on the market that is not healthy is "Cocoa Mulch".

www.snopes.com/critters/crusader/cocoamulch.asp

While the mulch has NO warnings printed on the label, this product is HIGHLY toxic to dogs and cats.

Cocoa Mulch is manufactured by Hershey's and they claim that, "It is true that studies have shown that 50% of the dogs that eat Cocoa Mulch can suffer physical harm to a variety of degrees (depending on each individual dog)."

The Snopes site gives the following information:

"Cocoa Mulch, which is sold by Home Depot, Foreman's Garden

Supply and other Garden supply stores, contains a lethal ingredient called 'Theo bromine'. It is lethal to dogs and cats. It smells like chocolate and it really attracts dogs.

They will ingest this stuff and die. Several deaths already occurred in the last 2-3 weeks. Just a word of caution, check what you are using in your gardens and be aware of what your gardeners are using in your gardens.

Theo bromine is in all chocolate, especially dark or baker's chocolate which is toxic to dogs.

Cocoa bean shells contain potentially toxic quantities of Theo bromine, a xanthenes compound similar in effects to caffeine and theophylline. A dog that ingested a lethal quantity of garden mulch made from cacao bean shells developed severe convulsions and died 17 hours later.

Analysis of the stomach contents and the ingested cacao bean shells revealed the presence of lethal amounts of the bromine."

Let's make sure to use animal friendly items outside, just as we do on the inside of our homes.

Dog Park Information to Note!

Take a drive by Utah and Nebraska to see how the Dog Park is progressing. We are just a very short time away from having a functioning Dog Park.

If you are interested in being a member of the Dog Park, now is the time to start collecting the information needed to have your furry friend(s) enjoy the Benton Park West Dog Park. The information needed:

- Current tags
- Shots must be current
- Paperwork showing that rabies shots are current.

Once you have the information collected, call 314-771-0803 (neighborhood office), press 4, and leave your name, contact information and e-mail (if you have an e-mail address). Don't forget to leave the name of your dog(s). If you'd rather, send an e-mail to bpwna@yahoo.com and send the information.

We will be contacting people with information about how to sign-up and become members of the Dog Park. Watch for the Rules and Requirements for the Dog Park in a future newsletter.

For more information check out the Dog Park Blog at <http://web.me.com/derekcl/DogBlog/Welcome.html>

indigo
massage & wellness therapy

Anne L. Childers
licensed massage therapist

314-276-9882

3030 Jefferson Avenue
St. Louis, MO 63118

indigomassagetherapy.com

PLANNING YOUR FINANCIAL FUTURE?



- New to St. Louis? • 401k at your former employer?
- Never hear from your broker? • Need to rebalance existing assets?
- Or just need to get serious about investing?

Mary Cox, Financial Advisor

2731 S. Jefferson
St. Louis, MO 63118
Bus. 314-577-0167
mary.cox@edwardjones.com

Edward Jones®

MAKING SENSE OF INVESTING
www.edwardjones.com SPIC

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



Membership Needs YOU!

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

Business Members -

Auto Bargain Center
Blue Brick Renovation & Construction
Cherokee Place
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 Childers
JBF Therapy & Coaching - Justin Froelker
Joanie's To-Go
Millennium restoration & Development
Luvy Duvy's
Mississippi Mud
Nader & Sons
Near Southside Employment Coalition
One Nite Stand
Park Avenue Coffee

Park West Grille
SSDN
St. Frances Cabrini Academy
St. Louis Building Corporation
The Salvation Army

General

Melba Arnold
Martha Belmar
Kim Bollinger
Scott Bollinger
Deanna Brady
Brian Carter
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 Nuyen
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
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
Amanda Oncken
Christian Oncken
Megan Schacht
Melissa Winnehiek
Rebbi Yagham

Patron

Pamela Atchley
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 rebeccadurst@gmail.com 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, 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 Shadow*, Joanne Harris

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

Gateway for Kids

History and Mission

Gateway for Kids is a ministry of South City Church that serves disadvantaged youth in the South St. Louis City community.

We spend time with each child in order to encourage their: spiritual, intellectual, emotional, psychological, and social development. As a result, children are better equipped and supported to make good decisions and be positive contributing members of their families and communities.

Gateway for Kids offers programs year round to children in grades K-8th. All of the programs are based on developing relationships, providing a safe environment, and giving inner-city kids new opportunities. You can find out more about our different programs in the paragraphs below.

Gateway for Kids tutoring office is located in the basement of Cherokee Place, 2715 Cherokee Street..

Gateway for Kids
2715 Cherokee St.
St. Louis, MO 63118
CELL PHONE: 314-276-8407



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.

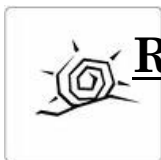
At St. Frances Cabrini Academy, education is about our children, our families and our community.

We hope you can join us.

(314) 776-0883
www.cabriniacademy.com
At the corner of Arsenal & Oregon
(one block from Gravois)

Now Enrolling
Kindergarten - 8th Grade
Call for a tour!





Reward Your Self....

By Anne L. Childers, LMT



Wade Umphries

Meet Wade Umphries, LMT, B. S.

Wade Umphries, LMT, B.S. spent a 20 year management career slouching over computer terminals and attending endless business meetings, so he has direct experience in the trenches and can empathize with many of the stressors of today's work and home life.

Wade recognizes the importance of providing a space and time in which you the client can decompress physically and mentally. Our session is customized to your current state, including techniques such as Deep Touch (pressure on specific locations) and Myofascial stretching (warming skin and muscles for gentle stretching through area). He is a graduate of the Healing Arts Center and brings more than 2 years of experience to his massage therapy practice.

The Best Gift this Holiday Season....Relaxation!

Indigo Gift Certificates are now 15% off The biggest savings of the year!

Call 314-276-9882 or Visit www.indigomassagetherapy.com

History of Massage Therapy

From the website of the Allied Health Schools

<http://www.allalliedhealthschools.com>

Part 1

The origins of massage are found in China in 2700 B.C. where the first documentation of massage is found. The text is called "The Yellow Emperor's Classic Book of Internal Medicine." This book was only published in English in 1949. In less than 50 years, this book has become a staple and is often used as a textbook for teaching many forms of alternative medicine, such as massage, acupuncture, acupressure and herbology.

We also find massage in India in the 2nd century B.C., where the Hindus used the art of healing touch in the practice of Ayurvedic medicine. Ayurveda from the Sanskrit translation means "life health" or "life science." It is re-

garded as the basis of holistic medicine, combining meditation, relaxation and aromatherapy.

Massage can be followed from the East, then to the Greek and Roman empires by the 17th century B.C., taking its origins from Egypt, where reflexology had been used for hundreds of years.

Western Migration

It was from this history that in the early 1800s the Swedish doctor, gymnast and educator Per Henrik Ling* developed a method of movement known as the "Swedish Movement System," which is commonly regarded as the foundation for Swedish massage most commonly used in the West today.

*Note: Although the "Swedish Movement System" was developed by Ling, it was the Dutch Johan Georg Mezger who defined the basic hand strokes of Swedish massage.

Today the most common types of massage practiced in the western hemisphere are Swedish massage and the Japanese massage practice of Shiatsu, also referred to as pressure point massage. Great emphasis is also being placed on movement and bodywork. Types of bodywork include: Reiki, Feldenkrais, and Pilates, where the focus is a combination of movement, breathing and relaxation to improve mobility.

Next month - Part 2

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



Membership Application Benton Park West - 2008

Name: _____

Address: _____

Phone: _____

E-mail: _____

Mail to: BPWNA Membership

**PO Box 18671
 Saint Louis MO 63118**

Level of Membership:

___ General Membership -
 \$ 10 per person

___ Senior - \$ 6 per person

___ Supporter - \$ 25 per person

___ Patron - \$ 50 per person

___ Sponsor - \$ 100 per person

___ Friend - \$ 20 per person

___ General Membership -
 Scholarship

I would like to be involved with:

___ Beautification

___ Dog Park

___ Youth

___ Garden

___ Facilities

___ Publications

___ Quality of Life/Safety

___ Board

___ PR/Marketing

___ Block Link

___ Membership



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.



Opening Fall 2008

at Cherokee and
S. Jefferson

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



BPWNA
Board
2009

We welcome the newly elected Board of Directors for 2009 in Benton Park West.

While these individuals won't officially take office until January 1, 2009, there will be a time of transition from the 2008 Board to the new Board members for 2009.

Your 2009 Benton Park West Board

President - Bill Byrd

Vice-President - Carrie Sleep

Secretary - Erica Nuyen

Treasurer - Jennifer Shoemaker

Member-at-Large - Jackie Weatherly

Member-at-Large - Aaron Weil

Available Now Historic Photos of St. Louis

by Adele Heagney and Jean Gosebrink

Join us on December 13 from 2 to 4 p.m. at Crestwood Barnes & Noble.

www.turnerpublishing.com

Pick up your copy from local retailers or direct from the publisher.

Borders, Barnes & Noble, Amazon, Costco (chains)AIA Bookstore, Gateway Arch Museum Store, Jefferson National Parks Association, Saint Louis Art Museum Shop, St. Louis Public Library, Washington University Campus Store, Left Bank Books

Things to Remember

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 follows at 7:30p

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

Dec 2 - BPWNA Board Meeting -7p, 2832 Arsenal, Five Star

Dec 11 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs doesn't meet.

Dec 18 - BPWNA Annual Holiday Potluck - 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.

Come to the November 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





There will be a drawing every hour of valuable gift certificates and merchandise from the neighborhood. You must be present to win.

WHAT INNOVATION IN HOW WE LIVE, WORK AND PLAY TOGETHER WOULD STRENGTHEN OUR NEIGHBORHOOD?

How can we have the greatest impact on the Benton Park West (BPW) and surrounding area? Who would benefit? How would the neighborhood be strengthened?

SATURDAY, NOVEMBER 15
9:00 a.m. - 4:00 p.m.

The Incarnate Word Foundation has agreed to invest **\$25,000 to seed** what those who care about the neighborhood decide would be most effective in answering these questions. Join us on **Saturday, November 15th from 9:00 a.m. to 4:00 p.m.** at the **Cherokee Business Incubator at 2715 Cherokee Street** to share your thoughts, hear the thinking of others, decide together

the most effective use of this investment and commit to making our ideas a reality. Please **RSVP to Jean Durel either by phone, e-mail or regular mail by November 10th.** If you are unable to attend but have an innovative idea you would like to work on, please e-mail, mail or call your idea in to Jean Durel by the November deadline.

PLEASE INDICATE BELOW IF YOU NEED ANY OF THE FOLLOWING:

Child Care: If needed, please check the ages and number of children needing care:



____ Vegetarian Lunch



____ Vegan Lunch

Please list any other dietary restrictions: _____



____ infant



____ 1-2 yrs



____ 3-5 yrs



____ 6-10 yrs



____ 11+ yrs

____ I am unable to attend the whole day but will be in attendance from 9:00 - ____.

____ I can't attend but am interested in hearing about the ideas that come from this day.

Address:

**Incarnate Word Foundation,
5257 Shaw Ave., Ste. 309,
St. Louis, MO 63110**

Phone:

314-773-5100

Email:

jeandurel@hotmail.com