



Don't forget!

Neighborhood Meeting  
October 21 - 7p

2832 Arsenal

Elections for YOUR  
2011 Board

# The Porch Review

Benton Park West



## Benton Park West

Vol 10, No. 10

October 2010

Celebrate Being Community, Pride, and Working Together

### Events

**Oct 5: BPWNA Board Mtg**  
6:30p, Five Star, 2832 Arsenal

**Oct 9: Garden Work day,**  
Ohio and Crittenden, 8a-11

**Oct 14: Weed & Seed (6:30p), 3rd District (7p)** 2832 Arsenal

**Oct 21: Neighborhood Mtg.**  
7p, Five Star, 2832 Arsenal

**Oct 30: Fall Yard Sale**  
7a-1p, Five Star, 2832 Arsenal

**Oct 31: Trunk or Treat**  
4-6p. 2720 Arsenal, The Salvation Army parking lot

**Nov 1: BPWNA Board Mtg**  
6:30p, Five Star, 2832 Arsenal

**Nov 18: Neighborhood Mtg.** 7p

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### Questions, Comments, Concerns?

Contact Neighborhood Office:

Phone: (314)-771-0803

E-mail: bpwna@yahoo.com

## BENTON PARK WEST NEIGHBORHOOD BOARD ELECTIONS

It's that time of year. When fall comes to the Saint Louis area, so do Board elections for Benton Park West Neighborhood Association.

The leadership for Benton Park West has been varied over the years. This current year has found a focus on safety, beautification, and kids activities.

The September neighborhood meeting included nominations for the 2011 board. The neighborhood meeting this month includes elections for YOUR neighborhood leadership.

This year the nominees for the elected board are:

**President -**  
Linda Hennigh

**Vice-President -**  
Martha Buckley

**Secretary -**  
Shannon Headley  
Suzy Hennigh

**Treasurer -**  
Diane Hurwitz

**Member at Large -**  
Shirley Johnson  
Pam Atchley  
Carrie Sleep

Be part of your neighborhood and have a voice in

who is elected for the neighborhood board.

**2011 BPW Board Elections  
October 21, 7p - 2832 Arsenal,  
Five Star Senior Center**

## Yard Sale Postponed

Join us on Oct 30th for the Fall yard sale, 7a-1p, 2832 Arsenal.

Noon-1p is 50% off most items.

For more information or to donate, contact the neighborhood office at 314-771-0803

## Save the DATE!

Trunk or Treat - Oct 31st  
4-6p, see page 15



**Thursday  
October 14, 2010**

**6:30p Weed & Seed  
7p 3rd District Outreach**

2832 Arsenal - Five Star Senior Center

**Bring info about crime or suspicious behavior. Officers are generally available to listen.**

Car Clubs (\$11) and License Plate Covers (\$5) sold



**Oct  
8  
9  
10**

Come and enjoy food and drink at the annual German festival!

**Volunteers are needed** for the food booth. This is one of the big fundraisers for the neighborhood.

Call Bill @ 314-602-0392

The Presidents Corner...



Linda Hennigh

# How to Build Community

## - Part 6

Ah....school is back in session. The kids are up at the crack of dawn (mostly before it cracks!) and off to the bus stop. The house is quiet until mid-afternoon. As a parent whose children are grown, I look back sometimes with regret, wishing I had realized how quickly they would grow and how important every single moment with them would be. Did I take advantage of every single day? These little ones are loud and rambunctious but this is the time to teach them and learn from them. Guess what, one of the building bricks for "How to Build Community" is Play Together. Play hide and seek, play ball, play house, have fun.

How many times did I say "Go outside and play" while I washed the dishes or rested on the couch? These days we need to be with them every moment to make sure they are safe. Sometimes I see children playing in the street. Their little lives can be snatched from us in an instant by one thoughtless, speeding driver. I could have used

brick #2, Put Up a Swing, or brick #3, Take Children to the Park and given them a safe environment to run off steam, and exercise.

One of the most important things we can do for them is use the Support Neighborhood Schools brick! Again, when my kids were small I saw parents constantly defend their kids when the teacher reported problems. Teachers didn't choose their job in hopes to be millionaires. They love kids and want them to grow up to be the best they can be. We need to help them with this task even if it means punishing our kids. They want us to care.

The most important brick is Read Stories Aloud. If children learn to love books as babies, they will find a world of fantasy to entertain themselves and reading will also pave the road to better education and better jobs in the future. What else could we possibly wish for them! Give your kids a hug and a kiss for me....see you in November!

*Linda Hennigh, President*

## 2010 Board

- Linda Hennigh** - President  
771-2161(h) linda\_hennigh@yahoo.com
- Diane Hurwitz** - Vice-President  
776-7877(c) dmh819@yahoo.com
- Amy Clayton** - Treasurer  
556-0926(c) bpwnatreasure@gmail.com
- Erica Nuyen** - Secretary  
581-8154(c) ericahaberl@gmail.com
- Sherry Young** - Member at Large  
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- Shirley Johnson** - Member at Large  
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- Linda Hennigh** - Block Link  
linda\_hennigh@yahoo.com
- Jennifer Shoemaker** - Dog Park  
bpwnadogpark@yahoo.com
- Bill Byrd** - Facilities  
bpwnabill@yahoo.com
- Martha Buckley** - Membership  
bpwnamembership@yahoo.com
- 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.

## Roosevelt Football Schedule & Homecoming

Roosevelt High is our neighborhood high school with a full fledged agenda of sports and academics. BPW has been a partner at the table for the Community Council since the start, several years ago. We support the kids and let them know they are valued.

BPW shows support by helping to provide a meal the morning of the games.

Join your neighbors for  
**HOME COMING**  
on October 16th, 1:30p.

The field is located at the NW corner of Compton, Wyoming and Gravois.

Date	Opponent	Location
Fri. Oct. 1, 2010	Ⓞ at <a href="#">Beaumont</a>	Beaumont
Sat. Oct. 16, 2010	Ⓞ vs. #16 <a href="#">St. Mary's</a>	Homecoming
Fri. Oct. 22, 2010	Ⓞ at #16 <a href="#">Gateway</a>	Gateway

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# The AB 3's of the Nov. 2 Ballot

Last month I profiled Amendments 1 and 2. This month, let's look at Propositions A and B, as well as Amendment 3, also on the Nov. 2 ballot. I also have in-depth fact sheets on the ballot measures available if you will call or e-mail me.

**Proposition A:** If approved by the voters, Prop A would trigger local elections in April 2011 in Kansas City and St. Louis at which voters would determine whether to retain the local one percent earnings tax each city levies on those who live or work in those cities. If local voters endorse keeping their city's earnings tax, it would come up for renewal every five years. If local voters reject retaining the earnings tax, either in 2011 or at a subsequent

renewal election, the tax would be phased out over 10 years and could never be re-imposed.

The measure was placed on the statewide ballot via an initiative petition effort funded by retired billionaire financier Rex Sinquefeld of St. Louis, who is philosophically opposed to earnings taxes. Kansas City expects to collect \$199.2 from the earnings tax in 2010 for 40 percent of its general fund budget. St. Louis anticipates collecting \$141.2 million in earnings tax revenue this year for 32 percent of its general fund budget. No viable alternatives for replacing that revenue have yet been proposed. Throwing Kansas City and St. Louis into financial crisis would create problems that would be felt throughout

the metro areas and state. I will vote no.

**Proposition B:** Also known as the Puppy Mill Cruelty Prevention Act, Prop B was also placed on the ballot by petition initiative. It would establish new regulations on large-scale dog breeding operations in Missouri and create criminal penalties for violations. It would require breeders to provide dogs under their care with adequate food, water, shelter, veterinary care, exercise and rest periods between breeding cycles and restrict operations to no more than 50 breeding dogs. I believe reputable and responsible breeders who treat their dogs humanely have nothing to fear from Prop B. I will vote yes.

**Amendment 3:** Amendment 3, if ratified by Missouri voters, would change the Missouri Constitution to prohibit state or local governments from imposing a transfer tax on the sale of real estate. Missouri does not currently have such a tax nor has there been any effort in the General Assembly to establish one at the statewide level or to grant cities or counties the legal authorization necessary to impose local real estate



Jeanette Mott Oxford, 59th District

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transfer taxes.

Although Missouri doesn't currently have a real estate sales tax, 37 states – including all of Missouri's neighboring states – do impose some form of the tax. With Missouri's state and local governments facing budget problems, a real estate sales tax could be a tempting source for a substantial amount of new revenue. Still Missouri's Governor and General Assembly seem staunchly opposed to passing any new taxes, so perhaps Amendment 3 is a solution in search of a problem. In addition, the Hancock caps would require any tax increase producing revenue of more than about \$75 million to go to a vote of the people.

As this newsletter goes to press, I have not yet decided how I will vote on Amendment 3. I prefer progressive income taxes as a revenue solution instead of various forms of sales taxes, leading me to want to vote yes. At the same time, I oppose amending our state constitution unnecessarily – as this seems to be. I welcome your thoughts as you deliberate on this issue.

1

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

*My name is Mary Cox and I am a financial advisor for Edward Jones. I live in the Benton Park neighborhood and have an office at 1908 Park Avenue in the Lafayette Square business district.*

### Doom and Gloom?

## Good News - The Economy is Still Growing

Right now, some investors are nervous over gloomy financial headlines. And jittery investors tend to flee the stock market, which leads to the ups and downs we've experienced in recent days.

But there's actually a lot of good news. The economy is still growing, and even if there are some bumps in the road, corporate earnings have been strong and some investments are priced favorably — which means you may have some good buying opportunities. So, instead of rushing into

ultra-conservative investments, try to balance your portfolio between short-term vehicles, such as cash and certificates of deposit, with long-term investments, such as stocks and bonds. Your ideal balance should be based on your individual risk tolerance and time horizon.

It takes discipline and confidence to ignore the "bad news" of today and invest for tomorrow. But in the long run, it's worth the effort. Let's talk about it, call my office for an appointment - 314-577-0167.

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## Community Information Corner

So many things are virtually at our front door. From a new shop providing copy/fax services and other business items to our own Casa Loma Ballroom.

Just walk out your door and find a world of everything you need!

### **NewsWorthy?!STL**

*Grand Opening - Thursday,  
October 7th, at 7:00pm*

This Cyber Café offers services such as Wi-Fi, and desktop internet access. The café also provides a full service business center to make copies and other services such as sending and receiving faxes, and cd duplication. The café also features beverages,

snacks and printing services such as flyers, posters, and custom t-shirt designing.

Hours Mon-Fri 930a-7p & Sat 930a-630p. **NewsWorthy?!STL** is located at **2533 S. Jefferson.**

**Casa Loma Ballroom - 3354 Iowa at Cherokee, 314.6664-8000**

**Oct 8 - Friday  
Ballroom Dancing** with 18 piece orchestra THE SECOND GENERATION  
Doors open 7:30pm Dance Lessons 7:45-8:30 Music 8:30-11:30pm.

**Oct 15 - Friday  
Ballroom Dancing** with 18 piece orchestra AMBASSADORS OF SWING  
Doors open 7:30pm Dance Lessons 7:45-8:30 Music 8:30-11:30pm. Adm. \$10

**Oct 16 - Saturday  
Swing Dance Night** with HUDSON & THE HOODOO CATS playing Rock-A-Billy Swing. Doors Open 7:30pm. Dance Lesson 8-8:30 Music til 12:00am Adm. \$10

**Oct 22 - Friday  
Ballroom Dancing** with 24 piece orchestra THE ORIGINAL KNIGHTS OF SWING Doors open 7:30pm Dance Lessons 7:45-8:30 Music 8:30-11:30pm. Adm. \$10

**Oct 23 - Saturday  
60'S, 70'S & 80'S Old Time Rock 'n Roll** with THE YOUNGER BROTHERS  
Doors open 7:30pm. Dancing 8:30-12:30am. Adm. \$10

**Oct 29 - Friday  
Ballroom Dancing** with 18 piece orchestra THE SECOND GENERATION  
Doors open 7:30pm Dance Lessons 7:45-8:30 Music 8:30-11:30pm. Adm. \$10

**Oct 30 - Saturday  
ANNUAL HALLOWEEN COSTUME DANCE** with THE SMASH BAND playing 60's-80's old time rock 'n roll. \$500 in cash for best costumes. Doors open 7:30pm. Music 8:30-12:30am. Adm. \$15 per person. Pre-paid Reserved Seating

## October Gardening Calendar

### Ornamentals

Weeks 1-4:

Continue watering, especially evergreens if soils are dry.

Container grown and B & B trees and shrubs can be planted. Loosen soil in an area 5 times the diameter of the root ball before planting. Mulch well after watering.

Plant spring bulbs among hostas, ferns, daylilies or ground covers.

Weeks 1-2:

For best bloom later this winter, Christmas cactus, potted azaleas and kalanchoe may be left outdoors until night temperatures drop to about 40 degrees Fahrenheit.

Weeks 2-4:

Spring bulbs for forcing can be potted up now and stored in a cool, frost-free place until it is time to bring indoors, usually 12 to 15 weeks.

Weeks 2-3:

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.

Weeks 3-4:

Transplant deciduous trees once they have dropped their leaves.

Week 4:

Plant tulips now.

Trees may be fertilized now.

### Lawns

Weeks 1-2:

Finish seeding by October 15.

Weeks 2-3:

Broadleaf herbicides can be applied now to control cool season weeds.

Weeks 3-4:

Continue mowing lawns until growth stops.

Keep leaves raked off lawns to prevent smothering grass.

Week 4:

Winterize lawn mowers before storage.

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Neighborhood better?  
Contact any board  
member for information!**

## Seasonal Guide to Home Maintenance

**F**all is a great time to make sure you've plugged" any leaks that could cost you extra money.

- Check your attic for holes or thin spots in the insulation. Attics should be only 5°-10° warmer than the outside air; any hotter could cause ice dams on your roof, causing water leaks.
- Also, a well-insulated attic, ceilings, and walls can lower your energy bills by 30%.
- Make sure the caulking around doors and windows doesn't leak.
- Change furnace filters and have a checkup of your system.
- Make furniture or

drapes are not in front of heat vents or radiators.

- Clean under, back and around radiators to ensure optimum efficiency.
- If you use space heaters, make sure the circuit you use won't be overloaded by adding the heater.
- Clean and check dryer vents to ensure there is no back up of lint.
- Take down garden hoses, drain and store, and put insulation around spouts.
- Check and clean gutters to keep them free of debris.

**Checking on items now will save you money all year, as well as, save calling a repairman on a COLD day.**



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# 6 Foods You Should be Eating

Many foods are popular (healthy) that you hear of them on virtually every food list.

Others don't get as much attention, but are still high in nutritional value which will impact your health, weight and wallet.

Remember, before changing your diet, consult with your doctor.

Here are six foods that may not be on the popular lists, but can definitely upgrade your diet.

The foods listed are whole foods which are familiar, easily available from store or your

own garden and are nutritional.

**Beans and Lentils -** These two are among the most overlooked food items. Beans are full of protein, fiber, complex carbohydrates, iron, magnesium, potassium and zinc. Lower the sodium in canned beans by rinsing in water.

**Watermelon -** Naturally sweet, watermelon is low in calories and chock full of vitamins C and A, potassium and lycopene.

**Sweet Potatoes -** A great source of beta carotene, vitamin C, fier and potassium, sweet potatoes are naturally sweet.

**Red Cabbage -** Red cabbage is a great source of fiber, vitamins A, D, and K, folate, with only 22 calories in one cup chopped. Also, they are rich in antioxidants and can boost cancer-fighting enzymes.

**Canned Tomatoes -** A diet rich in tomatoes may help prevent prostate cancer, as well as, other types of cancer.

**Plain, Nonfat Greek Yogurt -** Yogurts are excellent sources of calcium, potassium, protein, zinc, and vitamins B6 and B12. Greek yogurt is thicker and creamier and contains probiotic cultures and lower in lactose, with twice the protein of regular yogurts.

## Feel Good About Yourself

Life tends to be busy and can push our stress level out of control. There are a number of ways to reduce your stress level. Over the next few months we will be bringing you suggestions.

1. Take a 10-30 minute walk every day, smiling as you go. It is the ultimate anti-depressant.
2. Sit in silence for at least 10 minutes each day.
3. When you wake up in the morning complete the following statement, 'My purpose is to \_\_\_\_\_ today.'
4. Live with the 3 E's -- Energy, Enthusiasm, and Empathy.
5. Play more games and read more books than you have in the past.
6. Make time to practice meditation and prayer. They provide us with daily fuel for our busy lives.



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See page 16 for an application

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 Park Avenue Coffee  
 Pets in the City  
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## Development of Saint Louis city Properties Located in Benton Park West

The City of Saint Louis owns 16 properties in the BPW neighborhood.

These buildings, located in Benton Park West, have an active status of seeking rehab professionals and individuals who want to redevelop them for owner occupancy. Experience and financing are important qualifications. Some subsidies are available for many of these projects. Call Jo Ann Vatcha, Housing Analyst at the Community Development Administration, at 622-3400, Ext. 369 with questions, or email at [vatchaj@stlouiscity.com](mailto:vatchaj@stlouiscity.com).

The properties currently available are:

- 3224-26 Michigan
- 3169 Iowa, 3171 Iowa
- 3147 Pennsylvania
- 2918 Wyoming, 3021 Texas
- 2821 Texas, 2857 Cherokee
- 3130 Ohio, 2739 Arsenal
- 2839 Wyoming, 3025 Ohio
- 3139 Ohio,
- 2825 S. Jefferson,
- 3175 Oregon, 2916 Oregon

More buildings may be available in the future, due to the national stimulus program. The city also owns some vacant lots.

For information on all the City programs, check out the City's website: [www.stlouis.missouri.org](http://www.stlouis.missouri.org)



## City to Expand Trash Service

Maintaining safe, clean neighborhoods is City government's number one priority. Most of your tax dollars go toward public safety and neighborhood services. Unfortunately, the terrible economy and rising public employee pension costs left the City with a \$46 million budget shortfall last fiscal year. The City has been trying to eliminate all unnecessary costs – even small ones.

Last winter, the City experimented with switching to once-a-week trash pickup. Residents hated it and our streets and alleys started to look bad. City leaders instead chose to institute a modest charge for solid waste services and preserve the comprehensiveness and quality of services.

Starting this past July, trash pickup in the City costs \$11/month per dwelling unit. Most county residents pay more and get fewer services than what the City provides. City services include twice weekly collection of solid waste, monthly pickup of bulky items, drop off of one load per month of additional waste at the transfer station, weekly collection of yard waste during the growing season, and - in neighborhoods that want it - one pickup of single-stream recyclable solid waste and one pickup of

“regular” solid waste per week. The City will also continue to operate 27 drop-off recycling sites throughout the City.



Solid waste fees and water fees will be included on the same bill. Bills will be mailed quarterly. The City assumes that buildings and units with active water service are also using City trash. If you have questions about your bill or the trash service, please call Citizens' Service Bureau at (314) 622-4800.

The City is also working to curb illegal dumping. If you witness illegal dumping in progress,



**Example of illegal dumping.** Note the overflowing dumpsters along with boxes and trash on the ground.

please gather as much information as you can about the person/vehicle and call (314) 231-1212. If you suspect items on a property or in an alley were illegally dumped, please call CSB at (314) 622-4800.

**Thank you for your help in keeping St. Louis clean.**



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314 – 771 – 2500

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**Over a decade of service to South St. Louis!**

# What's happening in Benton Park West

## OCTOBER 2010

**5** - BPWNA Board meeting - 6:30p, Five Star Senior Center 2832 Arsenal

**8, 9, 10** - Oktoberfest.

**9** - FINAL Garden Work Day Ohio/Crittenden 8a-11a

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

**14** - W&S Advisory meeting - 6:30p, 3rd District - 7p, Five Star Center, 2832 Arsenal.

**21** - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal - **Elections!**

**30** - Fall Yard Sale 7a-1p, Five Star Senior Center, 2832 Arsenal

**31** - Trunk or Treat, 2720 Arsenal (The Salvation Army parking lot). 4-6p for the kids. 3-4p line up for cars.

Sun	Mon	Tue	Wed	Thu	Fri	Sat
					1	2
3	4	5 BPW Board - mtg, 6:30p	6	7	8 Oktoberfest Booth	9 Oktoberfest Final Garden Day, 8a-11a
10 Trash week Oktoberfest Booth	11	12	13	14 W&S - 6:30p 3rd District-7p 2832 Arsenal	15	16
17	18	19	20	21 NA - mtg, 7p, Five Star Ctr	22	23
24	25	26	27	28	29	30 Yard Sale, 7a-1p, 2832 Arsenal
31 Trunk or Treat 4-6p						

### November Events

**Nov 1:** BPWNA Board Mtg 6:30 pm

**Nov 11:** Weed & Seed (6:30p), 3rd District Outreach (7p), 2832 Arsenal

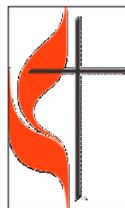
**Nov 18:** Neighborhood Mtg, 7p, Five Star Senior Center, 2832 Arsenal

**Jan:** Membership Appreciation Event - Watch for details

### Be involved in 2010

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

Join us for Homcoming 2010 on Sept 19th at 9:30

#### Worship

- 9:30a - Summer Schedule
- Fellowship after service

**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"



### ENROLLING NOW

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Call 865-0322, x0 for information or to schedule a visit.  
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2930 Iowa Avenue • St. Louis, MO 63118  
(314) 865-0322 • www.ssdn.org



# Weed & Seed

**Operation Weed & Seed** is a community based effort sponsored by the U.S. Department of Justice to "weed" out violent crime, drug abuse, and gang activity and to "seed" much needed community programs to improve communities and make them safer. BPWNA participates in the Weed and Seed program and holds regular meetings with city and law enforcement officials at the Five-Star Senior Center on the second Tuesday of every month starting at 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 Ser Bureau**  
622-4800

**Refuse Department**  
353-8877

**Alley Lights (AmUE)**  
342-1000

**Street Lights (CSB)**  
622-4800

## EMERGENCY ESCAPE ROUTE

IT COULD SAVE YOU AND YOUR FAMILY.

### Do you know your Emergency Escape Route?

**E**mergency safety depends on proper planning. It's important that the entire family know what to do in the event of a fire or other emergency. During a crisis, we respond the way we have been trained to do. Kids, especially, need a definite plan to help them react appropriately to an emergency. Evacuation plans are not just for fires, either, it's important to have a plan for any emergency.

Fire is one of the worst tragedies that can happen to a family. This month we focus on an escape route if a fire breaks out in your home.

#### Plan Your Escape

Write it down! Make a floor plan of your house:

#### Practice, Practice, Practice

There is no such thing as too much practice. make sure to practice escaping from each room in the house, through both exits. If it's necessary to climb out of a window, make sure kids practice using the fire escape ladder. The USFA recommends practicing fire drills in the home at least once per month. Be sure to practice releasing security bars as well. Any bars that do not release as necessary need to be repaired or replaced immediately.

#### No Hesitation

Time is the enemy in a house fire. There are gases in smoke that can overwhelm an adult in less than a minute. As soon as the smoke alarm starts beeping or someone in the house smells smoke or

discovers fire, GET OUT! There is no time to waste.

- Don't stop to get items
- Don't stop to call 911
- Don't go back in the house

#### Too Hot, Don't Touch

Always test a door with the back of your hand before you open it. If it is hot, leave it closed and exit through the window. Testing with the back of your hand is more sensitive. Opening a door with fire on the other side will cause the fire to jump into the room with you. Fire follows oxygen, and the room without fire has more oxygen than the room that is burning. Don't give fire the chance, keep a hot door closed.

#### Stay Low and Go

Heated air from a fire rises and takes smoke with it. The smoky, dangerous air will collect on the ceiling and steadily work its way down to the floor. Keep your head below the bad, smoky air by crawling on hands and knees during a fire. Remember: bad air up, good air down - stay low and go.

#### Huddle Up

Once out of the house, go to the meeting place and take attendance.

**DO NOT GO BACK INSIDE - EVEN IF SOMEONE IS MISSING!**

Going back into a burning or unstable house can create a second victim. If someone is trapped inside, rescuers will need to find one person. If you go back inside, they'll need to find two. Once out, stay out.

- About.com

### Third District Community Outreach Meetings Continue

**T**he next Third District Public Affairs Meeting on **Thursday, Oct 14th.**

The meeting will begin at 7:00 P.M. at the Five Star Senior Center, 2832 Arsenal,

immediately following the Weed and Seed Meeting which begins at 6:30 P.M.

Officers will be available for Crime Tips at the Weed and Seed Meeting.

**Guest Speaker:** Assistant City Counselor Richard Sykora

**Topic:** When and How to create and use a Neighborhood Order of Protection.

**Time to think about  
your membership  
for 2011!**

**St. Wenceslaus Parish  
Fall Festival**  
3022 Oregon Avenue; 63118-1412  
**Sat., Nov. 6th, Noon - 9 p.m.**  
Chicken or Roast Beef Dinners Noon-7p.m.  
Served or packaged to go (Day of # 865-1027)

- Games
- Raffles
- Live Music (5-9 p.m.)
- Silent Auctions

**Fun for all ages!**



**Pumpkin Patch**  
**October 10-31**  
**10a - 6p Mon- Sat**  
**Noon - 6p Sun**  
**2300 Lafayette Ave**

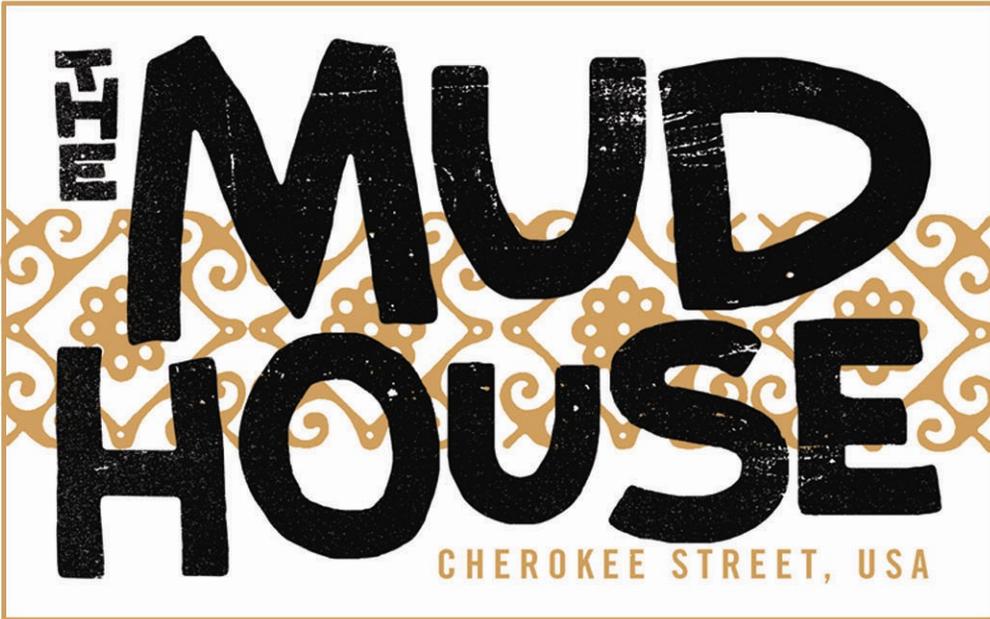
Enjoy the Straw Maze!  
Pick out the BEST Pumpkin



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quick internet  
cool records  
good friends

314.776.6599  
M-F 7-5:30  
Sa-Su 8-6



## 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](http://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!**

*It's not November yet, but why keep the sweet potato to only one month!*

## Maple-Roasted Sweet Potatoes

Roasting sweet potatoes is even easier than boiling and mashing them. Maple syrup glaze transforms this ultra-simple dish into something sublime.

**Prep time:** 10 min **Makes:** 12 servings

**Cook Time:** approx. 60 min **Start to Finish:** 70 min

### Ingredients:

- 2 1/2 pounds sweet potatoes, peeled and cut into 1 1/2-inch pieces (about 8 cups)
- 1/3 cup pure maple syrup
- 2 tablespoons butter, melted
- 1 tablespoon lemon juice
- 1/2 teaspoon salt
- Freshly ground pepper, to taste

### Prep:

1. Preheat oven to 400°F.
2. Arrange sweet potatoes in an even layer in a 9-by-13-inch glass baking dish. Combine maple syrup, butter, lemon juice, salt and pepper in small bowl. Pour the mixture over the sweet potatoes; toss to coat.
3. Cover and bake the sweet potatoes for 15 minutes. Uncover, stir and cook, stirring every 15 minutes, until tender and starting to brown, 45 to 50 minutes more.

**Nutrition Information:** Per Serving: Calories 96, Carbs 19g, Total Fat 2g, Protein 1g, Sodium 118, Chol 5mg

### Tip & Notes to Make ahead:

Cover and refrigerate for up to 1 day. Just before serving, reheat at 350°F until hot, about 15 minutes.

If you have a recipe or suggestion, contact Publicity @ [bpwnapub@yahoo.com](mailto:bpwnapub@yahoo.com) or the neighborhood office 314.771.0803

## Library Corner - Erin Guss

### Library Calendar - Oct

**Wednesday, October 6, 4-5 p.m.**  
Monster Mash-Play Just Dance on Nintendo Wii and DJ Hero on Xbox 360.  
Grades 6-12

**Thursday, October 7, 4-5 p.m.**  
Henna Body Art-Temporary designs for arms & hands.  
Grades 6-12.

**Saturday, October 9, 10-11 a.m.**  
Early Childhood Education Workshop

\* Stories in Motion

\* Discover how to have children move beyond being listeners

through active participation.

Registration Required - For parents, pre-school and day care teachers, and after-school program staff.

**Mondays, October 11, 25, 11-11:30 a.m.**

Storytime  
Stories, songs, & more.

Toddler/Preschool. 5 or more register in advance.

**Wednesday, October 20, 4-5 p.m.**  
Karaoke Sing your heart out.  
Grades 6-12.

**Wednesday, October 27, 4-6 p.m.**

Got Game? Play Nintendo Wii and Xbox 360.  
Grades 6-12.

**Thursday, October 28, 4-6 p.m.**  
Family Movie: *How to Train Your Dragon* Families.

### ADULTS

**Thursdays, 4-6 p.m.**  
GED: Paths to Success

**Saturday, October 30, 12 p.m., 2 p.m., 4 p.m.**  
Zombie Movie Fest Featuring Shaun of the Dead (2004), Dawn of the Dead (2004), and Zombieland (2009)

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Missouri 63118  
314.256.1141



## Reward Your Self....

By Anne L. Childers, LMT

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

## Thai Massage - Movement and Massage Makes for a Unique Experience

A slow dance--that's how many have described the ancient work known as Thai massage, a modality that incorporates the tenets of yoga with massage and mindfulness.

*This is the second installment of a four part series about Thai Massage.*

### What is Thai Massage?

Also known as yoga massage, assisted yoga, ancient massage, and assorted other

names, Thai massage respects the body's limits, while encouraging clients to reach their edge of flexibility, but never beyond. Thai massage incorporates acupressure, massage, and passive-assisted stretching, where therapists help clients move into their stretch. The work is purposely slow as the therapist guides clients through the movements, being ever mindful of their physical limitations. Some say the combination of movements and focused aware-

ness during a Thai massage session creates what looks like a slow, flowing dance between practitioner and client.

Thai massage is based on an energetic paradigm of the human body and mind. In this tradition, energy is thought to travel on pathways, called sen, throughout the body. The specific points of energy along those pathways are called nadis. Through movement and massage components, the goal in Thai massage is to ensure energy is flowing freely along these pathways as a means for wellness.

Unlike traditional massage, Thai massage is performed on a soft floor mat. It can be adapted to a massage table, however, for the more frail and elderly. Clients are clothed in loose, comfortable attire suitable for the deep stretching that will be part of the session. This interactive form of bodywork can utilize tai chi, rocking and rhythmic motion, massage, and assisted stretching. Don't be surprised if practitioners use their hands, feet, knees, elbows, and legs to facilitate the process, pillows and bolsters may also be used for better client support. No oil is used during these sessions, however heated, herbal compresses are often incorporated to enhance movement and warm the muscles.

*-from abmp.com*



## New Technology Provides Independence for Seniors

The American Red Cross St. Louis Area Chapter is joining with Philips Home Healthcare Solutions to bring Lifeline with AutoAlert, an enhanced medical alert service to the greater St. Louis region.

This fee based service provides seniors with injury protection by combining the Lifeline medical alert service with automatic fall detection capabilities. Lifeline with AutoAlert features a pendant-style help button that can automatically call for help if a fall is detected and a senior is unable to push his or her help button.

Seniors are living longer and remaining in their own homes; however, falls have become a serious problem that jeopardizes seniors' chances to live independently.

Lifeline with AutoAlert is de-

signed to help reduce the risk of long lie times. If a fall victim receives help more quickly, that may reduce emotional distress and potential costs of extended treatment, rehabilitation and supported living.

With AutoAlert, if a fall is detected, subscribers still have the opportunity to receive quick access to assistance even in situations where they can't push their button, for example, if they lose consciousness, become immobilized, forget to push their button or won't push their button because they feel they can manage the situation independently. Just as important, the service can provide added confidence and peace of mind.

For more information about Lifeline with AutoAlert, please call 314-516-2732.

### Think about how to be involved in 2010.

**Become involved with the BPW Neighborhood Association and help make YOUR neighborhood better.**

**Contact Linda Hennigh, President, at 314.378.2083 or any of the Board members.**

**Tell US what you'd like to see or do in YOUR neighborhood.**

Benton Park West Neighborhood Association's Annual

# Trunk or Treat



Sunday, October 31st 4-6 pm

Join your neighbors and friends in this FUN and exciting time for kids.

From costumes and decorating, to games and such, fun is had by all.

WHAT: Trunk or Treat  
WHEN: Sunday, October 31st  
TIME: \*4-6 pm  
WHERE: The Salvation Army Parking Lot (2720 Arsenal)

\*Setup for vehicles - 3-4p.

For more information call Pam at 314-406-2026

Trunk or Treat is a Halloween youth event sponsored by Benton Park West Neighborhood Association. Residents and friends gather and park their cars in The Salvation Army Parking lot located at 2740 Arsenal. With open trunks or backs of vehicles, decorations for the "holiday" dress each vehicle. As kids go around to the different vehicles, candy and treats are passed out from the trunks.

The event provides a safe family environment for trick or treaters.

For those choosing to pass out candy and treats, simply decorating your vehicle is the fun and easy part. Just like decorating for **Halloween**, decorate using pumpkins, spider webbing, spiders, brooms, bats, cauldrons, scary stuff, or even dressing up in non-scary items is always a good idea.



**Children 14 and under, must be accompanied by an adult**

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We have just been notified that a check is coming our way for about \$ 65. This is due to YOU who are shopping online. Want to make a check like this LARGER? Just sign-up with iGive.com and make it happen!

- Start shopping! At [www.iGive.com/BPWNA](http://www.iGive.com/BPWNA)
- Start Searching at <http://isearch.igive.com/>.

Join now at [www.iGive.com/BPWNA](http://www.iGive.com/BPWNA)

**LAST BPWNA Garden Workday**  
**Saturday October 10th**  
**8-11a**

**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**  
 (314) 647-4400

**Child Abuse Hotline**  
 1- 800-392-3738

**EnergyCare**  
 (314) 773-5900

**Five Star Senior Center**  
 664-1008

**Operation Brightside**  
 772-4646

**Parental Stress Help line**  
 1-800-367-3543

**Parents Anonymous**  
 647-HELP or 866-492-0843

**2011 is on it's way! Are you a member?**

**Membership Application  
 Benton Park West - 2010**

Name: \_\_\_\_\_  
 Address: \_\_\_\_\_  
 Phone: \_\_\_\_\_  
 E-mail \_\_\_\_\_

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

**Level of Membership:**

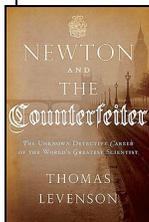
\_\_\_ General - \$ 10 per person  
 \_\_\_ Senior - \$ 6 per person  
 \_\_\_ Supporter - \$ 25 per person  
 \_\_\_ Patron - \$ 50 per person  
 \_\_\_ Sponsor - \$ 100 per person  
 \_\_\_ Friend - \$ 20 per person  
 \_\_\_ General Membership - Scholarship

**I would like to be involved with:**

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

To get an invite to the book club, contact Rebecca - [rebeccadurst@gmail.com](mailto:rebeccadurst@gmail.com) or call 314-853-1091.

**November 29th:** Stones into Schools: by Greg Mortenson (sequel to Three Cups of Tea)  
**December 27th:** Bring your own Book night (Rebecca hosts)



**October 25th:** *Newton and Counterfeiter: The Unknown Detective Career of the World's Greatest Scientist* by Thomas Levenson

In 1695, Isaac Newton-- already renowned as the greatest mind of his age-- made a surprising career change. He left quiet Cambridge, where he had lived for thirty years and made his earth-shattering discoveries, and moved to London to take up the post of Warden of His Majesty's Mint. Newton was preceded to the city by a genius of another kind, the budding criminal William Chaloner. Thanks to his preternatural skills as a counterfeiter, Chaloner was rapidly rising in London's highly competitive underworld, at a time when organized law

enforcement was all but unknown and money in the modern sense was just coming into being. Then he crossed paths with the formidable new warden. In the courts and streets of London--and amid the tremors of a world being transformed by the ideas Newton himself had set in motion--the two played out an epic game of cat and mouse.

"Newton and the Counterfeiter is a wonderful read that reveals a whole new side to a giant of science. Through a page-turning narrative, we witness Isaac Newton's genius grappling with the darker sides of human nature, an all too human journey reflecting his deepest beliefs about the cosmic order. This is a gripping story that enriches our sense of the man who forever changed our view of the universe."

- Brian Greene,  
 author of *The Fabric of the Cosmos*

Book Club in BPW

**Benton Park West**

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

**On the Web**  
[www.bentonparkwest.org](http://www.bentonparkwest.org)

