



The Porch Review

Benton Park West

Vol 8, No. 9

September 2008



Celebrating our Heros and Sheros - Be a HERO Today!

BPWNA Notes

Sept 2 - BPWNA Board Mtg 7p,
2715 Cherokee, lower level

Sept 11 - South Cluster W&S Meeting 7p - 2832 Arsenal, Five Star Senior Center. 3rd District PA meetings follow immediately at 7:30p.

Sept 18 - BPWNA Membership Meeting 7p - 2832 Arsenal, Five Star Center.

Sept 28 - Annual BPWNA For Sale House Tour - Noon-4p, 2757 Wyoming.

Sept 2 - Book Club - See Page 9 for more information.

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

Inside this issue:

President's Corner	2
November Elections	3
Walkability Scores	6
Recycling	7
Book Club	9
Reward Yourself	10
Be a MEMBER	11
Events for BPW	12

Questions, Comments, Concerns?

Contact Neighborhood Office:

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

Take a Walk on the "Neighborhood" Side

By Bill Byrd

As prices today seem to stop us before we even get to the door. Other than driving to work, what do you do when driving: shop for food or clothing, go out to eat, enjoy an evening or weekend day out? Take a look around Benton Park West and see what is "walkable". With rare exception anything you need is within walking

distance or public transportation access.

There is a website named "Walkability Score", www.walkscore.com. Simply key in your address and the system will tell you the walkability score, as well as, give you a list of businesses/shops near your home. Like any list of information, it might not be 100% up to date, but this is a great place to start.

As an example of other neighborhoods
(Continued on page 6)

Boozn' it Up for Boxers



GIVE ME ALL YOUR MONEY... AND I'LL GIVE YOU SOME BOOZE

Saturday, September 20th, 6pm-10pm
Luvy Duvy's Cafe
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Giving Our Gardens and Lawns a "Kickoff"

We are in the fall spirit and our thoughts are on our yards and gardens. From final harvest to winterization, there are tasks that must be done to make sure our plants and yards are safe from the elements of winter. It is good that plants are dormant as this is part of their life cycle, but as "gardeners of the earth" we can help more plants survive this time of hibernation.

Gateway Greening is an excellent source not only for plants and planning help for gardens, but information also for our own gardens and lawns. Following is information found in the fall

(Continued on page 5)

SAVE THE DATE

Sept 2 - BPWNA Board meeting, 7:00p - 2715 Cherokee St.

Sept 11 - *South Cluster Weed & Seed, 6:30p

Sept 18 - *BPWNA Membership meeting, 7p

Sept 28 - Annual BPWNA For Sale House Tour - Noon-4p, 2757 Wyoming

Oct 14 - BPWNA Board meeting, 7:00p - 2715 Cherokee St.

* Location is Five Star Senior Center - 2832 Arsenal.



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



Bill Byrd

Leave it Parked

Let's go back 50 years or more

Have you ever thought what it might be like to not have a car or access to a car?

In American history, it wasn't that long ago when a family was privileged to have only one car. Many families didn't even have a car.

In the early 1960's my parents had one car only for my father to get to work. It was decided to have a second car when their third child was born – that was me. Twenty years later in the 1980's, the household had four vehicles with only three drivers.

In the 1950's, statistics show that less than 15% of families had a single automobile. City neighborhoods were built around the fact that there were few if no families on a block with their own transportation. They depended upon public transportation or their own two feet.

I challenge you to make a plan to be "vehicle free" for an entire weekend. Think about your normal activities, then find businesses, shops and parks, etc. in the area that would fulfill your list of activities. Don't forget about the # 11 bus (Chippewa) that travels up and down Jefferson. This line takes you right into the city and all along Jefferson. There is also the # 10 bus (Gravois) that will take you downtown and out to the county, if needed.

My household has thought about what we might do; weekly food purchases, having dinner out on Friday or Saturday night, enjoying the outdoors (tours, park, festivals), purchasing gifts, spending time with neighbors, etc.

Friday night – Mexican food or Park West Grille for dinner, walk down to Sav-a-Lot and get a \$1 movie from the "Red Box", pick up items for breakfast and a BBQ on Saturday.

Saturday - Have breakfast at home; enjoy the air outside on the porch or in the backyard. Take the family (including leashed dog) to Benton Park and enjoy

the water pools, green space, the playground, tennis courts, horse shoe pits, etc. Walk to Sav-a-Lot to return the movie, then shop for weekly food and anything forgotten that is needed for the BBQ.

Walk south down Jefferson to Liberty Hardware and get a new screwdriver. Invite neighbors over to enjoy the BBQ. Depending upon the weather, sit in the back yard and listen to the quiet, in-between sirens and the "thump-thump". Once it gets dark, look up at the stars and share childhood memories.

Sunday – If you are a church goer, there are 15+ churches within walking distance, and an unlimited number accessible by bus. If not a church goer, coffee and the Sunday paper are always a good way to start the day, with yard work or tending a garden to fill the day.

Thoughts of grilling out again or even just having sandwiches to not heat up the house might be in store. Household chores such as laundry, picking up inside and out, etc. are always good to do to get ready for the upcoming week.

WHEW! Now, think about the weekend. A bit slower, less complicated, relaxing, yet you've accomplished a lot by spending time with your family at home. Even if you decide to explore Saint Louis, think about using the bus and metro to discover Forest Park, the Riverfront, Zoo, Botanical Gardens, etc.

Not every weekend can be like this, but plan out your shopping and needs to leave the neighborhood so you only have to drive one or two weekends a month. Take time to enjoy what is around you, while at the same time save the gas and mileage on your car.

Find out more about your neighbors and how much you really like being HOME!

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

derekcl@mac.com

Jon Meinz - Garden

jmeinz@sbcglobal.net

Chad Johnson - Membership

776-4447 hm

bpwnamembership@yahoo.com

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Neighborhood Association

Design/Editor: Bill Byrd

Proofreader: Kenneth Pruitt

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 17th of each month.

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

Board meetings - 1st Tues, 7p - 2715 Cherokee Street

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

November Election Will Include At Least Four Ballot Proposals

On August 5th Secretary of State Robin Carnahan certified two measures for the November 4 ballot that had been proposed by initiative petitions while rejecting three others. With the addition of two measures placed on the ballot by the General Assembly, Missouri voters will decide on at least four ballot proposals in November.

One of the initiative measures set to go before voters would repeal Missouri's unique-in-the-nation casino loss limit of \$500 per two-hour gaming session. It would also cap the number of casinos in the state at 13 and boost taxes on casino operators to 21 percent of gross receipts from the current 20 percent. The effort to place the measure on the ballot was funded by the gambling industry.

Another approved initiative proposal would change state law to allow home health care workers to unionize. The language for this measure will read:

Shall Missouri law be amended to

enable the elderly and Missourians with disabilities to continue living independently in their homes by creating the Missouri Quality Homecare Council to ensure the availability of quality home care services under the Medicaid program by recruiting, training, and stabilizing the home care workforce?

The exact cost of this proposal to state governmental entities is unknown, but is estimated to exceed \$510,560 annually. Additional costs for training are possible. Matching federal funds, if available, could reduce state costs. It is estimated there would be no costs or savings to local governmental entities.

Due to insufficient numbers of valid signatures, Carnahan rejected a proposed statutory change to require utilities to use more renewable energy and two separate, but related, constitutional amendments to restrict the use of eminent domain. The renewable energy proposal fell just 526 signatures short of the required



Jeanette Mott Oxford,
59th District

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

number while the eminent domain measures missed the mark by nearly 29,000 signatures each. Groups that put these petition initiatives forward may appeal through the courts if they believe valid signatures were rejected, so one or both issues might still appear on the November ballot.

Also appearing on the ballot are two proposed constitutional amendments placed on the ballot by the General Assembly. The first was passed by the legislature in 2007 and would make English the official language of all governmental proceedings. (I voted "no" since no governmental proceeding has yet been conducted in any language other than English in Missouri, so this is a solution searching for a problem and not a worthy reason to amend our Constitution.) The other, which the legislature approved earlier this year, would alter existing constitutional provisions relating to the issuance of storm water control grants.



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Fax.314-865-2900

E-Mail fcoac@swbell.net



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Executive Director

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... Gardens and Lawns a "Kickoff"

continued from page 1

2008 Gateway Greening newsletter. Many may have received the Gateway Greening newsletter, but many may have not. Read with intent and make a few notes of how you can save your perennials and lawn from the harsh winter that is predicted and give everything a kick start for the spring.

- Cut annuals to provide vigorous plants for overwintering.
- Herbs can be dug from the garden and placed in pots now for growing indoors this winter.
- Pick pears before they are fully mature. Store in a cool, dark basement to ripen.
- Sow seeds of radish, lettuce, spinach and other greens in a cold frame.
- Plant spring bulbs (except tulips) as soon as they are available.
- Pinch the top of Brussels sprout plants to plump the developing sprouts.
- Tie leaves around cauliflower heads when they are about the size of a golf ball.
- Keep broccoli picked regularly to encourage additional production.
- Pinch off any young tomatoes that are too small to ripen to channel energy into ripening the remaining full-size fruits.
- Divide perennials now. Enrich the soil with compost before replanting.
- Divide peonies now. Replant shallowly in a sunny site.
- Lift gladiolus when their leaves



yellow. Cure in an airy place until dry before husking.

- Check along peach tree trunks to just below the soil line for gummy masses caused by borers.
- Probe holes with thin wires to puncture borers.
- Sow spinach now to over-winter under mulch for spring harvest.

Get out that digging fork!

Autumn is a good time to add manure, compost or leaf mold to garden soils for increasing organic matter content.

*Reprinted with permission from Gateway Greening



Benton Park West Garden Work Days

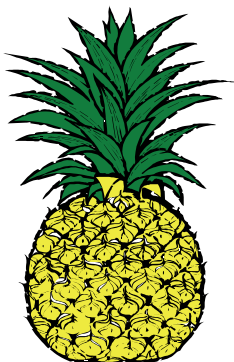
Don't forget to do your part in the Community Gardens! The Garden Team can always use MORE help with weed-ing, mowing, trimming, and watering.

Help is also needed to prepare the corner and set the new sign. Work days are Saturday Sept 13, 9a and Thursday September 25, 9a.

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Walk on the “neighborhood” Side

continued from page 1

around who are known to be “attractive neighborhoods”, let’s compare the Walkability Scores. These scores are based on a total of “100”.

The good thing to notice is that Benton Park West “walkability score” is one of the highest in the area. This score isn’t derived just from business in the neighborhood, but also businesses that are walkable. It is known that one resident’s household walked all the way to McDonalds (just south of 44) for dinner. Another household walked to Benton Park Café on a Saturday for breakfast. Yet another household has done multiple walks to Luvy Duvy’s and Park West Grille. These are all food businesses, but think about businesses for clothing, gardening

items, art galleries and other goods on Cherokee.

The central corridor of south St. Louis is an excellent place to live. If you need anything, look in the newsletter for sponsors of Benton Park West. If you don’t see a business you’re looking for in the newsletter, check out the website for the merchants page: www.bentonparkwest.org. If you still can’t find a business for something you need, call the neighborhood office at 314.771.0803 and BPWNA will help you find something within walking distance.

Walkability Scores

Benton Park – 77
Lafayette Square – 71
Tower Grove East – 78
Shaw Neighborhood – 51
Forest Park Southwest – 6
Central West End – 89
Holly Hills – 63
Benton Park West – 77

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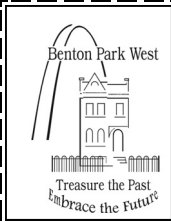
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Questions? 314-664-1450

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Phone _____

Mail this form and your check to:

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

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



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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.

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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, September 29th: *Thirteen Moons*, Charles Frazier
- 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 Shadow*, Joanne Harris

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

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Reward Your Self....

By Anne L. Childers, LMT

End of Summer Frittata

This frittata is a great way to add extra vegetables to your Healthiest Way of Eating. Zucchini and tomatoes are now at the peak of their season providing you with excellent sources of vitamin A, C and manganese while the eggs will provide the protein you need to start the day. Aries!

Healthy Cooking Tips

Make sure you cut vegetables into pieces less than 12 inches. Vegetables will cook faster and be more digestible.



"There shall be eternal summer in the grateful heart."

- Celia Thaxter

cooked. Be sure to have all the ingredients ready before beginning to cook so the zucchini won't get overcooked, release water and dilute the flavor. Check the firmness of your eggs after about 5-6 minutes to make sure they cook to perfection. They won't be very fluffy because of using more egg whites than yolks, but it helps to beat them well right before pouring over the vegetables.

Frittata

Prep and Cook Time: 25 minutes

Ingredients:

- 2 whole eggs
- 4 egg whites
- pinch of turmeric
- ½ medium onion chopped fine
- 1 TBS chicken or vegetable broth
- 3 medium cloves garlic, chopped
- 2 cups thinly sliced zucchini
- ½ 4oz can diced green chili
- 1 small tomato chopped and excess pulp removed
- 2 TBS chopped cilantro
- salt and black pepper to taste

Directions:

1. Chop onions and garlic and let sit for at least 5 minutes to bring out their health-promoting properties.
2. Beat together eggs, egg whites, turmeric, and a pinch of salt and pepper. Set aside.
3. Heat 1 TBS broth in 10-12 inch stainless steel skillet. Healthy Sauté onion, garlic zucchini, and green chili for about 3 minutes stirring frequently.
4. After 3 minutes add tomato, cilantro salt and pepper to zucchini mixture.
5. Pour egg mixture over vegetables. Turn heat to low and cover. Cook for about 10 minutes checking periodically to see if eggs are firm. When done, run a rubber spatula around edge of frittata, cut into four wedges and serve. Serves 4

Positive Affirmations:

- I eat well therefore I am well
- Healthy eating is my conscious choice
 - I nourish my spirit

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 Drug/Gang Hotline 241-COPS
 3rd District Police 444-0619
 Prob Prty Officer 622-3600
 3rd Dist Problem
 Properties 444-1085
 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, 314-613-3083 (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

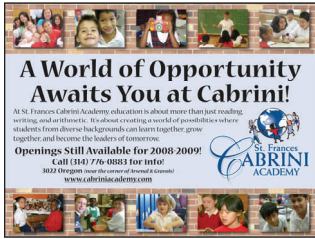


CHEROKEE STATION

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.



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



Things to Remember

Sept 2 - BPWNA Board Meeting - 6:30p, 2715 Cherokee, lower level

Sept 11 - W&S Advisory Meeting 7p - 2832 Arsenal, Five Star. 3rd District Public Affairs follow at 7:30p.

Bulk Pickup - week of September 7th. Have your Bulk items out by 10p Sunday night!

Sept 18 - BPWNA Monthly Meeting - 7pm, 2832 Arsenal, Five Star Senior Center.

Sept 28 - Annual For Sale House Tour - Noon-4p, 2757 Arsenal

Like to help plan these or any other event? Bill Byrd at bpwnabill@yahoo.com or call the neighborhood office at 314-771-0803.

Events for BPW

Annual For Sale House Tour

September 28th brings to Benton Park West the annual For Sale House Tour.

This is a collaboration between local Realtors, mortgage companies, and other home buyer organizations and Benton Park West.

Let's show our neighborhood PRIDE by making sure we mow lawns, pickup trash, clean-up things that have been staring us in the face all year!

Annual For Sale House Tour - September 28th, Noon - 4p. Tour Starts at 2757 Wyoming!

Halloween Fun!

How about a Trunk-n-Treat for Halloween Fun?

Watch for more details about a SAFE place for kids to trick or treat and enjoy cotton candy, popcorn, and hotdogs.

Come to the August 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

