



Don't forget!

Neighborhood
Meeting

July 15 - 7p

2832 Arsenal

Hear about events in
YOUR neighborhood

The Porch Review

Benton Park West

Vol 10, No. 7

July 2010

Celebrate Being Community, Pride, and Working Together



Events

July 3: Concert in the Park
5p-9p, Benton Park

July 6: BPWNA Board Mtg
6:30p, Five Star, 2832 Arsenal

July 8: Weed & Seed (6:30p)
2832 Arsenal

July 10: Garden Work day, Ohio
and Crittenden, 9a-12

July 15: Neighborhood Mtg.
7p, Five Star, 2832 Arsenal

Aug 10: BPWNA Board Mtg
6:30p, Advanced Environment Ser-
vices, 3100 Gravois

Aug 12: Weed & Seed (6:30p)
2832 Arsenal

Aug 19: Neighborhood Mtg.

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Questions, Comments, Concerns?

Contact Neighborhood Office:

Phone: (314)-771-0803

E-mail: bpwna@yahoo.com

NATIONAL NIGHT OUT 2010

by Bill Byrd

National Night Out is a National event which started in August 1984. The original and continuing intent is to bring awareness to crime prevention.

National Night Out 2010 is the 27th year for this unique safety and community event. The National Association of Town Watch (NATW) and our local Neighborhood Stabilization Office (NST) bring this annual event to your street!

Organizers of your block are encouraged to regis-

ter with the National organization, but You MUST register with the NST to ensure that you will be able to block your street for having a fun and safe party.

Don't have an organizer on your block, then step up and be the organizer for the 2010 National Night Out event!

NATIONAL NIGHT OUT is designed to:

- Heighten crime and drug prevention awareness;
- Generate support for, and participation in,

(Continued on page 15)



**Thursday
July 8, 2010**

6:30p Weed & Seed

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 prior to the meeting (cash only)

Remember! Fireworks are illegal in the City of Saint Louis

Per Ordinance 65824

"An ordinance prohibiting any person or entity from possessing, storing, selling, posting for sale, exposing, transferring to another, using, exploding, discharging, **setting off, or burning fireworks of any kind or description within the limits of the City of St. Louis**, containing a penalty provision and providing that public displays of fireworks may occur with the written approval of the St. Louis City Fire Marshall in accordance with rules and regulations."

JULY CONCERT

This will be the second evening of planned music, entertainment and good company.

Hopefully, the weather will cooperate for the **Saturday, July 3rd FREE**, monthly foot-tapping concert with **The Tommy Halloran Sextet.**

Check out the website at www.bentonparkconcert.eventbrite.com, or if you're on Facebook, check out the concert schedule and other info at the Benton Park Concerts group!

The Presidents Corner...



Linda Hennigh

How to Build Community

- Part 4

Building community includes gardening, beautification, safety, getting out of your house to explore your neighborhood and get to know your neighbors. July and August have two excellent opportunities for you to find out about your neighbors.

Our national holiday, the 4th of July, is a date to celebrate. Have a backyard BBQ during the holiday weekend and invite your neighbors. As a matter of fact, why not have a backyard BBQ anytime during the year and invite your neighbors. Look for information in this issue of the newsletter for all types of events and things to do downtown to celebrate the 4th of July and summer in general.

Don't forget to keep this holiday season safe for everyone; **fireworks are illegal in the city of Saint Louis.** They are not illegal to stop our fun, but to protect our children from injury and our homes from fire.

August 3rd will find America once again celebrating National Night Out (NNO).

This year will be the 27th year of NNO. Drag out grills, tables and chairs, games, etc. to enjoy spending time with your neighbors and friends.

National Night Out is a community-police partnership held the first Tuesday of August sponsored by the National Association of Town Watch. The goal is to increase awareness about police programs in communities, such as drug prevention, town watch, and other anti-crime effort. Sign up for a free street permit on the city website and block off your street while getting to know each other and show unity to the "bad guys".

However you celebrate the birth of our nation and NNO, I encourage each of you to step out and say hello to a neighbor whom you do not know. Say hello even if that neighbor doesn't live on your block, but is from another block, they are part of the community!

Linda Hennigh, President



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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
sherryyoung16@yahoo.com

Shirley Johnson - Member at Large
muchhumility@yahoo.com

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.

Local Neighborhood News at your Fingertips

by Janette Lonsdale

Benton Park West has a new friend in the media, YourLocalMessenger.com is an online newspaper focused on neighborhoods in our area. It offers a daily diet of news, event coverage, business spotlights and lots more,

"It is easy to find out what is happening in the Gulf or downtown," said Editor Janette Lonsdale. "But finding out what is happening around the corner or in the next neighborhood can be tricky. Our newspaper,

YourLocalMessenger.com fills that void."

In addition to the news stories, the paper offers Event and Business Directory listings. The Directory is the go-to place to find local businesses such as insurance agents, lawyers, music studios, Chinese restaurants and more.

Through editorial stories and inexpensive advertising, businesses can reach local readers rather than spend their hard-earned promotional

budgets on people who are too far away to become regular customers.

Editor Janette Lonsdale has more than 20 years experience and believes in balanced and accurate news reporting. She is supported by Webmaster and Art Editor Ty Norton and Publisher Mark Lonsdale.

Visit YourLocalMessenger.com anytime from your computer to find engaging and interesting neighborhood news. Or get news highlights via the weekly email blast.

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Design/Editor: Bill Byrd

Proofreaders: David Lang

Contributing Writers: Anne Childers LMT, Janette Lonsdale, Linda Hennigh, Bill Byrd, Jeanette Mott-Oxford, Officer Joe Calabro, Erin Guss

Contributing Photographers:

**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.

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Important Issues on the August 3, 2010 Ballot

The August 3rd Primary Election ballot will not just be the chance to pick the candidates of the various political parties who will appear on the November General Election ballot but will also offer the chance to vote on important state and local issues. Here are two that voters in St. Louis City should study carefully:

Proposition C: This initiative placed on the ballot seeks to exempt Missourians from following a provision of the recently enacted federal health care reform law. The federal law will eventually require U.S. citizens to have health insurance or be subject to fines or tax penalties. The General Assembly placed Proposition C on the ballot

with the passage of House Bill 1764 on May 11. The bill passed 26-8 in the Senate and 108-47 in the House of Representatives. (I voted no.) Because it contains a referendum clause putting the matter before voters, HB 1764 bypassed Gov. Jay Nixon and was not eligible for consideration for a gubernatorial veto.

Because federal law generally trumps state law, however, Proposition C likely would be unenforceable if approved by Missouri voters. Millions of Americans currently don't have access to affordable health care. The new federal health care bill, once fully implemented, will change that and is a long-overdue reform. To see what's at

stake for Missourians with chronic health conditions if the federal health reform was repealed, see the interactive map at: http://www.americanprogress.org/issues/2010/06/chronic_conditions.html

Proposition S: After much study and review, \$300 million in facility needs have been identified for the St. Louis Public School system (SLPS). As a first step toward improving academic performance, ensuring a safe environment, and promoting healthy lifestyles for students, \$155 million of these needs are being bundled into a bond referendum identified as Proposition S on the ballot.

Now is a good time to consider such a proposal because the federal recovery package allows school districts to finance improvements at zero or near-zero interest rates, giving school districts more "bang for the buck" than at any time in recent history. Therefore, SLPS would be able to fund the \$155 million in the current draft of their facilities plan without raising its tax rate.



Jeanette Mott Oxford,
59th District

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

Also of importance is the economic activity that would be generated locally by the proposed improvements, including union jobs! Plans include: providing every student with access to computers, educational technology and up-to-date software; modernizing electrical service to accommodate classroom technology; adding pre-K classrooms and expanding the gifted student program; renovating and upgrading libraries, science labs, auditoriums, restrooms, and cafeterias; continuing removal of lead paint and other hazardous materials and installation of safe and energy efficient windows; repairing and replacing roofs to eliminate leaks and mold; improving security with lighting, cameras, and alarm systems; upgrading fire safety equipment; replacing 60-year-old kitchen equipment to facilitate serving hot, nutritious meals; and making playgrounds safer.

For more information about the facilities improvement plan, go to www.slps.org and click on the FACTS logo or call 314-345-4694.



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Michael W. Howard Executive Director



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The Juice Box and J.U.I.C.E., Inc.

The Juice Box, along with J.U.I.C.E. Inc. just across Gravois at 3003 Arsenal, had the honor of being part a Social Innovation Fund celebration at the White House on May 27th. Angie and Shawn were also interviewed by the local news, Channel 5 News, KSDK, and Fox 2 News.

Check out what's happening at The JUICE Box, within CLOSE walking distance.

NEWS RELEASE

CONTACT: Shawn McKie
314-667-5248
www.juiceproject.org

June 8, 2010

LOCAL SOCIAL ENTERPRISE INVITED TO WHITE HOUSE, RECOGNIZED BY FIRST LADY

St. Louis – The owners of The Juice Box corner store, located at 3003 Arsenal St. in South St. Louis City, got a major boost when they were invited to attend a prestigious event at the White House. Even more impressive, First Lady Michelle Obama directly acknowledged the Juice Box as one of three enterprises that embody a “powerful new model” for overcoming the country’s most significant social problems. The event, hosted by Mrs. Obama, featured outstanding

social enterprises from across the U.S. as well as major foundations and grant-making entities that have pledged financial support as part of the program.

“We know that some of the best solutions in our nation’s problems already exist, and we know that with the right support they can go from just changing a handful of lives to making a difference on a much larger scale,” said Mrs. Obama. “The Juice Project in St. Louis has taken a corner store in a low-income neighborhood and re-made it into a one-stop shop for healthy living known as The Juice Box. Now, you know this is right up my alley, right?”

Shawn McKie and Angie Beatty, owners of the store, were ecstatic about the invite – and even more surprised by the First Lady’s recognition. “Angie and I just looked at each other then back to The First Lady. We were both speechless – it was the high point of an incredible week,” remarked Shawn. Angie and Shawn received an invitation from the White House, and five days later they were at an event receiving direct praise from the First Lady Herself. “I was stunned and honored,” said Dr. Angie Colette Beatty, co-founder and executive director of J.U.I.C.E., Inc., which partners with The Juice Box. “The Social Innovation Fund represents an amazing opportunity for grassroots efforts like ours to grow and improve

the health of our communities.”

The White House Social Innovation Fund (SIF) is a new competitive grant program designed to expand innovative solutions with evidence of strong results in communities across America. The SIF will direct more resources to high-impact non-profit organizations working in three areas of national priority: Economic opportunity, Youth Development/School Support, and Healthy Futures. The program requires matching investments from private sector businesses, foundations, and philanthropists.

The Juice Box is a re-imagined corner store: a one-stop shop for nutritious and affordable food, free exercise training/activities, and media-health literacy education and art programs. The Juice Project is a partnership between The Juice Box LLC and Jumpstarting Urban Innovation with Critical Thinking and Exercise (J.U.I.C.E.), Inc., an innovative for-profit/nonprofit hybrid social enterprise whose mission is to combat disease mortality in inner cities by pursuing reduction in preventable diseases and measurable improvements in health indicators such as weight management, blood sugar, and blood pressure. The J.U.I.C.E. Project received an Echoing Green Fellowship in 2009 and a Green Loan from Justine Petersen Housing and Reinvestment Corporation in 2008.

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.

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Governor signs autism insurance reform bill

Gov. Jay Nixon on Thursday signed into law a bill requiring insurance companies to cover the diagnosis and treatment of children with autism spectrum disorders.

House Bill 1311, which takes effect Jan 1, 2011, requires coverage of up to \$40,000 annually for youth through age 18.

St. Louis gets new postmaster

Nancy R. Fryrear was sworn in June 7 as the 36th postmaster of the City of St. Louis. She also became the first woman postmaster in St. Louis.

As postmaster, she will have administrative authority and operation oversight for the collection and delivery of mail to the 490,000 businesses and residential customers in the 631 ZIP Code.

Community Information Corner

July 3 concert

Don't miss the second concert in Benton Park on July 3rd starting at 5p.

University City passes earlier youth curfew for Loop

A new curfew goes into effect this week in the Delmar Loop, requiring anyone 16 and under to be out of the Loop by 9 p.m. if not accompanied by an adult. The curfew is in effect every night of the week and continues until 6 a.m.

Hot Spot of the month!

Foam Coffee & Beer

Looking for a place to catch a cup of coffee and find WiFi? Check out Foam Coffee & Beer, within walking distance at 3359 S Jefferson Ave, Open Mon-Fri 8a-10p, Sat 9a-1a, & Sun 9a-5p. Don't miss the live music most weekends. For info call at (314) 772-2100 or on facebook at www.facebook.com/pages/Saint-Lou.



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Line-up for the "Celebrate St. Louis" for 2010.

The free concerts on the Gateway Arch grounds are now to be referred to as *Celebrate St. Louis* Summer Concerts, the Fair St. Louis Foundation announced.

Just when the Fair St. Louis activities wind down, the free concert series kicks off July 9 near the base of the Arch on Leonor K. Sullivan Blvd. Concerts are at 8 p.m., preceded by opening acts at 6 p.m. The concerts are free, and will be followed by fireworks.

The musical festivities start off with Fair St. Louis –

- **July 3**
John Legend – 8p
- **July 4**
The B-52s – 8p

The events continues with *Celebrate St. Louis* Summer Concerts Schedule

- **July 9**
Common, DJ Needles
- **July 10**
Slightly Stoopid, Fundamental Elements
- **July 16**
Kenny Wayne Shepherd, Jeremiah Johnson & the Sliders
- **July 17**
Clint Black, Johnny Henry Band
- **July 23**
Sara Bareilles, the Brothers Lazaroff
- **July 24**
Silversun Pickups, Against Me!, the Henry Clay People

Get more information at
www.celebratestlouis.org.



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Independence Day!

Recently there was a movie by the name of “Independence Day”. This is not about a movie, but about YOUR life!

Independence Day 2010 means parades, music, fireworks fun and mostly celebrating the United States of America.

There's always Fair St. Louis, but don't miss the smaller celebrations in your own back yard.

There are numerous places to celebrate....either staying cool or sweating. Just make sure to gather with family and friends to celebrate all things American. There are numerous public events around St. Louis. From BBQ's to fireworks (legally), there is enough fun for everyone.

Fair St. Louis festivities are July 3 & 4 on the Arch grounds and St. Louis Riverfront. The Fair opens Saturday at noon and again Sunday at 11 a.m. Kids will enjoy the games and crafts

at the K-Town Kids Zone. There's fair food to fit any taste and the air shows are back this year.

Most visitors plan their day around the free concerts and fireworks.

July 3, 2010

Noon - Fair opens

8 p.m. - John Legend

9 p.m. - Fireworks

July 4, 2010

11 a.m. - Fair opens

8 p.m. - The B-52s

9 p.m. - Fireworks

Fair St. Louis has been a 4th of July tradition for three decades. The Arch grounds and Mississippi Riverfront are St. Louis' favorite place to celebrate Independence Day.

Don't miss the air shows, and music. The Fair runs two days, opening at noon on July 3, and at 11a, on July 4. The Fair

closes each night after the fireworks display.

Here's information on the event.

The VP Parade:

One of the oldest Independence Day traditions in St. Louis is the Veiled Prophet Parade. The 133rd annual parade will kick off at 10 a.m. on July 3, beginning at Washington & 4th Street, making its way south on 4th to Market Street, then heads west on Market to Union Station.

Food & Family Fun:

Food is always one of the big draws at Fair St. Louis with all kinds of foods to satisfy your tastes, including funnel cakes, corn dogs, gyros and fresh-squeezed lemonade.

The Fair also has an activity area for just for the kids with

the Kids Zone opening at noon on Saturday, July 3, and at 11 a.m. on Sunday, July 4.

Air Shows:

There will be two air shows each day tentatively scheduled on July 3, at 12:30p & 5:30p, and July 4, at 11:30a & 5:30p. Air show last about 90 minutes.

Live Concerts:

Don't miss the live concerts with two main stage shows: John Legend on July 3, at 8p and the B-52's on July 4 at 8p.

Fireworks Display:

The annual fireworks display is for young and old alike with the display set to music. The show is scheduled to start about 9p each night.

Parking and Transportation:

Best way to get to the Fair is to take Metro at Laclede's Landing, 8th & Pine, and Busch Stadium.



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See page 16 for an application

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Prepare now for Storms and Heat Stress

We've just passed through many thunderstorms and rain. In-between the storms, we are experiencing high temperatures that can cause heat induced health issues.

The continued threat of heavy rains, thunderstorms, high winds, tornados and flooding is upon the area. Now is the time to plan for emergency situations..

The Neighborhood Stabilization Office and American Red Cross reminds us to follow the "Ready-In-3 Preparedness Program" (Plan-Prepare-Protect). These simple reminders will help you to easily prepare for an emergency.

Ready-In-3 includes three steps:

Create a plan for you, your family and your business

Emergency situations can happen without warning. You may not be at home; your family may not be together. Some things to keep in mind are:

Develop an emergency plan for the family. Plan for two situations – staying home or having to leave. Know where to go if you have to leave. Pre-select a location that all family members can get to in case they cannot communicate with each other.

Prepare a kit for home, car, and work

During an emergency, you might not be able to get food or water for several days or

weeks. Your electricity may not be working. Having an emergency kit in your home and a smaller kit in your car or at your workplace are essential.

Basic supplies for your kit include:

- Water and canned or dried food
- Battery-powered radio
- Flashlight
- Extra batteries for the radio and flashlight
- Prescription medicine
- First-aid kit

It is essential to have three days' worth of food for each person in your plan.

Fresh water is very important; you should have one gallon of water for each person for at least three days. If there is room, storing additional water supplies is a good idea. Keep your supplies in a waterproof container by using a large bag, plastic container or trash can with a lid.

Know where to get accurate information about what to do and where to go during an actual emergency

Staying calm is of utmost importance. Secure as much information about the situation by listening to the radio or TV news. Make sure you have a batterypowered radio with extra batteries in case of electric outage.

By following the Ready-In-3 Preparedness Program, you and your family will have an excellent basic safety plan, and you will be prepared to handle any upcoming storm season.

Heat Stress

Our bodies maintain a fairly constant internal temperature. It is important to keep these temperatures within safe limits. The key to dealing with heat related issues is to watch for the warning signs.

Heat Cramps - are painful spasms of the muscles that occur when sweating profusely in the heat and when the body's salt loss is not replaced. To relieve the cramps, drink liquids containing salts, potassium, chloride and electrolytes such as sports drinks.

Heat Exhaustion - is caused by the loss of large amounts of fluids. Heat exhaustion will still have sweating, but will be accompanied by fatigue, giddiness, nausea or headaches. Resting in a cool place and drinking plenty of fluids will generally allow mild cases to recover. Severe cases should be directed to a doctor.

Heat Stroke - is the most serious heat related issue. The skin will be hot and have dry red or spotted patches. The person may appear confused or dazed. Getting the individual to a cool place, fanning them, soaking their clothing with water will help to reduce the body temperature.

For more information about the Ready-In-3 Preparedness Program, visit www.dhss.mo.gov. You may also contact the City of St. Louis City Emergency Management Agency at (314) 622-3501 or the American Red Cross at (314) 658-2000.



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What's happening in Benton Park West

JULY 2010

6 - BPWNA Board meeting - 6:30p, Advanced Environmental Services, 3100 Gravois

8 - W&S Advisory meeting - 6:30p, Five Star Center.

19 - Garden Work Day Ohio/Crittenden 9a-noon

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

15 - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3
4	5	6 BPW Board - mtg, 6:30p	7	8 W&S - 6:30p 2832 Arsenal	9	10 Garden work-day, OH /Crittenden 9a-12
11 Bulk Trash week	12	13	14	15 NA - mtg, 7p, Five Star Ctr 2832 Arsenal	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31

August Events

Aug 3: National Night Out

Aug 10: BPWNA Board Mtg 6:30 pm

Aug 12: Weed & Seed (6:30p), 2832 Arsenal

Aug 19: Neighborhood Mtg, 7p, Five Star Senior Center, 2832 Arsenal

Aug: Back to School Event - Watch for more 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 for food fellowship after 9:30a service

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"



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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@stlouisacity.com

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

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

Citizen Ser Bureau
622-4800

Refuse Department
353-8877

Alley Lights (AmUE)
342-1000

Street Lights (CSB)
622-4800

District Three Community Outreach Home Security Survey

Please take a moment to use this Home Security Survey to assess your home security. Together we can make the Third District Safer. Joseph J. Calabro Sr. Dsn. 4393/303, Third District Community Outreach Officer Metropolitan Police Department -City of St. Louis, Mo, 314-444-0169, jjcalabro@slmpd.org

Remember folks make it difficult for the burglar by making sure you've taken these simple and often inexpensive precautions.

Neighborhood Security

Have you met and become acquainted with neighbors?

Have you talked to your neighbors about mutual neighborhood security?

Do you tell your neighbor when your home is unoccupied for an extended period?

Do you belong to the Neighborhood association?

Is there effective lighting in your neighborhood?

Home Exterior

Are house numbers easily visible?

If neighborhood has an alley are house numbers visible from the alley?

Are shrubs, bushes and other plants maintained at a height not more than 2 (feet)?

Are trees trimmed so that lower branches are 6 (feet) off the ground?

Are spiny (thorny) plants used as ground cover, and under fences?

Are the gates around your property kept locked?

Are items of value kept secure such as ladders, bicycles, lawn mowers?

Are all entryways, porches and walkways well lighted?

Are exterior lights controlled by motion detectors?

Are the door locks in good state of repair?

Garage

Is the garage door kept locked when not in use?

When on vacation or when home is unattended is the overhead track garage door disconnected?

When home is unoccupied is a padlock inserted in a hole preventing door from being opened?

Are garage windows secured to deny easy access?

Are electronic garage openers removed from vehicles parked outside garage?

Windows

Have double hung windows been pinned to only open a small amount?

Basement windows secured?

Are window air conditioners anchored to prevent removal?

Doors

Are replacement exterior or entrance doors either solid core or steel?

Do solid exterior or entrance doors have wide angle door viewers?

Are exterior door strike plates secured by 3" screws?

If exterior doors swing outward, have hinge pins been replaced with non-removable pins?

Locks

Are deadbolt locks with at least a 1" throw installed on all exterior or entrance doors?

Are door locks double keyed?

Was the home re-keyed or the locks changed the last time a new occupant moved in?

Are keys to the home hidden outside the house?

Miscellaneous Home Security Measures

Does the home have a burglary resistant safe?

Have valuable papers been placed in a rented safe deposit box?

Has the homeowner participated in Operation Identification?

Has the homeowner made an inventory of household items by photo or videotape?

Are all exterior doors locked at night or when the home is unoccupied?

Is a radio or television left on and playing when the home is unoccupied?

Are interior lights visible from the outside left on when home is unoccupied at night?

Are children taught not to open the door?

If there is death in the family are arrangements made for a house-sitter?

Are accessible openings, such as crawl spaces vents, etc., protected and locked?

Is there any type of home or personal identification information on key rings?

Security Alarm System

Does the home have an electronic intrusion/panic alarm system?

Was the alarm professionally installed by a reliable company?

Is the alarm monitored by a professional alarm monitoring company?

If the alarm system is more than five years old, has equipment been updated?

Have household members been trained how to arm and disarm system?

Does the alarm system have a back-up power source (battery)?

Vacation Checklists

Are home deliveries stopped and mail arranged for pick up?

Continued on Pg 14

Metro plans service restorations June 28

June 28, Metro will restore much of the MetroLink and Metro bus service it eliminated in March 2009 because of budget cuts. Most of the remaining cuts will be restored in August.

30 percent of service was eliminated in March 2009.

Lines reported to have service restored on June 28 are Natural Bridge, Chippewa, Oakville, Wellston Martin Luther King, Earth City,

Forest Park Shuttle, Lee, South Lindbergh, North Lindbergh, Clayton Ballas, Lucas Hunt, Grand, Hampton, Kingshighway, Delmar, Downtown Circulator, Ballas-West County, Fenton-Gravois Bluffs, Bissell Hills Express and Clayton Chesterfield.

MetroLink service will be every 10 minutes during rush hours and every 20 minutes other times.



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Celebrate America!

July Lite Fare

Grilled Bruschetta Chicken

Prep time: 5 min **Makes:** 4 servings

Cook Time: 14 min **Start to Finish:** 29 min

Ingredients:

- 4 small boneless skinless chicken breast halves (1 lb.)
- 1/4 cup KRAFT Sun-Dried Tomato Dressing, divided
- 1 tomato, finely chopped
- 1/2 cup KRAFT Shredded Low-Moisture Part-Skim Mozzarella Cheese
- 1/4 cup chopped fresh basil

Prep:

1. HEAT grill to medium heat.
2. COVER half the grill grate with sheet of heavy-duty foil. Place chicken in large resealable plastic bag. Add 2 Tbsp. dressing; seal bag. Turn bag over several times to evenly coat chicken with dressing. Refrigerate 10 min. Remove chicken from bag; discard bag and dressing.
3. PLACE chicken on uncovered side of grill; cover with lid. Grill 6 min. Meanwhile, combine remaining dressing, tomatoes, cheese and basil.
4. TURN chicken over; place on foil. Top with tomato mixture. Grill, covered, grill 8 min. or until chicken is done (165°F).

Serving Suggestion

Serve with hot buttered egg noodles and grilled or steamed vegetables.

Substitute

If you don't have fresh basil, use 1 tsp. dried basil leaves instead.

Variation

Marinate chicken in shallow glass dish instead of in the plastic bag.

***Nutrition Information:** Per Serving: Calories 200, Carbs 3g, Fiber 1g, Total Fat 7 g, Protein 28g, Sodium 280mg, Cholesterol 7g mg

Next month look for a great recipe for *Zesty Grilled Veggies!*

*If you have a recipe you'd like in the newsletter contact Pub-
licty at bpwnapub@yahoo.com or call 314.771.0803

Library Corner - Erin Guss

So many things happen at your local Library. You may think only reading & learning take place, but...so much more is in store for you!

Food for Fines is back!

Throughout the month of July, bring in canned goods and pay off your late charges. One canned good = one dollar off your fines, up to \$25. Items we can accept include:

Canned Meat
Peanut Butter
Canned Fruit
Baby Formula
Canned Chili
Hot and Cold Cereal
Rice & Beans
Powdered Milk
Macaroni and Cheese
Canned Vegetables

Join us at the **Magic House for Library Night!** On July 21st we will be taking a bus from the Barr parking lot to the Magic House for a totally

free evening of fun. Stop by the branch and pick up a registration form - space is limited on the bus, but you can also come in your own car.

Saturday afternoon movies continue through July, August, and September. The series includes road movies and casino movies, starts at 3pm, and the schedule is as follows:

July 10 – Away We Go
(2009) John Krazinsky, Maya Rudolph

July 24 – Atlantic City (1980)
Susan Sarandon, Burt Lancaster

August 7 – Easy Rider (1969)
Peter Fonda, Dennis Hopper, Jack Nicholson

August 21 – Cleopatra Jones and the Casino of Gold
(1975) Tamara Dobson, Stella Stevens

September 4 – College Road Trip (2008) Raven Symone, Martin Lawrence



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Age is a State of Mind - Baby Boomers Combat Aging with Bodywork

We continue the series for Baby Boomers on being more fit and have better health. This is part two of four.

Bennies for Boomers

The benefits from massage and bodywork can help bodies of all ages, especially for baby boomers. Research has shown that massage:

- Improves range of motion and decreases low-back pain.
- Increases circulation, allowing the body to pump more oxygen and nutrients into tissues and vital organs.
- Provides exercise and stretching for atrophied muscles.
- Reduces swelling and scar tissue.
- Reduces recovery time from injury/surgery.

- Reduces stress, a major contributor to disease and ill health.
- Releases endorphins, the body's natural painkiller, thereby reducing the need for medications.
- Stimulates lymph flow and supports the body's natural process of detoxification.

Next month look for the last in this series: *Psychological Value*

Safety Checklist...

Continued from Pg 11

Are trusted neighbors asked to watch the residence when occupants are away on vacation?

Are arrangements made to have lawn mowed or snow removed during vacation?

Is law enforcement or Neighborhood Association notified when occupant is on vacation?

Is an emergency number left with trusted neighbors for the occupant to be reached?

Are lights and radios connected to timers to turn on and off?

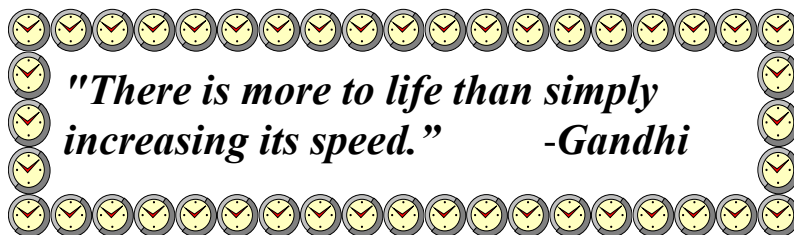
Does the message on the answering machine indicate the homeowner is on vacation?

Are window shades and blinds in their normal position when on vacation?

Is the bell or ringer on the home telephone turned down low when the occupant is away?

One of the most important steps you can do to help us in the apprehension and prosecution of burglars is to MARK YOUR BELONGINGS.

Items should be marked in such a way that only you the owner can locate and identify. Use an engraver or ultraviolet marker to mark your property. Take pictures of all valuables like jewelry, silverware and write down the makes, models and serial numbers of your TV, video equipment, DVD, stereo/CD player, home computer, camera equipment and so on. These steps will help us and you identify them if they are stolen.



"There is more to life than simply increasing its speed." -Gandhi



Benton Park Neighborhood Association

Best Dog Trick Contest & Most Patriotic Dog Award

July 3, 2010

Registration opens at 2:00pm

Judging begins at 3:00PM



The Benton Park Neighborhood Association with the support of Stray Rescue of St. Louis invites you to a canine friendly event preceding the free **Uncle Sam's Birthday Throwdown Concert** in Benton Park on July 3rd.

Stray Rescue Adoption Event and Puppy Kissing Booth

12:00-3:00PM

Best Dog Trick Contest 3:00PM

There is a \$5 registration fee for the dog trick contest. Register on site or online at bentonparkconcertseries.eventbrite.com

Contestants must present vaccination records on site to qualify

Most Patriotic Dog Award - 4:15PM

No fee required to qualify

For more information, contact Nancy Galvin at galvin@slu.edu or 314-322-3243

More than \$150 in prizes will be awarded compliments of 'Pets in the City'

All participants will receive a free gift bag.

Benton Park is located at the corner of South Jefferson and Arsenal in St. Louis. The dog events will be located in the Southeast quadrant of the park.

All dogs must be kept on leash!

Residents can help beautify St. Louis neighborhoods

Community groups are invited to help make improvements to their neighborhoods through the 2010 Neighbors Naturescaping program, an annual project of Operation Brightside.

Garden plans can be submitted with a request for up to \$1,500 in plantings and tools to complete the beautification project.

The goal is to transform lots, parks, nonprofit and other public spaces into green space. "This transformation into inviting urban green spaces can have a positive impact on property values and long-term neighborhood stability."

Applicants are encouraged to attend workshops hosted by Operation Brightside, 4646 Shenandoah Ave., from 9a-noon, June 19 & July 17. Department of Conservation will assist in plant selection, plan development, sustainable landscaping techniques, planting and maintenance.

The deadline to apply is Aug. 13. Contact 314-772-4646 or opbright@stlouis.missouri.org for more info.

NNO 2010

Continued from Pg 1

local anticrime programs;

- Strengthen neighborhood spirit and police-community partnerships; and

Send a message to criminals letting them know that neighborhoods are organized and fighting back.

In addition to bring awareness about safety and crime prevention, this is also an excellent time to come out and meet your neighbors. Bring a chair and sit to enjoy the party on your block.

If you make application to the Benton Park West Neighborhood Association (BPWNA) there are limited funds to help with your block party.

There are many ways you can celebrate, from displays of outdoor lights and front porch vigils. Cities, towns and neighborhoods 'celebrate' NNO with a variety of events and activities such as:

- Display of lights
- Front porch vigils
- Block parties and

cookouts

- Visits from the 3rd District police
- flashlight walks
- Contests
- youth programs

NNO has proven to be an effective, inexpensive and enjoyable program to promote neighborhood spirit and police-community partnerships in our fight for a safer nation.

Plus, meeting your neighbors and getting to know the neighborhood will most certainly extend well beyond the one night.

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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
 Prob Prty Officer 622-3600
 Dave Krafp -
 3rd Dist Prob Prop 444-0185
 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, 314-657-3083 (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

Operation Brightside
 772-4646

Operation Safestreet
 622-3444

Child Abuse Hotline
 1- 800-392-3738

Parental Stress Help line
 1-800-367-3543

Parents Anonymous
 647-HELP or 866-492-0843

Animal Abuse Hotline
 (314) 647-4400

EnergyCare
 (314) 773-5900

2010 is here! 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

Book Club in BPW

To get an invite to the book club, contact Rebecca - rebeccadurst@gmail.com
 or call 314-853-1091.

August 23rd: *Stones into Schools*, by Greg Mortenson (sequel to *Three Cups of Tea*)

Sept 27th: *The Family: The Secret Fundamentalism at the Heart of American Power* by Jeff Sharlet

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

November 29th: *The Sparrow* by Mary Doria Russell

December 27th: Bring your own Book night (Rebecca hosts)

**July 26th:**

The Unbearable Lightness of Being by Milan Kundera

Tereza and Tomas, Tomas and Sabina, Sabina and Franz, Franz and Marie-Claude--four people, four relationships. Mi-

lan Kundera's masterful novel, *The Unbearable Lightness of Being* (1984), tells the interlocking stories of these four relationships, with a primary focus on Tomas, a man torn between his love for Tereza, his wife, and his incorrigible "erotic adventures," particularly his long-time af-

fair with the internationally noted painter, Sabina. The world of Kundera's novel is one in which lives are shaped by irrevocable choices and fortuitous events. It is a world in which, because everything occurs only once and then disappears into the past, existence seems to lose its substance and weight. Coping with both the consequences of their own actions and desires and the intruding demands of society and the state, Kundera's characters struggle to construct lives of individual value and lasting meaning.

Benton Park West

Neighborhood Association

P.O. 18671

Saint Louis, MO 63118

On the Web

www.bentonparkwest.org



Pg 1 - inside, Events
Pg 2 - Pres corner, LocalMessenger
Pg 3 - JMO
Pg 4 - Juice Box
Pg 5 - Megan's Info corner, new advert for Indigo
Pg 6 - Celebrate St. Louis
Pg 7 - Independence Day
Pg 8 - Membership
Pg 9 - Storms and Heat Stress
Pg 10 - Calendar info
Pg 11 - Safety
Pg 12 - Metro Plans
Pg 13 - Recipe and Library Corner
Pg 14 - Reward Yourself Specials and Safety overflow
Pg 15 - Help beautify
Pg 16 - Need fall schedule for book club

Barr Library

Celebrate St. Louis

Independence day

JMO

Juice Project

Recipe

Information Corner

Metro Plans

LocalMessenger

Heat

Help beautify

Did you know—Summer hints

Still need: