



Don't forget!

**Neighborhood Meeting**  
**November 18 - 7p**  
 2832 Arsenal

**Bring your items for the drive food drive**

# The Porch Review

Benton Park West

Vol 10, No. 11

November 2010

Celebrate Being Community, Pride, and Working Together



## Events

**Nov-Dec: Food Pantry Collection,**  
 Collection point - 2832 Arsenal,  
 Five Star Senior Center.

**Nov 7: BULK Trash Pickup**  
 Put bulky items out Sunday evening

**Nov 9: BPWNA Board Mtg**  
 6:30p, Five Star, 2832 Arsenal

**Nov11: Weed & Seed (6:30p), 3rd District (7p)** 2832 Arsenal

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

**Nov 25: Happy Thanksgiving**

**Dec 7: BPWNA Board Mtg**  
 6:30p, Five Star, 2832 Arsenal

**Dec: No Neighborhood Meeting**

**Jan: Membership Appreciation**

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## Questions, Comments, Concerns?

Contact Neighborhood Office:

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

## Fall Events in Benton Park West

The fall weather is upon us, the leaves are turning and it's time to put summer "to bed", but there are still many things happening in Benton Park West.

### Events still in 2010:

#### Food Drive for The Salvation Army Food Pantry

The annual food drive begins November 1st and goes through mid-December. Once again, Five Star Senior Center will be the collection point.

Non-perishables are the best. If you do have frozen (fresh and no more than a few months old) call the neighborhood office at 314-771-0803 and we'll do what we can to find a place for all items.

#### Voting for 2010 Brick Awards will be at the November neighborhood meeting.

It's YOUR turn to pick the winners of the 2010 Brick Awards. There are two specific awards you can vote on: Most Attractive Home and Most Attractive Business/Store Front. Page 9 provides the pictures. Come to the November 18th Neighborhood meeting and vote.

The idea of the **Brick Awards**

(Continued on page 9)



**Thursday**  
**November 11, 2010**

**6:30p Weed & Seed**

**7p 3rd Dist Community 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

## BENTON PARK WEST 2011 BOARD

We congratulate the following individuals who were elected at the October BPW Neighborhood Meeting.

Being a neighborhood leader is challenging, but worthwhile. Being part of making Benton Park West a great place to live doesn't mean always having to be on the board. Volunteering to help at events, etc. is what makes OUR community great!

Welcome YOUR leaders in BPW for 2011.

**President** - Linda Hennigh

**Vice-President** - Martha Buckley

**Secretary** - Shannon Headley

**Treasurer** - Diane Hurwitz

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

For more information about being a part of making BPW great, contact Linda Hennigh at 771-2161 or the neighborhood office at 771-0803.

**Be part of your neighborhood and join the FUN!**

**Five Star Senior Center**  
**Chicken Dinner**  
**Sunday November 7th**  
**11:00a - 5:00p**

## The Presidents Corner...



Linda Hennigh

## How to Build Community - Part 7

Last Sunday it was warm, sunny....a perfect day to sit out and visit with neighbors and where was I, sitting at the computer trying to balance my checkbook...what a waste. It was very difficult to concentrate as my normally quiet block was loud with sounds of conflict. Shouting voices bounced from building to building. After an hour or so I went out to find the source. There were fully 4 households causing commotion...raising voices and arguing.

Instead of closing the windows or retreating to a park I decided to try a little building. Listen Before You React To Anger, Mediate A Conflict and Seek to Understand, three of our "How to Build Community" bricks, came to mind. So, I drummed up some courage and visited several of the houses, introduced myself and explained that there were many houses in the block where folks just wanted to enjoy the peace and quiet of the day. I received apolo-

gies, listened to problems, met some neighbors and was able to put a face to what others might think of as an empty house.

I think sometimes we take the easy way out and call the authorities in an attempt to make life more to our liking. The best the police can do is to try to help people get along and they do a great job but don't we want them to spend their time finding burglars and bank robbers? You would be surprised how rewarding it is to get out and

### Learn From New and Uncomfortable

Angles. If we want change, perhaps we need to put ourselves out there and do our share. If our alley is a mess and we are tired of looking at it...clean it up, don't expect someone else to do it. Let's get involved, make a difference, Know That No One Is Silent Though Many Are Not Heard and Work To Change This!!

*Linda Hennigh, President*

## 2010 Board

**Linda Hennigh** - President  
771-2161(h) linda\_hennigh@yahoo.com

**Diane Hurwitz** - Vice-President  
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BPWNA is a 501(c)3 organization registered with US IRS and Missouri Secretary of State.

## Nuisance Properties are an issue for Quality of Life

Boarded properties have been broken into at a higher rate in recent days.

Many of these properties are used for drug use and a place to sleep. Many boarded properties are due to nuisance calls and include city owned and foreclosed properties.

Nuisance properties are what causes quality of life issues for neighbors. These properties are characterized by being neglected, used for illegal activities - such as drug trafficking, prostitution and public drinking. Also, nuisance can be loud music, honking of horns, trash in front, trash in the alley, overgrown yards, safety issues

around the building, or anything that causes you quality of life issues.

If you have a problem property in your neighborhood which fit any of the above, call the police patrol division for your area and ask for the nuisance and problem property officer:

South Patrol Division, 314-444-0100

Residents can also reach Sgt. John McLaughlin, the police officer in charge of the nuisance and problem property officers, at 314-444-5490.

After you make the call to the police, make sure to call your NSO - Barb Potts at 314-397-1091.

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## Statewide Pseudoephedrine Database Going Online

Soon every time someone buys certain cold or allergy medicines in Missouri, state law enforcement officials will know about it. The tracking effort is the result of a 2008 law creating a statewide database of sales of medicines containing pseudoephedrine, a key ingredient in the manufacture of methamphetamine.

Although lawmakers never provided funding for the database, which will link Missouri's roughly 1,300 pharmacies to law enforcement, earlier this year the pharmaceutical industry agreed to pay for it. Implementation began on Sept. 28 and is expected to be completed by the end of the year.

Since 2005, Missouri has placed limits on the sale of pseudoephedrine products, required customers to show photo identification and required pharmacies to maintain a paper log of purchases. Law enforcement officials, however, said that system was ineffective and that a real-time database was necessary to track individuals who go to multiple pharmacies to purchase large quantities of pseudoephedrine products.

Under the new rules, pharmacies will be required to enter a customer's name, address, date of birth and signature, along with the type of product purchased, into the law enforcement database. If a customer has already purchased the

legal limit somewhere else, the system will reject the sale and alert law enforcement to the attempted purchase.

### Fatal Truck Accidents Have Declined

Missouri Department of Transportation officials said in a Sept. 17 news release that fatal accidents involving trucks and commercial vehicles declined by 49.1

Jeanette Mott Oxford,  
59th District

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percent since from 2005 to 2009, from 173 to 88. Fatalities resulting from those accidents dropped 52 percent, from 205 in 2005 to 99 in 2009. MoDOT attributed the reduction in part to a sharp drop in crossover accidents on divided highways and a slight decline in traffic from both commercial and passenger vehicles.

# 1

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Fax.314-865-2900

E-Mail [fcoac@swbell.net](mailto:fcoac@swbell.net)

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Executive Director



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# Use “Open Enrollment” to Help Meet Financial Goals



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.*

November is a popular month for “open enrollment” — that time when you can choose from the options offered in your employer’s benefits package. By making the right moves in some key areas — such as your 401(k) and life insurance — you can help protect your family and boost your progress toward your long-term financial goals.

Let’s consider your 401(k) first. If you haven’t taken part in your 401(k) plan, you need to review the benefits of this excellent retirement-savings vehicle. First, you contribute pre-tax dollars to your 401(k), so the more you put in, the lower your adjusted gross income — and

the lower your annual tax bill. Also, your 401(k) earnings accumulate on a tax-deferred basis. Furthermore, your employer may offer a matching contribution, and if you’re not participating in your plan or not putting in enough to earn the match, you’re essentially leaving money “on the table.”

So, if you’re not already investing in your 401(k), now is the time to get started. And if you’ve already been putting money in your 401(k), you may want to use the open enrollment period to increase your contributions or to rebalance your investment choices in response to changes in investment performance or in

your goals or risk tolerance. Of course, depending on your plan, you may also be able to make changes in your 401(k) at other times in the year.

During open enrollment, you’ll also want to look at your insurance choices. Your employer may offer a certain amount of life insurance, and possibly disability insurance, at no cost. Clearly, this coverage can be beneficial — but is it enough to meet your family’s needs?

To answer this question, you’ll need to review at least three key areas of your family’s finances:

- \* Debts
- \* Children’s Education
- \* Income Replacement


## For Loved Ones

Once you’ve made these types of calculations, you’ll be in a better position to know if the life and disabil-

ity coverage offered by your employer is sufficient to meet your needs. You may also find other advantages to individually owned insurance, such as portability — you can take your policy with you, no matter where you work — and affordability — you may find that some policies, particularly term life insurance, may be less costly than the supplemental insurance you could purchase from your employer.


So, review both your insurance situation and your 401(k) plan during the open enrollment calendar. It’s a great time to make those choices that can help you during all the seasons of your life.

Call today for an appointment to discuss your 401K allocations as well as your life insurance needs.



## 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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## Community Information Corner

Benton Park West isn't the only place where street renovations and other festive events are taking place.

### Grand Street Renovations

The east side of Grand will be the first phase of the renovations, including removal of trees to allow new sidewalks. The west side will then be phase two with the same renovations. NOTE: Parking will not be available during the renovations on the respective sides of Grand. As the sidewalks are being completed one block at a time, it is estimated that each block will take 30-40 days. The east side of Grand is expected to be completed by January 2011, while the west side will be March 2011.

### Third Annual Cherokee Print League Holiday Sale

As the renovations of our own Cherokee street continue, don't forget to mark your calendar for the Third Annual Cherokee Print League Holiday Sale on December 4th, 10a-7p.

This indoor print-themed arts & craft sale will take place all along the street, with businesses hosting artists from all over the St. Louis area (as well as the greater Midwest) whose work is print-related (printmaking, letterpress, screen printing, stencils, printed fabrics, anything printed goes!)

### 27th Annual Cookie Spree

The first of December is traditionally the time of the Antique Row Cookie Spree. This year is no exception. December 4th & 5th, 11a-5p, will find the shops and street filled with crowds enjoying holiday shopping and cookies.

### New Shops on Cherokee Street

Don't wait for others to tell you about all of the new, cool shops on Cherokee street. From Lemp to Gravois, Cherokee street is teeming with excitement where you can do your holiday shopping.

Just a few new places to check out!

- St. Louis Curio Shoppe at 2301 Cherokee
- Midwest Guitar Repair and Building School at 2611 Cherokee
- Peridot at 3159 Cherokee
- Gallery AM at 2617 Cherokee

**Don't miss these and the many other great places on Cherokee Street.**

In closing, just heard about the **3rd Annual Walking Home Event**, presented by The Bridge. Starts on Sat, Nov 13 at 9a. For more information and to pre-register, call Debra at 314-421-3136, X. 107.

## November Gardening Calendar Ornamentals

- Weeks 1-4: Continue watering evergreens until the ground freezes. Soils must not be dry when winter arrives.
- Weeks 1-4: Now is the ideal time to plant trees and shrubs. Follow instruction for each tree or shrub.
- Weeks 1-3: Newly planted broad-leaf evergreens such as azaleas, boxwood and hollies benefit from a burlap screen for winter wind protection. Set screen stakes in place before the ground freezes.
- Week 1: Plant tulips now.
- Weeks 3-4: Mums can be cut back to within several inches of the ground once flowering ends. After ground freezes, apply 2-3 inch layer of loose mulch such as pine needles, straw or leaves.
- Weeks 3-4: Mulch flower and bulb beds after the ground freezes, to prevent injury to plants from frost heaving.
- Weeks 3-4: Roses should be winterized after a heavy frost. Place a 6 to 10-inch deep layer of mulch over each plant. Top soil works best. Prune sparingly, just enough to shorten overly long canes. Climbers should not be pruned at this time.

## Vegetables

- Weeks 1-4: Fall tilling the vegetable garden exposes many insect pests to winter cold, reducing their numbers in next years garden.
- Weeks 1-4: Any unused, finished compost is best tilled under to improve garden soils. Remove and compost all plant debris.
- Weeks 3-4: Root crops such as carrots, radishes, turnips and Jerusalem artichokes store well outdoors in the ground. Bury under a deep layer of leaves or straw. Harvest as needed.

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**Want to make YOUR  
Neighborhood better?  
Contact any board  
member for information!**

## Real Estate Transfer Tax

### Protect your Home

#### Words from our own Connie Petty

*Editor's Note:* Political views do not reflect the opinion of BPWNA

**What is a Real Estate Transfer Tax:** Missouri is only one of 13 that does not have a transfer tax. A real estate transfer tax is a state or local government imposed tax that is collected when you transfer ownership of your home, land or commercial real estate. Typically, once the tax is initiated, the rate can be increased by the state, county or city at any time.

Actually, you can have a state transfer tax and a St. Louis city transfer tax (which is the way it is in the state of Illinois). You have been unaware of the

fact that as realtors, we fight this idea every time it comes up.

The amendment is simple: Shall the Missouri Constitution be amended to prevent the state, counties and other political subdivisions from imposing any new tax, including a sales tax, on the sale or transfer of homes or any other real estate.???

This would change the Missouri constitution to prevent the state or local government from charging any new tax on the sale of a home or property.

I hope you voted YES to say NO to a transfer tax.



### Connie Petty

*Call Connie and start packing!*

4850 Lemay Ferry Road  
St. Louis, MO 63129

Cell: (314) 609-4152  
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## Spices and Herbs: More than Just Good Taste

Studies show that many different herbs and spices offer health benefits. Herbs, including basil and parsley, are from plants and plant parts. Spices often come from the seeds, berries, bark or roots of plants.

Seasonings, such as cinnamon, often lend lists of commonly eaten foods with the highest levels of measured antioxidant activity. Polyphenols, a type of plant compound, provides one of the main health benefits associated with the herbs and spices. Polyphenols are also abundant in certain fruits and vegetables, teas and red wine.

Before starting to include spices and herbs in

your diet, consult your doctor to make sure that it is safe. Here are some reasons to consider adding a little *spice to your life*.

### **Savor the Flavor, Reap the Rewards**

Using herbs and spices expands your taste without adding calories and may decrease the amount of salt, fat and sugar you add, without losing flavor. It is a known fact that tastier foods will satisfy your hunger more than bland foods. If not satisfied, we tend to continue eating which leads to over-eating. It has been shown that compounds, such as chili peppers, boosted fat-burning ca-

pacity when people consumed food containing the compounds, three times a day.

### **How to Add Spice to Your Daily Diet**

Adding spice is quite easy. Small amounts of dried and fresh herbs and spices have health benefits. Even ground cinnamon has health benefits and can be consumed throughout the day to taste. Capitalize on the potency of dried herbs and spices by using fresh, when available, and keeping them stored in air tight containers away from heat, moisture and direct sunlight.

**Take a hint from  
nature and eat more  
healthy!**

## Feel Good About Yourself - 2

Life is busy and our stress level can get out of control. We continue to bring you ways to reduce your stress level.

1. Spend time with people over the age of 70 and under the age of 6.
2. Dream more while you are awake.
3. Eat more foods that grow on trees and plants and eat less food that is manufactured in plants.
4. Drink green tea and plenty of water. Eat blueberries, wild Alaskansalmon, broccoli, almonds & walnuts.
5. Try to make at least three people smile each day.
6. Clear clutter from your house, your car, your desk and let new and flowing energy into your life.



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## Membership Needs YOU!

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See page 16 for an application

### Business Members

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One Nite Stand  
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Pets in the City  
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SSDN  
St. Frances Cabrini Academy

The Salvation Army

### General

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John Aho  
Tim Achee  
Dawn Alexander  
Pamela Atclhey  
Doug Barth  
Martha Buckley  
Bill Byrd  
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Darrell Carroll  
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Dena Hibbard - NSO  
Ken Ortman - Alderman, 9th Ward

Craig Schmid - Alderman, 20th Ward  
Judy Lane - NSO  
Barb Potts - NSO

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# Fall Events in BPW

Continued from Pg 1

came about five years ago.

This year, 2010, the Brick Award committee have chosen to award three bricks. It is hoped that the winners of the 2010 awards will be proud of their bricks as past winners of these awards who proudly display their "brick" for all to see. .

Take time and use these award candidates as a guide to the great things which are sprouting and growing to make Benton Park West beautiful and safe.

## \*Most Attractive Residence

The residence that has

improved their façade in a manner appealing to the eye and in keeping with the flavor of the building and surrounding structures.

## \*\*Most Attractive Storefront

Businesses that display the most attractive façade or storefront, appealing to the eye and compatible with the building and surrounding structures.

Two additional awards will be voted upon:

## Best Block/Street

3100 Ohio  
3200 California

## Neighbor of the Year

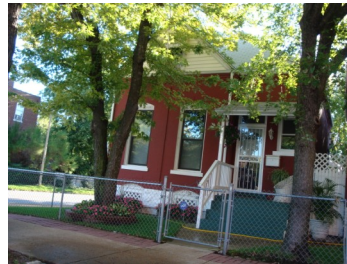
write-in vote at meeting



**\*3328 Virginia**



**\*3150 Ohio**



**\*3128 Iowa**



**\*\*2917 S. Jefferson  
Park West Grille**

Be a part of Benton Park West. Review the nominees for the 2010 Brick Awards. **Vote at the November 18<sup>th</sup> Neighborhood meeting, 2832 Arsenal (Five Star Senior Center).**



**\*3233 California**



**\*2628 Arsenal**



**\*2822 Wyoming**



**\*\*2757 Wyoming Mwanzi**



**\*\*3357 Cherokee  
La Valleesana**



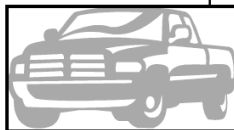
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## Be involved in 2011

Be part of Benton Park West

Contact  
Linda Hennigh at  
314.771-2161,  
neighborhood office  
at 314-771-0803 or  
any Board member.

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

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

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

**18 - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal - Voting for Brick Awards**

## What's happening in Benton Park West

### NOVEMBER 2010

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



## December Events

**Dec 2:** Splendor in the Glass - Fundraiser - 7-10p 1917 Park Ave. (Looking Glass Designs)

**Dec 7:** Board Mtg, 6:30p, Five Star Senior Center, 2832 Arsenal

**Dec 9:** Weed & Seed Holiday Gathering - 6:30p, 2832 Arsenal

**Dec:** Neighborhood Mtg, Cancelled - Merry Christmas

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

## City of Saint Louis DEPARTMENT OF STREETS

### REFUSE DIVISION Reminder!

Trash collection schedule will be adjusted to accommodate Veteran's Day, Nov 11, 2010 .

Trash normally picked up on Mon and Thurs will be collected  
**Mon, Nov 8<sup>th</sup> and Wed, Nov 10<sup>th</sup>.**

## Lafayette Park United Methodist Church

2300 Lafayette Avenue  
Saint Louis, MO 63118  
314-771-9214      www.lp-umc.org



**Join us at our Annual Thanksgiving Dinner  
November 14, 11a-6p**

### Worship

- 9:30a
- 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@stlouiscity.com

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

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

**Citizen Service Bureau**  
622-4800

**Refuse Department**  
353-8877

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

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

## HOLIDAY SAFETY HIGHLIGHTS

**T**hanksgiving is the start of the holiday season in the U.S. Not far behind the Thanksgiving holiday is Christmas and New Year's Day globally. The holiday spirit is everywhere, with stores glowing with lights, trees, etc. Everyone is hurrying to buy that special gift. Families are packing for that holiday trip, and the kids are all excited about the season.

But, what are you forgetting? Hope it's not safety. From home fire safety to driving safely on that trip to grandmother's house, safety **SHOULD** be a big part of your holiday season. Let's look at some of the safety issues that you and your family should consider during this season.

It is quickly turning cooler and you might be thinking about the holidays and keeping warm.

### Home Safety

How about lighting that first fire of the season in your fireplace or wood stove.

Questions:

- Have you had the chimney cleaned and inspected?
- Is the screen in place over the chimney?
- Before you light that first fire, ensure that you have had your chimney, stove, etc., cleaned and inspected.

What about your home heating system? We all take it for granted and many times only worry about it when it doesn't work. Have you changed the filters lately?

Always have a heating expert service your heating system before the start of each year.

Don't forget that hot water heater. Do you have "STUFF" stored or piled in around it? If it is a gas heater, is the vent pipe clean and in place?

Now, what about that **Christmas tree**? Remember, a major cause of home fires at Christmas is the Christmas tree.

- Make sure it is fresh and cut the end off again before you place it in the stand. If you can pull on the needles and they come off, the tree is not fresh and should not be used.
- Use only approved lights that have no breaks in the cords.
- **DO NOT OVERLOAD ELECTRICAL OUTLETS.**
- **NEVER** leave your home with these lights on. Always turn them off.
- If the tree starts to lose its needles, discontinue the use of lights and remove the tree from your home.
- **NEVER** use candles on a Christmas tree.

### Decorating Outside?

- **ALWAYS** ensure that you use **OUTSIDE U.L.** (Underwriters' Laboratory) or equivalent approved lights.
- Do not overload electrical outlets and ensure that all electrical cords are not damaged, cut, etc.
- Remember ladder safety in placing these lights on your home and in the trees. **NEVER** place the ladder or lights near the electrical lines into your home ... **STAY AWAY** from these lines.
- **ALWAYS** have someone assisting you with the ladder.

Take the time to ensure that you and your family enjoy the holiday season safely. We want this to be a **SAFE** and enjoyable Holiday Season for all of our BPWNA family.

## Third District Community Outreach Meetings Continue

**T**he next Third District Community Outreach Meeting on **Thursday, Nov 11th**. 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.

**Special Speaker:** Assistant City Counselor Steven Walsh

**Topic:** Understanding the Public Nuisance Process vs. Criminal Process

*Info provided by PO Joseph J. Calabro Sr. Dsn. 4393/303*



## Five Star Senior Center

Fried Chicken Dinner  
 Sunday November 7th 11a - 5p  
 Adults \$ 8, Children 5-12 \$ 4  
 Carry out or Dine-in

## 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!**

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- Start Searching at <http://isearch.igive.com/>.

Simple way for you to help Benton Park West.

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

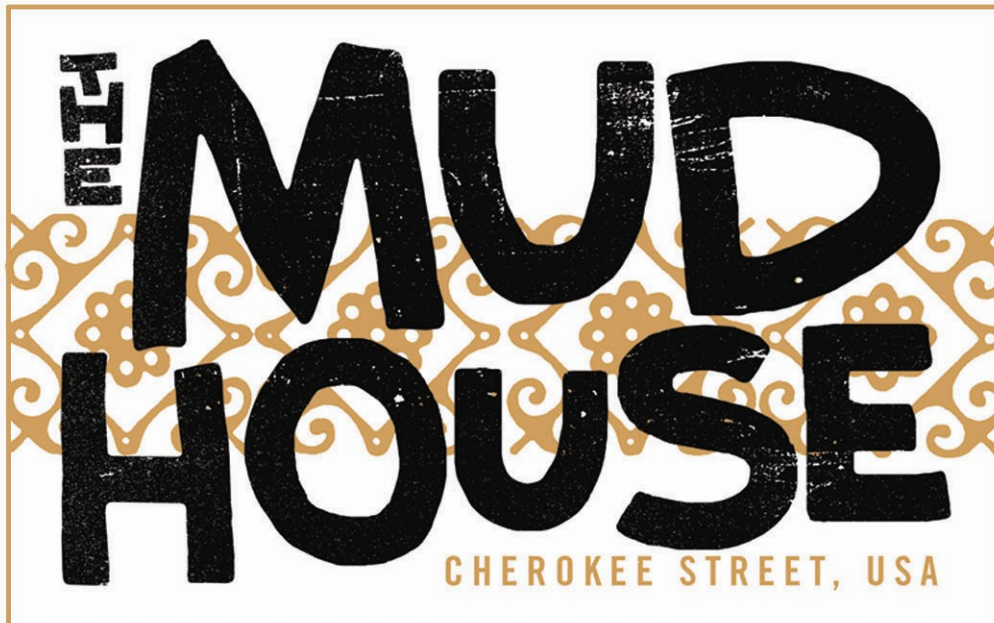


### Kakao Chocolate

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 Lattes and Cappuccinos with House-Made Syrups

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 Saturday 9 a.m. to 4 p.m.



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M-F 7-5:30

Sa-Su 8-6

## Library Corner - Erin Guss

## DIY – Do It Yourself

In tough times, people tend to fix things rather than replacing them and make gifts instead of buying them. Here at Barr Library, we have an abundance of books that can help you build, repair, or craft something. Following are just a few samples of each!

### BUILD

*52 Weekend Makeovers: Easy Projects to Transform Your Home Inside and Out*, by Taunton Press (2007)

*Easy-To-Build Backyard Projects*, by Monte Burch (2009)

*Handmade Modern: Mid-Century Inspired Projects for Your Home*, by Todd Oldham (2005)

### REPAIR

*Converting Old Buildings Into New Homes*, by Barrie Davies (2010)

*10-Minute Home Repairs: More than 200 Fast, Effective Fixes You Can Do Yourself*, by Jerri Farris (2006)

*Remodel, Replace, Refund!*, by Creative Publishing International (2009)

### CRAFT

*The Well-Knit Home: Simple Techniques for Beautiful Results*, by Gina Macris (2007)

*Generation T: 108 Ways to Transform a T-shirt*, by Megan Nicolay (2006)

*Complete Leatherwork: Easy Techniques and Over 20 Great Projects*, by Katherine Pogson (2009)

<http://www.slpl.org>

## Library Calendar - Nov

### CHILDREN / TEENS

Wednesday  
November 3  
4-5 p.m.

*Minute to Win It @ Your Library*  
Complete challenges from the popular game show Minute to Win It for a chance to win a prize. Grd 6-12

Thursday  
November 4  
4-5 p.m.  
*Hardware Jewelry*

Jewelry from items found in a toolbox. Grd 6-12.

Mondays  
November 8, 22  
11-11:30 a.m.  
Storytime.  
Stories, songs, & more. Toddler/Preschool. Grps of 5 or more register in advance.

Wednesday  
November 10  
4-6 p.m.  
Got Game?  
Play Nintendo Wiiä and Xbox

360ä. Grd 6-12.

Wednesday  
November 17  
4-5 p.m.  
Karaoke  
Sing your heart out. Grd 6-12.

Tuesday  
November 23  
4-6 p.m.  
Family Movie: *Up*  
Families.

### ADULTS

Thursdays  
4-6 p.m.  
GED Paths to Success.

## Turkey & Squash Soup

**Prep time:** 35 min **Makes:** 6.5 servings

**Cook Time:** approx. 10 min **Start to Finish:** 45 min

### Ingredients:

- 2 tea canola oil
- 2 leeks, trimmed, chopped and rinsed
- 1 red bell pepper, chopped
- 3 cloves garlic, minced
- 4 cups reduced-sodium chicken broth
- 1 1/2 pounds butternut squash (peeled/seeded & cut into 1-inch cubes)
- 2 table minced fresh thyme (2 tea dried thyme)
- 1 1/2 tea ground cumin
- 1 pound turkey cutlets (1/2-by-2-inch strips)
- 2 cups frozen corn kernels
- 2 tablespoons lime juice
- 1/2 teaspoon crushed red pepper
- 1/4 teaspoon salt
- Freshly ground pepper, to taste

### Prep:

1. Heat oil in a Dutch oven over medium-high heat. Add leeks & bell pepper; cook, stirring until the vegetables start to soften, 3-4 min. Add garlic & cook, stirring, for 1 min. Stir in next four ingredients; cover & bring to boil. Heat on med-low & cook until the vegetables are tender, about 10 min.
2. Add turkey & corn; simmer another 3 to 4 min. Add lime juice & red pepper. Salt & pepper to taste

**Nutrition Information:** Per Serving: Calories 238, Carbs 31g, Fiber 6g, Fat 3g, Protein 25g, Sodium 555, Chol 33mg

## YOU CAN BE READY TO RETIRE OR NOT. READY IS BETTER.

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Manager

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Saint Louis  
Missouri 63118  
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## Reward Your Self....

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1901 Arsenal in Benton Park  
314-276-9882

[www.indigomassageandtherapy.com](http://www.indigomassageandtherapy.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 third installment of a four part series about Thai Massage.*

### Exploring the Benefits of Thai Massage

As with traditional massage, Thai massage offers numerous benefits:

- Deep relaxation.
- Quieting of the mind.
- Heightened energy levels.
- Improved circulation.

- Improved lymphatic flow.
- Improved range of motion.
- Increased flexibility.
- Rejuvenated body and mind.
- Relief for pain and muscle tension.
- Enhanced body-mind connection.

Experts say there is an interesting dichotomy that exists within Thai massage, as it both relaxes and rejuvenates. After a session, some Thai massage clients report feeling awakened and energized, while simultaneously feeling deeply grounded and at peace.

*-from abmp.com*

## What can YOU do - 2011 in Benton Park West?

**It's easy to get involved in BPWNA.**

**No matter what, your help is always wanted, needed and appreciated.**

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

### Current Committees

- **Beautification** - works to improve the appearance of the neighborhood.
- **Block Link** - assesses and improves the quality of life for residents in BPW block by block.
- **Board of Directors** - works to preserve and

grow the neighborhood from a safety, supporting residents, events, Public Relations, etc. perspective.

- **Community Gardens** - oversees the community gardens, recruiting new gardeners and helping with beautification projects as needed.
- **Dog Park** - maintains, recruits new dog members, and administrates the use of the Dog Park.
- **Facilities** - insure neighborhood association has a place to do business and host meetings.
- **Membership** - recruits new and maintaining existing Association members.

- **PR/Marketing/Publications** - oversees, implements, and reviews all communication by the association to residents and those outside of the neighborhood.
- **Safety and Quality of Life** - organizes/coordinates efforts to keep residents safe by partnering with police and the NSO to maintain an acceptable quality of life.
- **Youth Outreach** - works to find and service the needs of the youth of the neighborhood.

Think you don't have the time or talent/skill? Helping stuff envelopes for mailings, picking up trash, cleaning the Dog Park, making sure the offices are cleaned, passing out flyers, etc. is as important as being on the board.

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

**Think about how to be involved in 2011.**

**Make YOUR neighborhood better.**

**Contact Linda Hennigh, President, at 314.771.2161 or any of the Board members.**

## HairPros

*Heather Santorski, Stylist*  
BPW Resident



3802 S. Lindbergh Blvd  
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St. Louis, MO 63127  
Salon: (314) 842-1700  
Cell: (314) 753-9343



## Conducting a Home Waste Audit - Blue Bin News

Recycling is an easy way to reduce the amount of waste you send to the landfill. But, are you reducing your waste as much as possible? Conducting a home waste audit identifies what's in your waste stream, which will help you make decisions that could reduce your waste even more. To get started, go to <http://stlouis.missouri.org/citygov/recycle/documents/homewasteaudit.pdf> and download the guide for you and your family to record your daily waste generation.

As you conduct your waste audit, take note of what is being thrown away and try to think of ways that you can prevent that waste from ending up in your trash can. Do you purchase products that are packaged in non-recyclables materials? If so, are any of those products available in recyclable packaging instead? Or maybe some products could be purchased with no packaging at all. For instance, produce is sometimes packaged in a polystyrene (plastic #6) tray and wrapped in plastic. Many times, that same

produce is available without any packaging at all, or can be gathered in reusable cloth bags. If you notice this type of unneeded packaging during your home waste audit, you can mark it down as an area that needs improvement. Even recyclable materials should be evaluated. Can you find your product without packaging, or in infinitely recyclable packaging, such as aluminium, glass, or steel?

One of the largest components of our waste is organics, such as food waste. What could you do differently to reduce the amount of food you

throw away? Do you plan meals ahead of time, shop with a grocery list, rotate your pantry, or store foods properly so they last longer? What do you do with food that does go bad or that is left over from food preparation? Composting is a great way to return the nutrients from your food waste back to the soil. Details about composting are available on our website at <http://stlouis.missouri.org/citygov/recycle/compost.html>.

## WasabiNet Comes to You!

Check out this inexpensive way for everyone, who owns a computer, to be on the net. Contact WasabiNet today!

<http://sites.google.com/site/wasabinetwifi/Home/contact>

As seen on KSDK; which aired on October 14th. Checkout the interview with Minerva Lopez and Ben West -

<http://www.youtube.com/watch?v=1pDpUpRT6ZM>

Mesh Node technology is being used to bring WiFi to Cherokee Street using inexpensive routers that you just hang on a wall, indoors or outdoors, no wires! The network will include a multi-lingual info portal where events, community updates, and ads from local businesses.

The service is comparable in speed to conventional DSL, but since you will help own it, you can have a say in upgrading it in the future. Help us put Cherokee on the Grid!

As this is a Mesh Technology, not

all of BPW, Fox Park or Cherokee Street is covered, but we are growing.

### Costs...

- Limited free access
- \$9.99/month - residential
- \$19.99/month for businesses, with advertising options

**Many other communities use Mesh Node Wifi such as** Little Rock, AR, Prestonsburg, KY, Urbana-Champaign, IL, Vienna, Austria, and even Montreal, Canada.

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

**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

**Alderpersons:**

Ken Ortmann 622-3287 (w)  
 776-0161 (h)  
 Craig Schmid 589-6816 (w)  
 Jennifer Florida 776-2890(w)

**Neighborhood Stabilization Officers:**

Barb Potts, 314-657-1370 (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 - 2011**

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

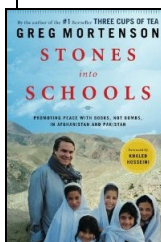
\_\_\_ PR/Marketing

\_\_\_ 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.

**December 27th:** Bring your own Book night (Rebecca hosts)  
 Watch for more exciting books and discussions in 2011



**November 29th:** *Stones into Schools*: by Greg Mortenson (sequel to *Three Cups of Tea*)

The story of how this remarkable humanitarian campaign began was told in his bestselling 2006 book, *Three Cups of Tea*. Mortenson's philosophies about building relationships, empowering communities, and educating girls have struck a powerful chord. Just as *Three Cups of Tea* began with a promise—to build a school in Korphe, Pakistan—so too does Mortenson's new book. In 1999, Kirghiz horsemen from Afghanistan's Wakhan Corridor rode into Pakistan and secured a promise from Mortenson to construct a school in an isolated pocket of the Pamir Mountains known as Bozai Gumbad. Mortenson could not build that school before

constructing many others, and that is the story he tells in this dramatic new book.

*Stones into Schools* traces the CAI's efforts to work in a whole new country. Mortenson describes how he and his intrepid manager barnstormed to establish the schools there.

Those efforts were diverted in October 2005 when a devastating earthquake hit. The CAI helped with relief efforts and earthquakeproofed schools. The action then returns to Afghanistan in 2007, as the CAI launches schools in the heart of Taliban country and as Mortenson helps the U.S. military formulate new strategic plans as a road map to peace. The initial promise to the Kirghiz is fulfilled.

*Stones into Schools* brings to life both the heroic efforts of the CAI's fixers on the ground—renegade men of unrecognized and untapped talent and the triumphs of the young women who are now graduating from the schools.

**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)