



Don't forget!

No Neighborhood Meeting for December

Take this time and enjoy with your family. Merry Christmas!

The Porch Review

Benton Park West

Vol 9, No. 12

December 2009

Celebrating 75 Blocks of Courage



Events

- Dec 8: BPWNA Board Mtg**
6:30p, 2832 Arsenal
- Dec 10: Weed & Seed and 3rd District Outreach (6p) - 3rd District Annual Christmas Party**
2832 Arsenal
- Dec 12-19: Happy Hanukkah**
- Dec 18: Muharram**
- Dec 25: Merry Christmas**
- Dec 26: Kawanzaa**
- Jan 5: BPWNA Board Mtg**
6:30 pm, 2832 Arsenal
- Jan 14: Weed & Seed (7p), 3rd District Outreach (7:30p)**
- Jan 21: Neighborhood Mtg,)**
- Jan 30: Membership Appreciation**

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Questions, Comments, Concerns?

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

So Many Things to See and Do in December!

by Bill Byrd

Your neighborhood and surrounding area misses nothing when it comes to celebrating the Holidays. Whether you celebrate Christmas, Hannukah, Kawanzaa, or another winter holiday there are more than enough activities within walking distance to keep you busy in December.

So many things happening, including foam opening, the Cherokee Print League's Holiday Sale, Antique Row's annual Cookie Spree.

Foam offers great coffee,

espresso, bottled sodas, hot apple cider, scones and doughnuts. For those who need to check email or work, wifi is available. The choice of drink includes a nice selection of locally brewed beers, as well as, soon to have draft towers, they also have delicious hot chocolate for grown ups that comes with Frangelico and homemade whipped cream with bourbon barrel aged maple syrup mixed in. Stop in and see people from the neighborhood and beyond.



Foam's schedule:

- M-Th: 7 a.m. - 10 p.m.
- Fri. 7 a.m. - 1 a.m.
- Sat. 8 a.m. - 1 a.m.
- Sun. TBA

Looking for holiday gifts or is there a bit of an art lover in you? Take a walk just a few blocks to find the 2009 Cherokee Print League Holiday Sale on December 5th,

(Continued on page 15)

Take a Walk on Cherokee

by Bill Byrd

Once a working-class neighborhood of tiny two-story, red brick houses, front porch stoops, varied storefronts, and tree-lined streets, Benton Park West and Benton Park are now home to Saint Louis' most famous antique district and up-and-coming art district. From Lemp to Gravois on Jefferson you will find classic

to quirky. On the east side of Jefferson, you'll find everyday household utensils and needs, to vintage radios, antique chandeliers and lighting, old furniture, toys, stained glass, antique books, tons of bric-a-brac and collectibles.

Taking a walk on the west side you will find a myriad of res- (Continued on page 11)

Take this joyous time of giving and give to those who cannot give.

Join your neighbors and friends by donating to a food pantry in Benton Park West. A box is available at Five Star Senior Center for donations.

The Board of Benton Park West Neighborhood Association wishes each of you happy holidays!

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



Bill Byrd

75 Blocks of Courage... Grasshopper or Ant, You Decide

We've all pulled back a bit on spending, driving, and just generally in our lifestyles. Maybe you started a garden in 2009, did some canning or joined with neighbors and canned so that only one kitchen had to be cleaned. Or you went to more community events this year. You may know 10 more people on your block or in the neighborhood than you did at the start of 2009.

It may seem like a lot over the past 11 months, but I hope that each of you can say that you experienced at least one of the things I mentioned. Building community isn't about hammers and lumber. Building community is much harder than driving a nail into a board and making a strong structure.

Just like the grasshopper and the ant, you have to make a decision of not worrying about the future or planning and saving now. In the traditional story the grass hopper enjoyed the summer, ate well, and didn't work to save for the winter. Additionally, he chose to laugh at the ant who worked hard each day and stored food. Then when the colder months came and the food wasn't as plentiful, the grasshopper started looking for food. When at his hungriest, he noticed the ant had plenty to eat and was warm in his little house. The lesson learned from this story was that when one plays and doesn't plan for the future, that same person might be out in the cold.

Saving for "Community" can be as fragile as a buttercup or as strong as a "Steel Magnolia". As we move from 2009 into 2010, I trust that each of you are looking back and thinking what a great year each of you had. It might not have been the best year financially, but hopefully you can say you have a roof over your head and usually have a full meal on the table. Take what you've learned in 2009 and use the lessons learned when making decisions for 2010.

It's important to have an "infrastructure" or foundation to stand upon in case something happens. Having a cupboard full of food means you'll still eat even if a few paychecks are missed. Buying an extra bottle of clothes soap or package of toilet paper means that you may still have these simple pleasures even if money is tight and you can't buy when needed. Think now about what you might need later.

The leadership of Benton Park West has struggled and worked hard all of 2009 to make sure that residents receive the newsletters and that fun events happen. Along with many residents, the leadership has worked not just when it's warm and comfortable, but also when it's cold and the fundraisers aren't happening for many months.

So, for your personal life and even for the neighborhood, ask yourself...are you the grasshopper or the ant?

Bill Byrd, President

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Holiday Wishes Include Some For Our State and Nation Too



Jeanette Mott Oxford, 59th District

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As we prepare to enter into a New Year, many make resolutions or say prayers for the time of transition, so it seems appropriate to make a few wishes here for Missouri and for the United States:

Jobs! With so many of our friends, family, and neighbors hurting in this time of recession, may we move into a vigorous economic recovery in 2010.

A couple of promising notes on the jobs horizon – It's too bad that the Missouri Legislature did not pass House Joint Resolution 32 in 2009. This would have created the Fifth State Building Bond and Interest Fund in order to rebuild higher education institution buildings, including some needed by

the University of Missouri-St. Louis and the St. Louis Community College systems. The House voted 131-28 to hold a public vote on issuing the bonds, but the Senate failed to move the legislation forward. If the General Assembly passes the bill and such a vote prevails in the 2010 elections, it will mean a lot of jobs for union members who are currently out of work. The ripple effect would be good for many communities throughout the state as well as our local area.

The Obama Administration is talking about investing billions in green technology, and according to the Political Economy Research Institute at the University of Massachusetts and the Center for American Progress, each one million dol-

lar investment in clean energy create 16.7 jobs. They also say that relative to spending on fossil fuels, clean energy investment creates 3.6 times more jobs for people with high school education or less, so this could mean better paying job for some formerly stuck in low-wage no-growth industries.

Curiosity! Our nation has become increasingly polarized in recent years, and too much time is wasted pointing fingers at each other and calling each other names. (Socialist! Right-wing-nut! Tree-hugging liberal! Etc.) Sadly many no longer seek out any information that disagrees with their preconceived notions. By choosing to watch only Fox News Network or MSNBC, one can feed ones particular political biases and never have to deal with those with another viewpoint.

How sad! We are all enriched when we learn from those who hold different views. May we be blessed with a rebirth of curiosity about what others think in the coming year!

The courage to change!

There are so many places where our state and nation are dragging behind the times. The formula we use to measure poverty is based on fifty-year-old patterns that are no longer true. We haven't meaningfully updated the income guidelines for subsidized childcare for low-wage workers in MO since 1991 so that we have become last in the nation in this regard. Perhaps most out of date of all is our top tax bracket for state income tax. It was set at \$9,000 of earned income way back in 1931. (That's way-way back, isn't it?) There are ways to make our public policy systems more modern, more adequate, and more fair. May we have the courage to make these changes in the coming year!

Wishing you & your family the best of holidays & a New Year full of health & happiness!

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HOW MUCH RETIREMENT INCOME WILL YOU REALLY NEED?

*Many people underestimate lifestyle costs,
medical expenses and inflation.*

Presented by Scott Bollinger

What is enough? What is not enough? If you're considering retiring in the near future, you've probably heard or read that you need about 70% of your end salary to live comfortably in retirement. This estimate is frequently repeated ... but that doesn't mean it is true for everyone. It may not be true for you.

You won't learn how much retirement income you'll need by reading this article. You'll want to meet with a qualified retirement planner who can help you plan to estimate your lifestyle needs and short-term and long-term expenses.

That said, there are some factors which affect retirement income needs - and too often, they go unconsidered.

Health. Most of us will face a major health problem at some point in our lives - perhaps even multiple or chronic health problems. We don't want to think about that reality. But if you're a new retiree, think for a moment about the costs of prescription medicines, and recurring treatment for chronic ailments. These minor and major costs can really take a bite out of retirement income, even with a great health care plan. While generics have slowed the advance of prescription drug costs to about 1-2% a year recently,¹ one estimate found that a 65-year-old who retired in 2007 would need \$215,000 to pay for overall retirement health care costs - up about 7.5% from 2006.²

Heredity. If you come from a family where people frequently live into their 80s and 90s, you may live as long or longer. Imagine retiring at 55 and living to 95 or 100. You would need 40-45 years of steady retirement income.

Portfolio. Many people retire with investment portfolios they haven't reviewed in years, with asset allocations that may no longer be appropriate. New retirees sometimes carry too much risk in their portfolios, with the result being that the retirement income from their investments fluctuates wildly with the vagaries of the market. Other retirees are super-conservative investors: their portfolios are so risk-averse that they

can't earn enough to keep up with even moderate inflation, and over time, they find they have less and less purchasing power.

Spending habits. Do you only spend 70% of your salary? Probably not. If you're like many Americans, you probably spend 90% or 95% of it. Will your spending habits change drastically once you retire? Again, probably not. Most people only change spending habits in response to economic necessity or in pursuit of new financial goals. People don't want to "live on less" once they have had "more".

Social Security (or lack thereof). In 2005, SSI represented 39% of a typical 65-year-old retiree's income. But by 2030, Social Security may only replace 29% of that income, after deductions for Medicare premiums and income taxes. Since 1983, retirees earning more than \$25,000 in SSI have had to pay income tax on a portion of their benefits.³ This is all presuming Social Security is still around in 2030.

So will you have enough? When it comes to retirement income, a casual assumption may prove to be woefully inaccurate. Meet with a qualified retirement planner while you are still working to discuss these factors and estimate how much you will really need.

Scott Bollinger is a Benton Park West resident. He is an Investment Advisor Representative with Ameritas Investment Corp. Member FINRA/SIPC and may be reached at 314-225-7170 or scott@advisorstl.com.

Citations. ¹ nytimes.com/2007/09/21/business/21generic.html?_r=1&oref=slogin

² marketwatch.com/news/story/health-care-costs-retirement-rise/story.aspx?guid=%7bEF2B6CDA-E176-4747-B528-76AC814051C5%7d&print=true&dist=printTop

³ money.cnn.com/2007/05/14/pf/retirement/nasi_report/index.htm

These views should not be construed as investment advice. Neither the named Representative or Broker/Dealer give tax or legal advice. All information is believed to be from reliable sources; however, we make no representation as to its completeness or accuracy. Please consult your Financial Advisor for further information.

Watch for activities in 2010 Benton Park West!

January 30 - Membership
Appreciation Dinner

Movies Kids Events

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Community Information Corner

Library Open House

Stop by Barr Library (1701 S. Jefferson) on Wednesday, December 16th between 3:30-6:30 pm for the Holiday Open House!

Refreshments, music, and - yes - karaoke!

Cherokee Street Events:

- Annual Cookie Spree, December 5th-6th, 10a-5p on Antique Row.
- Cherokee Print League Holiday Print Sale, December 5th, 10a-7p on Cherokee west of S. Jefferson.

New Healthy Option:

V Fit Personal Training Studio is expanding to a full service gym (cardio equipment-free weights-weight machines-supplement s-Personal Training-Group Classes-free towel service) that will be located at 1807 Park Ave. next to the old Soda Fountain Square. We will be having our open house Saturday December 19th from 10am-4pm. Pre sales for memberships will begin December 1st. The first 150 members to sign up will be able to join for \$35/month with 3 free Personal

Training Sessions. After that the price will go up to \$40/month. This new information will be reflected on our website within the next two weeks. For more information please call 314-600-5777 or email me at kellib@v-fitonline.com

Gifts from Local Shops can Be More Fun

Skip the mall scene and do your holiday shopping at local independent businesses. It's a lot more fun, less crowded, and it helps support St. Louis and your community. Research shows that money spent at locally owned independent businesses results in 2-3 times the community reinvestment as compared to the same dollars spent at chains.

Pick one of the shops within walking distance for your local shopping. From bookstores, antique shops art galleries restaurants, eclectic shops, clothing to Globe Drug, you'll find everything on your holiday shopping list. Just as the owners are individuals, you'll find each store has its own charm. You'll not find any "Big Box" stores here.

So, before you get in the car or wait for the bus, walk to the stores in your neighborhood that support YOU!



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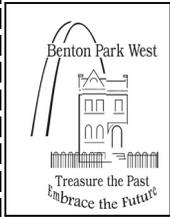
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After School Program

- Doing the Most Good



"Doing the Most Good," is The Salvation Army's brand or motto. Trying to find the best way to do just that sometimes requires us to stand back and watch so we can find the greatest needs in our area and discover the best ways we can meet those needs. That is how Kids' Club was started.

The Salvation Army Temple Corps, located in the Benton Park West neighborhood in south city, wanted to give kids from the area, many of whom are "latchkey" kids, a safe place to be after school. We wanted to provide help with homework, and, if necessary, provide tutoring. We also wanted to provide a place kids could come and get much-needed physical activity.

We are now into our second year of Kids' Club and the program is keeping us busy! Kids' Club runs from 3:00 p.m. until 5:00 p.m. Monday through Thursday and sees up to 35 kids on its busiest days. Youth can get help with any-

thing from 1st grade basic math through writing high school term papers. We are excited about this opportunity to serve our community, but we are very under-staffed, not able to serve in all the ways we'd originally hoped.

We are currently looking for volunteers willing to help us in our mission to improve the lives and futures of our neighborhood youth. If you are willing to volunteer in our Kids' Club program or if you would like to find out about other volunteer opportunities at The Salvation Army, please contact Angie Hartley by mail, phone, fax or e-mail:

Angie Hartley, Program Director

The Salvation Army Temple Corps, 2740 Arsenal Street
St. Louis, MO 63118
314-771-3460 ext. 20
314-771-0999 - fax
Angie_Hartley@usc.salvationarmy.org

Monday-Friday

Kids' Club - grades 1-12; 3:30-5p

Tuesday

Golden Agers - Seniors; 9:30a

Dance Club - ages 6-17; 4:30

Moonbeams - ages 4-5, girls and boys; 6p

Sunbeams - girls grade 1-5; 6p

Adventure Corps/Boy Scouts - boys
grade 1-5; 6p

Girl Guards - girls grades 6-12; 6p

Volleyball - Women; 6p

Wednesday

Jr. Band - grades 3-12; 4:30p

Jr. Soldiers - ages 7-12; 6p

Corps Cadets - ages 13-17; 6p

Singing Company - ages 5-17; 7p

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Weed & Seed

Operation Weed & Seed is a community based effort sponsored by the U.S. Department of Justice that helps 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, public meetings with city and law enforcement officials at the Five-Star Senior Center on the second Tuesday of every month.

The Porch Review will bring you law enforcement news so that you are in tune with the community's efforts to make Benton Park West a better place to live for us all.



Emergency help: 9-1-1

Non-emergency:
314.231.1212

**"PEOPLE AREN'T
SUSPICIOUS,
BEHAVIOR IS!"**

Safety In and Around the Home

Safety Tips from Officer Calabro

The first line of defense you have against burglars and people trying to attack you in your home is high fencing. If they can't get in easily, or can be seen trying to gain access to your property then they can't hurt you or your family. If people need to call you to open the gate, then rather have an intercom, instead of having to go outside the house to let people in without knowing who is out there. Ensure that your windows have bars, and your doors have security gates that are kept locked. People get complacent and forget to lock these all too often, so make it part of your everyday routine to lock the doors and place the keys in hard to reach cupboards. It may sound obvious but at night ensure all your windows and doors are securely locked, and that your burglar alarm is set.

If at any time you see people loitering on the streets near your house, call the police and report it. They may be looking at your

neighbor's house to get an idea of their routine, but of course, they may also be looking at yours. At night good lighting is essential to your safety in the home. Make sure the area round the house is well lit, so that if you look out of a lighted room through the window, you can still see what is happening in your immediate area. Lots of light will also aid in scaring off potential housebreakers, as they are too visible to be guaranteed enough time in the house, should they be spotted. Motion sensor lights as well as general floodlights, or lights on a timer are all a good idea. This is especially true if you get home after dark. Leave an internal light or two on, as well as enough outside light to see your surroundings clearly. In these crime-infested times, it is vital to be linked to a good, armed response company. Know all your passwords, duress passwords and codes and teach them to your children in case they need them.

Make sure your children know how the panic buttons operate, as well as what to do in case of a break in. Speaking of panic buttons, it is always a good idea to have them at each door as well as in strategic places such as the bedroom and lounge or passage. If you are outside in the garden a lot, then also get a portable panic button that you can carry or wear while away from the house.

Ensure you have a phone in the bedroom or one that you can carry to the bedroom at night. If you have an answering machine try to be as vague as possible about who lives there. If you are a woman on your own or with children then get a male friend to do a short invitation to leave a message. Messages such as 'Hi this is Laurie, I'm at class right now, but I'll call you back as soon as I get in at nine tonight, thank you', aren't actually voice mail messages, they are invitations to be a victim.

Having a GPS in your car can provide a very high level of stress relief UNTIL someone steals your GPS and to make your day even worse, when you finally get home you discover your house has been robbed! Clever thieves have a new method of operation. When they smash your window to steal your GPS, they know you will report it to the police. This takes time – time that they use to put your GPS in their car, push the HOME button, drive to your house and rob it.

SUGGESTION:

You can set most units to "center of city" as HOME or you can make your address a favorite as long as you have several favorites.

If the above is not possible, drive to some public place like a community center, the police substation, or grocery store and set that as your HOME location.

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Time to think about your membership for 2010!

Watch for renewal letters arriving in your mail. For new memberships, see page 16 for an application.



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Denise Carter
Dane Cheek
Amy Clayton
Jason Deem
Amber Dover
Janet Emerson
Gale Erickson
Tom Freeman
Barry Gilbert
Virginia Gilbert
Galen Gondolfi
Edna Gravenhorst
Ted Gravenhorst
Clint Gullede
Natalie Hilfiker
John Headrick
Anna Jinkerson
Shirley Johnson
Patrick Kavanagh
Linda Kurian
Manu Kurian
Holly Lammert
David Lang
Andrew Liebermann

William Liebermann
Marcus McCullough
Kathryn McKay
Amanda McKenny
Gerard Monti
Erica Nuyen
Mark Nuyen
Obi Nwakanma
Amanda Oncken
Christian Oncken
Connie Petty
Melissa Pink
George Polumbo
Danielle Reamy
Andrew Roberts
Gwendolyn Robinson
Maureen Ross-Lang
Eric Ryszkiewiz
Christian Sabatino
Jennifer Shoemaker
Steve Skidmore
Carrie Sleep
Christina Sullivan
Michael Sullivan
Jay Swoboda
Karen Talbott-Wood
Mira Tanna
Deborah Thurston
Vivica Toxwell
Lia Varanavicius
Rokas Varanavicius
Shelle Veres
Steve Veres
Raymond Warnhoff
Joshua Welsh
Pamela Welsh
Sherry Young

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Walter Christ
John Coleman
Roma Coleman
Mary Jones
Anna Pierce
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Eddie Brauer
Jean Durel
Patricia Ortmann

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
Judy Lane - NSO
Barb Potts - NSO

November BPWNA meeting minutes - Nov 19, 2009, Five Star Senior Center

Introduction and Call to Order

Welcome from Bill Byrd. 28 people present.

Review of Minutes

Jen Shoemaker moved to accept, Amy Clayton 2nd. Motion passes.

Treasurer's Report

Amy Clayton moved to accept, Erica Nuyen 2nd. Motion passes.

Neighborhood Projects and Committees

Trunk or Treat-Oct 31: great turnout, thanks to all who helped.

Introduction of your new board: President, Melissa Pink; Vice President, Diane Hurwitz; Secretary, Erica Nuyen; Treasurer, Amy Clayton; Members at Large, Sherry Young and Shirley Johnson

Featured Speaker

Conscious Choice from Roosevelt High School: Vice Principal Karessa Morrow started the program which recognizes female leaders committed to delaying motherhood and graduating from high school. They write essays and have an opportunity to get a partial scholarship to UMSL. Barbara Harris, student, discussed the pledge and promise of each girl that joins the program. They are looking for mentors for the students, contact Ms. Morrow to apply. Time commitments for mentors are flexible.

Local Officials Extended Discussions

Alderman Craig Schmid

- Working on Cherokee enhancement project, im-

proving sidewalks, lighting, trees, etc. Project to start this spring.

- St. Louis Agency for Training and Employment has moved to Market Street, help with employment and computer access.
- Board of Alderman have passed their version of the smoking ban to begin January 2011.
- Cookie Spree on Antique Row December 5th and 6th 11am to 5pm.

Neighborhood Stabilization Officer(s)

- Meeting with a lot of owners regarding problem properties, some solutions today!
- Contact Citizens Service Bureau if you see illegal dumping.
- Be on alert during the holiday season, be smart and safe.

Announcements

- Be a Block Link! Block Links are important and needed to help pass out newsletters and be a source of information. See Linda for blocks in need.
- December Weed & Seed meeting will be a potluck starting 6 or 6:30pm.
- Barr Library Holiday Party Dec 16th, 3:30-6:30PM with refreshments, Santa, and fun.
- Roosevelt High Annual 'Day of Thanks' Monday 11/23

Adjournment

Virginia Gilbert moved, Sherry Young 2nd, passes.

Walking on Cherokee

Continued from Pg 1

restaurants, bakery's, clothing and more eclectic shops. In the last few years an "Art District" has sprung up with everything from original and custom prints, art sales, theatre productions and even galleries. From sandwiches to mexican foods the options are abundant. For a more elegant evening, chose one of the two Mansion restaurants in the area.

Whatever you do, take a walk down Cherokee and peek in the many shop windows and to appreciate what

we have within walking distance of Benton Park West. This area continues to be trendy and is seeing a resurgence with many of the newly refurbished buildings reflect this area's urban rebirth.

Don't miss out on the shops and such when doing your Christmas shopping. From quaint to contemporary, you'll find just about anything you need for that special occasion, or everyday needs.

HairPros



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BPW Resident

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Reward Your Self....

By Anne L. Childers, LMT

"smile, breathe, and go slowly."

- Thich Nhat Hanh quotes (Vietnamese Monk & Activist)

Stop Judging Your Beautiful Self

Massage Fits You (yes, YOU!)

Second of a two part series.



Relax, Really

Massage therapists specialize in the human body. They don't judge, rather, they see anatomy.

"This is something that's so prevalent and something we deal with daily," says Jonathan Burt, 27, a Detroit massage therapist and massage instructor. "I can't tell you how often I've heard, 'I have to wait until I get into shape before I come in for a massage.' Clients think they have to be in shape before they can relax."

Newsflash: Relaxation is not exclusive to model body types.

Given the increased blood flow that results from massage, as well as the benefits to the lymphatic and other body systems, Burt believes overweight people and others who suffer from limited mobility are the people most likely to benefit from a good massage. That's why he especially treasures his larger clients.

The idea of undressing for a massage is often more intimidating than the reality. In fact, practitioners make draping an art form, ensuring the client doesn't feel exposed. And by the way, says Burt, you're not the only imperfect body around here. "We all have flaws," says Burt, who gave his first massage at age seven, when his grandmother, a double amputee, asked him to massage her stumps. "Myself, I'm not the American Gladiator. I inform people I have flaws as well, and I'd be more than willing to help them overcome their self-consciousness."

Viewpoint: Compassion

We're all in this together, and your massage therapist is operating from a place of compassion. Your practitioner is there to create and hold a safe space for you. Says Charlie Murdach, 38, a Portsmouth, New Hampshire, massage therapist, "For me, it's meeting the person where that person is and addressing that person in an appropriate and

compassionate way."

Murdach, who has been a massage therapist since 1990, says he has yet to meet a potential client that he can't help, regardless of that person's physical condition. He believes this is due to the massage therapist's ability to avoiding forcing anything, but to also being open to the possibility that miracles can happen.

Murdach explains your practitioner's role: "Whatever is going on with that person, whether it's a deformity or some type of disability, I make sure I can step up and hold the waters calm for that person. It doesn't matter if they're missing an arm, or have a deformed hand, the person who is standing there desires to move forward."

Getting a massage can do wonders for body image and help bridge the disconnect between the physical and emotional. A wounded psyche can lead you to believe you don't deserve a massage, this is when you most do! You are worthy--book your massage

Massage and Cancer A Viable Option?

There's no doubt that cancer patients can benefit from massage therapy. In fact, bodywork can serve as a nurturing healthcare option during the stressful, doctor appointment-ridden time of oncology management.

"Cancer treatment places a heavy toxin load on the body, which massage can help eliminate," says Gayle MacDonald, author of *Medicine Hands: Massage Therapy for People with Cancer*. "However, too much too fast may be more than the client's body can comfortably handle. Skilled touch is beneficial at nearly every stage of the cancer experience, during hospitalization, the pre- or post-operative period, in the out-patient clinic, during chemotherapy and radiation, recovery at home, remission or cure, and in the end stage of life."

We think finding just the right massage therapist is important. Our therapists design a massage that fits your specific needs enhanced by their individual styles.

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

The benefits of massage for these clients include improved blood circulation, equalized blood pressure, and help with fatigue and nausea. The place to start is by consulting with your physician and your massage therapist. For those who are two to three months out from treatment, bodywork that can be used includes lymph drainage therapies, trigger point therapy, neuromuscular therapy, and myofascial release, among others. It's better to wait before receiving deeper work.

While hospitalized, some appropriate techniques include cranialsacral therapy, polarity therapy, and reiki. MacDonald says no matter how severe the treatment's side effects, there's always a way to administer some type of bodywork. According to massage therapist and former oncology nurse Cheryl Chapman, while it's important to receive touch from a qualified practitioner who has worked with cancer patients before, "Touch is always appropriate--there isn't anyone who is untouchable."

If you or someone you love is battling cancer, consider massage as a therapeutic, nurturing choice to help navigate this difficult journey. - from abmp.com



Get your garden, trees and shrubs ready for winter

December Gardening Information

From www.flower-gardening-made-easy.com

If you get your garden ready for winter properly, it will make a big difference next spring.

Instead of playing catch-up and fixing winter's damage, you'll be ready to enjoy your garden when the first spring bulbs come up.

Use this checklist to help with the late fall jobs around the yard and garden.

Getting the garden ready for winter: Around the yard

Move woody plants: This is a good time of the year to transplant any shrubs or small trees that you have earmarked for relocation. Do this when the leaves of deciduous woody plants turn color and start to drop.

Plant trees or shrubs: In many regions, this the time to get woody plants into the ground.

Protect young trees with guards: Put plastic or wire mesh tree guards around the slender trunks of any new trees and shrubs to protect them from gnawers such as rabbits and mice, and make sure the tree guards go high enough, over the snow line.

Continue to water trees, especially evergreens, until the ground freezes. Evergreens need a good store of moisture going into winter because they don't lose their leaves, which means they continue to transpire (give off water vapor) through the cold months.

Rake up fallen leaves from your lawn each week instead of leaving the job until all the leaves have fallen. In fall, lawn grass still needs sunlight as it is creating sugars to store in its root system for good growth next spring. Leaving the leaves on top of the lawn can smother the grass and weaken it.

Use your yard's leaves: Consider shredding fall leaves and using them as winter mulch on flower beds. You can also add shredded leaves to the compost pile. In a season or so, they'll make the best treat your garden soil can have. You can use a chipper shredder, if you have one, or just run your lawn mower over the leaves.

Apply lawn fertilizer. A lawn fertilizer application made in the late fall encourages

increases winter hardiness and promotes quick greening in spring.

Cut the lawn one final time: After you are finished, why not get your mower serviced and its blade sharpened now so it will be ready for spring?

Weeding: Do one last weeding and discard any weeds that have seeds on them in the garbage instead of the compost.

Getting your flower garden ready for winter

Perennial garden cleanup: Whether you cut down dying perennial foliage when you're getting the garden ready for winter is up to you. Some gardeners like to leave seed heads and dried foliage for winter interest and to feed birds. Others prefer to leave neat beds ready for a show of spring-flowering bulbs. But whatever you cut down now, you don't have to clean up in the spring.

A good compromise is to remove leaves and stalks that frost turns to mush and any that are diseased, but keep some ornamental

(Continued on page 14)



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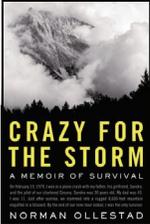
Book Club in BPW

Welcome to our little group. We meet in someone's home to discuss the novel. If you want to get an invite every month e-mail or call me, rebecca-durst@gmail.com or 314-853-1091.

December 28th:
Crazy for the Storm : A Memoir of Survival by Norman Ollestad

January 25th:
South of Broad by Pat Conroy

February 22nd:
Hearts in Atlantis by Stephen King



Norman Ollestad was thrust into the world of surfing and competitive downhill skiing at a very young age by the father he idolized. Often paralyzed by fear, young Norman resented losing his childhood to his father's reckless and demanding adventures, even as he began to reap the rewards of his training.

Then, in February 1979, a chartered Cessna carrying 11-year old Norman, his father, his father's girlfriend and the pilot, crashed into Southern California's San Gabriel Mountains. Norman's father -- a man who was both his coach and hero--was dead, his girlfriend soon to follow. Suspended at over 8,000 feet and engulfed in a blizzard, the grief-stricken boy descended the icy mountain alone. Putting his father's passionate lessons to work, Norman defied the elements and made it through alive -- the sole survivor of the crash. As he told the *Los Angeles Times* after his ordeal, "My dad told me never to give up."

Get your garden, trees and shrubs ready

Continued from Pg 13

grasses and the perennials with seed heads that provide winter food to birds. When cutting plants down, prune perennials to 4 to 5 inches of the ground.

Annuals: Pull out any last frosted annuals and add spent plant material to your compost.

Weeding and edging: Do a final weeding and edging of flower beds.

Spring bulbs: This the time to plant spring-flowering bulbs before the ground freezes hard.

Rose care: Don't cut roses back now – do it early spring. Hill up hybrid tea roses with soil for winter protection if necessary. .

Winter mulch: Once the ground freezes, apply a layer of winter mulch to perennial beds – don't do this too early or you'll provide winter shelter for rodents.

Tips for winter care of trees and shrubs

Watering: Good winter care starts

with thorough watering now.

As the garden season draws to a close, don't forget to continue watering all woody plants - especially newly planted trees and shrubs and all evergreens in the fall.

Water well until the ground freezes. These plants will need the equivalent of one inch of rain per week.

Evergreens and broadleaf evergreens don't lose their leaves, so they need a good store of moisture going into winter because they continue to transpire (give off water vapor) through the cold months.

Most winter damage to evergreens doesn't actually come from cold, but from the drying effects of late winter sun and wind. With the soil frozen hard, plant roots can't take up water to make up for moisture losses from transpiration and, as a result, dehydration can cause browning or burning of foliage.



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Mississippi Mud House offers some of the best fresh roasted coffee in Saint Louis. Our sandwiches, soups, and local pastries offer our customers tantalizing selections in our unique environment. Located near the mighty Mississippi River, in Historic Cherokee Street Antique Row, we are located just minutes south of downtown Saint Louis, within the Cherokee-Lemp Historic District. Tour Antique, Collectible and Specialty Shops just outside our doors!

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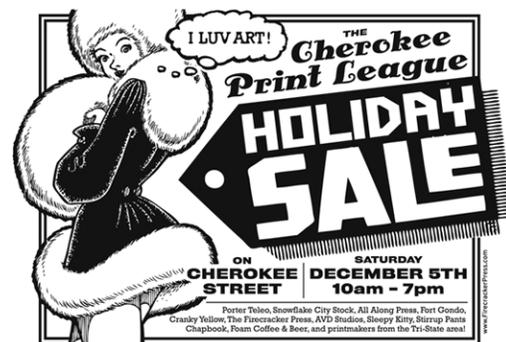
So Many Things to See and Do in December

Continued from Pg 1

10a-7p. Once again, galleries & businesses on Cherokee Street are teaming up to showcase artists working with printed media for the Cherokee Print League Holiday Sale. 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 mid-west) whose work is print-

related (printmaking, letterpress, screen printing, printed fabrics, anything printed goes!) Over 25 artists and printmakers will be offering their handmade goods in the following participating venues: Porter Teleo, Snowflake City Stock, All Along Press, Fort Gondo, Cranky Yellow, The Firecracker Press, AVD Studios, Sleepy Kitty, Stirrup Pants Chapbook, Foam Coffee & Beer, and printmakers from the Tri-State area!



Spree on December 5th and 6th, from 11a-5p both days. Historic Cherokee Row is located on Cherokee Street between Jefferson and

December Healthy Dinner

Herb & Lemon Roast Chicken

Prep time: approx. 20 min **Makes:** 8 servings
Cook Time: 30-40 min **Start to Finish:** 3 hours

Ingredients:

- 1 lemon
- 2 tablespoons extra-virgin olive oil
- 2 teaspoons black peppercorns, cracked (see Tip)
- 2 cloves garlic, crushed
- 4 pounds bone-in chicken pieces, skin removed
- 2 cups fresh whole-wheat bread crumbs, toasted (see Tip)
- 2/3 cup minced fresh herbs, (approximately 6 tablespoons chopped scallions or chives, 1 tablespoon rosemary, 1 tablespoon sage)

Prep:

1. Using a vegetable peeler, remove half the rind from the lemon and cut it into strips. Juice the lemon. Combine lemon rind, juice, oil, pepper and garlic, and place the mixture in a large plastic bag. Shake to blend seasonings. Add chicken, squeeze out excess air, seal and marinate in the refrigerator at least 2 hours, or until cooking time.
2. Preheat grill to medium-high.
3. Combine crumbs and herbs in a large, shallow dish. Remove chicken from the marinade, brush off lemon rind and peppercorns, and roll each piece in the crumb mixture. Coat each piece as thickly and evenly as possible.
4. Oil the grill rack (see Tip). Grill the chicken, turning every 10 to 15 minutes, until juices run clear, about 30 to 40 minutes.

*Nutrition Information:

Per Serving: Calories 329; Fat 14g; Cholesterol 103mg, Carbs 12g, Fiber 2g, Protein 37g, Fiber 2g, Sodium 211mg

To make fresh breadcrumbs: After trimming crusts, tear bread into pieces and process in food processor until coarse crumbs form. 1 slice = 1/3 cup.

To oil the grill rack: Oil a folded paper towel, hold it with tongs and rub it over the rack.



Cranky Yellow, The Firecracker Press, AVD Studios, Sleepy Kitty, Foam Coffee & Beer, and Stirrup Pants Chapbook. Event guides/maps will be offered the day of the event at any of the participating studios.

This'll be an opportunity to come down to Cherokee Street, do some holiday shopping, eat some food, and make a day of it.

Make a weekend on Cherokee by checking out the east side of Jefferson at Antique Row, just across Jefferson from Benton Park West. Enjoy the 26th annual Cookie

Lemp Avenues is located in the Benton Park and Marine Villa Neighborhoods and resides within the boundaries of the Cherokee-Lemp Historic District.

Join your neighbors and friends for this historic walk into the shops, historic buildings, holiday music, fun & festive holiday fun. Still need to do some holiday shopping? Check out the shopping available on Cherokee Street at Globe Drug, multiple clothing stores, Gooolll Sports, bakeries, Cranky Yellow and other neat gift shops.

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 Kraff - 3rd Dist Prob Prop 444-0185
 Citizen Ser Bureau 622-4800

Alderspersons:

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

Neighborhood Stabilization Officers:

Barb Potts, 314-657-3083 (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

It time for YOU to think about being a Member in 2010

Dear Resident, Friend and Supporter: Fill out your application TODAY!

Membership Application Benton Park West - 2010

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 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



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.

Benton Park West

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

On the Web
www.bentonparkwest.org

