

Don't forget!

**June 18
BPWNA
Neighborhood
Meeting**

7p
2832 Arsenal
Speaker - Amy Shaw

The Porch Review

Benton Park West

Vol 9, No. 6

June 2009

Celebrating 75 Blocks of Courage



Events

June 2: BPWNA Board Mtg
6:30 pm, 2832 Arsenal

June 11: Weed & Seed (7pm)
2832 Arsenal St.,

June 13: Garden Work day
9a-Noon, Ohio and Crittendon

June 18: Neighborhood Mtg,
7 pm, 2832 Arsenal St.

June 20: BPWNA Trivia Night
P3022 Oregon -
St. Wenceslaus/Cabrini 7p

Jul 4: FOURTH OF JULY

Jul 7: BPWNA Board Mtg
6:30 pm, 2832 Arsenal St.

Jul 16: Neighborhood Mtg.
7 pm, 2832 Arsenal St., Speaker -
Minerva Lopez, CSBA President

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Questions, Comments, Concerns?

Contact Neighborhood
Office:

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

You think you know Trivia?

Annual Trivia Night

By Derek Cadzow

Do you know the year in which Ted Drewes started selling frozen custard? Do you know the number Roger Maris wore as a St. Louis Cardinal? What about the name of the beer known as the World's Fair Beer?

If you think you know the answers to questions like these about St. Louis, but don't wish to play, you have another opportunity to

have a ton of fun at "Meet Me In St. Louis", a trivia night held to benefit the Benton Park West Neighborhood Association (BPWNA) on June 20. There is a need for volunteers to help in all areas from "runners", popcorn makers, to setup and tear down.

The doors at the St. Wenceslaus Parish Church/St. Frances

(Continued on page 15)

Saint Louis

...the Summer of '09

By Bill Byrd

The weather's warm and the sun is shining. What are you going to be doing this summer?

Here are a few ideas of things to do around Saint Louis. Most events are free or very low cost. Don't think you have to always do free things. Pick one event you have to pay and enjoy.

Make whatever you do super special.

- Make your own hummingbird feeder. Recipe for hummingbird food : 1 part sugar to 3 parts water. Don't use any coloring. Just dissolve in hot water and fill the feeder.
- Go to the Farmers' Market on Saturdays. There are various markets around the city. Soulard and Tower Grove markets are great destinations.
- Grow your own vegetables. Enjoy the fresh items from the Farmers' (Continued on page 6)

MEET ME IN ST. LOUIS
Trivia Night
Emceed by HONORARY CHAIR, AMY SHAW,
Vice President Education and Community
Engagement for KETC Channel 9
Saturday, June 20, 2009 at 7 p.m.
(doors open at 6:15) at St. Wenceslaus Parish
Church/St. Frances Cabrini Academy, 3022 Oregon,
the corner of Gravois & Oregon in south city.
Cost is \$160 per table of 8.
Jingles and a silent auction will be featured. Beer and wine will be provided
while supplies last and outside snacks and adult drinks are welcome.
CASH PRIZES AWARDED TO FIRST, SECOND AND THIRD PLACE TRIVIA WINNERS!
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To make a reservation, send a check, made payable to:
BPWNA. Send your team name and contact information to:
BPWNA "Trivia", PO Box 18671, St. Louis, Missouri 63118.
We will confirm your reservation via phone or e-mail.
For more information, call
314.771.0803 or e-mail bpwna@yahoo.com.
This is a non-smoking event, except in designated places outside.
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The Porch Review not only in English

By Bill Byrd

German, English, Italian, Chinese, Somolian, Spanish. All languages (and many more) that have made the United States what it is today.

Benton Park West has residents who are predominately first generation immigrants from Mexico. Moving to another country can be difficult when there are language barriers on top of many other issues.

For the past four years the Communications Committee of BPWNA has hoped to have some, if not all, of *The Porch Review* translated into Spanish. Reaching out to our residents who feel more comfortable reading Spanish, while learning English, is one way that Benton Park West can serve more residents.

May was the inaugural issue with four pages of *The Porch Review* in Spanish. Thanks to Minerva Lopez who agreed to translate. If you have any suggestions, contact the Communications Committee at 314. 771.0803 or at bpwnapub@yahoo.com.

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



Bill Byrd

75 Blocks of Courage... Seasons - not just for Mother Nature

It seems as if we're wanting to say "Rain, rain, go away; Come back another day."

We all know that there are seasons and right now we are in the season of spring rains. While we look at the forecasts to schedule when we mow the grass, soon enough we'll be wishing for rain so that we have grass to mow.

The idea of season affects us in many different ways. On the surface we think about "season" when we talk about the weather or time of year. The definition of season (from Websters) is:

1 a: a time characterized by a particular circumstance or b: a suitable or natural time or occasion

2 a: a period of the year characterized by or associated with a particular activity or phenomenon; the period normally characterized by a particular kind of weather; the time of a major holiday

If we look at the definite of season where there is routine and a "circle", then think about our lives. Whether you like snow or sun, your life has seasons based upon the environment. However, I think individuals have seasons. Many have busy seasons, family seasons, and even personal crisis seasons. This means that everyone is different, but we all live in the same community.

Make an extra effort to talk to your neighbor. Just saying hello and waving on occasion might just not be enough. Change your season and walk across

the street, walk down your block to say hello – face to face. Talk about your block. What would YOU like to see. Maybe less trash? Talk with several neighbors and plan one night/day of the week or weekend to have everyone come out and pickup trash. How about more flowers? Make a plan with neighbors to plant flowers in the yards on your block. Need more "green"? Buy a couple of planters and add color to the corners. If you wish, contact the Neighborhood Association, 314.771.0803, about adopting a planter for your block.

Need some ideas to talk about that may not be about your block.

- Swine Flu scare and health issues in general
- People hanging on the corners
- Economy - Fraud and Scams
- Summer and overgrown grass
- Trash blow'n in the wind.
- Rain and when will it ever stop
- TV changing over to Digital
- Summer plans

Or how about just talking about the "seasons"

Whatever you do, just throw open your door and let the sunshine in. Come out and be ready to talk with your neighbors and find out their "season".

Bill Byrd,
President

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Business Associations which border BPW

Our neighborhood is bordered by three main arteries in Saint Louis.

On Cherokee we have Cherokee Station Business Association (www.cherokeestreet.org). In the 1920's - 1970's,

Cherokee Street was "the" shopping district. Today, there is a mix of American shops, Hispanic food and shops, and Arts and Entertainment.

Jefferson and Gravois business areas are com-

prised of the recently created Jefferson Gravois Business District. You'll find a mix of needed businesses that range from car lots, fast food, restaurants, tailor, and even investment services.

Discussion of Death Penalty Moratorium Amendment Brings Rare Moment of Quiet Respectful Debate to House Floor



Jeanette Mott Oxford,
59th District

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I ended my fifth Legislative Session in the Missouri House of Representatives on Friday, May 15. I can count on one hand (with at least a couple of fingers left over) the number of times that all side conversations have ended during debate and an atmosphere of respectful listening prevailed. One such time was on May 13.

SB 26 was introduced by Sen. Luann Ridgeway of Clay County as a simple bill to prohibit the possession or use of an alcoholic beverage vaporizer. The House Committee on Crime Prevention then used SB 26 to assemble a 74-page omnibus crime bill. Early in debate on May 13 in the House, Rep. Bill Deeken of Cole County offered an amendment

calling for a commission to be set up to study all aspects of the death penalty in Missouri. There would be a moratorium on executions at least until the commission issued a report in 2012.

Rep. Kenny Jones, a former sheriff from Moniteau County, immediately offered an amendment to Deeken's amendment, leaving the commission in place, but deleting the moratorium. Jones' wife Pam was murdered in 1991 by a man who also killed three law enforcement officers. The convicted killer was executed in 2002.

During the debate, the room became increasingly quiet, with attention focused on each speaker.

Rep. Tim Jones of St. Louis County (Kenny Jones' nephew) talked about the pain that the murder caused for his family. Rep. James Morris of St. Louis City told about the murder of his nephew and his decision to ask the judge not to impose the death penalty on the killer. Rep. Paul Quinn of Monroe County shared how his family forgave the driver of the car in which his daughter died in a tragic accident. Several other members spoke as well.

I voted for the moratorium on the death penalty since I believe that it is impossible to prove that it is wrong to kill people by killing people. The moratorium failed to pass by a vote of 95 against to 64 for. (And in the very end, after the House/Senate conference process, SB 26 was returned to nearly its original one-page form.)

I was so touched by the feeling of "holiness" in the debate that I sent this e-mail to my House colleagues: *What a blessing it was to find a hush falling over our chamber this morning during the discussion of Rep. Deeken's amendment on a study of the death penalty and Rep. Jones' amendment*

to remove the moratorium part of that amendment. A truly deep and honest conversation followed, the kind of discussion that makes it possible to get beyond various political labels to find the humanity in each other. While I was on the losing side of the vote on the amendment to the amendment, none of us lost who was privileged to hear all sides of the debate.

How wonderful it would be if we could call ourselves to that kind of attention and respect in more of our debates. I am as guilty as any of cracking-wise with colleagues on the House floor or in the side galleries, even when very important legislation is before us. This morning I kept my mouth shut and simply prayed for those of you who were speaking since others had made points at the microphone that I would have made if I had risen to be recognized. I wonder what would happen if I chose to do that more often. I wonder what would happen if many of us made that choice.

I hope 2010 will bring many more respectful hushed debates. (Next month I will report on the 2009 Session.)



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Being Prepared for Spring Storms Is As Easy As 1-2-3

The St. Louis area is enjoying the beauty of the spring months now, but with the spring comes the threats of heavy rains, thunderstorms, high winds, tornados and flooding. Planning for such emergency situations is essential to all of us. It is of the utmost importance for citizens to plan in advance for what the spring season may bring.

By following the Ready-In-3 Preparedness Program (Plan-Prepare-Protect) citizens will find it is an easy way to prepare for an emergency. Ready-In-3 includes three steps:

1. Create a plan for you and your family.
2. Prepare a kit for home, car, and at work.
3. Know where to get accurate information about what to do and where to go during an actual emergency.

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:

- a. Water and canned or dried food
- b. Battery-powered radio
- c. Flashlight
- d. Extra batteries for the radio and flashlight
- e. Prescription medicine
- f. 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 battery-powered 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.

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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BPWNA
Garden Workdays
Second Saturday of
each Month - June 13



Neighborhood Advisory Board

Thursday, June 11, 2009 at 7:30 p.m.

The Next Weed & Seed meeting will Be Held at

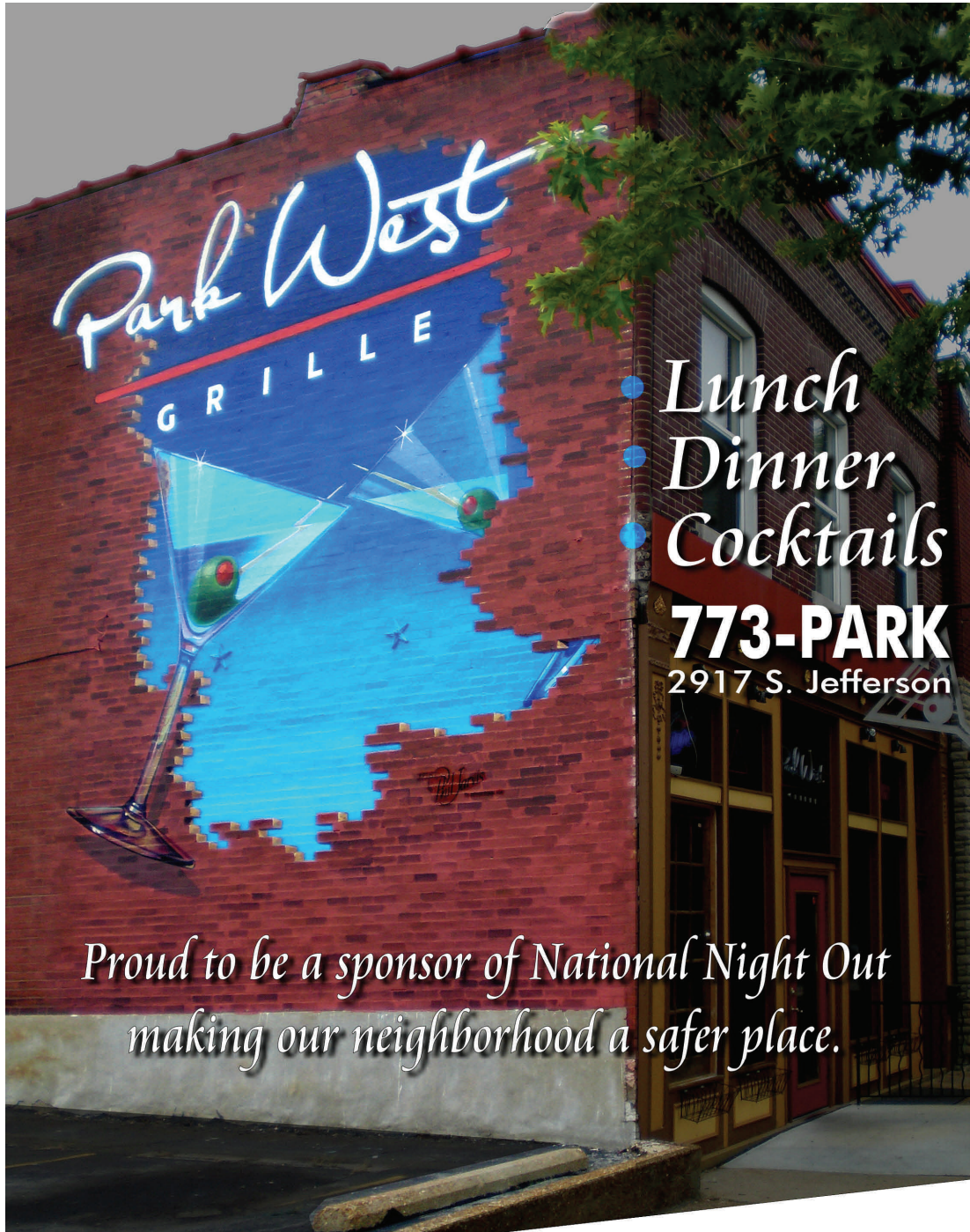
The Five Star Senior Center
2832 Arsenal

Join us to discuss issues in Benton Park West

Bring any information
you have about crime or suspicious behavior

Invite a neighbor as well.

Featured in Sauce Magazine and St. Louis Magazine



*Proud to be a sponsor of National Night Out
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...the Summer of '09

Continued from Pg 1

Markets? Grow your own in your back yard, in pots, or even in one of the community gardens in the neighborhood.

- Take the summer and teach your kids about environmental responsibility. Reuse and Recycle, TURN IT OFF - conserving electricity and water, use cloth instead of paper, cook it yourself, composting - from garden to household, think smart - use what you have for projects/crafts before buying
- Pack a picnic lunch and go to Benton Park or Gravois Park. WALK don't drive. Enjoy your neighborhood and neighbors. Then when at the park, enjoy the lush grass and surroundings. Picnic close to the playground and let your kids enjoy the day while you're relaxing.
- Have a yard sale. Don't think you have to spend to enjoy...cleanout that garage, closets, basement, attic and sell things you no longer need need or use. Take the money

and do one COOL event this summer.

Getting out of the neighborhood, think about the great things that Saint Louis has in store!

- Visit the *Arch and grounds.
- Follow the footsteps of Lewis & Clark
- *Don't forget about Ted Drewes on S. Grand.
- Explore Forest Park – One of the largest public parks in the US.
- Enjoy the Art Museum, Zoo, Anheuser-Busch Brewery (within walking distance), Grant's Farm, and the Missouri History Museum.
- Relax and stroll through the *Missouri Botanical Gardens – Wednesday evenings bring free concerts.
- Check out the *City Museum, and Science Center
- Attend one of the many sporting

events – *Cardinals, *NFL, *Rams and *The Blues

- See the beautiful Cathedral Basilica of Saint Louis on Lindell – Count all of the mosaics
- Enjoy the free concerts during the "Life on the Levee" series
- See the heritage at the Old Courthouse, Black World History Museum and Faust Historic Village.
- *Scott Joplin's historic home
- Attend one of the many Art Fairs and other festivals
- Don't forget about the International Festival in the fall.
- *Take a cruise down the Mississippi

Outside of Saint Louis:

*Six Flags is always a fun destination

Historic Cahokia Mounds over in Illinois

*Some attractions may charge admission fee.

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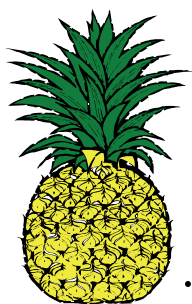
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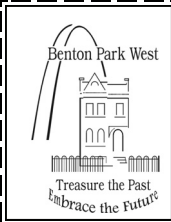
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Questions? 314-664-1450

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Mail this form and your check to:

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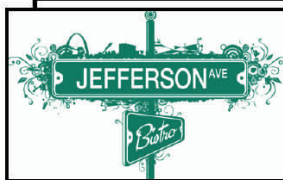
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Non-Profit Corner...

One Step at a Time

Families and teachers can often feel frustrated and overwhelmed by children's behavior. Sometimes children seem to be in their own world, not listening or doing what we ask. We may think, "Why won't he just be good?" or "Why won't she just do what I told her?" When we take care of and work with children we tend to forget that children's minds work differently than ours do. First of all, children are young; they have the developmental skills of young children. This may seem like common sense; however, adults frequently have expectations that are too high.

It takes time for a child to be able to follow multistep directions. If you think that

a child isn't listening, stop and think about what you specifically want the child to do and be explicit and direct. For example, in the morning you may say, "Come on, get ready for school. Hurry up, we're going to be late." Then, your child goes off into the other room and you assume that he is going to get ready for school. Unfortunately, "Get ready for school" is too big of a concept for a young child. It would be better to say, "Finishing eating your breakfast, go get dressed, put on your shoes, and brush your teeth". Yet, this is too long of a statement for a child because it involves multistep directions. The best thing to say depends on your child's age and level of independence;

however, a rule of thumb is one specific request at a time such as, "You need to put on your shoes."

It is important to ask the child to do only one thing at a time. It is very helpful to have a visual schedule for the morning. Using pictures from a magazine or clip art from a computer, make a small poster that has pictures of those four directions in order and hang it on the fridge at your child's eye level. Teach him to look at it each morning to see what comes next. Children respond well to routine, schedules, and structure. When you break tasks into smaller steps and you tie in a visual reminder of what needs to be done you are setting your child up for success.

At SSDN we are always looking for ways to meet the

needs of children. As a child-centered facility we think about how each child perceives the world and what each child needs to be successful. As educators, we understand that breaking information into small steps helps a child learn and remember new information. This same idea applies to how children learn at home too! Don't forget that children need lots of practice and repetition, and most importantly they need your patience and love.

SSDN provides very affordable high quality early childhood education in a nurturing and diverse environment. We are now enrolling for the 2009-2010 school year. Please contact us for more information by calling (314)865-0322 x 4108.



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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!"**

Message from Circuit Attorney Jennifer Joyce's Community Affairs Bureau

Grass Cutting and Unpaid Tax Scams in St. Louis Neighborhoods

The Circuit Attorney's Office has been informed by several South St. Louis residents of two ongoing local scams. The first involves con artists knocking on residents' doors and falsely informing the homeowner that he or she has been cited by the City for failure to maintain the property by allowing their grass to grow too long. These criminals assert that they have been assigned to immediately mow the lawn and that the homeowner must pay for the service on the spot.

One Gravois Park resident who reported this scam also received a telephone call from a woman who claimed to represent the City. The caller claimed that the resident's property taxes were overdue and even attempted to obtain a credit card number in order to "pay the balance directly" over the telephone.

Both scams provide new twists on a conventional form of fraud: criminals attempt to use the authority of legitimate government agencies to appear authentic as they defraud honest citizens.

In order to protect yourself from these and similar frauds, remember the following:

1. Do not open your door to strangers- no

matter who they claim to be. Ask for photo identification and call the agency the individual claims to represent before speaking to a stranger at your door.

2. If your home needs any kind of repair, you should receive a citation from a building inspector that describes the work to be done and provides a date for you to appear in City Court. You will never be asked to immediately pay a specific party for a repair.

3. No government agency will contact you by telephone or e-mail and ask for immediate payment of a debt, or any personal identifying information (PII). Never provide PII to any person who contacts you, no matter who they claim to be.

4. If you receive any such demand for payment or someone comes to your door and claims that you must immediately repair your home, call 911.

Fraud Assistance Hotline: (314) 612-1412

Office Phone: (314) 622-4941

Fax: (314) 622-3369

Web: www.circuitattorney.org

WHAT IS SUSPICIOUS?

"Am I witnessing a crime?"

Most of us have found ourselves wondering this at some time or other. However, because we are not really sure, we tend to ignore what we have just seen and, hoping it wasn't so, we continue about our business.

Signs and behavior to look for that may be suspicious:

- A person running.
- A stranger carrying property.
- A person going door-to-door in an building or a residential area.
- Any person forcibly entering a locked vehicle, dorm room or even a classroom.
- Business transactions being conducted from a vehicle.
- One or more persons sitting in a parked car exhibiting suspicious behavior.
- A juvenile or female being forced into a vehicle.
- A person exhibiting unusual mental or physical symptoms.
- Unusual noises

Thank you and be safe.

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If you weren't a member in 2008, become a member in 2009

See page 16 for an application.



Membership Needs YOU!

To be a member or help out, call Chad Johnson at 776.4447.

Business Members -

Auto Bargain Center
Blue Brick Renovation & Construction
Cherokee Station Business Association
Clowder House Foundation
Coldwell Banker/Gundaker
Dutchtown South Community Corporation
Edward Jones - Mary Cox
Five Star Senior Center
Home Guard Pest Elimination
Hummly Group, LLC
Indigo Massage - Anne Childers
Jefferson Avenue Bistro
Luvy Duvy's
Millennium Restoration & Development
Mississippi Mud
Nader & Sons
Near Southside Employment Coalition
One Nite Stand
Park Avenue Coffee
Park West Grille
Pets in the City
Red Latina
Rich's Automotive

SSDN

St. Frances Cabrini Academy
St. Louis Building Corporation
The Salvation Army

General

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Melba Arnold
Abi Bollinger
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Kim Bollinger
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Brian Carter
Denise Carter
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Janet Emerson
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Barry Gilbert
Virginia Gilbert
Edna Gravenhorst
Ted Gravenhorst
Clint Gullledge
Natalie Hilfiker
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Shirley Johnson
David Lang
Andrew Liebermann

William Liebermann
Marcus McCullough
Kathryn McKay
Amanda McKenny
Gerard Monti
Erica Nuyen
Mark Nuyen
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Christian Oncken
Melissa Pink
George Polumbo
Danielle Reamy
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Maureen Ross-Lang
Eric Ryszkiewiz
Christian Sabatino
Jennifer Shoemaker
Steve Skidmore
Carrie Sleep
Jay Swoboda
Karen Talbott-Wood
Mira Tanna
Deborah Thurston
Vivica Toxwell
Lia Varanavicius
Rokas Varanavicius
Shelle Veres
Steve Veres
Raymond Warnhoff
Sherry Young
Senior
Frances Bunse
Barbara Christ
Walter Christ

John Coleman
Roma Coleman
Mary Jones
Anna Pierce
Jerry Pierce

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Glenn Cambell
Anne Childers
Michelle Foley
Ted Gann Sr.
Kevin Hovis
Laura Lesse
Sara Miller
Megan Schacht
Jackie Weatherly

Patron

Joseph Heden
Bruce Levine
Marlene Levine
John Meniz
Aaron Weil

Sponsor

Sharon Burgess
Bill Byrd
Jeremy Funke
Linda Hennigh
Carl Hoffman
Chad Johnson

Friends

Eddie Brauer
Jean Durel
Patricia Ortmann

City, State and Federal officials, Friends of BPWNA

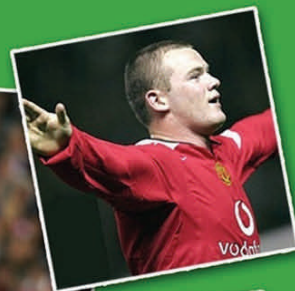
Jennifer Florida - Alderwoman, 15th Ward
Dena Hibbard - NSO
Ken Ortman - Alderman, 9th Ward

Craig Schmid - Alderman, 20th Ward
Judy Lane - NSO
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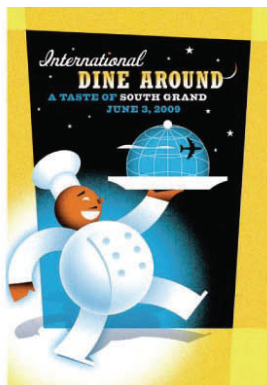
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www.gooolll.com

Heard about town - What's happening in Saint Louis!



The taste of South Grand is June 3, 2009. For \$26 (\$28 the day of the event) you can sample appetizers, entrees, dessert and drinks from many South Grand restaurants.

Line-up for the “Live on the Levee” for 2009.

Don't miss these free concerts. Enjoy YOUR city down on the levee!

July 3 : 6p Magnolia Summer	Madahoochi
July 3 : 8p Counting Crows	July 18 : 8p Little Feat
July 4 : 3:30p The Feed	July 24 : 6p Leandra
July 4 : 4:30p Jimmy Griffin	July 24 : 7p Soul Alliance
July 4 : 6:45p Green River Ordinance	July 24 : 8p Angie Stone
July 4 : 8p Train	July 25 : 6p Pearl Heart
July 17 : 6p Awesome Color	July 25 : 8p Gretchen Wilson
July 17 : 8p Sonic Youth	July 31 : 8p Guster
July 18 : 6p	August 1 : 6p Black Spade

Have a Youth needing a Job?

Checkout these places for youth jobs in 2009.

Don't have a computer or internet access? Check out the local public libraries.

Hiring at 14 yrs old:

St. Louis Zoo - <http://www.stlzoo.org/contact/employment/currentjobopenings/>

Hiring at 15 yrs old:

Six Flags - <http://www.sixflags.com/stLouis/jobs/JobListings.aspx>

City of St. Louis (Lifeguard) - <http://stlcin.missouri.org/OnlineJob/jobdetail.cfm?OpeningID=1034>

Hiring at 16 yrs old:

Raging Rivers Water Park - <http://www.ragingrivers.com/application.htm>

The Gateway Arch - http://hostedjobs.openhire.com/epostings/submit.cfm?fuseaction=app.allpositions&company_id=15713&version=1

St. Louis County Parks and Recreation (some positions hire at 15) - <http://stlouisco.com/personnel/parksummer08.pdf>

SLATE - <http://stlouis.missouri.org/citygov/slate/YouthHome.htm>

YMCA - <http://www.ymcastlouis.org/node/5703>

The Muny - <http://www.muny.org/content/view/84/66/>

Almost 16 or over? Try the local grocery stores, restaurants, department stores, and retail stores (clothing stores, electronics stores, etc.)

Also visit www.snagajob.com for more job listings.

To sign up for the Missouri state-funded youth summer program go to: www.summerjobs.mo.gov

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St. Charles 940-1700

Metro 773-6108
West 227-9949

What to do in the garden this month:

- These bulbs can be planted or moved after flowering: Acanthus, Brunsvigia, Iris, Leucojum, Lycoris, Nerine, Sternbergia, Tigridia, Zephyranthes. Give the foliage a month or so and then it can be trimmed leaving 6-8 inches to make it less gangly.
- These seeds can be planted in open ground: Alyssum, Baileyia, Calendula, Celosia, Centaurea, Cineraria, Cosmos, Dahlia, Gomphrena, Gypsophila, Impatiens, Kochia, Malcomia, Mallow, Marigold, Mirabilis, Nasturtium, Nemophila, Nicotiana, Periwinkle, Petunia, Poppies, Portulaca, Pueraria, Quamoclit, Salpiglossis, Tithonia, Torenia, Zinnia.
- These plants can be started outdoors: Artichoke, Basil, Broccoli, Brussel sprouts, Cauliflower, Chives, Corn, Cucumber, Dill, Eggplant (mid-June), Melons, Parsley, Peppers, Pumpkins, Squash (all types), Swiss Chard, Tomatoes.

"The Garden Spot"

By Linda Hennigh, Garden Co-Chair



This month's hint:

Don't cut back leaves of spring flowering plants for a month or two. This enables them to drink in healthy mineral and chloroform from the sun and will make the bigger and stronger next year.

This month's featured garden:

Four years ago, the Beautification Committee from the neighborhood association started the cleanup of the large round planter at Utah & Gravois. A group of residents in the general area helped in the clean-up and planting that first year. This group of residents became the West Corner Block Unit and has maintained the planter that was built by the city. This lovely planter at one of the main entrances to Benton Park West was the first of several projects by this energetic group that we will feature in coming issues. "This garden was our first attempt at laying out plans and successfully executing

them. Truly, having this garden gave us inspiration to try a larger project." The group has a blogspot with many picture chronicling their efforts. <http://westcornercommunity.blogspot.com> (this planter is featured in the older posts).

Answer to last month's question

"how many community gardens have their home in Benton Park West? ...**FIVE**....along with many lovely private gardens which we will also feature in coming issues.

A fundraiser for the BPW Community Garden is about to begin. We will be selling beautiful spring bulbs! This was a popular and successful endeavor several years ago and is back by popular demand. More information next month!

HAPPY GARDENING!

"The Garden Spot" is provided by the Garden Committee of Benton Park West Neighborhood Association.



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Saturday	7:30 am - 11:00 pm
Sunday	7:30 am - 10:00 pm



Located in the heart of Historical Lafayette Square.

DIGITAL TELEVISION IS COMING IN LESS THAN ONE MONTH

On June 12, the St. Louis area and our nation will transition to digital television when television broadcasters will begin airing exclusively digital signals – and analog television sets that are not connected to a converter box, cable, or satellite will stop working.

You have little time left to prepare for this change so that you not only enjoy the benefits of digital television, but avoid losing your television service altogether. Families who receive their television signal over-the-air, using a traditional rooftop antenna or “rabbit ears,” will have to acquire a new “digital to analog” converter box to ensure that their television sets can display the new digital signals. Television sets connected to cable or satellite service should not require a new converter box.

A program has been set-up to help consumers defray the cost of converter boxes. Every household is eligible for two \$40 coupons, each of which can be used towards the purchase of a converter box.

On my website, carnahan.house.gov, I have posted information on the steps Americans need to take to be ready for the digital television transition. Consumers can also call 1-888-DTV-2009 or visit dtv.gov to learn more. If you need assistance in getting a coupon or

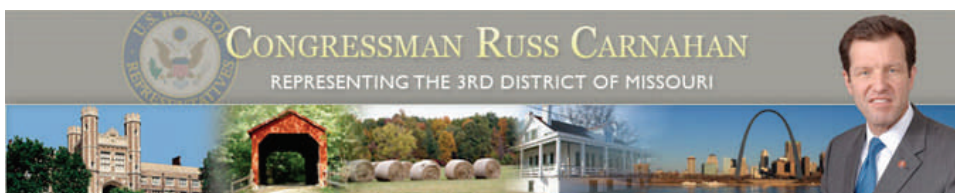
anything else please do not hesitate in contacting my staff at (314) 962-1523 or (636) 937-8039; they are there to assist you.

With the digital television transition some of the spectrum currently used by analog television stations will be freed up for advanced wireless service, while other channels have been set aside for public safety communications, a key recommendation of the 9-11 Commission. Digital television will also bring benefits to television viewers. Digital television will mean more, free, broadcast television channels, in addition to clearer images and enhanced sound quality.

It is important all households and families are properly informed and prepared to avoid confusion next month.

June 12, 2009, will be a notable day. Together, we can ensure that it marks an important milestone in broadcasting history, not a day of nationwide confusion.

Sincerely,

MISSISSIPPI



MUD COFFEE

Photo Exhibit by Brian M. Ballok

Currently displayed through May 31st

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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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Saint Louis Missouri 63118

314-776-6599

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Sat. 7 a.m.-6 p.m.

Sun. 8 a.m.-6 p.m.

June 2009 Healthy Dinner

Slow Cooking or better known as "Crock-pot" Cooking...

Slow Cooked Italian Chicken with Noodles

• Low Calorie • Low Fat • Spices For Health

Prep time: 10 min, **Makes:** 6 servings

Cook time: 8 hours on low or 4 hours on HIGH plus 20 minutes on HIGH

Ingredients:

- 1 1/2 pounds boneless skinless chicken thighs
- 2 teaspoons Thyme Leaves
- 1 1/2 teaspoons Oregano Leaves
- 1 can (14 1/2 ounces) reduced sodium chicken broth
- 1 can (14 1/2 ounces) diced tomatoes, undrained
- 1 1/2 cups thinly sliced carrots
- 1 large onion, thinly sliced and separated into rings
- 3 cups uncooked no yolk egg noodles
- 3/4 cup frozen peas

Prep:

1. Cut each chicken thigh into 4 pieces. Sprinkle with thyme and oregano.
2. Place chicken broth, tomatoes, carrots and onion slices in slow cooker. Top with chicken. Cover.
3. Cook 8 hours on LOW or 4 hours on HIGH. Stir in noodles and peas. Cover. Cook 15 to 20 minutes on HIGH or just until noodles are tender.

Tips

Slow Cooker Tip: For best results, do not remove cover during cooking.

*Nutrition Information:

1 Serving: Calories 325; Fat 9g; Sodium 454mg; Carbohydrates 33g; Protein 28g; Fiber 5g; Cholesterol 76mg

Trivia Night – 2009

Continued from Pg 1

Cabrini Academy will open at 6:30 pm and the event will begin at 7 pm. Amy Shaw, from KETC Channel 9, will serve as the evening's emcee and the cost is \$160 for each table of eight people. There will be cash prizes for first, second, and third-placed trivia winners.

As well as the trivia questions, there will be a contest and prizes for the best table, raffles, silent auctions. Organizers will provide mulligans, beer, and wine for sale as long as supplies last. Participants are also welcome to bring their own snacks and adult drinks.

To make a reservation for play or if you wish to help, send an email to bpwna@yahoo.com. To

play, follow-up with a check payable to BPWNA and your team name to:

BPWNA Trivia
PO Box 18671
St. Louis, MO, 63118

Your reservation or the volunteer opportunity will be confirmed by phone or email.

Event: *Meet Me In St. Louis Trivia Night*

Where: St. Wenceslaus Parish Church/St. Frances Cabrini Academy, 3022 Oregon (corner of Gravois and Oregon)

When: June 20, 2009. 7 PM (doors open at 6:30 PM)

More information: 314.771.0803 / bpwna@yahoo.com.



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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 Kraff -
 3rd Dist Prob Prop 444-1085
 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, 314-613-3083 (w)
 314-397-1091 (c)

pottsb@stlouiscity.com

Dena Hibbard, 314-613-3109 (w)
 hibbardd@stlouiscity.com

Judy Lane 314-613-7143 (w)
 lanej@stlouiscity.com

MISC:

Pothole Department 768-2805
 Refuse Department 353-8877
 Five Star Center 664-1008
 Illegal Dumping 911
 Then call CSB 664-4800

Lights:

Alley Lights (AmUE) 342-1000
 Street Lights (CSB) 622-4800

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

There is still time for YOU to be a Member - 2009

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

Membership Application Benton Park West - 2009

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



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

