



Don't forget!

Neighborhood Meeting
September 17 - 7p
Minerva Lopez,
President
Cherokee Station
Business Association

The Porch Review

Benton Park West

Vol 9, No. 9

September 2009

Celebrating 75 Blocks of Courage



Events

- Sept 1: BPWNA Board Mtg**
6:30p, 2832 Arsenal
- Sept 10: Weed & Seed (7p), 3rd District Outreach (7:30p)**
2832 Arsenal
- Sept 12: Garden Work day**
9a-Noon, Ohio and Crittendon
- Sept 17: Neighborhood Mtg, 7p**
2832 Arsenal, hear Minerva Lopez, President - CSBA
- Sept 26: Chicken Run - Third Movie night in BPW**
Event starts at 7p, Movie at 8:30p, 2930 Oregon (Oregon and Crittendon)
- Sept 27: Annual For Sale House Tour - Noon-4p, 2757 Wyoming**
- Oct 6: BPWNA Board Mtg**
6:30 pm, 2832 Arsenal

Inside this issue:

President's Corner	2
Financial Focus	4
Recycling	7
The Salvation Army	8
Weed & Seed	9
Urban Health Fair	11
Roosevelt High Spotlight	15
Reward Yourself	16
The Garden Spot	17
3rd District Trivia Night	18

Questions, Comments, Concerns?

Contact Neighborhood Office:

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

Where is your Neighborhood Focus?

By Bill Byrd

Many activities have already been completed in Benton Park West for 2009. No matter how many activities we've had or will have in October and November, there is one important thing that makes all events more successful. Having a clean and comfortable neighborhood makes everyone feel better and safer.

Showcasing a neighborhood or a home can be done in many different ways. Picking up trash and making sure grass is mown is a simple way of making a block and the

entire neighborhood look cleaner and more comfortable. Another way is to plant and maintain the corner planters throughout the neighborhood. Thanks to those who consistently water and care for the planters. If you see an empty planter, feel free to fill with flowers to help make the neighborhood beautiful. These are simple ways that not only make us the residents, feel better about where we live, but also shows those who do not live in Benton Park West that the residents

care about their neighborhood.

The next step in making our neighborhood cleaner and safer is the next level that the spring Operation Brightside Blitz addresses. Cleaning up our blocks and alleys is another simple way to visually make BPW attractive. Having your neighbor-

(Continued on page 6)

Chicken Run - Third movie for BPW
September 26th - 7p-10p
2930 Oregon @ Oregon and Crittendon



August 15th!

By Sherry Young and Bill Byrd

Planning and organization for the 2009 Back to School event at 10am, on Saturday the 15th, started months ago. For the past two months people from The Salvation Army and Benton Park West Neighborhood Association have been planning the event. This collaboration was a very successful event for the kids and adults of Benton

Park West who chose to attend.

The actual day started much earlier than the 10a start time. Setting up tables and tents, grilling burgers, and stuffing backpacks with supplies brought an already busy team to 8:50a, when the backpacks were brought out and the food arrived. The leadership of The Salvation Army was very help-

(Continued on page 14)

September Neighborhood meeting
September 17th
7p
Find out what is happening in YOUR Neighborhood

NNO Movie

By Donna Dorsey

For those of you who missed Movie Night at the Park on August 1, 2009, you missed a great event. Everything turned out wonderfully! Residents came out to watch the viewing of the DreamWorks movie, *Kung Fu Panda* on a giant blow up screen in Benton Park. The skies cleared and the sun was shining brightly and

(Continued on page 8)

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



Bill Byrd

75 Blocks of Courage... Evaluate Your Health

September is already here. While we've had a great summer, I'm sure everyone can speak the old adage of "where did the summer go?"

Just as the summer seems to be going fast; so does our time to be healthy. Healthy as a neighborhood and healthy at a personal level are thoughts for September. Neighborhood health revolves around involvement in activities and involvement with each other as neighbors. From knowing who your neighbors are and who belongs to watching out for each other when one is out of town, if a dog is out putting the dog back in the yard, letting neighbors know when things are "right" (dog on the third floor roof), to even caring for our neighbors by taking meals after they've had surgery and many more are all ways of caring for each other and creating community.

The neighborhood association has helped by providing planters throughout the neighborhood for residents to "adopt". Thanks to everyone who plants and water the planters making Benton Park West beautiful. Thanks to the gardeners for making the Community Gardens flourish. Thanks to everyone who picks up trash. Thanks to the Dog Park team for keeping the Dog park clean and mown.

Special thanks to all who were involved in National Night Out events this year. From the movie in the park *Kung Fu*

Panda to kick off the event, to the multiple block parties and neighbors who just talk with each other; and the many other activities in Benton Park West where neighbors communicate and "connect" community.

Personal health involves the physical and spiritual perspective. Physical health concerns revolve around keeping cool during the heat, eating healthy, making sure to having regular check-ups, and even going to the doctor when things aren't "right" are all important to remain healthy. If you're not feeling right or "fit as a fiddle" for longer than a few days...seek help. Don't wait until you are past the point of being able to ask for help. If you're drinking too much water, this could be a sign of health issues; if you don't have an appetite or have unexpected weight loss..seek help.

A good mindset of health, whether community/neighborhood or personal, is important to remain balanced and have a good outlook on life. I encourage you to checkout the healthy recipes printed in the newsletter each month; seek out agencies, organizations such as your personal doctor, Grace-Hill, Five Star Senior Center, Energycare and even the Urban Health Fair & Market on September 12, in Lafayette Square.

Take time to evaluate your health, personal and neighborhood.

Bill Byrd, President

2009 Board

Bill Byrd - President
776-4447 hm/ 602-0392 cell
bpwnabill@yahoo.com

Carrie Sleep - Vice-President
805-0152 cell cesleep@yahoo.com

Jennifer Shoemaker - Treasurer
306-8495 jen@jenshoemaker.net

Erica Nuyen - Secretary
581-8154 cell ericahaberl@gmail.com

Sherry Young - Member at Large
sannyoung63@yahoo.com

Aaron Weil - Member at Large
bpwnaweil@yahoo.com

Chad Johnson - Finance
602-0318 cell
bpwnamembership@yahoo.com

Jennifer Shoemaker - Dog Park
306-8495 cell
bpwnadogpark@yahoo.com

Jon Meinz - Garden
jmeinz@sbcglobal.net

Linda Hennigh - Garden
Linda_Hennigh@yahoo.com

Chad Johnson - Co-Membership
bpwnamembership@yahoo.com

Martha Buckley - Co-Membership
bpwnamembership@yahoo.com

BPWNA is a 501(c)3 organization registered with US IRS and Missouri Secretary of State.

A Publication of
The Benton Park West
Neighborhood Association

Design/Editor: Bill Byrd

Proofreaders: Reggie Garner and Chad Johnson

Contributing Writers: Anne Childers, Linda Hennigh, Craig Schmid, David Godbout, Scott Bollinger, Bill Byrd, Jeanette Mott-Oxford

Contributing Photographers:

Benton Park West
Neighborhood Association

P.O. Box 18671
St. Louis, MO 63118
Phone: 314-771-0803

E-mail: BPWNA@yahoo.com

On the Web at: www.bentonparkwest.org

Advertising Information:
bpwnapub@yahoo.com or 314.771.0803.

Advertising and Editorial deadline:
The 5th of each month.



Neighborhood Advisory Board

Thursday, September 10, 2009

7:00p W&S - 7:30p 3rd District

Weed & Seed & 3rd District Outreach meetings are held at 2832 Arsenal - Five Star Senior Center

Bring info about crime or suspicious behavior

Guest speaker for 3rd District will be Kathleen Tofall of the St. Louis City Circuit Attorneys Office of Victim Services. An award presentation by the Grand Jury Award Committee as well.

Smokefree Policies Offer Many Health Benefits



Jeanette Mott Oxford,
59th District

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

Recently I watched a movie set in the USA of the 1950's, and I was shocked to see a pregnant woman in the film light a cigarette (to go with the alcoholic drink she was having no less!). Thinking about it, I realized that advertising for tobacco in that era often featured a doctor in an authoritative white jacket, talking about the superior taste or smoothness of the highlighted brand of smokes. We didn't know the dangers of smoking or of secondhand smoke then, but the evidence is now overwhelming. We can state without a doubt that tobacco kills many users, and secondhand smoke injures or kills tens of thousands more each year. Unfortunately many Mis-

sourians still do not have the facts about tobacco, or, if they do, they are disregarding what they have been told. Thousands of Missouri children grow up in homes where they are exposed to secondhand smoke. These children are more likely to develop asthma, a life-threatening illness, ear infections, and respiratory tract infections. Research has also shown a higher rate of low birth-weight births and sudden infant death syndrome (SIDS) in homes where someone smokes.

According to the U.S. Centers for Disease Control and Prevention, after just thirty minutes of exposure to secondhand smoke a non-smoker's heart arteries show a reduced ability to dilate, diminishing the abil-

ity of the heart to get life-giving blood. In that same half-hour, blood platelets become sticky, beginning a process that can block the heart's arteries and lead to a heart attack.

For years I have asked for the non-smoking section at restaurants, hoping to protect myself from secondhand smoke. Unfortunately it turns out that there is no safe level of exposure and that non-smoking sections do not work, since smoke does not stop at the signs that are posted. A friend at Campaign for Tobacco Free Kids explained it in this somewhat tacky, but very helpful way: Imagine you are in a swimming pool that has two sections – "the urinating section" and "the non-urinating" section. (*My friend at CTFK used a slightly more earthy word than urinating, but you get the drift.*) Do you really want to be swimming in that pool?

The St. Louis Board of Aldermen and the St. Louis County Council are currently debating smokefree policies for workplaces. Members of both bodies have expressed a desire for Missouri to pass a statewide law instead of a patchwork

of local ordinances. That indeed would be ideal, but Missouri is not a leader on tobacco issues and is likely to lag behind in this area due to the strong presence of tobacco industry lobbyists in Jefferson City. We rank 48th in the nation in adult smoking rate and 43rd in the nation related to pregnant women who smoke. We are 48th in spending on tobacco use prevention, budgeting just \$2.7 million annually compared to the \$423.5 million the tobacco industry spends in our state to recruit new smokers to replace the ones who have died. However, Missouri can become smokefree in time by following the pattern that has worked in other states – by passing comprehensive local ordinances until the tipping point is reached for a statewide law.

Research is beginning to show that cities that have strong smokefree policies for all workplaces, including restaurants and bars, show a drop in hospital admissions for heart attacks. Wouldn't it be wonderful to see that kind of benefit brought to the St. Louis Region? Let's work together to save lives by protecting the air we share.

1

NITE
STAND

Music House

Karoke - Fri. & Sat. Nights
Keno All MO. Lotto Tickets
Packaged Liquor

314-776-0996 or onenitestand-

2800 Ohio Ave at Gravois
St. Louis, MO 63118

ROGER & KATHERINE
PROPRIETORS

Hours:
12:00 Noon to 1:30am
Mon - Sat.

Five Star Senior Center

Ph.314-664-1008
Fax.314-865-2900
E-Mail fcoac@swbell.net

Meals-Transportation
Social Activities
Mon.-Fri. 9:00-3:00

2832 Arsenal St. Louis, MO 63118-2317

Michael W. Howard Executive Director

314-865-1211

AUTO BARGAIN CENTER

USED CARS AND TRUCKS

BOB QUINN
Owner

2700 Gravois
St. Louis MO 63118



THE BIG ROLLOVER

What should you do with that old 401(k)?

Scott Bollinger is an Investment Advisor Representative with Ameritas Investment Corp. (AIC), member FINRA/SIPC and may be reached at 314-225-7170 or scott@advisorstl.com. AIC is not affiliated with Carillon Group.

Options, options, options ... There are many misconceptions about what must be done with a 401(k) when someone leaves a company. Some people think they have to cash out their 401(k) upon leaving a job. Others think they must "roll it over" into a new 401(k). Still others believe that they must leave the 401(k) where it is. None of these are true ... and none are false. These aren't "musts", they are options. The big question is, which option is the right option for YOU?

Leaving it where it is ... If you have enough money in your current 401(k) to meet the minimum requirement, you could leave your money where it is. Should you? Well, it depends. If you feel the plan has good investment choices and the annual fees are reasonable, leaving your money there to mature could be a good option for you.

Direct rollover into a new 401(k) ... If your new employer offers a 401(k), you could choose to "roll" your money into that plan, but then you will be limited to the new plan's investment options. So should you? Once again, it depends. You'll want to look into the structure of the new plan, the fees and the investment options.

Moving the money into an IRA rollover account... If managing where your account is held and how it is invested is important to you, this option gives you a great deal of flexibility. It also offers you more distribution options, once you are eligible. Additionally, you could open a brokerage account or purchase a CD, provided the account is titled as your IRA Rollover Account.

Cashing out your 401(k) ... The temptation to get a lump sum of money can be too great for some, especially if they have just lost their job or feel that they are in some sort of financial bind. They may choose to cash out their 401(k) upon leaving a job. But what are they giving up? Well, 10% for starters. If they are younger than 59 ½ years old and cash out their 401(k), most of them will incur a 10% penalty. Additionally, they will owe taxes on the amount they cash

out. But here's what really hurts: they are giving up part of their retirement fund or (in many cases) starting over from zero.

Fighting temptation now could lead to big rewards later ... For example, let's say a 35-year-old leaves a job and rolls over \$15,000 from a 401(k) into an IRA earning an average of 7% annually, letting the money mature over 30 years ... by the time of retirement, that money could potentially grow to over \$100,000.

Making a decision ... If you're unsure which choice is best for you, or if you'd like to learn more about your options, I would recommend speaking with a qualified financial advisor. Additionally, you may want to consider working with a tax professional if you own company stock in your previous 401(k). You're likely to want some assistance in sorting through the IRS rules that may apply.

These views should not be construed as investment advice. Neither the named Representative nor 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.



 **ssdn**
ENROLLING NOW

Full day child care and preschool
Accredited early childhood center
Nurturing, experienced teaching staff
Breakfast, lunch and snack provided on-site
A welcoming environment for all families

**Call 865-0322, x0 for information
or to schedule a visit.
Hablamos Espanol**

SSDN

2930 Iowa Avenue • St. Louis, MO 63118

(314) 865-0322 • www.ssdn.org



Don't miss out on the 2009 Activities for Benton Park West!

September 26 - Movie at Oregon and Crittendon

September 27 - For Sale House Tour

October 9, 10, and 11 - Oktoberfest beer booth

October 31 - Trunk or Treat

November 9 - Membership Dinner

Watch for the
For Sale House Tour
on September 27

Mark your
calendar to make
YOUR
neighborhood
****Sparkle****

Health Food Store for Pets

All-natural Foods
& Supplements

General Pet Supplies

Grooming Salon • Self-Pet Wash

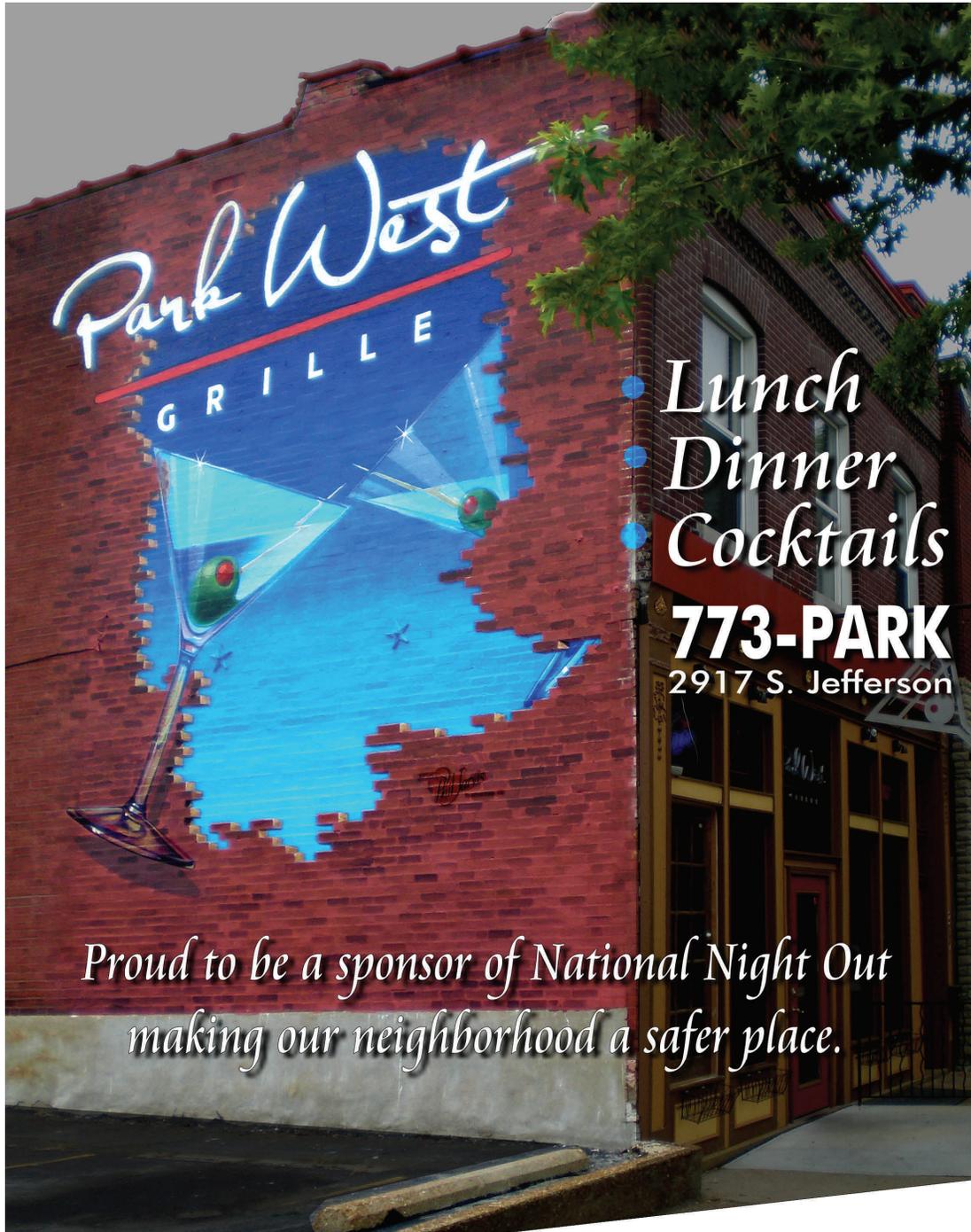


PETS IN THE CITY

1919 South 12th Street, Saint Louis, MO 63104

314-772-PETS (7387) • www.thecitypet.com

Featured in Sauce Magazine and St. Louis Magazine



*Proud to be a sponsor of National Night Out
making our neighborhood a safer place.*

**Winner of the
BPWNA 2006 Most Attractive Storefront
BPWNA 2008 Spirit of Service by a Business/Community Group**

...Neighborhood Focus?

Continued from Pg 1

hood attractive to you, is very important to keep YOUR attitude *tip/top* about where you live. The next thing is to think about making Benton Park West attractive to friends and guests. When there are homes for sale in BPW, if the neighborhood is attractive, then our friends and families might wish to live in our neighborhood. Or even if we have strangers in the neighborhood looking to buy a house, we want to make sure that we put our best foot forward.

September brings the annual For Sale House Tour to Benton Park West. Many of your neighbors will be out picking up trash and mowing as many tree lines as possible to make our neighborhood sparkle. The actual tour will be on Sunday September 27th. Make sure to invite any of your friends, relatives, and co-

workers who might be looking to buy a house. Even if these same people are looking to rent, there is an abundance of properties for rent in Benton Park West. Having an attractive place to live makes a difference to home owners and renters.

This will be the third year for the For Sale House Tour in our neighborhood. The past two house tours brought many visitors and potential home buyers into our neighborhood. There have been at least two contracts, each year, attributed to our event. With just a little promotion, balloons, contacts, and a tour book, Benton Park West annually has close to 200 people (residents and others) who make a point to walk through and checkout the neighborhood.

Plan on taking the last two weeks of September and do

a neighborhood CLEAN on your block. Not every block has to clean the same day/time, but as long as we can "sweep" through by the last weekend of September we will be good! One suggestion would be to plan on cleaning on Saturday the 26th, then mark your calendars for that evening to come to a movie.

The third movie of the season will be shown at the corner of Oregon and Crittendon. The movie "Chicken Run" will start at 8:30p with popcorn and cotton candy being served before the movie. Make the evening a neighborhood event and come out at 6p, bringing a picnic dinner. Relax on one of the last summer evenings in Saint Louis. Special presentations of feature stories, produced by TV10, will be shown before the movie starts. The presentations will include the Benton Park

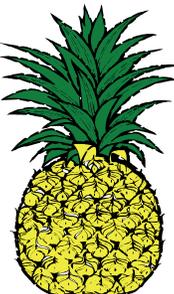
West "neighborhood documentary" from several years ago and the Dog Park Grand Opening from this past spring.

There have been a lot of activities in Benton Park West for 2009. Watch The Porch Review for more BPW activities in October and November. But, don't hold your breath...2010 can be as exciting as 2009. Having activities and making Benton Park West safe and comfortable takes YOU! There are many tasks to have the events such as movies in the park, kids events, fundraisers, etc. Tasks can be 1 hour to many hours. If you can only donate an hour a month to your neighborhood, your time is appreciated. Contact any board member or call the neighborhood office at 771-0803 to simply say "I would like to help make Benton Park West better. How can I help?"

Nader and Sons, Inc.

**Repairs American and Foreign Cars
and Body Shop**

Maroun	Eddie	Monir
2863 S. Jefferson		Phone: 771-9141
St. Louis MO. 63118		Phone: 773-1776



Luvy Duvy's Cafe

2321 Arsenal St.
St. Louis, Mo 63118

776-5889 www.luvyduvys.com

• Happy Hour Fridays • Dog Friendly Patio

Serving all your catering needs
In Historic Benton Park



blue|brick
renovation + construction, llc



**Winners of a 2006 Homer
Award for Outstanding
Historic Renovation**

**NOW RENOVATING IN
BENTON PARK WEST!**

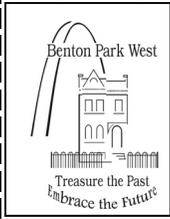



Standard Blue Brick Amenities

Granite Countertops ~ Maple Cabinetry ~ Stainless Steel Appliances ~ Custom Milled
Woodwork ~ All Upgraded Plumbing Fixtures ~ All New Systems ~ Custom Pendant Lighting ~
Tile Showers ~ Jetted Tubs ~ Beautifully Landscaped Yards ~ Custom Built Wrought
Iron Fencing ~ 2 Car Garages ~ Intercom Systems...and much more.

Visit our new website or call us at **314.772.3644**

www.bluebrickconstruction.com



Now, doing something good for the Earth is easy!

Contract with Earth Circle today and be part of Recycling in **BENTON PARK WEST!**

Earth Circle will:

- Come to you every week for curb-side pickup
- Provide a plastic recycling bin
- Pickup these items:

The normal fee is \$ 100/ year or \$ 50 for six months.

Use this application and get a \$ 5 discount for the first six months

Join BPWNA neighbors who recycle with Earth Circle.

Questions? 314-664-1450

Say YES, I want Earth Circle to start coming to my curb!

Name _____

Address _____

City/State/Zip _____

Phone _____

Mail this form and your check to:

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

I have enclosed my check in the amount of:

_____ \$ 95 for 12 months of recycling.

_____ \$ 45 for 6 months of recycling.



Jefferson Avenue Bistro

3701 S. Jefferson Avenue
 Saint Louis MO 63118
 314 - 664 - 1720

Great food
Great fun
Great people

Opens 6am Mon-Fri and 8am Sat
 Kitchen closes
 11pm Mon-Thur & 12:30am Fri-Sat

\$2 breakfast specials
 \$4.95 lunch specials
 No entree over \$9.95

Check out our beautiful banquet room
 for private parties!

Find us on the web at jeffersonbistro.com

ARE YOU READY FOR SOME SOCCER?

Because we all love Soccer

- **Uniforms**
- **Shoes**
- **Accessories**
- **DVDs -**
- **Teams & Training**
- **Posters**
- **Authentic Jerseys**
- **Customization with your name and number**

Get \$5 off your purchase of \$50 or more, if you bring this flyer

Open Daily 12 - 7 pm
(314) 771-5966

3353 California Ave. | St. Louis, MO 63118
www.goo!!!.com

NNO Movie

(Continued from page 1)

when darkness fell upon the park it was a beautiful backdrop to a fascinating evening.

This event brought people who really enjoyed the movie. Movie goers took their places on the grassy area of the basin. Some had chairs and others had blankets and anywhere you sat was a good seat. Although some families brought their own movie snacks, popcorn and juice was provided by the Benton Park West Neighborhood Association.

Ninth Ward Alderman, Ken Ortmann stopped by to check things out, take a few pictures and have conversations with residents. It was incredible

to observe the laughter and joy coming from both children and adults. It is not too often that families can get out on a peaceful night and enjoy an event in their own neighborhood.

In the end the Panda saved the day and the little ones that were up past their bed time had a wonderful bedtime story. A good time was had by all thanks to BPWNA for hosting the movie and special thanks to Bill Byrd for organizing the event. Also, kudos to Linda Hennigh, Martha Buckley, Donna Dorsey, and Briana Dorsey for being part of the National Night Out Team.

Non-Profit Corner...

The Salvation Army

By Envoy Stephen Diaz

I would like to take this opportunity to introduce the new pastors/administrators at The Salvation Army, 2740 Arsenal St.

Stephen and Ketsia Diaz have recently moved to this area from Haiti where they were administrators at a Salvation Army children' home in the nations capital Port au Prince. Ketsia is Haitian and is excited to hear there are several Haitian families in the Benton Park West Neighborhood.

Leotis and Latonya Brooks have just been ordained as Salvation Army pastors from the Salvation Army College for Officer Training in Chicago. They are originally from the Kansas City area and excited to be back in Missouri.

Starting September 24th The Salvation Army is starting up Kid's Club again. Kid's Club is an afterschool program, opened up to all students K-12, offering homework help, computer time and game time. We have a gym that is also open up for recreation time for the youth. The club meets Monday - Thursday 3:30 - 5:00 pm while school is in session.

On Fridays, 3:30 - 5:00 pm, we offer SONday'School which is a program where children and youth can come learn about Jesus in a relaxed environment.

For registration information on all our afterschool programs contact Angie Hartley at 771-3460.

Help your neighbors and take a leadership role

Board meetings - 1st Tues, 7p - 2832 Arsenal

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



TEACHING the WORLD

in South St. Louis

At St. Frances Cabrini Academy, education is more than just reading, writing, and arithmetic.

It is a curriculum tailored to meet the needs of each child.

It is a compassionate and dedicated faculty of certified professionals.

It is a partnership between students, parents, and teachers.

It is a truly diverse community that respects and learns from other cultures.

At St. Frances Cabrini Academy, education is about our children, our families and our community.

We hope you can join us.

(314) 776-0883

www.cabriniaacademy.com

At the corner of Arsenal & Oregon
(one block from Gravois)

Now Enrolling
Kindergarten - 8th Grade
Call for a tour!



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!"**

Nuisance Issues - Identify and Report

Thanks to Alderman Craig Schmid for providing this information as a reminder of how to identify nuisance properties and tools to report concerns to the correct individuals.

Next month look for "Possible Penalties and Next Steps", installment three of five for the series

What Happens When There Is Nuisance Activity?

(Tree falls in the woods and no one hears it....)

It isn't nuisance activity unless someone is disturbed by it. That is normally tracked through 911 or 231-1212 police call for service, because Citizen Service calls are anonymous and there is less ability to track and confirm them. So are 241-COPS calls, calls to Captain Magnan (444-0125) or to any other police officer, NSO or aldermen, etc. It may be helpful to call all sorts of people and entities, but they are helpful for other strategies. Those calls will

not help us to build a nuisance property case. **It is important to call 9-1-1 or 231-1212** (known as police calls for service), **log your nuisance calls, then call your NSO and your Alderman**

to let them know you are concerned about the property and committed to calling in the nuisance events. The NSO and Alderman can request that the property be considered for nuisance designation for purposes of tracking police calls for service. There was inaccurate information provided in the media that buildings could be shut down for a year under the nuisance law, if there were 3 calls to the Citizens Service Bureau. That is false. There used to be a provision for tracking calls for service on a property if CSB received 3 calls from "unrelated" persons or if requested by an NSO or Alderman. At one time there was even a petition process that theoretically did not require police calls for service (911 and 231-1212). Practically speaking, however, the time requirements were two onerous and many

neighbors were unwilling to go on record by signing a petition. So, now it's simple: Call 9-1-1 (emergency) or 231-1212, and then call your Alderman and NSO to make sure that they can begin tracking the address as a nuisance property.

How Are The Owner And Tenants of the Property Notified?

Once there are sufficient calls for service, or "whenever the Director of Public Safety reasonably believes that any premises constitutes a public nuisance", the Director of Public Safety send a certified letter to the person or entity listed as the owner or person who controls the premises. The notice advises that a nuisance exists and identifies reasonable abatement measures that must be taken within 30 days. A copy of the notice is also posted on the premises.

Who to call for Nuisances?

Barb Potts - 314-613-3083(w)
 314-397-1091
 pottsb@stlouiscity.com

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

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

Citizen Ser Bureau - 622-4800
Emergency/Drug Activity - 911
Non-Emergency - 231-1212
Refuse Department - 353-8877
Alley Lights (AmUE) - 342-1000
Street Lights (CSB) - 622-4800

Thank you for your efforts to make the Benton Park West Neighborhood the very best it can be. I encourage you to be active in the Benton Park West Neighborhood Association and on your block.

CD RATES TOO LOW? LET'S TALK.

Mary E Cox
 Financial Advisor

2731 South Jefferson Ave
 St Louis, MO 63118
 314-577-0167

www.edwardjones.com Member SIPC

Edward Jones

MAKING SENSE OF INVESTING



Listen to **RADIO CUCUI** online
www.redlatinastl.com

314-772-6362

**#1 HISPANIC NEWSPAPER AND RADIO STATION
 SAINT LOUIS, MO**

Its time to renew your membership for 2009!

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

Rex Abernathy
Melba Arnold
Abi Bollinger
Bethany Bollinger
Kim Bollinger
Scott Bollinger
Brian Carter
Denise Carter
Ivan Cason
Dane Cheek
Ronald T. Darden
Jason Deem
Janet Emerson
Gale Erickson
Barry Gilbert
Virginia Gilbert
Edna Gravenhorst
Ted Gravenhorst
Clint Gullede
Natalie Hilfiker
Anna Jinkerson
Shirley Johnson
David Lang
Andrew Liebermann

William Liebermann
Marcus McCullough
Kathryn McKay
Amanda McKenny
Gerard Monti
Erica Nuyen
Mark Nuyen
Obi Nwakanma
Amanda Oncken
Christian Oncken
Michele Perrinello-Cason
Melissa Pink
George Polumbo
Danielle Reamy
Andrew Roberts
Gwendolyn Robinson
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

Supporter

Derek Cadzow
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
Barb Potts - NSO



Saturday, September 12th, 2009 (11AM-5PM)

Park Avenue in Lafayette Square (between 18th & Vail)

Free Admission & Activities

More information: 314.762.0669 or www.UrbanHealthFair.org

Urban Health Fair & Market: Holistic, Local, Sustainable
CHANGING ECONOMY EQUALS CHANGING VALUES

Americans are spending money despite the fact that consumer spending is down. Many are just more selective about when, where and why. People are downsizing their homes, cars (scooters), and meals. Recently, there seems to be a psychological shift in the American consciousness that includes a return to values such as: quality vs. quantity, saving vs. spending, and waiting vs. right now. When financial and psychological stability is disrupted it forces introspection and a reassessment of standards. Individuals and communities begin to examine the "big picture" in a way that seldom happens when the status quo is undisturbed.

A crisis makes people realize what is most important. For many, **health, family and community** top the list of what matters most. By choosing holistic, local and sustainable options consumers are helping to protect each of these ide-

als.
WHY HOLISTIC?
 Holistic healthcare addresses the body as a whole, instead of compartmentalizing its systems. It goes beyond treating symptoms to addressing the cause(s) of a particular ailment, and focuses on prevention. It seeks to be proactive rather

than reactive. A holistic approach also means looking at the individual, the family, the community, the nation, and the planet as an interconnected system.
WHY LOCAL?
 In a challenging economy, it is even more crucial to buy local. When hard times hit, chains have a larger network to rely on, but small businesses often close shop quickly due to a lack of resources. Research has

and customer satisfaction is also a top priority for small businesses, as they often serve their immediate neighbors and friends.

WHY SUSTAINABLE?
 Without debating the ethics of protecting an entire planet, the answer to this question circles back to family. Most people want their children to inherit a planet that is at least as healthy as the one onto which they were born.

WHY THE URBAN HEALTH FAIR & MARKET?

The third annual Urban Health Fair & Market is an opportunity to learn what optimal health can be like while supporting local businesses that feature holistic products and services. It is a perfect opportunity to have a lot of fun while supporting local holistic businesses and learning about new options for health and wellness. The event will be held September 12th, from 11am to 5pm, in the Lafayette Square business district (Park Avenue, between Vail & 18th).

New in 2009: 3K/5K non-competitive walk & run or try free yoga, zumba, Tai Chi classes.
Vendors & Activities: 35+ local vendors offering complimentary massage, acupuncture, nervous system scans, fitness tests, naturopathic consultations, nutritional supplements, & more.
Food & Entertainment: Local & seasonal food provided by Sqwires, heart healthy wines by Vino Vitae and locally brewed beer by Square One Brewery. Music-Jane Godfrey; Dance-Los Flamencos and Funky Butt Brass Band.
Kids & Pets: Full line up of health focused activities designed just for kids, or shop at the healthy pet marketplace.

than reactive. A holistic approach also means looking at the individual, the family, the community, the

shown that dollars spent at small, independently owned businesses stay in the local economy longer. Quality

Care for Your Body ~ Soothe Your Spirit

DIANA THOMPSON
 Licensed Massage Therapist

Lafayette Square & Clayton Locations
314-707-9046
diana@massagetherapy.com
www.dianathompson.massagetherapy.com

Bridging the gap in healthcare by providing individualized wellness care for all ages!

Easy access city location Family friendly Affordable rates



CRYSTAL L. PEAIRS, D.C.
 Doctor of Chiropractic

314.762.0669

LAFAYETTE SQUARE
 Chiropractic Centre

Mention this ad and receive a spinal scan & exam for \$25!

www.LafayetteSquareChiropractic.com • 1776 Chouteau Avenue, Saint Louis, MO 63103

Use Local
Be Healthy
Inspired Fitness
and
Diverse Market



Susanne Rodgers, PLPC and Sara Hoffstot, PLPC

Personal Counselors

Sara Hoffstot and Suzanne Rodgers are mental health therapists working in Creve Coeur in private practice. They both see individual clients along with focusing their attention on two unique areas: *The Perfect Fit-Finding Your Ideal Parenting Style* seminars and *Living Well By Design* presentations.

The Perfect Fit-Finding Your Ideal Parenting Style seminars were developed from a personal and professional standpoint. We believe that no "one" parenting style is the answer, you have to find your

Perfect Fit in parenting that best suits you. Our goal is to offer strategies and different ways of viewing situations and it is ultimately up to you to decide and implement the techniques. Hopefully then you will be one step closer to Your Perfect Fit in parenting!

Living Well By Design is a program of presentations that we give several times a month to various organizations and groups in the community. The program is divided into three topic areas: professional, wellness, and parenting. All three programs encompass how to accomplish living a balanced lifestyle by incorporating the seven areas of wellbeing. The seven areas of wellbeing are: physical, emotional, social, intellectual, environmental, occupational, and spiritual.

For More Information on Individual Therapy, The Perfect Fit, or Living Well By Design Please contact:

Sara Hoffstot, PLPC/ Suzanne Rodgers, PLPC
 UNDER SUPERVISION OF NANCY GOLDEN, PEGGY TYSON, M.ED., LPC
 11135 Olive Blvd., St. Louis, MO 63141

sarahoffstot@yahoo.com 618-741-8543 suzannecounselor@yahoo.com 314-369-4498
www.sarahhoffstot.com/perfectfitparenting.blogspot.com

Diana Thompson, LMT

Diana Thompson's ongoing training in the art of massage recognizes several types of massage to be used individually or in combination with each other such as Swedish, Deep Tissue, Myofascial, Trigger-Point, as well as Pre-Natal Massage and Reiki Energy Work. After consultation, Diana Thompson will customize each session to suit you and your needs best.

Therapeutic massage can prevent and alleviate pain, discomfort, muscles spasms, and stress. It also improves the functioning of the circulatory, lymphatic, and nervous systems, and may increase the rate at which the body recovers from injury and illness.

New Clients are always welcome. Corporate Chair Massage Also Available



Featuring 35+ wellness vendors, health focused kid's activities and healthy pet marketplace

Enjoy music by Jane Godfrey and The Funky Butt Brass Band and dance by Los Flamencos.

Experience complimentary massage, acupuncture, nervous system scans, fitness tests, and more!



saint louis • santa barbara

Verdura Botanica Urbana

artisan apothecary for skin and home



www.verdurabotanica.com

GET FIT, STAY FIT, NEVER QUIT!

Take Action Personal Training & Pilates is BACK IN ACTION in St. Louis!

We offer the Very Best in:

- ~ One to One Personal Training
- ~ Partner or Small Group Training
- ~ Pilates on the Reformer
- ~ And Group Fitness Classes

Our experienced and fully certified Staff can help you develop a fun and effective program to keep you motivated. We are centrally located between Compton Heights, Tower Grove East and Lafayette Square Neighborhoods.

All sessions are by appointment in our Private Studio!

Call Jeanna Jackson at 314-308-4075 and TAKE ACTION TODAY!

2266 S. Compton Ave.
 St. Louis, MO 63104
 ACE, AFAA & Power Pilates Certified
WWW.TAKEACTIONPERSONALTRAININGANDPILATES.COM



Take Action Personal Training and Pilates

Take Action offers you the best in one to one Personal Training, Group Exercise Classes, Yoga and NOW Pilates on the Reformer! Owner Jeanna Jackson has been a Certified Personal Trainer for 20 years and has experience in every type of fitness training available. As a past Director of Wellness for SLU and the YMCA's of St. Louis, Jeanna has been a leader in St. Louis health programming for years! She enjoys training clients of all levels in a variety of activities. We can help you to get fit and obtain a higher energy level through Personal Training and improved health habits. Most importantly we make it fun to work out and your results are our Reward! You can call Jeanna at 314-308-4075 so that we can help you to "Get Fit, Stay Fit, and Never, Ever, Ever Quit!!!".



Los Flamencos Dancers, one of the many events that took place at the 2008 Urban Health Fair & Market. Come and enjoy music, food and entertainment, kid and pet activities with over 35 vendors. Don't miss the 3K/5K non-competitive walk & run new in 2009.

Four Muddy Paws The Healthy Pet Market

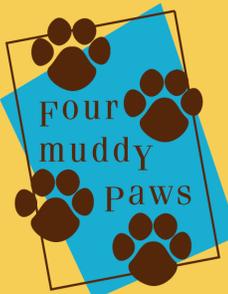
We feature a wide selection of all-natural holistic nutrition and supplement options for your dog and cat, a convenient self-service dog wash facility, professional grooming, fresh baked treats, pet gear and unique pet-related gifts. Our WAG Club program is a great way to earn free food and baths - plus it's free to join. Four Muddy Paws is an earth-friendly store in both the products carried and the day-to-day store operations and we also participate in the Ameren UE Pure Power initiative off-setting our carbon footprint. We have two store locations - in Lafayette Square and Edwardsville, IL.

Sara Hoffstot, PLPC Suzanne Rodgers, PLPC Personal Counselors

11135 Olive Blvd., St. Louis, MO 63141

sarahoffstot@yahoo.com 618-741-8543
suzannecounselor@yahoo.com 314-369-4498

UNDER SUPERVISION OF
NANCY GOLDEN, PEGGY TYSON, M.ED., LPC
www.sarahoffstot.com/perfectfitparenting.blogspot.com



FOUR MUDDY PAWS
ST. LOUIS, MO
1711 PARK AVE.
314.773.PAWS (7297)
EDWARDSVILLE, IL
2127 S. STATE RTE. 157
618.692.4PAW (4729)
Healthy pet market,
self-service dog wash, and
professional grooming
www.fourmuddypaws.com



Dr. Crystal L. Peairs

Lafayette Square Chiropractic Centre



Lafayette Square Chiropractic Centre provides individualized wellness care for people of all ages.

Dr. Crystal L. Peairs uses state-of-the-art computerized technology to assess each patient's health concerns and then develops a comprehensive health plan that will best meet their each individual needs. She specializes in Sacro-Occipital Technique (S.O.T.), Logan Basic, and Diversified as well as pregnancy and pediatrics. She is also a part-time faculty member at Logan College of Chiropractic.

Lafayette Square Chiropractic offers gentle and effective chiropractic care at an easy to access city location with affordable rates.

For information contact us: 314.762.0669 www.LafayetteSquareChiropractic.com

*A focus on wellness.
A focus on you.*

More than a massage studio, Indigo specializes in total wellness. Licensed Massage Therapists provide personalized service, tailored to fit your needs.

- Therapeutic Massage
- On-site Chair Massage
- Hot Stone Massage
- Yoga Classes & more



314-276-9882 - indigomassageandtherapy.com
3030 Jefferson Ave. in Benton Park - gift certificates available



The Park Avenue Strip. Vendors offer healthy kid's activities, complimentary massage, acupuncture, nervous system scans, fitness tests, & more.

2009 UHI Board



From left-right (back): Dr. Crystal Peairs, DC, Jamila Owens-Todd, ND, Diana Thompson, LMT, Sara Hoffstot, PLPC, Anne Childers, LMT, (front) Kelly Braggs, CPT, April Breedon, Juice + NSA

2009 Vendors

- Al Anon
- Animal House Fund
- Arbonne
- Belas Artes
- Big Shark Bicycle Co.
- Community Acupuncture of St. Louis
- DBA Enterprises
- The Emancipation Network
- Four Muddy Paws
- Gardenwalk Massage Therapy
- Green Angel Cleaning
- Holistic Fitness
- Indigo Massage & Wellness
- JBF Therapy & Coaching
- The J.U.I.C.E Project
- Juice Plus+
- Lafayette Square Chiropractic Centre
- Mahoney Family Dental
- The Meridian Institute for Naturopathic Therapies
- Orthocare Systems
- Pure Power (Ameren UE)
- Renewal by Andersen
- Sara Hoffstot PLPC
Suzanne Rogers, PLPC
- The School of Metaphysics
- Smoke Free St. Louis
- Spirit of Yoga St. Louis
- Square One Brewery
- Sqwires
- The St. Louis T'ai Chi Ch'uan Association
- The St. Louis Ultimate Association
- Symmetry
- Take Action Personal Training
- Team Saint Louis, Inc
- Vemma
- Verdura Botanica Urbana
- Vino Vitae
- V Fit, LLC

Verdura Botanica

Soap delicacies for your skin are attainable luxuries! Cilantro Fresco, or, Hachiya Persimmon soap...yes, really. Grounded in 3 generations of family ethno-botanical knowledge, Verdura Botanica is your local purveyor of skin care nourishment. Handcrafted with locally harvested botanicals, from St. Louis and Santa Barbara, we share our stories and passions with you. We are the only cottage company whose soapmaking savvy lives on across a century of family knowledge. www.VerduraBotanica.com

Music Line-Up

- 11am-12:30pm Jane Godfrey (folk style)
- 1p-2:30p Funky Butt Brass Band (big band brass)
- 3p-4p Los Flamencos (dancing accompanied by guitar)

GardenWalk Massage Therapy

Massage helps facilitate healing by reducing stress and restoring the body's natural balance, and regular massage can contribute to a healthier everyday life. Whether you are seeking pain relief, stress reduction, or greater awareness, massage at GardenWalk can help you feel better, so you can get the most out of life. Not only today, but for all of your tomorrows.

PRIVATE OFFER
8 sessions for \$200.00

Nutritional Guidance
Weight Loss
Strength Training
Aerobics
Spiritual Well-Being
Flexibility Training

Wellness & Personal Training Studio

What exactly does the V in V-FIT stand for...? Victory! We understand that wellness is about maximizing personal potential and that this can sometimes be challenging for some individuals. The studio's success is due to training that promotes health measures that improves quality of life while achieving physical results. We develop gourmet-style workout regimens to match our clients personality and fitness goals. The gym culture is not for everyone and how could it be? Maybe the right "FIT" for you is here at V-FIT.

Contact Kelli Braggs or Melvin Stuckey at 314.600.5777 (new clients only)
1013 S. 18th. Street St. Louis, MO. 63104. Located in the Heart of Lafayette Sq. **minimum of 2 sessions/visit**

find you r balance.
gardenwalkmassagetherapy.com

1128 South 18th Street
St. Louis, MO 63104
314.588.8266

Roosevelt High Needs Community Support !!!



GAME DAY VOLUNTEERS NEEDED

YOU are needed to volunteer to serve breakfast to the Roosevelt High School football players and Cheer Leaders. The breakfasts are a great way to interact with the students, and your presence and support is really appreciated by the teams, coaches, and staff at Roosevelt. Benton Park West is sponsoring the Homecoming Game on October 31st. To volunteer, email Jenni George at georgejennifer@sbcglobal.net.

Mark your calendar to attend the Rough Rider Football games and watch some exciting football. Come and see what great things are happening at Roosevelt High!

The Roosevelt High School Community Council welcomes you!

The Council, established in March 2007, connects the school with the community. The Council, made up of RHS Administrators and teachers, community leaders, a RHS Alumni Assoc. representative, several Aldermen, a State Representative, and the SLPS Community Education Program.

The Council organizes and raises funds for football breakfasts and administrative support for after school enrichment clubs and in-school math tutoring; provides recognition events for teachers where student test results have been raised, and supports Principal Terry Houston's "Day of Love" barbeque.

Council meetings occur at RHS the second Tuesday of each month at 4:30p.

For more information or to be added to our email list, please contact Norah Ryan, TGE, at 314-727-3386 (daytime) or 314-776-8432 (evening) or by email at norah.ryan@att.net; or Bill Byrd, BPW, at 314-771-0803 or by email at bpwnabill@yahoo.com.

Date	Time	Opponent	Location
Saturday, Aug. 29	7pm	Edwardsville	Edwardsville
Friday, Sept. 4	7pm	Eureka	Eureka
Saturday, Sept. 12	1:30pm	Sumner	Roosevelt
Saturday, Sept. 19	1:30pm	Gateway	Roosevelt
Saturday, Sept. 26	1:30pm	Beaumont	Roosevelt
Saturday, Oct. 3	1:30pm	Vashon	Southwest
Saturday, Oct. 10	1:30pm	Miller CA	Southwest
Friday, Oct. 16	7pm	Webster G.	Webster G.
Friday, Oct. 23	7pm	Chaminade	Chaminade
Saturday Oct. 31	1:30pm	Vianney	Roosevelt

RHCC MISSION STATEMENT:

The purpose of the Roosevelt High School Community Council is to build close relationships among students, staff and the community through supportive activities, mutual engagement and education.

Outcomes We Seek:

- Students are academically competent
- Students are proud of themselves and the community
- Students have a new respect for themselves
- Students take ownership of school and community
- Roosevelt students are sought after for employment
- Roosevelt parents participate in the school/community activities for students
- The Community is an intentional extended learning opportunity
- The Community is a welcoming environment.



Community Information Corner

Free Computers for Kids

ByteWORKS offers a program for children between the ages of 8 and 12 where they can earn a free computer! Attending 6 weeks of classes held on Saturday mornings, where they learn more about computers and different computer programs held from 11:00am to 12:30pm at 4100 Shendoah in the Shaw Neighborhood.

While there isn't a current waiting list, classes are limited to 12 students. If you're interested, contact ByteWORKS soon by calling 664-9537.

Similar classes for adults are also offered; a series of 7 computer classes

which are offered on Wednesday evenings for a cost of \$49. After successful completion of the program, adult students receive a computer.

ByteWORKS is a 501(c)3 not-for-profit that would gladly accept any donations of money or computer equipment. Check out their website at byteworks.bworks.org for more information on the program, computer supplies they're looking for, and how to donate.

Resource Directory for New Americans

The St. Louis City Mental Health Board has recently launched a new

website with a service directory to assist New Americans (ie., immigrants, refugees, etc.) in finding resources and providers who can address their needs. The Care Access for New Americans website can be found at www.cana.org. There is a list of service providers who have indicated that they have the ability and interest in working with people of that country. Resources listed: legal assistance, cultural adjustment, after-school programming, mental health services, business development, and citizenship education. Many of these resources can be helpful to all in St. Louis and not just New Americans.



Reward Your Self....

By Anne L. Childers, LMT

"Every child, no matter the age, should be massaged at bedtime on a regular basis." So says Tiffany Field, Ph.D., of the Touch Research Institute (TRI) in Miami, Fla. Field and her associates at TRI have worked diligently over the past decade proving the benefits of massage for children. But this is not a new concept.

Infant massage has long been a common practice in families of Eastern and African cultures. Many indigenous tribes use some form of bodywork to soothe, relax and heal their little ones, sometimes including scented oils and herbal remedies as part of the experience. With our modern technology and hurried lives, we frequently find ourselves lacking in quality family time and touching each other less. The ancient practice of massage can serve to reaffirm a close bond with our children, and to convey a comforting sense of security and trust.

Touch is the first sense to develop in humans. It is essential to our health and well-being. Babies have been known to fail to thrive and even die without an adequate amount of physical contact. Adults, as well, can become depressed and ill if they are isolated from this most basic of human needs. Children who learn healthy views of touch and are provided with positive tactile experience by their caregivers are more likely to grow up to be adults with healthy self-esteem, a sense of appropriate bounda-

ries and long-lasting intimate relationships.

TRI researcher Maria Hernandez-Reif, Ph.D., says she regularly gives massage to her own daughter. When asked if other parents should do the same, she says, "Absolutely, a daily massage at least. That's what the studies show. Regardless of whether it's an infant, a child with illness, a preschooler, pregnant women, or the elderly -- no matter who we studied we have found that massage benefits all age groups and individuals of different conditions."

Kids Stress, Too

Massage is a wonderful stress-buster for children. "Oftentimes when we think about stress," Hernandez-Reif says, "we think it's just an adult condition, only adults have stress. But if you think about it, even young infants and children are prone to stress." A young child starting school who is unfamiliar with the area or children in the class will experience stress. Family illness or financial problems, divorce and even vacations can produce emotional strain. Hernandez-Reif notes that one of the consistent findings in studies of the benefits of massage therapy is a reduction in stress and stress hormone levels: "There is a relationship between stress and the immune system. If stress hormones are chronically elevated, the [hormone] cortisol will destroy the healthy immune cells that

Children and Massage A Powerful Parental Ally

Shirley Vanderbilt from abmp.com

fight viruses and tumors and keep the immune system healthy. If you can reverse that, you not only reduce stress but also reduce stress hormones, allowing the immune system to bounce back and do its job, which is to heal the body and keep it healthy."

As for children's behavioral response to massage, she says, "They are happier and in a better mood. We have observed they appear more relaxed, calm and oftentimes fall asleep during massage." If it's the child's first massage, they may squirm a bit because they are not familiar with this type of touch. Due to the discomfort and pain of medical procedures inflicted on them, infants and especially premature babies may have developed a negative association with touch. Given this new, positive experience they relax and their bodies quiet down.

Infant Massage

One of the best ways to give your baby safe, positive messages about touch is to give her massage on a regular basis. Early infant massage may stimulate the developing nervous system and brain, and memory of that positive touch may then be permanently registered in the body cells. By improving circulation, respiration, digestion and elimination, massage promotes a sense of comfort in your baby and makes her less prone to colic. As the baby grows, the stroking of massage prepares the body for sitting, standing and walking by promoting strength, motor coordination and self-confidence. Infant massage is becoming very popular with new parents and a number of

resources are now available to get you started. In addition to books and videos, you can find certified infant massage therapy instructors in local private practice and at hospitals and clinics specializing in holistic medicine.

TRI's guideline of 15 to 20 minute sessions is a good rule to follow at home.

Longer sessions can be overstimulating or even uncomfortable for a younger child with a short attention span.

Once massage is established as a family routine, it can benefit your child throughout his growing years. Preschoolers have shown better performance on tests of their intellectual and manual skills after a 15-minute massage. They also slept better during naps, were less likely to be overactive, and had better behavior ratings.

For teens struggling with the growing pains of adolescence, massage helps to balance unstable hormones and can relieve anxiety by producing a state of relaxation. A supportive relationship with a massage therapist who gives them safe, unconditional touch can also increase their feelings of self-acceptance and self-confidence during those trying years.

Touch is essential to a child's development, sense of well-being, and good health. Kids reach out for touch as naturally as they do for food and water. A nightly massage can enhance the parent-child bond and ensure that touch is a positive, nurturing part of their human experience. And, as Field says, "They love it."

What Can Massage Therapy Do For You?

Ease anxiety - Reduce the flow of stress hormones - Improve sleep - Boost the immune system - Build energy levels - Reduce fatigue - Foster concentration - Increase circulation - Develop self-esteem - Reduce frequency of headaches - Release endorphins - Reduce muscle tension and pain

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



"The Garden Spot"

By Linda Hennigh, Garden Co-Chair

What to do in the garden this month:

- Continue planting evergreens now.
- Begin readying houseplants for winter indoors. Prune and check for pests. Houseplants should be brought indoors at least one month before the heat is normally turned on.
- Perennials, especially spring bloomers, can be divided now.
- Divide peonies now. Replant in a sunny site and avoid planting deeply.
- Lift gladiolus when their leaves yellow. Cure in a an airy place until dry before husking.
- Cool season lawns (not zoisa) are best fertilized in fall. Make up to 3 applications between now and December.
- If soils become dry, established lawns should be watered thoroughly to a depth of 4-6 inches.

- Newly seeded lawns should not be cut until they are at least 2-3 inches tall.
- Pinch out the top of Brussels sprout plants to plump out the developing sprouts.
- Harvest herbs now to freeze or dry for winter use.
- Autumn is a good time to add manure, compost or leaf mold to garden soils for increasing organic matter content.

This month's hint:

When you are reading the tag on a plant you are thinking of buying or the back of a pack of seeds and they tell you when to plant depends on when "Zone" you are in, do you ask yourself "What zone AM I in and what does that mean?" Well, according to Burpee, one of the largest seed distributors, we are in **ZONE 6**. This means that on the average our lowest temperature is -10 to 0 degrees and our last freeze is usually Mid-May. Of

course, this year pointed out how far off this estimate can be, but it still gives us some guidance as to whether to and when to plant.

Consider transplanting hardy crops such as broccoli, cabbage, cauliflower, and Chinese cabbage for fall harvest. These crops should be four to six weeks old when transplanted into the garden. Transplanting in late afternoon or early evening will reduce transplant shock. Greens (collards, kale, mustards and turnips) and lettuce are also well adapted to fall garden conditions. Both lettuce and spinach grow well in the fall and an ideal time for seeding is the first week of September (Labor Day weekend). Spinach often overwinters successfully and produces abundantly in April.

HAPPY GARDENING!

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



ParkAvenueCoffee.com
1919 Park Avenue
314.621.4020

Consistent Quality.
Consistent Service.
Consistent Hours.

Experience the "Park Avenue Difference"

- Impeccable Customer Service
- Knowledgeable, Friendly Staff
- Buy 10 Get One FREE
- 52 Flavors of Gooley Butter Cake
- Baked Goods Made Fresh Onsite Daily
- FREE Wireless Internet Access
- Relaxing, Cozy Atmosphere

THANK YOU FOR SUPPORTING ST. LOUIS' LOCALLY OWNED BUSINESSES.

NOW OPEN!

HUGE OUTDOOR PATIO WITH FIREPITS

Hours of Percolation

Mon-Thu	6:30 am - 10:00 pm
Friday	6:30 am - 11:00 pm
Saturday	7:30 am - 11:00 pm
Sunday	7:30 am - 10:00 pm



Located in the heart of Historical Lafayette Square.

Third District Police Partnership TRIVIA NIGHT



SATURDAY, September 19, 2009

6:00 PM – doors open, 7:00 PM – questions begin

St. Elizabeth's Academy

3401 Arsenal, St. Louis, MO 63118 (parking in rear)

\$150.00 PER TABLE (maximum 10 people per table)

Beer, soda & light snacks provided

You are welcome to bring your own snacks and beverages

(alcoholic and non-alcoholic)

ATTENDANCE PRIZES ~ SILENT AUCTIONS ~ 50/50

For reservations contact Jason Kean

314-746-8201 or jason.kean@commercebank.com

Or visit www.slpd3d.org – Trivia Night

NO CELL PHONES, PDA'S, LAPTOPS, REFERENCE BOOKS, ETC., ALLOWED

St. Elizabeth's Academy is a "SMOKE FREE" building

All Proceeds to Benefit the Third District Police Partnership

Memorial Drive (at 70) Road Work Project

Work consists of bridge rehabilitation, improvements to the pavement, lighting, drainage, signals, signing, and Americans With Disabilities Act (ADA) upgrades on Memorial Drive from the Interstate 44/55 interchange to Washington Avenue.

Watch for signs and workers in the area when traveling I-70 and specifically on Memorial Drive. This project is expected to be complete by December 2009.

Resurfacing work on Interstate 70 outer road (Memorial Drive) is an American Recovery and Reinvestment Act project awarded by the Missouri Highways and Transportation Commission for approximately \$5 million dollars.

MISSISSIPPI MUD COFFEE



Photo Exhibit by Brian M. Ballok

Currently displayed through May 31st

Mississippi Mud House

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!

Mississippi Mud House

2101 Cherokee Street
Saint Louis Missouri 63118

314-776-6599

Mon.-Fri. 6 a.m.-6 p.m.

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

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

Free Wi-Fi

September Healthy Dinner

Blackberry-Grilled Pork Tenderloin

Prep time: 8 hrs - overnight **Makes:** 4 servings
Cook Time: 45 min **Start to Finish:** 8.75 hours

Take full advantage of summer's blackberry crop by using the fruit for both this recipe's marinade and its accompanying sauce.

Ingredients:

- 1 (14-ounce) pork tenderloins
- 1 1/4 cup(s) fresh blackberries
- 1 tablespoon(s) rosemary
- 2 tablespoon(s) thyme
- 1 tablespoon(s) white wine vinegar
- 1/3 cup(s) water
- 1/4 teaspoon(s) salt
- 1/4 teaspoon(s) fresh-ground black pepper
- 1/2 tablespoon(s) (about 2 cloves) minced garlic
- 1/2 tablespoon(s) cornstarch
- 1/8 cup(s) cold water
- 1/3 cup(s) blackberry liqueur

Prep:

1. Marinate the meat: Place the tenderloins in a glass dish or zip-top bag. In a medium saucepan over medium-high heat, bring 2 cups berries, rosemary, thyme, vinegar, water, salt, and pepper to a boil. Remove from heat and let cool. Pour the liquid over tenderloins, cover, and store in the refrigerator -- 8 hours to overnight. Turn tenderloins occasionally to ensure even marinating.
2. Grill the meat: Heat grill to medium high. Drain tenderloins and reserve the marinade. Grill the tenderloins on all sides, turning with tongs until cooked through (145 - 150 degrees F) -- 25 to 30 minutes. Let rest for 5 minutes before slicing.
3. Make the sauce: Strain the marinade through a fine strainer and reserve 1/2 cup of the liquid. In a medium skillet, over high heat, bring the liquid to a boil. Add garlic and continue to cook until the liquid is reduced to 1/4 cup. Dissolve cornstarch in the water and stir into the reduced liquid. Add blackberry liqueur and cook, stirring occasionally, until smooth, glossy, and thick -- about 2 minutes. Toss in remaining 1/2 cup fresh berries.
4. Serve: Thinly slice the tenderloins. Drizzle meat with 1 to 2 tablespoons of sauce for each plate. Garnish with additional fresh blackberries, if desired.

*Nutrition Information:

1 Serving: Calories 163; Total Fat 5.6g; Cholesterol 54.6g;
 Sodium 178mg; Total Carbohydrate 5.5g



August 15th!

Continued from Pg 1

ful in making sure BPWNA had everything needed. Thanks to Angie Hartley, Envoys Stephen and Ketsia Diaz, and Lt.'s Leo and Latonya Brooks for making BPWNA's experience successful.

While the pre-grilled hamburgers and hotdogs were in the oven by 9:15a, there was already a line at the gate. The check-in table opened at 10a with tables set up for children's face painting, promotion of Tyler Perry's new movie "I Can Do Bad by Myself". The Tyler Perry table gave out over 200 t-shirts and various other items including lunch boxes.

The Salvation Army played Christian music for the event and had two basketball hoops for the kids to burn off some energy. The main table had over 300 backpacks to be passed out. There were also various items given to the adults including boxes of Kleenex tissue.

At 11:15a, Benton Park West Neighborhood Association, served lunch that included hamburgers and hotdogs. The children were orderly and smiling. It was a pleasant experience to hear "please" and "thank you". Over 250 burgers and hotdogs were passed out, including chips and drinks.

Thanks to Bill, Linda, Carrie and Sherry for making a great team a very successful event.



Rich's Automotive and Truck Repair

Independently owned & operated

Full Service Automotive & Truck Repair
 All Major & minor automotive & truck repairs
 ASE Certified Technicians – Proud Member AASP

Certified Clean Air Emission Repair Center
 Missouri State Inspection Station
Gateway Clean Air & Emission Facility

Free Shuttle service
 (within a reasonable distance)



Open Mon-Fri 8-5.
3700 Michigan at Winnebago
 314 - 771 - 2500

Over 75 years of combined mechanical experience
Over a decade of service
to South St. Louis!

Contact Numbers

Crime Prevention and Quality of Life

Emergency/Drug Activity 911
 Non-Emergency 231-1212
 Drug/Gang Hotline 241-COPS
 Joe Calabro - 3rd Dist PA Officer 444-0169
 Prob Prty Officer 622-3600
 Dave Krafp - 3rd Dist Prob Prop 444-1085
 Citizen Ser Bureau 622-4800

Alderspersons:

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

Neighborhood Stabilization Officers:

Barb Potts, 314-613-3083 (w)
 314-397-1091 (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

