



Don't forget!

Neighborhood Meeting

May 20 - 7p

2832 Arsenal

Hear about events in YOUR neighborhood

The Porch Review

Benton Park West



Benton Park West

Vol 10, No. 5

May 2010

Celebrate Being Community, Pride, and Working Together

Events

May 4: BPWNA Board Mtg
6:30p, Five Star, 2832 Arsenal

May 8: Cinco de Mayo

May 13: Weed & Seed (6:30p) - 3rd District Outreach (7p)
2832 Arsenal

May 20: Neighborhood Mtg.
7p, Five Star, 2832 Arsenal

May 22: BPWNA Yard Sale -
Start cleaning out your closets

Jun 1: BPWNA Board Mtg
6:30p, Five Star, 2832 Arsenal

Jun 10: Weed & Seed (6:30p) - 3rd District Outreach (7p)
2832 Arsenal

Jun 19: TRIVIA Night, see pg 14

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Questions, Comments, Concerns?

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

Cinco de Mayo and Saint Louis

by Minerva Lopez

Cinco De Mayo celebrates the victory of a small Mexican Army over invading French forces on May 5, 1862. Although largely a regional holiday in Mexico, it's become a major fiesta in the United States due to the national reach of the Chicano/Mexican demographic and has come to include other Latino groups. Cinco de Mayo is often mistaken for Mexican In-

dependence Day, which is actually September 16. On that date in 1810, Mexico declared its independence from Spanish rule. Cinco de Mayo commemorates the Mexican army's unlikely defeat of French forces at the Battle of Puebla on May 5, 1862. CDM is fast gaining popularity in the U.S., where changing demographics are turning the holiday into a cultural event.

The commercialization of Cinco de Mayo started happening in the 80's when the meaning of the holiday changed from community self-determination to a drinking holiday for many people. American corporations, (Continued on page 6)



Looking for Opinions and Suggestions!

The Third District Outreach meeting on May 3rd (first meeting is at 6:30p) will have individuals from KETC TV doing interviews entitled "People's Insights and Neighborhood Experiences".

Join your neighbors in making this a great project and highlighting Benton Park West.

Show your PRIDE when talking about BPW!

Annual Yard Sale

Mark May 22nd - 8a

2832 Arsenal - Five Star Senior Center

Wish to donate? Call 314.771.0803 to schedule a time for drop off.



Thursday May 13, 2010

6:30p W&S - 7:00p 3rd District

2832 Arsenal - Five Star Senior Center

Bring info about crime or suspicious behavior. Officers are available to listen.

Car Clubs (\$11) and License Plate Covers (\$5) sold prior to the meeting (cash only)

The Presidents Corner...



Linda Hennigh

How to Build Community - Part 2

Spring is in full swing and I would like to continue sharing building bricks for "How to Build Community", a list of about 42 ways to enrich the blocks that we live in, the neighborhood we call home and our lives forever.

- Plant Flowers
- Garden Together
- Hire Young People for Odd Jobs
- Share What You Have

Gardening naturally brings people together. Children especially love the beauty of flowers and watching fruits and veggies actually grow from little seeds. They also love to dig holes!! I have a friend that pays a youngster in

her block to garden with her. He loves the responsibility of sparing her back by doing the bending, digging and hauling, loves sharing in the joys of watching the growing process and also makes some pocket change. He will remember this experience long after he is grown and hopefully continue it with his family. Connect with the kids in your block. The rewards are boundless.

Sharing our abundance of flowers and vegetables with our neighbors has a good chance of "planting the seed" of the idea they can do the same. Soon our blocks will be bursting with the beauty of nature. Stay tuned for more "building bricks" next month!

Linda Hennigh, President

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

Think about how to be involved in 2010.

Become involved with the Benton Park West Neighborhood Association and help make YOUR neighborhood better by contacting Linda Hennigh, President, at 314.771-2161 or any of the Board members.

Tell US what you'd like to see or do to make YOUR neighborhood better, safer, more comfortable and a place of which you are proud.

For more information contact the neighborhood Office at 314.771/0803.

Let's Take a Walk!

Looking for some exercise this summer?
Want to connect with your neighbors?

Groups will be walking around
different parks in our area.

Call **Connie** at **314.352.4865** to ask about
walking groups from BPW.

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Commonsense Reforms Needed In Missouri Tax Credit Programs



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Gov. Jay Nixon’s administration is proposing a radical overhaul of Missouri’s system of tax credits in order cut the amount of revenue the state forgoes from them each year from about \$600 million to around \$300 million. The state’s continuing budget problems have prompted calls to review Missouri’s 60-plus tax credit programs and eliminate those that fail to produce an adequate rate of return for the state.

When economic development subsidies are used to subsidize activity in the private sector, I believe companies and pub-

lic officials must be held accountable for creating family-supporting-wage jobs and other community benefits. I have had reforms aimed to do this drafted into the Good Jobs First Act, House Bill 2441, and I welcome your feedback as the tax credit debate continues. The components of the bill are:

Transparency – Info about subsidy spending and company compliance must be readily available to the public.

Accountability – If companies fail to meet the obligations agreed to as a condition of receiving the award, then they should be required to return all

or part of the subsidy (called a “clawback” or recapture provision).

Quality Jobs –Subsidized companies must create full-time positions paying family-supporting-wages and providing health insurance and other benefits. (No more providing state perks to Wal-Mart and then having to provide Medicaid for the workers and their children.)

Protecting Public Education – School boards should have veto power over the use of TIF’s or other taxpayer giveaways that would impact on their budgets.

No Backroom Deals – Easily accessible public hearings must be held on all subsidy deals as well as a vote by an elected body that can be held accountable by voters in future years.

Avoiding the Race to the Bottom – Overall tax policy should be kept out of subsidy debates to avoid disastrous tax-reduction competitions. A decline in public services due to in-

adequate revenue does nothing to improve a state’s economic health in the long-term.

Listening to Local Citizens – Community Benefits Agreements should be encouraged so that local citizen groups are able to negotiate deals that fit their community’s needs (first-source hiring, family-supporting-wages, affordable workforce housing, etc.).

Smart Growth Instead of Senseless Sprawl – Subsidies often contribute to urban sprawl, compounding environmental problems like storm water management and air pollution, and increasing state expenditures for expanding infrastructure (paved roads, sewers, etc.). Smart growth creates jobs while limiting sprawl.

No More “Rob Your Neighbor” Games – Pacts between states or localities should be set up to forgo the use of subsidies to lure companies from one another’s jurisdictions.

1

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

THE BIG ROLLOVER

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

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 roll-over 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.



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Community Information Corner

County Voters pass Prop A

After the passage April 6 of Proposition A, the transit agency started work immediately to restore bus service to some of the 2,300 stops that were cut in 2009. The plan is to return service to all lines. The returned service will occur in three phases: June 28, Sept 6, and Nov 29.

Mentors needed for at-risk students

Discovering Options is looking for adults 18 and older who are interested in mentoring a fourth- or fifth-grader.

Discovering Options has developed after-school programs to prevent gang violence and drug and alcohol abuse, and to pro-

mote healthy lifestyles. It provides mentor relationships for at-risk students in the St. Louis Public Schools. Currently, 20 children are waiting for a mentor.

Interested? Check out the website at www.discoveringoptions.org, or call Jackie at 314-721-8116.

Interested in learning more about Autism?

TouchPoint Autism Services, through a grant from Lutheran Foundation of St. Louis, is offering a **FREE** workshop at **Lafayette Park United Methodist Church** at 2300 Lafayette Ave. in St. Louis on **May 25, 2010 from 6:00 p.m. – 9:00 p.m.**

To attend, **please RSVP** to Maria at (314) 771-9214 or by email to lpsecretary@sbcglobal.net by **May 21st**.



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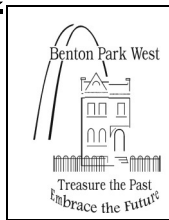
Continued from Pg 1

particularly those selling alcohol, were eager to tap into the expanding Hispanic population in the U.S. since it's not just the large number of the Hispanics, but also that it's a very young population that is particularly receptive to advertisers. Cinco de Mayo has become a vehicle to tap into that market. Davis-Undiano, the University of Oklahoma professor, still sees Cinco de Mayo as a positive force that can bring Latinos and non-Latinos together, especially at a time when tensions surrounding the illegal immigration debate run high (Arizona's passing of SB1070) "I'm convinced there is a lot of unprocessed anxiety among non-Latinos concerning what changes that will come with a much larger Latino population," he said. Cinco de Mayo gives everyone a chance to feel

like a single community."

In Saint Louis - Cherokee Street will once again host the largest street celebration for Cinco de Mayo in St. Louis. This year's festival will feature live music, authentic food and drinks, the People's Joy Parade, arts and crafts, a mechanical bull, corporate exhibitors, and street entertainment. The event will take place May 8th from 11am to 9:30pm on Cherokee Street between Nebraska and Iowa in the up and coming Cherokee Station Business District..

This year Cinco de Mayo St. Louis is proud to announce that all printed promotional material was designed and printed locally by Cherokee Street printers Firecracker Press, All Along Press Community Print Shop, and Sleepy Kitty.



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May Day and the Month of May

.May Day is related to many festivals around the world and falls exactly half of a year from November 1. May Day marks the end of the uncomfortable winter half of the year in the Northern hemisphere, and it has traditionally been an occasion for popular and often raucous celebrations, regardless of the locally prevalent political or religious establishment.

While the early May Day celebrations appeared in pre-Christian societies, a more secular version of May Day is observed in

Europe and America. May Day may be best known for its tradition of dancing the Maypole and crowning of the "Queen of the May". In the Roman Catholic tradition, May is observed as Mary's month. Fading in popularity is the giving of "May baskets," small baskets of sweets and/or flowers, usually left anonymously on neighbors' doorsteps. (From Wikipedia – May Day)

Two other celebrations in the month of May have been born in recent years.

International Workers' Day is celebrated on May Day, and refers to various labor celebrations commemorating the fight for the eight hour work day. The idea for a "workers holiday" began in Australia in 1856. The choice of May 1st became a commemoration for the people involved in the 1886 Haymarket affair which occurred during the course of a three-day general strike in Chicago, IL.

May Day has become an international celebration of the social and eco-

nomical achievements of the labor movement. The U.S. Congress designated May 1 as Loyalty Day in 1958 with Labor Day traditionally occurring on the first Monday in September in the United States.

Jewish American Heritage Month

On April 20, 2006, President George W. Bush proclaimed that May would be Jewish American Heritage Month, recognizing the more than 350-year history of Jewish contributions to American culture.



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See page 16 for an application

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“The Garden Spot”

Gardening Health and Safety Tips

Gardening can be a great way to enjoy the outdoors, get physical activity, beautify the community, and grow fruits and vegetables.

Whether you are a beginner or expert gardener, health and safety are important. Emergency room visits due to injuries related to lawn and garden equipment occur each year.

Here are tips to help keep you safe & healthy while enjoying the beauty & fun gardening can bring. This is one of two installments:

Dress to protect. Gear up to protect yourself from lawn and garden chemicals, equipment, insects, and the sun.

- **Wear** safety goggles, sturdy shoes, and long

pants when using lawn mowers and other machinery.

- **Protect** your hearing when using machinery. If you have to raise your voice to talk to someone who is an arm’s length away, the noise can be potentially harmful to your hearing.

- **Wear** gloves to lower the risk for skin irritations, cuts, and certain contaminants.

- **Protect** yourself from diseases caused by mosquitoes and ticks. Use insect repellent containing DEET. Wear clothing treated with permethrin, long-sleeved shirts, and pants tucked in your socks. You may also want to wear high rubber

boots since ticks are usually located close to the ground.

- Lower your risk for sunburn and skin cancer. **Wear** long sleeves, wide-brimmed hats, sun shades, and sunscreen with SPF 15 or higher.

- **Put Safety First.** Powered and unpowered tools and equipment can cause serious injury. Limit distractions, use chemicals and equipment properly, and be aware of hazards to lower your risk for injury.

- **Follow instructions and warning labels** on chemicals and lawn and garden equipment.

- Make sure equipment is **working properly.**
- Sharpen tools **carefully.**
- **Keep** harmful chemicals, tools, and equipment out of children’s reach.

Watch Out for Heat-Related Illness. Even being out in short periods of time in high temperatures can cause serious health problems. Monitor your activities and time in the sun to lower your risk for heat-related illness.

- **Drink** plenty of water throughout the day to re-

place lost fluids. Don’t wait until you’re thirsty to drink.

- **Avoid** drinking liquids that contain alcohol or large amounts of sugar, especially in the heat. These actually cause you to lose more body fluid.

- **Take breaks often.** Try to rest in shady areas so that your body’s thermostat will have a chance to recover. Stop working if you experience breathlessness or muscle soreness.

- **Pay attention** to signs of heat-related illness, including extremely high body temperature, headache, rapid pulse, dizziness, nausea, confusion, or unconsciousness.

- Watch people who are at higher risk for heat-related illness, including infants and children up to four years of age; people 65 years of age or older; people who are overweight; people who push themselves too hard during work or exercise; and people who are physically ill or who take certain medications (i.e. for depression, insomnia, or poor circulation).

- Eat healthy foods to help keep you energized.

Next Month - Extreme Heat: Know Your Limits

Information Source: www.cdc.gov



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What's happening in Benton Park West

MAY 2010

- 4** - BPWNA Board meeting - 6:30p, Five Star Senior Center, 2832 Arsenal
- 9** - PUT OUT YOUR BULK TRASH. Must be out by 10p Sun.
- 13** - W&S Advisory meeting - 6:30p, Five Star Center. 3rd District Pubic Affairs Mtg follows at 7p.
- 20** - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal
- 21** - Setup for Yard Sale, 6p, Five Star Senior Center. Drop off items to donate
- 22** - Annual Yard Sale, 7a-1p, Five Star Senior Center. Come and find your next treasure.

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

June Events

- June 1:** BPWNA Board Mtg 6:30 pm
- June 10:** Weed & Seed (6:30p), 3rd District Outreach (7p), 2832 Arsenal
- June 17:** Neighborhood Mtg, 7p, Five Star Senior Center, 2832 Arsenal
- June 19:** Annual BPWNA Trivia Night, 3022 Oregon

Don't forget!

- Help with Cinco de Mayo** on May 8th? Contact Martha Buckley at bpwnamembership@yahoo.com
- NA meeting** - May 20th
- Yard Sale** - May 22nd

Lafayette Park United Methodist Church

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



Join for food fellowship after 10a service

Worship

- 8a – Grace Squared (Contemporary)
- 10a – Traditional
- 11a – Fellowship

Vision – “Lafayette Park United Methodist Church will be a church without walls, creating a visible sign of Christ’s presence in our urban community and beyond”



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Weed & Seed

Operation Weed & Seed is a community based effort sponsored by the U.S. Department of Justice to “weed” out violent crime, drug abuse, and gang activity and to “seed” much needed community programs to improve communities and make them safer. BPWNA participates in the Weed and Seed program and holds regular meetings with city and law enforcement officials at the Five-Star Senior Center on the second Tuesday of every month starting at 7p.

Emergency help: 9-1-1

Non-emergency:
314.231.1212

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



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

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

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

Citizen Ser Bureau
622-4800

Refuse Department
353-8877

Alley Lights (AmUE)
342-1000

Street Lights (CSB)
622-4800

Danger and something/someone who may wish to injure you or damage what you own isn't always a person.

Mother Nature can be our friend or enemy. Storms and weather can come up quickly without warning. We hear about weather readiness, but have you ever thought about protecting your family from fire hazards. What if a fire occurs? What can you do to protect your family and belongings?

Fires and burns are a leading cause of home injuries and deaths. Using a fire extinguisher to put out a small fire can save lives and property, but you have to know exactly what to do. If you are not sure or have never used an extinguisher, your safest choice is to get everyone out and call the fire department.

If you want to use a fire extinguisher on a small fire, here are tips to know:

Before the Fire

- **Only** adults should use a fire extinguisher.
- Choose an extinguisher that will work on **all** types of fires. These are usually called “ABC” type extinguishers. Choose the largest extinguisher you can **handle** – bigger is better.
- **Read all the directions.** Know how to use an extinguisher. If possible, get training from your local fire department or workplace that will let you practice putting out a fire.
- **Keep** the instructions so you can review them from time to time.
- Mount the extinguisher near an exit door, **out of reach of children.**

Fighting a Small Fire

- Make sure everyone else is leaving the home.

- Ask someone to call the fire department from outside. If the fire is small and not spreading, quickly get your extinguisher. Start with your back to the exit, making sure the fire does not block your escape route. Stand 6 -8 feet away from the fire. Then, remember the word **PASS**:

- **PULL** the pin out to unlock the operating lever.
- **AIM** low: Point the extinguisher nozzle (or hose) at the base of the fire.
- **SQUEEZE** the handle to release the extinguishing agent. **Be prepared!** It will come out with force.
- **SWEEP** from side to side, moving carefully toward the fire. Keep the extinguisher aimed at the base of the fire, sweeping back and forth until all the flames are out. Watch the fire area. If the fire re-ignites, repeat the process.

Important: If the fire does not go out quickly, or if you feel at risk in any way, leave immediately and let the fire department handle it. Fighting a fire can be dangerous. Only adults who know how and when to use an extinguisher should ever try to put out a fire. Children should not use fire extinguishers.

Slide a Lid

- If you have a small pan fire on the stove, **put on an oven mitt.**
- **Carefully** slide a cookie sheet over the pan. A lid can also be used. This cuts off the oxygen and allows the fire to go down.
- Turn **off** the heat at the burner.

- Leave the pan covered and in place. **Do not try to move it!**
- Let the pan **cool** down before you take away the cookie sheet or lid.

Using a Fire Extinguishing Spray

- **Do not** use a regular “ABC” fire extinguisher if a pan on your stove catches on fire. These can spread the fire or tip the burning pan over.
- You can use a fire extinguishing spray on a pan fire. Make sure it is tested for use on grease and cooking oil fires.
- **Stand back** about 4 feet from the stove.
- **Aim** the spray can at the base of the flames and spray onto them.
- Spray until the flames go out and you have **completely** smothered the source of the fire.
- Turn **off** the heat at the burner.
- Leave the pan in place until it has completely **cooled.**

After a Fire

- Even if you believe the fire is out, have the fire department inspect your home to look for hidden hot spots that could flare up later.

Information Source:

www.homesafetycouncil.org



Grace Hill Neighborhood Health Centers Celebrates Cinco de Mayo

This event will be on Wednesday May 5, from 10a - 2p.

Don't miss this free event provided by your local Grace Hill Neighborhood Health Center located at 3400 S. Jefferson.

Free health screenings for Lead, HIV, STDs & Blood

Pressure will be available.

Also, free refreshments and information about MO Health-Net will be provided.

Call Angela at 314.814.8745 for more information.



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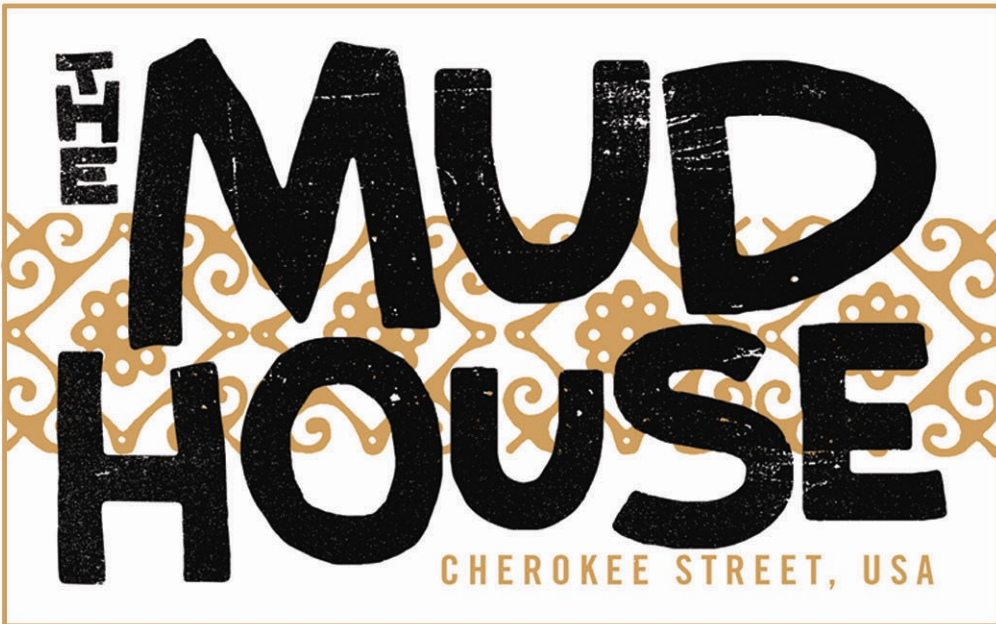
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Trash Talk - Explanation of Dumpsters

Trash is definitely a quality of life issue. Not only is trash and litter ugly to look at, but there are health concerns. Foods in the trash draw animals who will then spread the contents all the way up and down an alley. What we call trash falls into two categories: trash that can not be recycled (dumpsters) and trash that can be recycled. Look on page 15 about recycling processes.

As we move into the warmer months, it is important that ALL trash be put in the correct container.

- BROWN = trash
 - GREEN = yard waste
- It is important to not mix the two, as the dumpsters will not be emptied. Many people might not realize that yard waste is ONLY what grows; grass clippings, trimmings from shrubs and trees, leaves, etc. Remember, our bulk trash pick is ALWAYS the second Monday of a full week. The City of Saint Louis offers the following information:
Refuse Containers
 The City of St. Louis provides

trash dumpsters and yard waste dumpsters in the alley. Household trash is collected twice a week on either Monday and Thursday or Tuesday and Friday, depending on where you live.

Yard Waste is emptied one day during the week. These dumpsters are not intended for use by commercial enterprise. Each dumpster is shared by several households, but if your particular dumpster is filled you may use another. However, only the residents who live on the same block are permitted to use the dumpster in that alley.

- regular trash dumpsters. These are identified with "no yard waste" stickers.
3. Dumpsters are not supposed to be moved.
 4. Dumpsters are not to be filled beyond their capacity.
 5. Dumpsters are not for bulk trash such as stoves, furniture and appliances, or any item over three (3) feet long.
 6. Dumpsters are not for flammable liquids or hazardous materials or tires.
 7. Dumpster lids should be kept closed. Any protruding items that prohibit the lids from closing may not be placed in the container.
 8. Bulk items should not be set against the dumpster or within three (3) feet of the dumpster.

Dumpsters are city property & are not provided for public use. All users are expected to keep the area around the dumpsters clean and sanitary. Any violations of these rules could result in your container not being emptied.
***Next month watch for information about keeping your alley and street clean, as well as, bulk trash collections.**

Here are several reminders about the use and care of city dumpsters:

1. Place only yard waste, such as grass clippings, small limbs and leaves, in green yard waste dumpsters. These are identified with "yard waste only" stickers. Do not place large limbs in the container that protrude through the opening. Protruding limbs prohibit the container from being emptied.
2. Place only household trash in

May - Healthy Mexican Recipe

Celebrate Cinco de Mayo all month with this great idea! Enjoy a light and healthy snack or appetizer.

Chicken Mole Tostadas

Prep time: 20 min **Makes:** 7 servings
Cook Time: 4 min **Start to Finish:** 24 min

Ingredients.

- 1 cup(s) reduced-sodium chicken broth
- 1/3 cup(s) pipiân (pumpkin seed sauce) or mole sauce from Doña Maria Mexican Condiment (8.25-oz jar)
- 3 cup(s) cooked, shredded chicken
- 1/2 cup(s) (plus whole leaves for garnish) chopped cilantro
- 1/4 cup(s) minced red onion
- 3 tablespoon(s) lime juice
- 48 restaurant-style tortilla chips (baked, not fried)
- Avocado Cream (recipe follows)

Prep:

1. Whisk broth and pipiân in a small saucepan until blended; heat over medium heat until mixture is hot. Remove from heat.
2. Place chicken in a large bowl and toss with pipiân, cilantro, onion, and lime juice.
3. Arrange tortilla chips on a platter. Top each chip with 1 tablespoon of the chicken mole and 1/4 teaspoon Avocado Cream. Garnish with a cilantro leaf.
4. **Avocado Cream:** Scoop the flesh of 1 ripe Hass avocado into a small bowl and mash until smooth. Stir in 1 tablespoon *each* mayonnaise and fresh lime juice, and 1/4 teaspoon *each* salt and pepper.

***Nutrition Information:** Per Serving: Calories 54, Carbs 3g, Total Fat 3 g, Protein 3g



- Indoor seating during Cinco de Mayo festivities
- Patio available for dining
- Drinks past 8p

10% off any order over \$25 with this ad

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By Anne L. Childers, LMT

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

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

Improved Circulation, Healthier Skin

As our bodies age, our circulation slows and our skin loses its once youthful vitality. Experts say the mechanical nature of massage combats these effects by increasing circulation through the manipulation of tissue, improving the appearance and condition of the skin and its elasticity, and toning muscle tissue. Massage also creates a stimulating cellular function in the hypodermis,

dermis, and epidermis layers of the skin and increases the production of skin-nurturing sebum.

Immunity and Stress

If you're already a frequent recipient of massage, you know what the work does to combat daily stress. But did you know how detrimental those stressors can be?

Experts say the majority of disease we encounter today is associated with stress. Not only that, stress is a huge factor in premature aging of the body. Researchers say chronic stress ages the body, weakens immune cell function, and can make cells appear up to 17

years older than they really are. Through its effects, massage deftly attacks stress, while boosting the immune system.

Massage encourages the release of oxytocin, a stress-reducing hormone in the body most often associated with birth and bonding, and activates the parasympathetic nervous system and its relaxation response. Massage also decreases beta brainwave activity, increases dopamine and serotonin levels in the body, and reduces cortisol levels, all of which are linked to decreased stress.

Next month watch for "Squashing the Pain"

May Specials: Celebrate Mom!

*Mother's Day Gift Certificates are 10% off

*Bring your mom in for a massage and you both receive \$10 off thru May

Going Back to School!

Trivia Night

Benefiting the Benton Park West Neighborhood Association

Saturday June 19th
2010 at 7p

(Doors open at 6:15p)
at St. Wenceslaus
Parish Church/St.
Frances Cabrini
Academy, 3022
Oregon, the corner of
Gravis and Oregon
in south city.



Beer, wine and
snacks will be pro-
vided while supplies
last. Outside
snacks and adult
drinks are welcome.

Mulligans
will be
available for
purchase

This is a non-smoking
event, except in
designated places outside

Cost
\$20 per person
with a minimum of 6,
max of 8 per table

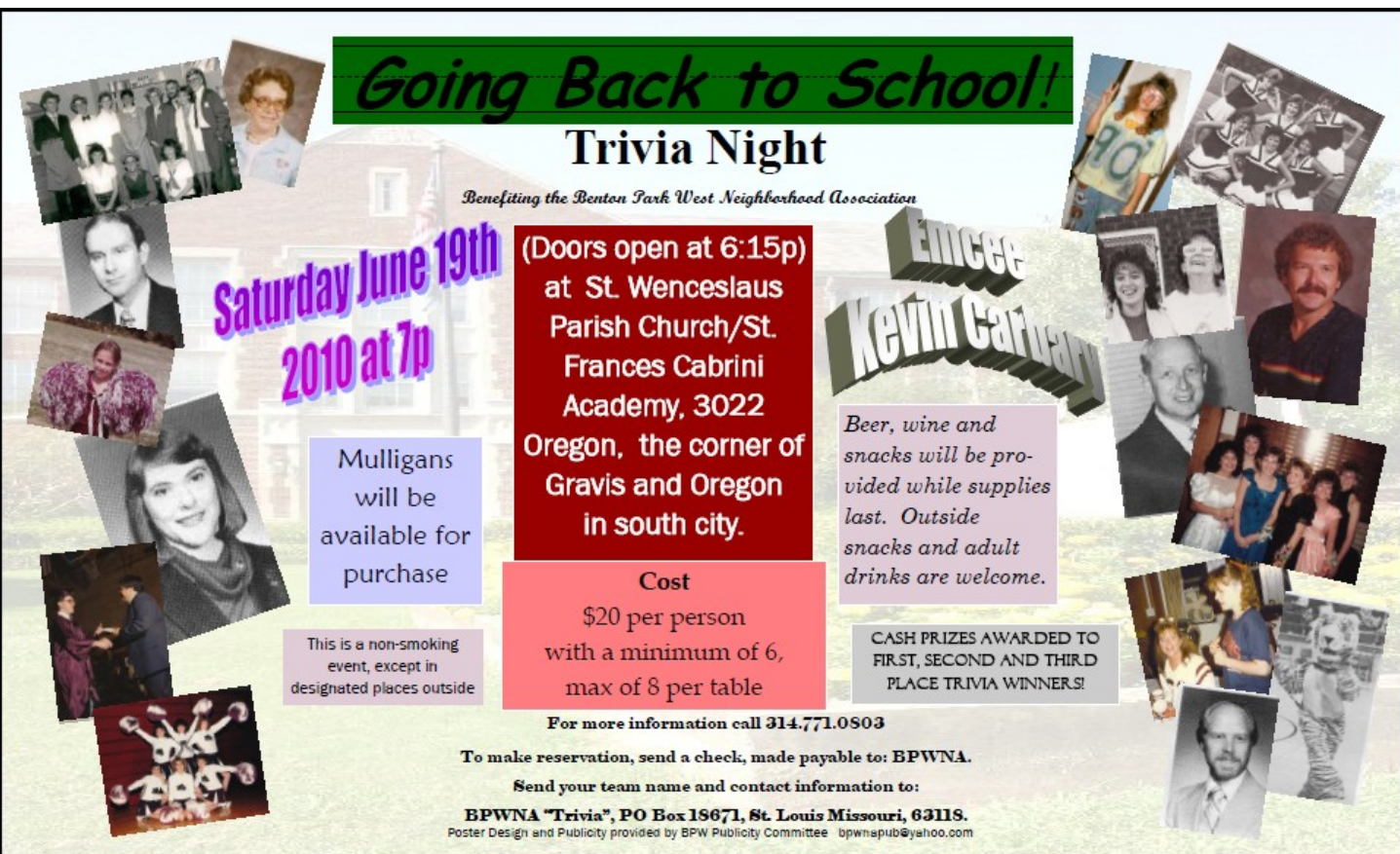
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PLACE TRIVIA WINNERS!

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To make 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.
Poster Design and Publicity provided by BPW Publicity Committee bpwnapub@yahoo.com



Recycling Processes

We continue talking about the five different recycle processes, thanks to info from *Green Living Tips* (www.greenlivingtips.com). Below is how products are recycled.

Steel can recycling process

After arriving at a steel smelter, bales of crushed cans are placed in a furnace with other recyclable steel. Molten iron is added and oxygen is pumped into the furnace which heats up to around 1700 degrees Celsius for 30 minutes. By the end of this time, impurities have been driven or skimmed off.

The molten steel is poured into large ingots, then go through multiple rollers while still very hot until the desired thickness is achieved for making products such as cans.

While the steel can recycling process doesn't have as many stages as aluminium cans, much higher temperatures are used

therefore requiring more energy. Regardless, the recycling energy savings are around 62 - 74%. Steel can be recycled over and over in this way.

Plastic soda bottles and bottled water containers

This deals specifically with PETE (or PET) plastics (plastic resin code 1). The bottles are first inspected for foreign materials then sorted into colors. The bottles are then sterilised, crushed and chopped into flakes.

The flakes undergo another separation and cleaning process to remove remaining foreign materials. The flakes are then chemically reverse engineered by either methanolysis or glycolysis, which can restore the material to the original raw materials and then blended to create new PET.

The recycling energy savings of plastic soda & water bottles is around 90%.

Concert Series - Bigger and Better

2010 is gearing up to be best year yet for summer concerts in Benton Park! With four dates reserved and band bookings underway, the plans combine fun elements of previous years — a variety of musical styles, live art, children's art areas, and our highly successful Taste of Benton Park. A number of creative new ideas will include a full day celebration in July complete with family games, a cook out, and other daytime activities followed by an evening concert; a contest for best dog trick; a concert act specially geared toward children; and canned food drives to help stock a community food pantry.

Save the dates!

- Saturday, June 12 – Miss Jubilee and the Humdingers / Rum Drum Ramblers

- Saturday, July 3 – The Tommy Halloran Sextet
- Saturday, August 7 – Celia / Big Bamou
- Saturday, September 11 – Latin Concert plus Taste of Benton Park

To learn more, check out the website at www.bentonparkconcerts.eventbrite.com.

Wish to contribute...The concert series is driven by the support of our community.

Volunteer. There is always lots of things to do, to volunteer, visit the website & click on "View VOLUNTEER opportunities."

Donate. Be an official Concert Donor through \$ 75 tax-deductible donation. To donate, contact Lysa at bpsponsor@gmail.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 Krafp - 3rd Dist Prob Prop 444-0185
 Citizen Ser Bureau 622-4800

Alderspersons:

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

Neighborhood Stabilization Officers:

Barb Potts, 314-657-3083 (w)
 314-397-1091 (c)

pottsb@stlouiscity.com

Dena Hibbard, 314-657-1359 (w)
 hibbardd@stlouiscity.com

Judy Lane 314-657-1365 (w)
 lanej@stlouiscity.com

MISC:

Pothole Department 768-2805
 Refuse Department 353-8877
 Five Star Center 664-1008
 Illegal Dumping 911
 Then call CSB 622-4800

Lights:

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

Water:

Open Hydrant 771-4880

Additional Numbers

Operation Brightside
 772-4646

Operation Safestreet
 622-3444

Child Abuse Hotline
 1- 800-392-3738

Parental Stress Help line
 1-800-367-3543

Parents Anonymous
 647-HELP or 866-492-0843

Animal Abuse Hotline
 (314) 647-4400

EnergyCare
 (314) 773-5900

2010 is here! Are you a member?

**Membership Application
 Benton Park West - 2010**

Name: _____
 Address: _____
 Phone: _____
 E-mail _____

**Mail to: BPWNA Membership
 PO Box 18671
 Saint Louis MO 63118**

Level of Membership:

___ General - \$ 10 per person
 ___ Senior - \$ 6 per person
 ___ Supporter - \$ 25 per person
 ___ Patron - \$ 50 per person
 ___ Sponsor - \$ 100 per person
 ___ Friend - \$ 20 per person
 ___ General Membership -
 Scholarship

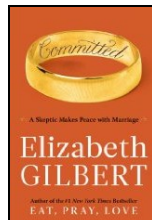
I would like to be involved with:

___ Beautification ___ Dog Park ___ Youth ___ Garden
 ___ Facilities ___ Publications ___ Quality of Life/Safety
 ___ Board ___ PR/Marketing ___ Block Link ___ Membership

Book Club in BPW

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

June 28th: *Walk Two Moons*, by Sharon Creech
July 26th: *The Unbearable Lightness of Being* by Milan Kundera
August 23rd: *Stones into School*, by Greg Mortenson (sequel to *Three Cups of Tea*)



May 24th: *Committed*, by Elizabeth Gilbert
 At the end of her bestselling memoir *Eat, Pray, Love*, Elizabeth Gilbert fell in love with Felipe, a Brazilian-born man of Australian citizenship who'd been living in Indonesia

when they met. Resettling in America, the couple swore eternal fidelity to each other, but also swore to never, ever, under any circumstances get legally married. (Both were survivors of previous divorces. Enough said.) But providence intervened one day in the form of the United States government, which—after unexpectedly detaining Felipe at an American border crossing—gave the couple a choice: they could either get married, or Felipe would never be al-

lowed to enter the country again. Having been effectively sentenced to wed, Gilbert tackled her fears of marriage by delving into this topic completely, trying with all her might to discover through historical research, interviews, and much personal reflection what this stubbornly enduring old institution actually is. Told with Gilbert's trademark wit, intelligence and compassion, *Committed* attempts to "turn on all the lights" when it comes to matrimony, frankly examining questions of compatibility, infatuation, fidelity, family tradition, social expectations, divorce risks and humbling responsibilities. Gilbert's memoir is ultimately a clear-eyed celebration of love with all the complexity and consequence that real love, in the real world, actually entails.

Benton Park West

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

On the Web
www.bentonparkwest.org

