



Don't forget!

Neighborhood Meeting
April 15 - 7p

2832 Arsenal

Hear about events in
YOUR neighborhood

The Porch Review

Benton Park West

Vol 10, No. 4

April 2010

Celebrate Being Community, Pride, and Working Together



Events

Apr 3: Easter Event - 11-2p

Apr 6: BPWNA Board Mtg
6:30p, FOAM

Apr 8: Weed & Seed (6:30p) -
Neighborhood Advisory Board,
3rd District Outreach (7p)
2832 Arsenal

Apr 10: Operation Brightside

Apr 10: Veggie Garden Opening
Ohio & Crittendon, 9a.

Apr 15: Neighborhood Mtg, 2832
Arsenal - Five Star Senior Center

Apr 24: Dog Park Spring Fling

May 4: BPWNA Board Mtg 6:30p

May 8: Cinco de Mayo

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

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Questions, Comments, Concerns?

Contact Neighborhood Office:

Phone: (314)-771-0803

E-mail: bpwna@yahoo.com

Dog Park Spring Fling - April 24th

by Jen Shoemaker

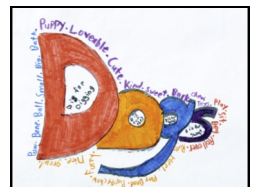
Spring has sprung and everyone, including your pooch, has Spring Fever.



What a great time to visit and join the Benton Park West Dog Park! The BPW Dog Park is located at 3300 Nebraska, at the corner of Nebraska and Utah. For \$35.00 per year (BPW resident), you and your best canine friend will have unlimited access to an exclusive, gated park where they can be unleashed and run to their heart's

content while you relax in the shade on beautiful park benches. The BPW Dog Park brings together neighborhood residents and their furry friends. Residents in neighborhoods surrounding BPW are also eligible to join. Just check out the application.

In celebration of the 1st anniversary of the opening of the BPW Dog Park, the Neighborhood Association will host a Spring Fling at the dog park on Saturday, April 24th from 10 a.m. to 12 p. m. Come by and join us for a fantastic



(Continued on page 6)

Don't Forget!

- Mark April 10th - 9a
Veggie Garden Opening
Come and claim a bed!
2929 Ohio (Ohio and Crittendon)

- Mark April 10th for Operation Brightside.



Thursday April 8, 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)

*Note the time change



Cherokee Street will again host the largest street celebration for Cinco de Mayo in St. Louis on May 8th.

Benton Park West is helping out with the parade and other events this year.

To help, email Martha Buckley @ bpwnamember-ship@yahoo.com.

The Presidents Corner...



Linda Hennigh

How to Build Community - Part 1

Several years ago at the Earth Day celebration in Forest Park, I saw a poster that made such an impression on me that I tracked down the source and ordered not only the poster but also several packs of note cards. "How to Build Community" is a list of about 42 ways to enrich the block that we live in, the neighborhood we call home and our lives forever. I am going to share these jewels for the next few months. I will have this poster at our neighborhood meetings so please come and see it in its entirety.

- TURN OFF YOUR TV
- LEAVE YOUR HOUSE
- SIT ON YOUR STOOP
- GREET PEOPLE

All four of these suggestions work together and help lead to what I think we love about city living. The first three come naturally to many of us but are a new concept to others. Whenever we hear someone say,

"Boy, I wish it was like the good old days"...let's remember...there probably wasn't TV in the good old days. Neighbors sat out front on their steps in the evenings, they greeted each other, shared information and without even realizing it, their block became a community.

I would like to present a challenge this month. As the weather warms and summer gets closer, try the first three. Turn off the TV and go out front for a while. Sit on the stoop, alone or with family. Bring a book, the newspaper or the family dog and greet folks as they pass by. I'll bet you find the experience rewarding and after a couple of times see if you don't get to KNOW YOUR NEIGHBORS! Even just a smile and a "how's it going" and you will find you have planted four building bricks in the road to community.

Stay tuned for more "brinks" 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.

A Publication of
The Benton Park West
Neighborhood Association

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

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Missouri Non-Discrimination Act Receives Hearing in House After Nine Years of Trying



Jeanette Mott Oxford,
59th District
314-771-8882 (home)
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jeanette.oxford@house.mo.gov

Since being sworn in as state representative in January 2005, I have annually co-sponsored the Missouri Non-Discrimination Act (MONA for short). This bill would add sexual orientation and gender identity to existing civil rights protections around employment, housing, and public accommodation. I have also actively recruited co-sponsors for the bill, and I'm pleased that the number of co-sponsors has been growing year-by-year.

Yet those of us pushing for MONA had not yet been able to secure a hearing for the bill, even though the bill had been filed each year since 2001. Now we

have at last broken that barrier, as the bill received a public hearing in the House Special Standing Committee on Urban Affairs on March 22. Hopefully the bill will successfully be voted out of committee very soon and come to the House floor for a full debate.

Perhaps some clarification is order on a couple of things. First, many Missourians mistakenly believe that there is already a state or federal law that prohibits firing someone because they are lesbian, gay, bisexual, or transgender (LGBT). No, unfortunately there are no such protections in state or federal law. As PROMO, Missouri's LGBT civil

rights advocacy organization says, "In the state of Missouri, it is legal to fire a person from their job, deny a person housing, or kick a person out of a public accommodation such as a restaurant because that person is or is perceived to be lesbian, gay, bisexual, or transgender."

Some municipalities in Missouri (St. Louis, Kansas City, University City, Columbia, and Kirksville) have passed local ordinances to offer some protections, but most include only sexual orientation and not gender identity. In addition, St. Louis, Kansas City, Jackson County, and Columbia offer at least some minimal form of recognition for "domestic partnerships" between same-sex couples.

Secondly, the fact that the hearing was in the Urban Affairs committee might be taken to imply that LGBT persons are only found in Missouri's major cities. Of course, that is not true, as LGBT persons are found in cities and counties of every size and configuration. In Jefferson City, committees that are not clearly con-

nected to the topic being discussed in a bill sometimes still hear it, depending on the interest of the chair or simply which committee has a slot open for a hearing when a bill is moved forward by the Speaker's Office.

The neighborhood associations of St. Louis tend to recognize that diversity is a strength, not a challenge to be overcome. These organizations seek out active participation by LGBT neighbors, and that is to be commended. Major employers also have taken the lead nationally by passing non-discrimination policies and offering domestic partner benefits. I have been concerned that some businesses avoid starting new offices in Missouri, because our failure to offer civil rights protections related to sexual orientation and gender identity leads them to believe their LGBT employees will not be welcome here. Hopefully Missouri is on a path to pass MONA soon, as this will improve the quality of life for LGBT citizens as well as our business climate! Until that day, I will keep up my vigorous advocacy for MONA.

1

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THE INS AND OUTS OF LIFE INSURANCE

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.

Man is Mortal. That makes life insurance a little unique and interesting, doesn't it? We purchase things like health insurance, car insurance and home insurance, then hope we never have a need to use them. Life insurance is different, because it's a widely accepted fact that sooner or later, each one of us will die.

So many choices. When it comes to life insurance, there are many options. You may have heard terms like "whole life insurance", "term insurance" or "variable insurance" ... but what does it all mean? And what are the differences? Well, first let me point out what they have in common: all life insurance policies provide payment to a beneficiary in the event of your death. Except for that basic tenet, the differences between policies can be major.

Whole life insurance. This type of insurance covers your entire life (not just a portion or a "term" of it). Insurance companies tend to be cautious when selecting their investments, so the benefits could be lower than if you invested on your own. Whole life policies also tend to cost more than "term" policies. This is both because they grow what is known as "cash value", and

because after a time you will be able to borrow against or withdraw from your whole life benefits.

Term insurance. Rather than covering your whole life, "term" insurance covers a pre-determined portion of your life. If you die within that term, your beneficiaries receive a death benefit. If not, generally you get nothing. To put it simply, term insurance allows you to purchase more coverage for less money. Basically, you are betting on the probability of your death occurring within that specified "term".


Variable life insurance. Variable life insurance is a permanent insurance. However, unlike whole life insurance, variable insurance allows you to invest the cash value of your policy in "subaccounts" (which can include money market funds, bonds or stocks). Variable insurance offers a bit of control, as the value and benefit depend upon the performance of the subaccounts you select. However, that means there could be significant risk involved, since the performance of your subaccounts cannot be guaranteed.

Universal life insurance. With univer-

sal insurance, it all comes down to flexibility. It is permanent life insurance that provides access to cash values that build up tax-deferred. You can choose the amount of coverage you feel is appropriate, and you retain the ability to increase or decrease that amount as needs change (subject to minimums and requirements). You also have some flexibility in determining how much of your premium is goes towards insurance, and how much is used within the policy's investment element.


So, which is right for you? Many factors come into play when deciding what type of life insurance will best suit your needs. The best thing to do is speak with a trusted and qualified financial professional who can assist you in looking at all the factors and help you to choose the policy that will work best for you.

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



CHEROKEE STATION

www.cherokeestation.com




The Cherokee Station Business Association includes over 50 independently owned and operated businesses over seven blocks on Cherokee Street. Surrounded by a dense and active residential community, these businesses serve those within walking distance as well as attracting customers from all over the St. Louis area looking for a unique shopping experience.

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Megan's

Spring is Blooming. Checkout what's happening in your world!

The Benton Park West Dog Park will be celebrating it's one year anniversary on April 24th from 10a-1p. Join neighborhood family and friends at the 2010 Spring Fling to showcase the dog park. Get an application for the dog park, located at Nebraska and Utah, located at www.bentonparkwest.org. Just click on the "Dog Park Application" link.

*NOTE: Adjacent neighborhood dogs (residents) are also eligible for membership.

Tower Grove Park will be celebration the opening of the renovated East Playground on April 23rd at 11:30a. Don't forget to checkout our own new playground (not even a year old) in Benton Park, across Jefferson.

Community Information Corner

Find out what's happening in your own "downtown". In the campaign "Go to Town", the Downtown Community Improvement District hopes to show events and happenings designed to get YOU downtown. Events coming:

- Downtown Home Tour on April 24th, 10a-5p
- Downtown's Party on the Plaza, 5-8p every third Wed from May 19-Sept 22.
- Downtown Farmers Market starting on June 3 and continuing until Oct 21st
- RFT Music Showcase on June 5th, over 50 bands will be playing on Washington.
- Taste of St. Louis on Oct 1-3

These are just a few of the many events that are planned for downtown in 2010.

Watch for info about Live on the Levee and the 4th of July festivities.



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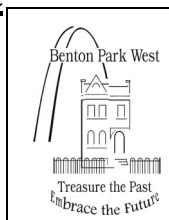
Dog Park Spring Fling...

Continued from Pg 1

celebration of this wonderful aspect of our neighborhood. This is the perfect time to join or renew your membership. There will be refreshments for everyone, humans as well as canines, and doggy door prizes. Only approved Dog Park members will be allowed in the dog park the day of the Spring Fling, so get your application in today!

The BPW Dog Park application can be found on www.bentonparkwest.org. In addition to the registration fee, we need required documentation from your veterinarian stating that your dog has been spayed/neutered and has the minimum vaccinations of rabies, distemper, and bordatella. Applications can be mailed to Benton Park West Neighborhood Association, PO Box 18671, St Louis, MO 63118. Many neighborhood dogs are already enjoying the freedom of the park - don't let your pooch miss out. Residents of surrounding neighborhoods are also welcome to join. Send in your application today.

Questions? Call BPWNA office at 314.771.0803 or email bpwnadogpark@yahoo.com



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

Use this application and get a \$ 5 discount for the first six months. Questions? 314-664-1450

Mail this form and your check to:

Earth Circle Recycling
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St. Louis MO 63110

I have enclosed my check in the amount of:

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April - Deaf History Month

Deaf History Month covers the period of March 13 to April 15. It celebrates deaf history, particularly key events in deaf heritage.

Start of Deaf History Month:

Deaf History Month appears to have had its genesis March 13, 1997, when the D.C. Public Library had a Deaf History Month event with deaf authors and guest speakers. The popularity of Deaf History Month grew over time, and there is currently an effort under way by the American Library Association and the National Association of the Deaf to get the White House to declare it an official national event.

Three Key Historic Events:

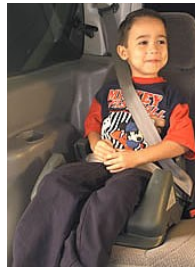
April 15, 1817 - American School for the Deaf, the first public school for deaf, opens in 1817.

April 8, 1864 - Gallaudet University founded.

President Lincoln signed the charter in 1864 establishing a college for the deaf. This event is known as Gallaudet Charter Day, and is usually marked with a luncheon and awards program at Gallaudet University.

March 13, 1988 Deaf President Now movement succeeds.

King Jordan becomes first deaf president of Gallaudet University in 1988.



ages of 4 & 8, & less than 4'9" tall.

Choosing the Right One

Choose the seat that best fits your child and your vehicle. Before buying, read the vehicle owner's manual & the instructions for the booster seat. These guidelines will help you choose a booster seat that is compatible with your seat belt system & will explain where the seat belt must be fastened.

Proper Fit

The shoulder belt should be placed over the shoulder and across the chest. Never place the shoulder belt behind the child's back or under the arm.

The lap belt should be placed low

Give Them a Boost!

Booster seats are required for children between 40 lbs & 80 lbs, between the

and on the hips and should fit snugly. Make sure the lap belt does not ride up over your child's abdomen.

Booster seats without a back are used with a high seat back. High-back booster seats are used with a low seat back

Your child's booster seat should be replaced if the following occurs:

- Your vehicle has been involved in a collision.
- The seat has reached the expiration date. If no expiration date, replace after 10 years.

Remember:

- Place booster seat in the back seat.
- When not in use, secure it with the seat belt.
- Use a booster seat every time your child rides in the car.



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See page 16 for an application

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 Lafayette Park United Methodist Church

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 Nader & Sons
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 One Nite Stand
 Park Avenue Coffee
 Pets in the City
 Pointer's Market
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 Ken Ortman - Alderman, 9th Ward Barb Potts - NSO

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American Red Cross Urges St. Louis to Prepare Now for Floods

Flooding is a coast to coast threat, but the St. Louis area is particularly prone to seasonal flooding and the American Red Cross urges residents to take steps now to stay safe.

According to the National Weather Service, the Spring Flood Outlook shows a greater chance of significant flooding along the Mississippi River than at this time in 2008, when major flooding developed in the summer along the river. The Missouri Basin River Forecast Center estimates the Missouri River is also more likely to flood this spring than during the spring of 2008, when minor flooding was prevalent.

As with any disaster,

preparation can be the difference between life and death. The Red Cross recommends that individuals and families prepare for floods by:

- **Creating and practicing an Emergency Plan:** Talk to everyone in your household about what to do if a flood occurs. Decide where you would meet and who you would contact in case of flooding. Assemble and maintain an emergency preparedness kit. Listen to area radio and television stations for possible flood warnings and reports of flooding in progress.
- **Assembling an Emergency Preparedness Kit:** Kits should contain a

first aid kit and essential medications, foods that don't require cooking or refrigeration and manual can opener, bottled water, flashlights and a battery-powered radio with extra batteries, copies of important documents and other emergency items for the whole family.

- **Heeding Flood Warnings:** Listen to your local radio and TV stations for updated information. A flood WATCH means flooding or flash flooding is possible in your area. A flood WARNING means flooding or flash flooding is already occurring or will occur soon in

your area. When a flood or flash flood warning is issued for your area, head for higher ground and stay there.

- **Relocating During Flood Warnings:** Stay away from flood waters. If you come upon a flowing stream where water is above your ankle, stop, turn around and go another way. If you come upon a flooded road while driving, turn around and go another way. If you are caught on a flooded road and waters are rising rapidly around you, get out of the car quickly and move to higher ground.

May 1 - Youth Fundraiser "Pasta - Made Your Way" 5p-7p \$ 8 adults, \$ 5 kids

Lafayette Park United Methodist Church

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

**Join us for Sunday services and enjoy
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"



Benton park West Dog Park

Have a dog and want to use the park?
You just need the following:

1. Submit your application.
2. Your pet must have been neutered or spayed
3. Your pet has all immunizations; rabies, distemper, and bordetella.

Find the application online at <http://www.bentonparkwest.org/> and send to:

Benton Park West Neighborhood Association
PO Box 18671, St. Louis, MO 63118

**Don't let your pooch miss out on
the freedom of the park!**

What's happening in Benton Park West

- 3** - Easter Eggstravagana - 11a-2p Ohio/Crittendon Community Garden
- 6** - BPWNA Board meeting - 6:30p, FOAM, 3359 S. Jefferson at Cherokee
- 8** - W&S Advisory meeting - 6:30p, Five Star Center. 3rd District Pubic Affairs Mtg follows at 7p.
- 10** - Veggie Garden Opening - 9a
- 10** - Operation Brightside
- 11** - PUT OUT YOUR BULK TRASH. Must be out by 10p Sun.
- 15** - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal
- 24** - Dog Park Spring Fling, 11-2p BPW Dog Park, 3300 Nebraska

APRIL 2010

Sun	Mon	Tue	Wed	Thu	Fri	Sat
				1	2	3 Easter Eggstravagana 11a-2p
4	5	6 BPW Board - mtg, 6:30p	7	8 W&S - 6:30p 3rd Dist- 7p 2832 Arsenal	9	10 Operation Brightside Veggie Garden Opening
Bulky Trash week →						
11	12	13	14	15 NA - mtg, 7p, Five Star Ctr 2832 Arsenal	16	17
18	19	20	21	22	23	24 Dog Park Spring Fling 11a-2p
25	26	27	28	29	30	

May Events

- May 4:** BPWNA Board Mtg 6:30 pm
- May 8:** Cinco de Mayo
- May 13:** Weed & Seed (6:30p), 3rd District Outreach (7p), 2832 Arsenal
- May 20:** Neighborhood Mtg, 7p, Five Star Senior Center, 2832 Arsenal
- May 29:** BAnnual BPWNA Yard Sale, 2832 Arsenal
- June 19:** Annual Trivia Night, watch for more details

NOTE
the time change to 7p for the Third District Outreach Meeting.

- **Happy Hour Fridays**
- **Dog Friendly Patio**
- **Sponsor - BPWNA Dog Park**



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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

Nuisance and Quality of Life Issues

It's spring and time to keep our eyes out nuisance issues.

Remember to call the police EACH AND EVERY TIME you observe bad behavior.

To report a nuisance to the police:

1. Dial 911 for an emergency or 231-1212 for a non-emergency.
2. Say "THIS IS A NUISANCE PROPERTY" and give the address of the property you are reporting – not your own address.
3. Be prepared to give specifics about **What, Who, When and Where**.
4. Leave a call back number so the police can contact you if they need more information, YOU HAVE THE RIGHT TO REQUEST THAT THE POLICE NOT COME TO YOUR DOOR.

If you are calling from a cell phone BE SURE to give the operator your cell phone number. If you don't leave a number, the call will not count towards the Nuisance Procedure.

The City of St. Louis' goal of changing inappropriate, illegal or nuisance type behavior within our neighborhoods is very important as well as challenging. To address such issues, the following programs were developed to respond to neighborhood, family and social problems that negatively impact the quality of life in our community.

Public Nuisance Ordinance #67600 was recently updated last fall and the new Nuisance Ordinance #68535 is now in affect. *Note: this is not the entirety of Ordinance #68535 and therefore can be quoted as the complete Ordinance. See your alderman for the full ordinance.

The intent of this ordinance is to simplify the abatement process in an effort to further stabilize our neighborhoods. By law, a public safety nuisance is defined as any ongoing act or physical condition on a property, both public and private, that is detrimental to the safety of the inhabitants of the city.

Specific nuisances may include, but are not limited to the following incidents within the previous 12 months:

A. the illegal sale, manufacture, storing, possession, distribution or use of narcotics or other controlled

substances or precursors;

B. the illegal sale, manufacture, storing, possession, distribution or use of drug paraphernalia or precursors;

C. illegal sale, storing, possession, use or distribution of a firearm(s), weapons or explosive devices;

A public nuisance exists when the premises are used for two or more of the following incidents within the previous 12 months:

A. prostitution;

B. illegal gambling;

C. the illegal sale, distribution or consumption of alcoholic beverages;

D. violation of municipal, state or federal business licensing regulations;

E. commission of any offense which is punishable by imprisonment of ninety days or more;

F. maintaining or permitting a condition or engaging in an activity which unreasonably annoys, injures, or endangers the safety, health, morals, or repose of any inhabitants of the City of St. Louis or a part thereof;

G. making a false report of a violation of the law to any police officer or other officer of the law in person, or from any police alarm or call box, or over the telephone or radio, or by improper use of Emergency 911, or by any other means of communication;

H. any other condition or activity that may constitute a felony, misdemeanor or ordinance violation under federal, state, or municipal law which is detrimental to the safety, welfare or convenience of the inhabitants of the City of St. Louis or a part thereof.

Notices will be sent on the criteria:

A. Whenever the Director of Public Safety reasonably believes that any premises constitutes a public nuisance. The Notice shall state that the Director reasonably believes that a nuisance exists and identifies the activities or conditions which form the basis of the belief. Said Notice shall also set forth reasonable abatement measures which the landlord must take within 30 days of the notice. An owner occupant and/or tenant must immediately cease all nuisance behavior.

B. A copy of the Notice shall be sent to the Owner of said premises

via first class United States mail. A copy of the Notice shall also be posted in a prominent place on the premises by the Neighborhood Stabilization Officer, Problem Property Officer, Project 87 Building Inspector or other designee.

If additional nuisance behavior occurs an "Amended Notice" will be sent to the Owner of said premises via first class and by posting a copy in a prominent place on the premises. An additional 30 day abatement period shall not exist when an "Amended Notice" is issued.

D. Any Notice of Public Nuisance that was issued in accordance with City of St. Louis Ordinance 67600 is still in effect and shall be given full faith and credit.

If the nuisance behavior is not immediately abated a summons will be issued. If the nuisance behavior is not abated within the 30 day period, a "failure to abate a nuisance" summons will be issued.

A defendant who is found guilty of or pleads guilty will be convicted by the following:

First nuisance offense - subject to a fine of not less than \$100.00 and not more than \$500.00, or any other penalty available by law including up to 90 days in jail

Second nuisance offense - subject to a fine of not less than \$200.00 and not more than \$500.00, or any other penalty available by law including up to 90 days in jail

Third or subsequent nuisance offense - subject to a fine of \$500.00, or any other penalty available by law including up to 90 days in jail

Each occurrence of nuisance behavior regardless of proximity in time to any other nuisance violation shall be deemed a separate and distinct offense for which a summons may be issued.

Administrative Hearing maybe initiated in order to abate a public nuisance if the issues are not abated within the allowed time frame. The Hearing Notice shall be in writing and either sent by first class United States mail or served in person, not less than twenty (20) days prior to the date of such hearing. A copy of the Hearing Notice shall also be posted in a prominent place on the premises.



Senator Robin Wright-Jones,
District 5
573-751-2606(office)
robin.jones@house.mo.gov

WHAT THE RECENTLY PASSED FEDERAL HEALTH CARE MEASURE MEANS TO YOU

This week the U.S. Congress passed and the President signed into law historic legislation that brings health care insurance coverage to hundreds of thousands of citizens in our country. Many constituents have called my office wanting to know, "What does this legislation mean to me?"

The *New York Times* has an informative website that gives readers various categories in which they might fall regarding this recently passed health care legislation.

Self-Insured Citizens

If you provide your own health care insurance, you can keep your current plan or you can buy coverage through the new state-run insurance marketplaces starting in 2014. Existing plans don't have to meet higher benefit standards of new policies, but will face tighter regulations.

Insured By Employer

You can keep your plan or you can buy coverage through the new state-run insurance marketplaces starting in 2014, if your employer provides your health care insurance. Families making more than \$250,000 will pay higher taxes. Some tax breaks for medical costs will also be reduced.

Insured By Medicare

If you are insured through Medicare, you will pay less for preventive care and prescription drugs. If you receive benefits through a private Medicare Advantage plan, you could pay more or receive reduced benefits.

Insured by Medicaid

You and your children can stay on Medicaid if this program provides your health insurance. States will be re-

quired to maintain current eligibility levels for adults until 2014 and for children until 2019.

Uninsured - High-Risk Pool

You will be eligible for subsidized coverage through a new high-risk insurance program if you cannot get private insurance due to a pre-existing medical condition.

Uninsured - Medicaid

You will qualify for Medicaid if your household income is below 133 percent of the poverty level, or about \$29,327 in 2009 for a family of four.

Uninsured - New Exchanges

You can buy private insurance — federally subsidized for lower-income people — through new state-run insurance marketplaces starting in 2014. All plans in the exchanges will offer a minimum set of benefits.

Uninsured - Penalties

Individuals who are required to purchase health care insurance but do not will pay a penalty. Most Americans will be required to buy insurance under the new health care legislation. However, American Indians, those with religious objections, and low-income people may be exempt.

To read more about these different categories and how this federal health care measure can affect you, visit www.nytimes.com/interactive/2010/03/21/us/health-care-reform.html.

How This Legislation Will Benefit Citizens In Our State:

- 495,000 uninsured Missourians will gain health care coverage.

- More than 1 million Missourians will have access to more affordable coverage through the federal health insurance exchange.
- 516,000 residents will be able to apply for premium tax credits to help them purchase health care coverage.
- Approximately 961,000 seniors will receive free preventive services.
- 171,000 seniors will have their brand-name drug costs in the Medicare Part D "doughnut hole" cut in half.
- Approximately 79,900 small businesses will have access to a small business tax credit to make premiums more affordable.

However, some lawmakers in Missouri are opposing these benefits by proposing constitutional amendments. Recently, the Missouri Senate took up Senate Joint Resolution 25, which includes language that would exclude our state from any individual standard to purchase health insurance. The House also has a similar measure (House Joint Resolution 48), which has yet to be considered in committee. Unfortunately, some members are using this measure as a tool to scare citizens instead of supporting the federal effort to provide much-needed & affordable

health insurance to Missourians.

If passed, these resolutions will have unintended consequences & create legal problems regarding existing health care plans. For example, instead of moving toward implementing the common-sense health policy changes recently passed by the federal government, our state would be tied up in the courts, resulting in legal battles over these constitutional amendments that would cost Missouri millions of dollars. In addition, these constitutional amendments are broad and overreaching. Both resolutions could end up dismantling current health care coverage agreements, such as managed care plans that require the use of network providers. Finally, the amendments are designed to slow down the implementation of the newly passed federal health care reform. These delays will keep Missouri families from getting affordable insurance in the health insurance exchange. It will also harm the 790,000 Missourians who are currently uninsured and who could get good insurance coverage when the new law is implemented.

I will keep you informed on the latest regarding these two constitutional amendments as they are debated in the Legislature.



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Save Energy with Replacement Windows

Replacement windows are the most affordable, but choosing the right replacement windows can improve the look of your home, save you money on heating and cooling costs, and make your home less drafty and more comfortable.

Which types of windows are best? Windows come in a variety of styles and materials. Understanding the drawbacks and rewards of

each type can help you to make an informed decision that results in real savings.

New windows can be custom made, but some shapes and designs are standard. They can even be purchased off-the-shelf at home improvement stores, which will save you some money.

Window glass can have multiple panes and can include features to keep heat in or out.

Types of Replacement Window Frames

Framing materials have a major impact on the energy efficiency of replacement windows, and also affect their cost.

- **Aluminum.** Aluminum is the least efficient. Their clean lines make them popular with architects for ultra modern construction. In the winter, condensation on the window frames can cause issues with mold and dry rot.
- **Fiberglass.** Comparable to wood in efficiency and cost, fiberglass window frames have a clean, fresh look, are moderately energy efficient, and have the advantage of being very lightweight and easy to handle.
- **Wood.** Wood framed windows are required for historic upgrades in some parts of the country and are heavier and pricier than vinyl or aluminum. Vinyl clad wood is a popular high-end choice for optimal energy efficiency and durability.
- **Vinyl.** By far the most popular choice for replacement windows. Vinyl is energy efficient, affordable, and looks nice with the vinyl siding that is now featured on most homes. Vinyl is easy to maintain and looks new for years.

Window Glass And Other Considerations

Window glass can be double hung or triple hung. This refers to the layers of panes of glass used to increase thermal efficiency. Glazing on window glass often includes special features like tints that adjust to the amount of sunlight, or reflective coatings that keep heat in during cold weather and out during warm weather.

Some window glass is coated with a very thin layer of polyester or metal that makes the surface slightly reflective, like a mirror. Choose the glass options with the highest insulation value you can afford.

The dead air space between panes of double or triple hung glass is what provides the insulating value that saves energy and keeps the house more comfortable.

Various gases are used between the panes to increase the insulating value.

The most common gas used to boost insulation between panes is argon. When shopping for new windows, always look for the Energy Saver label. This label indicates eligibility for an Energy Saver tax credit for the year you install them. According to the U.S Environmental Protection Agency, choosing Energy Star replacement windows can save the average household up to \$476 per year in utility costs when installed in place of older, single-paned windows.

April Dessert Recipe

Looking for a holiday treat that is kind to the waistline?

How about a YUM dessert for this holiday that you can eat without feeling guilty. This simple and easy pie will make your family think you're the greatest!

This is not your mother or grandmothers pie....

Banana Cream Pie

Fat-Free

Prep time: 10-15 min **Makes:** 8 servings
Cook Time: none **Start to Finish:** 15 min

Ingredients:

- 1 ½ (8oz) packages of cream cheese (fat-free)
- 1 8oz package of fat-free jello pudding (flavor of choice)
- 1 1/3 cup of milk
- 1 graham cracker crust

Prep:

1. Soften the cream cheese until you can stir
2. Mix the cream cheese and 1/3 cup of milk until smooth
3. Add the package of pudding and the 1 cup of milk
4. Mix until the mixture is thickened
5. Fold mixture into pie crust and refrigerate.

*Notes:

- Refrigerate at least 3 hours
- ANY flavor of pudding can be used. (also can be regular pudding mix)

***Nutrition Information:** (when used with reg Cream Cheese)
Per Serving: Calories 230, Carbs 15g, Cholesterol 7g



Reward Your Self....

By Anne L. Childers, LMT

Happy 2010! from Indigo

Find us on Facebook!

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

We will be bringing you a series of topics that will help you, the Baby Boomer, be more fit and have better health. This is part one of four.

Did you know....

According to the U.S. Centers for Disease Control and Prevention, preventing disease and injury is critical to reducing the

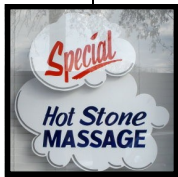
expected growth of health-care costs headed our way, as more than 70 million U.S. baby boomers cross the 60-year-old threshold. Moreover, disease prevention is critical to, well, your health!

Whether you're a boomer who is running a marathon or running after your grandchildren, you know that growing older doesn't

mean growing old. If you're wondering how to stave off the effects of aging, the preventative and restorative nature of massage and bodywork might be just what the body ordered.

Next month watch for information about:

- Improved Circulation, Healthier Skin
- Immunity and Stress



Hot Stone Specials

50% off hot stone add ons - Add Hot Stones to your therapeutic massage to one or two areas of need for only **\$10 and**

25% off Hot Stone Therapy - 90 minute Hot Stone Therapy for only **\$90** experience the benefits of healing stones in this complete treatment

Specials End April 30th

Benton Park West Dog Park Spring Fling

CELEBRATING OUR ONE YEAR ANNIVERSARY

Saturday

April 24

10:00a-12:00p

Benton Park West Dog Park

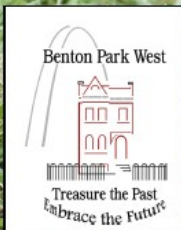
3300 Nebraska

(Corner of Utah and Nebraska)

Join us for
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Mary E Cox
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St Louis, MO 63104
314-277-0187



Time to think about your membership for 2010!

Recycling Processes

Ever wonder how "stuff" is recycled? For the next couple of weeks, we'll share about the different types of recycling processes.

Our busy modern lives and living in the city, we loose connection from all sorts of things - how food is grown or where milk comes from. I am reminded of the story of the child who thought milk only came from the store. As adults we don't think about how goods are produced, how non-recyclable waste is dealt with, and the processes behind recycling.

I'll be talking about five different recycle process, thanks to information from *Green Living Tips* (www.grenlivingtips.com). The following is a brief overview how products are recycled past the point of extraction from the waste stream.

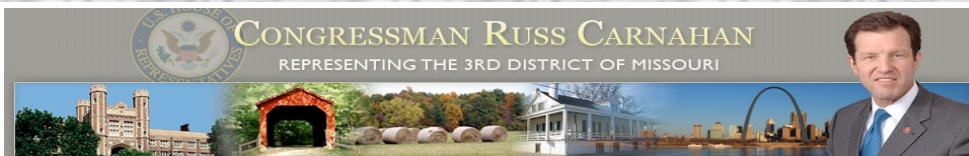
Aluminum can recycling process

After arriving at a smelter and inspected, the crushed aluminum cans are shredded. The pieces are then heated to remove the paint and any moisture, the material then passes over fine screens to remove contaminants.

The material is then heated to melting point (around 600C) and chemicals added to separate more impurities that are then skimmed off. Aluminium and other metals may then be added to bring molten material to the required alloy specification.

The molten aluminum is poured into very large ingots and once cooled and cleaned, sent through rollers multiple times until a thin sheet is produced; which can then be remade into cans.

It's an energy intensive process, but the recycling energy savings are around 95% compared to mining and smelting from new raw materials and aluminium can be recycled an unlimited number of times.



One of the most important parts of my job is to maintain continuous contact with the people of Missouri's 3rd Congressional District. Not only does it help to stay connected with what's going on back home in Missouri, it is critical that you know how to access services available to you and understand how the work we do affects you and your family.

Here are three ways to continue this important dialogue:

1) Sign up to receive e-Newsletters to keep up to date on my work in Congress, give your feedback on issues important to you, and to receive special invitations to town hall

meetings and events in your neighborhood. You can always unsubscribe from this list at any time and most importantly, your name and e-mail address will NEVER be shared with anyone. Go to www.carnahan.house.gov/index.php?option=com_content&view=article&id=316&Itemid=79 to sign up today!

2) Browse the website for current information on special services available to constituents, vote in online polls, share your thoughts on important issues and read more about news of the day. Browse our website at www.carnahan.house.gov.

3) Follow me on Twitter and Facebook, where I

share recent blog posts, op-eds, and thoughts about critical votes or events. To follow my tweets visit twitter.com/repcarnahan. To friend me on Facebook, visit facebook.com/congressmancarnahan.

As always, you should feel free to reach the office by picking up the telephone and dialing 314-962-1523. It's an honor to serve as your U.S. Representative in Congress, and I look forward to continue working with you on the many issues and challenges facing our country and Missouri's 3rd Congressional District.

Sincerely,

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renovation + construction, llc



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www.bluebrickconstruction.com

Be involved in 2010

Be a part of Benton Park West and help make **YOUR** neighborhood better.

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

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

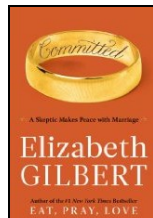
I would like to be involved with:

___ 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 allowed 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

