



Don't forget!

Neighborhood Meeting
February 17, 7p
2832 Arsenal

Hear about events in
YOUR neighborhood

The Porch Review



Benton Park West

Vol 11, No. 2

February 2011

DIVERSE BACKGROUNDS, UNIQUE PATHS, ONE WIN - PEOPLE OF BPW

Events

- Feb 1: BPWNA Board Mtg**
6:30p, Five Star, 2832 Arsenal
- Feb 10: Weed & Seed (6:30p), 3rd District (7p)** 2832 Arsenal
- Feb 13: BULK Trash Pickup**
- Feb 17: Neighborhood Mtg.**
7p, Five Star, 2832 Arsenal
- Mar 1: BPWNA Board Mtg**
6:30p, Five Star, 2832 Arsenal
- Mar 5: Mardi Gras, call 314-771-0308 to volunteer**
- Mar 10: Weed & Seed (6:30p), 3rd District (7p)** 2832 Arsenal
- Mar 13: BULK Trash Pickup**
- Mar 17: Neighborhood Mtg.**
7p, Five Star, 2832 Arsenal

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Questions, Comments, Concerns?

Contact Neighborhood Office:

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

Mardi Gras 2011 - Be Part of the FUN!

Benton Park West has been part of Mardi Gras for many years; from staffing a beer booth to providing shuttle service.

This year is no exception; but it takes YOU to help make the Fun Happen!

Staffing the beer booth is a fundraising event helps BPW can bring events such as the Easter Egg Event, movies, the newsletter, Trunk or Treat, Garden's, Beautification projects and many other things in the neighborhood.

Help out by having FUN with your neighbors for a 2 hour shift (or more).

Call the neighbourhood office at 314-771-0803 or Carrie Sleep and find out when **YOU can Be Part of the FUN!**

Wine Country

Membership Appreciation Event

This annual event is celebrating the sixth year of being part of the Benton Park West calendar of activities.

The event is designed to honor and show appreciation for YOU the residents of BPW. Each of you do so much throughout the year, it's nice to hear "Thank You".

There have been many awards given in the past based upon the amount of

work one puts into their property, businesses with great looking buildings, residents who invest time and energy in their community, and great blocks. One award is the Neighbor of the Year; this individual(s) is submitted by residents, for residents.

The event this year is not a big meal, but a more casual environment for guests to socialize and find out more about each other in our community.

From special guests, arts, photography booth, chocolate tasting and the ever popular silent auction, the evening is scheduled to be a special event!

Watch for the March newsletter to see all of the joy, excitement, fun, and connection of residents celebrating this annual event.

REMINDER! Beautify BPW and Your Home

Don't forget to help BPW by helping yourself!

Check out the neighborhood web site www.bentonparkwest.org or the BPW Fundraiser link <https://aromagifts.scentsy.us/Buy?partyId=14769360>. Remember 10% of ALL proceeds come to BPW.

Fundraiser goes through Feb 28th, 2011.



Thursday February 10, 2011

6:30p Weed & Seed
7p 3rd Dist Community Outreach

2832 Arsenal - Five Star Senior Center

Bring info about crime or suspicious behavior.

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

The Presidents Corner...



Linda Hennigh

Welcome to February! Last month I promised to introduce you to one of the wonderful people who spend part of their free time chairing a committee or filling a board position in our

**HAPPY NEW YEAR!!!
Welcome to 2011**

neighborhood association. This month I would like to introduce **Martha Buckley, Vice-President** AND the **Membership Committee Chair**, who will tell you a bit about Membership.

Linda Hennigh, President

Martha Buckley - Vice-President AND Membership Chair for 2011

As many of you know, I've been the Membership Chair for the past year. I get to meet new people, plan events and parties, and generally have fun. I don't think there has been one association meeting or event that I haven't met someone new. What a great 'job' to have! Of course I'm always looking for help so, if you like having fun, let me know how you would like to make BPW the best place to live.

The new year is here and, if you haven't done so already, it is time to renew your Benton Park West Neighborhood Association membership. General Memberships start at just \$10.00; it's so affordable *everyone* can join. How-

ever, if times are tough and you still want to be part of the Neighborhood Association, just give me call and we can always work something out. We certainly don't want \$10.00 to stand between you and BPW.

Business Memberships are also available and we would love the opportunity to promote your business in the newsletter.

So, what are you waiting for? There's always an application in the newsletter and applications are always available at the neighborhood meetings.

Cut one out, pick one up and

Sign up today!

2010 Board

Linda Hennigh - President
771-2161(h) linda_hennigh@yahoo.com

Martha Buckley - Vice-President
566-9348(c) marthabuckley@ymail.com

Diane Hurwitz - Treasurer
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Bill Byrd - Publicity
bpwnapub@yahoo.com

Pam Welsh - Youth
pwelsh@epssg.com



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

FREE TAX SERVICES

This service is available at Five Senior Center, 2832 Arsenal.

This service came from a program through Operation Weed and Seed. Thanks to Five Star for continued this service.

Five Star is a non-profit (501c3) organization serving seniors in our community.

HAVE IRA QUESTIONS? LET'S TALK.

Mary E Cox, AAMS®
Financial Advisor

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Governor Nixon and Committee Chair Silvey Setting Tone for 2011 Budget Debate



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Gov. Jay Nixon gave his 2011 State of the State address before a joint session of the General Assembly on Jan. 19. He kept the focus strongly on recent and future efforts to create jobs and the need for continued funding cuts to state government. Gov. Nixon proposed a \$23.09 billion state operating budget for the fiscal year beginning July 1. This would cut state spending by about \$700 million and eliminate another 863 state jobs in addition to more than 3,000 that have already been cut in recent years.

The governor’s budget on paper would reduce basic state funding for local school districts by about

\$112 million for the 2012 fiscal year. However, the governor proposes allocating \$189 million in one-time federal education funding that must be appropriated to schools during FY 2011. He is asking local districts to save \$112 million of that money for next year in order to keep actual FY 2012 education spending flat. Nixon also proposed a seven percent cut in state higher education funding, while calling for modest increases in scholarship funding. (It was good news when, on Jan. 25, Missouri’s community college leaders announced they would keep tuition increases to \$5 or

less per credit hour during the 2011-2012 school year.)

Meanwhile on the third floor of the Capitol Building, House Budget Committee Chair Ryan Silvey (R-Kansas City) has posted a large sign in front of his office door that reads:

Welcome to the House Budget Office - Ask yourself the following:

- 1. Am I here to ask the Chairman for more money than last year? If yes proceed to question 2.**
- 2. Have you lost your mind?**

Aside from whether this sign is “in good taste” when discussing the life and death matters that are in our budget, it really bothers me that Rep. Silvey seems to be stifling discussion about the areas of the budget where the state is failing to invest adequately to meet public need. For example, Missouri’s failure to provide adequate funds for community-based men-

tal health services is costing all of us in St. Louis in terms of our quality of life.

As Bill McClellan cited in his Jan. 7 column in the Post-Dispatch: “Last July, the Missouri Department of Mental Health eliminated emergency services and acute care at the St. Louis Metropolitan Psychiatric Center, which is where police from both the city and the county used to take people with mental problems. The emergency room at the center typically handled about 200 such cases a month.”

I am now seeing a lot more people who are mentally unstable on our streets (approaching my car, etc.). This is not a desirable situation for the person with the illness or their neighbors and loved ones. People who could be treated medically are now winding up incarcerated – which also costs our city and state money. Instead of automatically downsizing government, we need to right-size it. And that requires vigorous public discussion. We must insist on no less!

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Be Prepared for Early and Possibly Unwanted - Retirement

Mary Cox, Financial Advisor for Edward Jones 314-577-0167

Mary Cox is a financial advisor for Edward Jones. She lives in the Benton Park neighborhood and has an office at 1908 Park Avenue in the Lafayette Square business district.

Given the economic climate we're in, you may one day be faced with a downsizing or otherwise forced to retire earlier than you had planned. But even if that happens, you can still maintain control of your financial future — if you make the right moves.

Unfortunately, many of us are ill prepared for events such as forced early retirement. In 2009, more people filed for Social Security than any year in history, with a big increase in the number receiving reduced benefits because they filed before their full retirement age.

Of course, if you are forced to take an early retirement, you, too, may need to tap into your Social Security earlier than you planned. While you're still working, consider these steps:

* Boost your contributions to retirement plans and contribute up to the employer match. Also, if you are eligible, contribute regularly to your Roth IRA.

* Be prepared to rebalance your portfolio to provide more opportunities for income.

* Build up cash accounts. Even during "normal" times, it's a good idea to keep an emergency fund, in cash or other liquid vehicles, containing six to 12 months' worth of living expenses.

* Repay any 401(k) loans.

* Get some help. By consulting with a professional financial advisor, you may find that you actually can afford to retire early.

You may not be able to avert an unwanted, early retirement, but by preparing for it, as far in advance as possible, you can improve your chances of maintaining the retirement lifestyle you've envisioned.

If you'd like assistance planning for retirement, please contact my office.



UPCOMING 2011 MARDI GRAS EVENTS

Don't miss any of the exciting events around Mardi Gras.

Mark your calendars for March 5th's Mardi Gras Parade. Make sure to patronize the neighborhood beer booths. Watch for details about locations of the different neighborhood booths.

The 2011 schedule of events are as follows:

- February 5- Snowman Softball Tournament
- February 12- U.S. Cellular Family Winter Carnival
- February 18 - Wine Taste
- February 19 - Crystal Cajun Cook-Off (location TBD)
- February 26 & 27 - Southern Comfort Taste of Soulard
- February 27 - Beggin' Barkus Pet Parade
- February 27 - PetSmart Wiener Dog Derby
- **March 5 – River City Grand Parade**
- March 5 - Bud Light Party Tent
- March 5 – Rolling Rock Music Experience
- March 8 – Lumiere Place Fat Tuesday Parade



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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Community Information Corner

It might still be cold, but on the warm days take a walk around your neighborhood.

So many great things are within walking distance. From opening of shops, being noted in local media, and even art exhibits there is so much *new* happening. Then there are always the restaurants, shops and such that make living in Benton Park West enjoyable.

Upper West Cherokee - celebrate the Grand Re-Opening of Peridot, STL-Style and Lighthouse Design (STyLehouse), and The Archive's One Year Anniversary! Preview delectable edibles by the Cherokee Peach, slated to open Spring 2011. Saturday, 2/5, 5pm -10pm on the 3100-3200 block of Cherokee.

New poll in The Riverfront Times celebrated their first Web Awards. Cherokee Street News was a finalist in the category of Best Neighborhood Blog. The winner was North STL County at <http://nocostl.com/>. Check Cherokee Street News - at <http://cherokeestreetnews.org>.

No One Goes Hungry Art Exhibit at Cranky Yellow - collection of work by print-maker and montage-ist, Jason Potter; Friday March 4th from 7p - 2a at Cranky Yellow (2847 Cherokee Street).

Park West Grille

New atmosphere, new menu, new seating options. All new at Park West Grille (PWG), but with the same familiar feeling of a corner "pub".

The new menu offers more sandwich choices and the ever popular appetizers. While enjoying the food and a drink, there is a video game for those who enjoy the nostalgia of an actual arcade game. There are now dart boards to enjoy

How about grabbing your friends for a beer or the ever popular martinis and throw a game or two of darts! Never thrown darts? Then this is your chance to learn. From guys to gals throwing darts is a fun game; it's all about strategy and skill without anything to do with

brawn or power.

The new owner, Mike Eagan, is more than happy to hear what YOU like or dislike about PWG.

Now, my all-time favorite is the lobster wontons for a snack. If I'm looking at a meal, the burger is always a favorite as are any of the chicken sandwiches. There are still a few nicer options on the menu, but expect PWG to be down-to-earth with prices that are inviting and as great as the food.

Park West Grille - 2917 S. Jefferson.

Hours: 5p-1a M-Sat

Happy Hour – 5-7p - \$1 off everything, Daily Specials!

For more information or to ask about the new menu, call 314-772-PARK (7275)



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**Want to make
YOUR Neighborhood better?
Contact any board member for information!**

Movies and a Bite

by RJ Johnson

Movie . . . *The Fighter*.

What a nice surprise! Now, this is not my normal type of movie. I am not really into boxing movies as I can do without the blood and seeing men pummeling one another. However with assurances that I would not be completely disgusted, combined with positive reviews, I gave *The Fighter* a fighting chance. Did I see blood? Yes. Did I see men pelting each other? Yes. However, the bloodshed did not overwhelm the movie. It had its place. When the movie began, so did my annoyance. The music drowned out the dialogue which made it difficult to hear the actors speak. Fortunately that subsided and I have to say in spite of the aforementioned, the movie was pretty good.

The Fighter is a movie about a relationship between two brothers and their over involved mother. Both brothers are boxers. One brother had a promising career (which apparently was shortened by drug addiction); the other attempts to find his own way to boxing success, in spite of his overbearing family. I always enjoy hometown movies with a hometown hero. The storyline delves into the joys and challenges of small town life and issues of loyalty, along with the dynamics of a large family. *The Fighter* also tackles an age old dilemma: At what point do you have to let your family go - especially if they are bringing you down?

Mark Wahlberg, Micky Ward, is such a solid actor; he really never disappoints. Melissa Leo, the actress casted as Wahlberg's mother also gave a great perform-

ance. The bantering between the mother, Wahlberg's girlfriend and his sisters is amusing. However the stand out performer in this movie, hands down, is Christian Bale who played Wahlberg's older brother. He had the walk, the talk and the quirky facial tics of a person with an addiction. If I didn't know better...I would recommend rehab for him.

The Verdict: *The Fighter* is unquestionably worth buying a full price ticket and maybe even taking a date. Ladies you will definitely score points if *The Fighter* is your movie suggestion for date night.

and after the movie . . .

A Bite . . . *Fritanga Nicaraguan Restaurant, 2208 S. Jefferson Ave (Benton Park).*

Tired of steak and potato? No? Neither am I. However I do like to venture out and sample other sorts of cuisine - thus Fritanga. Fritanga's Nicaraguan restaurant is a wonderful taste of Central America right here in St. Louis. The atmosphere is intimate and quaint with a colorful décor and good selection of flavorful dishes.

I am a huge fan of the fried tilapia (it's the whole fish but don't worry about the eyeballs). The sauce that accompanies this fish is incredible! Also high on the list of recommendations are the empanadas, plantains and rice & beans. Fritanga's additionally has a nice selection of equally appetizing chicken and beef dishes. Yum! Prices are reasonable and the service is very personable. I could do without the Spanish television (but that's just me). Repeat visits are *absolutely* in order. Fritanga is definitely one of my favorite restaurants. Enjoy!



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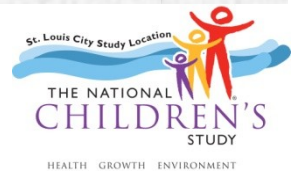
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**WATCH FOR THE BPW
BEER BOOTH AT
MARDI GRAS - MARCH 5TH**

**Want to help out? Contact the neighborhood
office at 771-0803 and be a part of the booth!**

The National Children’s Study in Saint Louis: Working Today for Tomorrow’s Children



The National Children’s Study’s Gateway Study Center has begun recruiting and enrolling women who are pregnant or thinking about becoming pregnant. To enroll, women must live in certain parts of St. Louis City. The National Children’s Study is the largest study of child health and development ever to be done in the United States and it will look at how the environment and family health history affect children’s health. The study will collect information about where kids live, learn and play in order to answer questions about childhood health and disease, for example to learn about what increases the risk of learning disabilities, birth defects, autism, asthma, diabetes, and ADHD.

“The ultimate goal of the study is to improve the health and well-being of children. Participants will be part of a program that we believe will guide public health policies and the treatment of children for generations to come,” said Louise Flick, DrPH, Principal Investigator for the National Children’s Study Gateway Study Center and Professor of Epidemiology at Saint Louis University School of Public Health.

The Study is observational only; researchers won’t ask participants to do or take anything experimental. Researchers ask participants to live their lives and share information about their child’s health as they grow. Information will be collected from the time the mother is enrolled until the child turns 21 years old. Other large, long-term studies have been done on heart health and women’s health, but never on child health and development. “The Framingham Heart Study is how we learned about the connection between cholesterol and heart disease,” said Allison King, MD, MPH, Co-Principal Investigator with Washington University School of Medicine. “It is time that we learn more about how future generations of children can grow up in a more healthy way,” she adds.

One recruitment strategy includes going door-to-door in the randomly selected neighborhoods that were chosen to participate in the Study. Recruitment will also take place at physician’s offices and clinics and through a public awareness campaign. Everyone is invited to learn more about the Study either by

going to the Web site <http://gateway.nationalchildrenstudy.gov> or by having one of the Study Center staff come speak to business, civic, or religious groups. To arrange a speaker contact Nikki Weinstein, Community Liaison, at 314-993-5234 x113 or weinsteinn@battelle.org.

Locally, Saint Louis University School of Public Health, Washington University School of Medicine, Southern Illinois University Edwardsville School of Nursing, and Battelle St. Louis Operations are partnering to implement the Study in the City of St. Louis. The NCS is funded by congress and led by a consortium of federal partners that includes the Eunice Kennedy Shriver National Institute of Child Health and Human Development, the Centers for Disease Control and Prevention, the National Institute of Environmental Health Sciences and the U.S. Environmental Protection Agency.

To find out if you may be eligible to participate in the Study, please call 1-866-559-0928 or 314-302-2824.



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 See page 16 for an application

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- Dutchtown South Community Corporation
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Five Star Senior Center

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- Luvy
- Duvy's
- Nader &

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- One Nite Stand
- Pets in the City
- Pointer's

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- Dennis Smith
- Margaret Smith
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- Polly
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- Linda Hennigh
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- John Doggette
- Nancy Galvin

*Will your name be on this page for 2011? *See membership application on the back page*

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

Senator Wright-Jones' Filed Legislation



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

The 13 bills I have already filed in the Senate include legislation ranging in topic from school attendance and green building standards to cancer screenings and vehicle inspections. Here's a quick list of my sponsored legislation.

- Senate Bill 20** - Modifies the compulsory attendance age for the St. Louis City School District so that students must attend school from five years of age to 18 years of age.
- Senate Bill 21** - Requires kindergarten attendance at the start of the school year for children who turn age five at any time during the calendar year.

- Senate Bill 22** - Requires newly constructed state buildings to meet certain green building standards.
- Senate Bill 38** - Establishes a prostate cancer pilot program to provide screening, referral services, treatment, and outreach.
- Senate Bill 39** - Modifies provisions relating to hospital-patient safety.
- Senate Bill 40** - Allows certain medical consultants who contract with the Department of Social Services and the Department of Mental Health to be covered by the State Legal Expense Fund.
- Senate Bill 44** - Requires health carriers to

- devote a certain percentage of health insurance premiums to be used for the payment of health care services.
- Senate Bill 45** - Requires official motor vehicle inspection and emission stations to have liability insurance to cover any possible damages to a vehicle during an inspection.
- Senate Bill 46** - Allows elected officials to be excused from jury duty during their term of office.
- Senate Bill 47** - Creates the Minority Business Enterprise and Women's Business Enterprise Oversight Review Committee. The bill also establishes plans to increase the participation of certified socially and economically disadvantaged small business concerns, mi-

- nority business enterprises, and women business enterprises.
 - Senate Bill 48** - Prohibits public utilities from requiring a deposit from certain delinquent customers.
 - Senate Bill 49** - Creates special rules for the formation of transportation development districts to operate mass transportation systems.
 - Senate Bill 84** - Modifies law relating to voter registration and election offenses.
- To see a complete list of my sponsored bills, visit the updated Missouri website at www.senate.mo.gov, and , click on "List of 2011 Senate Bills" under the Legislation tab.

Weed & Seed

Operation Weed & Seed is a community based effort sponsored by the U.S. Department of Justice. BPWNA participates in the regular meetings with city and law enforcement officials at 2832 Arsenal, on the 2nd Tuesday of every month - 6:30p.

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 Service Bureau
622-4800

Refuse Department
353-8877

Alley Lights (AmUE)
342-1000

Street Lights (CSB)
622-4800

Winter and Cold Preparedness

We're still in what seems like the "deep freeze", but now is the time to look around and find things you can do to make your home warmer (save on utilities) and your car safer.

These suggestions can be used now or later, the sooner the better.

- Make sure your home is well insulated and that you have weather stripping around your doors and windowsills to keep the warm air inside.
- Insulate pipes with insulation or newspapers and plastic and allow faucets to drip a little during cold weather to avoid freezing.
- Learn how to shut off water valves (in case a pipe bursts).
- Keep fire extinguishers on hand, and make sure everyone in your house knows how to use them. House fires pose an additional risk as more people turn to alternate heating sources without taking the necessary safety precautions.
- Know ahead of time what you should do to help elderly or disabled friends, neighbors or employees.
- Hire a contractor to

check the structural stability of the roof to sustain unusually heavy weight from the accumulation of snow - or water, if drains on flat roofs do not work.

- If you have a car, fill the gas tank in case you have to leave. In addition, check or have a mechanic check the following items on your car:

- Antifreeze levels - ensure they are sufficient to avoid freezing.
 - Battery and ignition system - should be in top condition and battery terminals should be clean.
 - Brakes - check for wear and fluid levels.
 - Exhaust system - check for leaks and crimped pipes and repair or replace as necessary.
- Carbon monoxide is deadly and usually gives no warning.**

○ Fuel and air filters - replace and keep water out of the system by using additives and maintaining a full tank of gas.

○ Heater and defroster - ensure they work properly.

○ Lights and flashing hazard lights - check for serviceability.

○ Oil - check for level and weight. Heavier oils congeal more at low temperatures and do not lubricate as well.

○ Thermostat - ensure it works properly.

○ Tires - make sure the tires have adequate tread. All-weather radials are usually adequate for most winter conditions.

○ Windshield wiper equipment - repair any problems and maintain proper washer fluid level.



16th Annual 3rd Dist Luncheon



FRIDAY, FEBRUARY 25, 2011, 11:30a-1:30p
PALLADIUM (1400 Park Place Free Parking)

Guest Speaker: Jackie Smith, "NFL Football Hall of Famer"
Master of Ceremonies: Debbie Monterrey, co-host "Total Information A.M." KMOX Radio

\$25.00 PER PERSON - For reservations, contact Rachel Witt, (314-772-5750), President of the 3D Partnership

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



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What's happening in Benton Park West

FEBRUARY 2011

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4	5
		BPWNA Board mtg 6:30p				Newsletter Deadline
6	7	8	9	10	11	12
				W&S 3rd Dist -6:30p		
13	14	15	16	17	18	19
Bulk Trash week				BPWNA mtg 7p		
20	21	22	23	24	25	26
27	28					

- 1** - BPWNA Board Meeting - 6:30p, 2832 Arsenal
- 5** - Newsletter Deadline
bpwnapub@yahoo.com
- 10** - W&S Advisory meeting 6:30p, 3rd District 7p, 2832 Arsenal.
- 13** - PUT OUT YOUR BULK TRASH. Must be out by 10p Sun.
- 13** - W&S Advisory meeting 6:30p, 3rd District 7p, 2832 Arsenal.
- 17** - BPWNA Monthly meeting - Five Star Center, 7p, 2832 Arsenal

March Events

- Mar 1:** Board Mtg, 6:30p, Five Star Senior Center, 2832 Arsenal
- Mar 5:** Mardi Gras Booth
- Mar 10:** Weed & Seed (6:30p), 3rd District Outreach (7p), 2832 Arsenal
- Mar 17:** Neighborhood Mtg, - 7p, 2832 Arsenal, Five Star Senior Center

Be involved in 2011

Be part of Benton Park West
Contact Linda Hennigh at 314.771-2161, neighborhood office at 314-771-0803 or any Board member.



Lafayette Park United Methodist Church

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

Worship

- 9:30a - Summer Schedule
- Fellowship after service

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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Beautify Your Home and BPW

Don't forget to check out flameless candles at <https://aromagifts.scentsy.us/Buy?partyId=14769360>.

Aroma Gifts is donating 10% of all proceeds to the BPW Association. Order now through February 28, 2010 and help BPW.

Not online? Call the neighborhood office for more information and to order.

Aroma Gifts features the FlameLESS candles and scents. Only a light bulb heats your warmer, no open flame.

Beautify your space and support the BPW Beautification fundraiser. Order online and your warmer will be shipped directly to you.

Just go to: <https://aromagifts.scentsy.us/Buy?partyId=14769360>

Citizen's Academy returning

Enroll now for Citizen's Academy 12-week course through City of St Louis Metropolitan Police Department. Course starts March 2, 2011.

The City of St Louis has announced that Citizens Academy is returning this spring.

The Citizens Academy provides an opportunity for St. Louisans to learn the ins and outs of the Metropolitan Police Department. The philosophy of the program is when citizens have a better understanding of the difficult jobs our police force does day in and day out, they are better equipped to help officers' aim of helping the community.

The course will run for 12 weeks, meeting one night per week (Wed) for three hours at the Police Academy, beginning March 2, 2011 and ending May 25, 2011.

A variety of commissioned officers will teach the very interactive courses with demonstrations, role-playing and simulations.

To be eligible to participate, applicants must:

- Be city residents or business owners
- Be at least 18 years old
- Have no active warrants
- Agree to have a records check to be performed by the Department

Please feel free to spread the word to friends, family and citizens you encounter who you believe may be good candidates for the course.

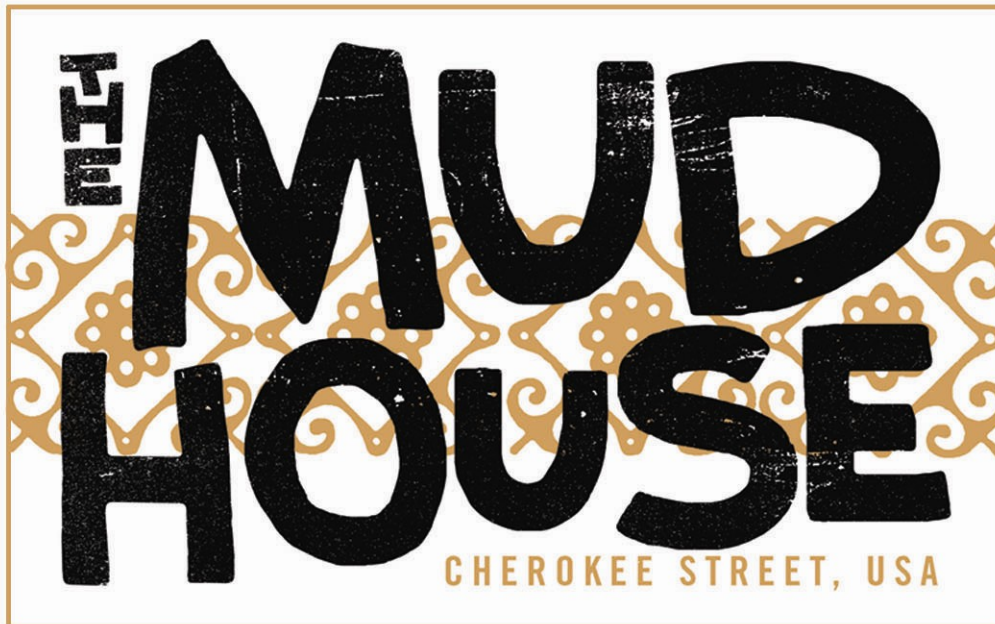
Applications are available online at www.slmpr.org or via email at citizensacademy@slmpd.org or call 314-444-5638.



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M-F 7-5:30
Sa-Su 8-6

Library Corner - Erin Guss**St. Louis Public Library – Online!**

With the closing of Central Library for renovations, several departments have turned to blogging to provide news and updates about their collections. Follow the links below, and

don't forget, you can always find SLPL on Facebook and Twitter!

The Grants and Foundations Department:
<http://slplgfcnews.blog.com/>

While Central Library is closed for renovations, The Grants and Foundations Department has relocated to Schlafly Branch. Their blog provides alerts to new books purchased for the department, as well as upcoming workshops and news of note.

The Fine Arts Department:
<http://slplar.blogspot.com/>
This blog provides acqui-

sition updates in the fields of Art, Media, and Architecture that may be requested and sent to branches for checkout.

The History and Genealogy Department:
<http://hgdept.glogspot.com/>
The blog offers lists of new books, bibliographies of research materials, research advice, and schedules of local history classes.

Library Calendar - Feb 2011**CHILDREN/TEENS**

Wednesday, February 2, 4-5p. Remember Fort Pillow! Over 250 black soldiers perished in this Civil War battle. Grades 6-12.

Wednesday, February 2, 4:30-5:30p. African American Read In Chain. Families.

Thursday, February 3, 4-6p. Classic Games: Cat's Cradle Play a classic children's game. Families.

Monday, February 7, 10-11a. Susie King Taylor: Teacher, Laundress, Civil War Nurse, Author Carole Shelton portrays an African American nurse during the Civil War. Grades 3-8. Groups of 5 or more register in advance.

Wednesday, February 9, 4-6p. Got Game? Play Nintendo Wii and Xbox 360. Grades 6-12.

Thursday, February 10, 4:30-5:30p. Black History Jeopardy Quiz yourself about Black History. Grades 4-12.

Mondays, 14, 28 - 11-11:30a. Storytime. Stories, songs, & more. Toddler/Preschool. Groups of 5 or more register in advance.

Monday, February 21, 4-6p. Magic Mondays. Impress your friends with card tricks. Grades 3-8.

Wednesday, February 23, 4-6p. African American Animated Film Festival. A series of short animated films. Families.

Thursday, February 24, 4:30-5:30p. Quilt Squares. Paper quilts in the tradition of Gee's Bend. Grades 3-8.

ADULTS

Saturdays, February 5, 12, 19, 26 - 2p. Saturday Afternoon Cinema – Roots. Every Saturday in February, we will show an episode or two of the classic TV miniseries Roots, starring Maya Angelou, LeVar Burton, Lou Gossett, Jr., and Ben Vereen. Adults.

Thursdays, 4-6p., GED Paths to Success

Low-Fat Spinach Lasagna

Prep time: 15-30 min **Makes:** 6 servings
Cook Time: 90 min **Start to Finish:** 1.5- 2 hours

Ingredients:

- 2 cups Low-fat cottage cheese
- 1 Egg or equivalent egg substitute
- 2 cups Low-fat mozzarella shredded
- 1 jar Spaghetti sauce (32oz)
- 1 pkg Frozen chopped spinach (10oz)
- 9 Uncooked lasagna noodles
- 1 cup Water
- 1/8 teaspoon Pepper
- 3/4 teaspoon Oregano
- Salt to taste

Prep:

1. In a large bowl mix thawed and drained spinach, cottage cheese, 1 cup mozzarella, egg and seasonings
2. Preheat oven to 350 degrees.
3. Spray Pam on a lasagna tray or 13x9x2 baking dish.
4. Layer 1/2 cup sauce, 3 noodles and 1/2 cheese mixture. Repeat layer.
5. Top with remaining noodles then sauce and sprinkle with 1 cup of mozzarella. You can also sprinkle grated parmesan cheese on top.
6. Pour water around the edges and put a few toothpicks on top. (If you choose to use cooked noodles, you don't have to add water.) This will prevent the cheese from sticking to the foil.
7. Cover with foil and bake for 1 hour- 1 hour 15 minutes, or until lasagna is bubbly. Let stand for 15 minutes before serving.

Nutrition Information: Per Serving: Calories 361, Carbs 46g, Total Fat 4g, Sodium 1130, Protein 30g, Fiber 3g.





Reward Yourself....

By Anne L. Childers, LMT

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High Time for Tea

The health research is enough to make you forego the latte for strong brewed tea instead. Name your color -- black, white, green, even red -- teas are packed with disease-preventing antioxidants (more than some fruits and vegetables) and contain vitamins, minerals, and at least half the caffeine of coffee.

Fortified with free radical-fighting polyphenols, tea drinkers have a reduced risk of many different cancers, in particular stomach, colorectal, and even skin cancer. Tea drinkers also have a lower risk of heart disease, stroke, and high cholesterol. Containing anti-inflammatory and arthritis-preventing properties, tea also helps stimulate the immune system and protect the liver against toxins.

But you have to drink up. Most research points to five or so cups of brewed tea each day to reap the health benefits. Decaf tea loses some but not much of its health punch, due to extra processing.

All traditional tea -- white, green, oolong, and black -- is derived from the leaves of an evergreen tree called the *Camellia sinensis*, and all contain the health-promoting poly-

phenols. White tea is made from young tea leaves, dried in the sun without fermentation or processing. Green tea is dried with hot air after picking, so it retains its color



Discover the Healing Properties of Taking Tea

but is not fer-

mented. Oolong tea, sometimes referred to as "brown" tea, is fermented but not processed to the point of black tea. Black tea, on the other hand, is fully fermented, which accounts for the color of the leaves and its stronger flavor.

Rooibos, or red tea, is naturally caffeine-free and from the *Aspalathus linearis*, a shrub that grows only at high altitude near Cape of Good Hope in South Africa.

Herbal teas are made from a variety of plants, roots, bark, seeds, and flowers and are technically herbal infusions rather than tea. Though they don't contain the same antioxidants and haven't received the same research-based accolades as traditional tea, the herbs in these infusions have certain healing properties that have been used for centuries to treat many common health issues.

Remember to take some hot tea with you after your massage.

We have a variety of teas to choose from.

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 Sun-10:00am-5:00pm

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
 Dave Krapf - 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, 314-657-1370 (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

Animal Abuse Hotline
 (314) 647-4400

Child Abuse Hotline
 1- 800-392-3738

EnergyCare
 (314) 773-5900

Five Star Senior Center
 664-1008

Operation Brightside
 772-4646

Parental Stress Help line
 1-800-367-3543

Parents Anonymous
 647-HELP or 866-492-0843

2011 is HERE! Are you a member?

**Membership Application
 Benton Park West - 2011**

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

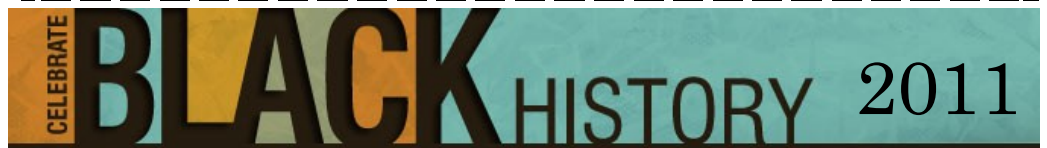
**Mail to: BPWNA Membership
 PO Box 18671
 Saint Louis MO 63118**

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



The remembrance of Black History month has its roots in 1926 by United States historian Carter G. Woodson as "Negro History Week". Woodson chose the second week of February because it marked the birthdays of two Americans who greatly influenced the lives and social condition of African Americans: former President Abraham Lincoln and abolitionist and former slave Frederick Douglass. Woodson also founded the Association for the Study of Negro Life and History, now the Association for the Study of African American Life and History.

There are many American cities important in black history, but many times it is forgotten the positive role Saint Louis played in black history. Checkout two places of history in Saint Louis and find out the importance in our American history.

The Old Courthouse: A number of African American moments in history have happened in Saint Louis and are now historical sites. The legendary Dredd Scott trials, for example, began in 1846 in Saint Louis. Visit the Old Courthouse where the trails began, then Scott's grave at Calvary Cemetery. In the second floor rotunda gallery at the Old courthouse, copies of court records, newspaper articles related to the trail, and other artifacts are on display. Reenactments are held in the old courtrooms, and anyone can participate.

Scott Joplin State Historic Site: Scott Joplin's recognized in the city as well at the State Historic Site at 2658A Delmar street. It's the house where Joplin began his career and wrote a number of his rag time tunes. The house has been now turned into a museum. There are fees for a visit of the museum - call 314-340-5790 for more details.

Benton Park West

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



***Dark
Chocolate is
Good for YOU!***

The Health Benefits

Dark chocolate contains a high concentration of stearic acid (a saturated fatty acid with a neutral effect on cholesterol), essential minerals including magnesium, copper, potassium, manganese, and most significant, flavonoids. The latter are phytochemical plant pigments that act as natural antioxidants, neutralizing free radicals that can damage body tissue and cells. (Since dairy can interfere with the absorption of these antioxidants, only dark chocolate, not milk chocolate, offers benefits.)

Flavonoids also hinder platelet aggregation and improve blood-vessel flexibility, helping to prevent hardening of the arteries. Traditionally made (meaning minimally processed) dark chocolate actually contains more flavonoids per gram than any other food tested so far, including green tea, red wine, and blueberries. The good news doesn't stop there: The high percentage of cocoa in dark chocolate also gives it a low glycemic index, a ranking of carbohydrates according to their effect on our blood glucose levels. This means it produces only small fluctuations in blood glucose and insulin levels.

article from wholeliving.com

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Operation Brightside

Even with all the snow, it's time to think about Spring and Operation Brightside Clean-up Blitz. But this year the Blitz a "Blitz Weekend", April 9th (Saturday) and April 10th (Sunday) - a good time to clean up after a long winter.

If you haven't signed up to be a Block Captain, please do so by calling Operation Brightside at 772-4646. The more block captains we have, the better.

More people are always needed to help. So please sign up and **mark your calendars for Saturday, April 9th and Sunday April 10th!**

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SHOP and SEARCH to help BPW!

Here is a FREE way to help BPW do fundraising. Just shop online and do searches on the computer.

- Start shopping! At www.iGive.com/BPWNA
- Start Searching at <http://isearch.igive.com/>.

This is a simple way for you to help Benton Park West. Fundraising supports movies in the park, kids events, beautification, as well as supporting other projects in the community.

Join now at www.iGive.com/BPWNA

Remember, it is up to YOU to be the ears and eyes of the police officers. Officers can't be on every corner each day or night, but we live here.

Be active eyes and ears in keeping our neighborhoods safe!



BPW Dog Park

3300 Nebraska

**It's never too late to join and let your dog
enjoy their own space!**

You just need the following:

1. Submit 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 www.bentonparkwest.org and send to: BPWNA, PO Box 18671, St. Louis, MO 63118

**REMEMBER - BPW Dog Park is open to furry friends from
Benton Park, Fox Park, Gravois Park, Marine Villa,
McKinley Heights, and Tower Grove East**

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

Totally Awesome 5K

Mark your calendars & save your spot... this 5K is like no other!

May 14, 2011 in Benton Park
9am 5K - 10am Kids Fun Run

5K & Kids Fun Run Post-race festival

Live 80s music by Frankie Says Relax



Grand Viaduct Work

One of the area's largest construction companies, Kozeny-Wagner, will start the Grand Viaduct project in February. This \$22 million project will remove and replace the 50-year-old Grand Avenue Viaduct, located between Interstate 64 and Chouteau Avenue.

The plan for the new viaduct configuration will have four lanes separated by an irrigated landscape medium, transit amenities for MetroBus and MetroLink, dedicated bicycle lanes, and 12-foot-wide pedestrian sidewalks.

The project, scheduled to start in February is planned to be completed in May of 2012. For more information check out <http://www.bizjournals.com/stlouis/news/2011/01/06/kozeny-wagner-inks-19m-grand-viaduct.html#ixzz1AMnfYdcR>

Items of note in and around Arsenal and Jefferson

February 12th - St. Wenceslaus Trivia Night – 4th Annual – Saturday, February 12, 2011. Doors open at 6:30 p.m. Trivia begins at 7:00 p.m. in the St. Wenceslaus Parish Hall (3022 Oregon Ave.) at the corner of Oregon & Arsenal in the school basement. The hall is handicapped accessible. Cost is \$20 each person or \$160 per table of eight. Questions and reservations: Call Kathy Styer at 314/588-0770. Mail reservation by February 6 to St. Wenceslaus Church, 3014 Oregon Ave., St. Louis, MO 63118.

February 19th - Texas Holdem' Tournament - Five Star Senior Center, at 2832 Arsenal is hosting the first Texas Holdem' Tournament for 2011. Door open at 6p on Saturday, February 19th. \$ 50 Entry Fee includes food and drink. For more information call 314-664-1008.

February 26th - Trivia Night for Seniors - Help provide meals and services to our elderly residents. Five Star Senior Center, 2832 Arsenal will be the site for the FIRST Trivia Night for our seniors. Mark your Calendar for Saturday, February 26th, doors and silent auction open at 6p, trivia begins at 7p. Tables of eight for \$ 140, or \$ 20/individual. Besides fun and helping our seniors, light snacks and beverages are provided. For more information contact Carmela at 314-707-0510 or rothfamily1@sbcglobal.net

March 5th - Flea Market - St. Wenceslaus, at 3022 Oregon (Arsenal and Oregon at Gravois) is holding Flea Market on March 5th as a fundraiser for the parish.

Book Club in a Bag

Each Book Club in a Bag has fifteen copies of the same book so every person in your group can take a book, read it, and be ready for the discussion. Also included in the bag is a list of possible discussion questions to get the ball rolling. A short biography of the author and some web sites are also included. There are over 100 titles available. You can arrange to use the **Book Club in a Bag** service by calling (314) 241-2288.

What is Membership?

Membership is the act of being part of a group. In sociology, a **group** is usually defined as a collection of humans who share certain characteristics, interact with one another, accept expectations and obligations as members of the group.

Find out about your neighborhood association by asking your board. Being a member is the first step to helping making our neighborhoods a better place to live.