



Don't forget!

Neighborhood Meeting
January 21 - 7p

Officer Joe Calabro
3rd District
Public Affairs Officer
2832 Arsenal

The Porch Review

Benton Park West

Vol 10, No. 1

January 2010



Celebrate Being Community, Pride, and Working Together

Events

Jan 5: BPWNA Board Mtg
6:30p, 2832 Arsenal

Jan 14: Weed & Seed (7p) -
Neighborhood Advisory Board,
3rd District Outreach (7:30p)
2832 Arsenal

Jan 21: Neighborhood Mtg,

Jan 30: Membership
Appreciation Dinner

Feb 9: BPWNA Board Mtg
6:30 pm, 2832 Arsenal

Feb 11: Weed & Seed (7p), 3rd
District Outreach (7:30p))
2832 Arsenal

Feb 13: Mardi Gras Booth

Feb 18: Neighborhood Mtg,

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Questions, Comments, Concerns?

Contact Neighborhood Office:

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

Committee Roles and Responsibilities

Committees many times have been termed as a "group of individuals who meet to take minutes while wasting them". The Board of Benton Park West definitely does not waste minutes when they meet or when work is being accomplished.

The By-laws of Benton Park West detail four committees that are considered Standing Committees. The next set of committees are considered Special Committees.

It takes everyone to make a neighborhood. If you can only invest a few hours or more a month, your time is important in making Benton Park West a place you are proud to call home.

The Board of Benton Park West firmly believe that anyone who steps up to chair a committee should have the freedom to present and carry out their ideas, as approved by the BPW Board, and have ownership of decisions while keeping the board apprised of activities at each step.

If you are interested in any of the committee chair roles, or just would like to be involved, contact Melissa Pink at *314) 266-9655 or email at bpwnapres@gmail.com.

We must always remember the neighborhood mission:

"Enhance and strengthen the neighborhood and its residents by promoting beautification, commerce, communication, diversity, and safety. The neighborhood association makes efforts to support, renew, and sustain Benton Park West's unique human and physical resources, serving as a voice for the neighborhood, and helping to ensure quality living."

Standing Committees

Membership Committee

Purpose - The Membership Committee recruits new and maintaining existing Association members.

Role - The Membership Committee identifies, and contacts and obtains new members of the Association.

Scope - The Membership Committee assists in increasing membership revenues, both by obtaining additional memberships and by encouraging higher level memberships. The Benton Park West Neighbor-

(Continued on page 13)



Join a Community of Neighborhood Leaders

"Livable communities don't just happen. They are created by the people who live in them."

That conviction is the basis upon which the Neighborhood Leadership Academy (NLA) was founded. The University of Missouri-St. Louis created the program in 2002 as part of its outreach to the St. Louis community. The program connects resources at the university--the Community Partnership Project, the Nonprofit Management and Leadership Program, and University

Extension--to residents and neighborhoods interested in creating more livable communities.

Each year the NLA brings together a diverse group of up to 20 current or potential neighborhood leaders for 10 sessions over a four-month period in a hands-on leadership training program that em-

(Continued on page 19)

The Presidents Corner... View from the "Pink" Side



Melissa Pink

Being Community, Pride, and Working Together

Time for a Change

The tradition of the New Year's Resolution goes all the way back to 153 B.C. Janus, a mythical king of early Rome was placed at the head of the calendar.

With two faces, Janus could look back on past events and forward to the future. Janus became the ancient symbol for resolutions and many Romans looked for forgiveness from their enemies and also exchanged gifts before the beginning of each year.

The new year is a great time to review your past and plan for your future, but for any real change to occur there must be a long term commitment. It is all good and well to write down a little wish list and get excited over it for a few days or a few weeks, but that's the easy part. It takes maybe 20 minutes of commitment to come up with a list of goals and ambitions for the next year. It takes a lot longer to achieve them.

Not only is this the new year for change in your life, it is also the new year for change in the neighborhood. One way to make change happen in the neighborhood is to get involved. Resolve to become involved with your Neighborhood Association.

The start of the new year is a perfect time to start a Do It! list and to make this the cornerstone of your new year resolutions, be it for your family, yourself or your neighborhood. Start with asking yourself:

1. What are you deeply passionate about?
2. What are you genetically encoded for — what activities do you feel just "made to do"?
3. What makes sense in your schedule — what amount of time can you invest outside of your own family and world?

Regardless of how you answer the above 3 questions, there is something for everyone at the Benton Park West Neighborhood Association. Even if you can only spare 20 minutes a week, that is enough to help make a neighborhood dream come true.

2009 has been a difficult year for most. Let's resolve to make 2010 a great year for all! Get involved. We need YOU!!!

Melissa Pink, President

[Marie von Ebner-Eschenbach](#) - "Even a stopped clock is right twice a day."

2010 Board

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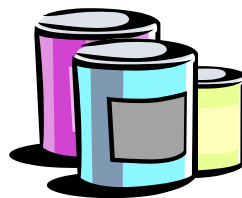
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THANKS to everyone for the donations to the Food Pantry!



Through YOUR efforts, Benton Park West was able to present over 500 cans and boxes of food to The Salvation Army for their Food Pantry. The Salvation Army said that the food was a welcome "gift" as they'd exhausted much of the regular donations and still needed to make up food boxes for Christmas!



Scott Bollinger is a Benton Park West resident and is an Investment Advisor Representative with Ameritas Investment Corp. Securities and investment advisory services offered through Ameritas Investment Corp. (AIC), Member FINRA/SIPC. Scott can be reached at 314-225-7170 or scott@advisorstl.com.

CONSOLIDATING YOUR IRAS

Why it makes so much sense.

Do you own multiple IRAs? Many people do. You may have started your first IRA all the way back in the 1970s. Maybe you started a Roth IRA in the late 1990s when that option became available. Perhaps you have an IRA CD or an IRA money market account at a bank. Or perhaps you've rolled over 401(k) assets from former employers into a few IRAs.

There is wisdom in consolidating your IRAs. Why? Well, let's look at the reasons.

Save on yearly account fees. Fewer IRA accounts mean fewer administrative costs. If you have seven IRAs, you could consolidate them into one or two accounts and rid yourself of the fees you would be paying annually to maintain the other five or six.

Less paperwork. Tired of getting multiple account statements? Tired of filing and keeping track of those multiple statements? Why not simplify things? With fewer accounts, it becomes easier to track the performance of your investments.

A chance to refresh the way you invest. An IRA consolidation can also be a time to invest your IRA assets more conservatively than you did at midlife. Sometimes people don't adjust the asset allocation of their IRA or 401(k) for years. They approach retirement with investments that make more sense for younger investors, and with their IRA assets exposed to more risk than they want.

A way to simplify the administration & distribution of IRA assets. Are you older than 70½? When it comes to calculating your Required Minimum Distribution (RMD), having just one traditional IRA instead of, say, five makes figuring out that RMD amount considerably easier.

A while back, you may have set up multiple IRAs for estate planning purposes, each with its own beneficiary. Years ago, only one beneficiary could inherit an IRA. In 2002, that changed. Now, under most circumstances, you can name multiple beneficiaries for one

IRA. (Your original IRA can be divided into separate accounts by December 31 of the year after your death, and each beneficiary may calculate RMDs based upon their own life expectancies.)¹

Furthermore, the executor of your estate will appreciate having one or two IRAs to deal with, as opposed to six or eight or nine (and there will be less paperwork to hunt for, if a hunt must take place).

It's easy. Moving IRA assets from one traditional IRA to another requires an IRA asset transfer (also called a trustee-to-trustee transfer). It's actually less involved than the classic 401(k)-to-IRA rollover. You don't have to deal with the 60-day deadline that comes with that move.

Can you convert your traditional IRA to a Roth IRA? You sure can during 2010 - in that year, anyone will be able to do it. But before then, you may or may not be eligible to do so. In 2008 and 2009, your modified adjusted gross income (MAGI), not including the converted IRA income, needs to be under \$100,000 for the tax year involved.² Also, inherited IRAs may not be converted into Roth IRAs. (But thanks to IRS Notice 2008-30, non-spouse beneficiaries of company retirement plan assets may now convert those inherited assets into Roth IRAs.)³

Should you convert to a Roth before 2010? For many IRA owners, it makes sense to wait until then. If you convert in 2008 or 2009, your tax bill may be sizable, because you'll have to pay income tax on any gains in the IRA and any pretax contributions you've made to it over the years.⁴ On the other hand, if you do it in 2010, you can defer the taxes on the conversion over 2011 and 2012.² Of course, through any Roth IRA conversion, you'll gain the future benefits of tax-free compounding, the possibility of tax-free withdrawals and the potential to make contributions after age 70½ without having to take RMDs.⁵

Consider simplifying your IRAs. This small step may reduce fees, state-

ments and even confusion. In fact, if you have a bunch of "strays" in your portfolio - investments you've almost forgotten about, or wonder if you could be getting more out of - consider a chat with your financial advisor that could help you sharpen your investment focus.

Citations.

¹ raymondjames.com/ira_minimum_dist.htm [11/19/08]

² filife.com/stories/preparing-for-a-roth-ira-conversion-in-2010 [1/30/08]

³ irahelp.com/newsletter/files/0088-2008-APR%20(1).pdf [4/08]

⁴ smartmoney.com/personal-finance/retirement/roth-iras-to-convert-or-not-7965/ [1/10/08]

⁵ investopedia.com/articles/retirement/03/012203.asp [11/18/08]

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Red Cross Urges St. Louis Residents to Get Ready for Winter

With much of the country already experiencing a winter wallop, and snow in the St. Louis area this spring, the American Red Cross recommends taking a few steps that will help you stay safe despite the weather.

“Winter storms can knock down power lines, make travel difficult because of icy road conditions, and keep people isolated in their homes for several days,” said Nicole Holtgreffe, director of preparedness and client services. “That’s why now is the perfect time to get ready before this winter storm hits our area. Make sure you have the food and supplies on hand now that you may need if it’s not safe to travel or if the power goes out.”

The Red Cross recommends stocking up on easy-to-prepare foods, medications for family members, diapers, baby formula, pet food, extra-batteries for flashlights, and hygiene

items like toilet paper and tissues. Make sure you have enough wood or coal for fireplaces or coal-burning stoves.

In addition, the Red Cross offers the following ideas to help stay safe during winter storms:

Tips for Staying Safe at Home

- Be careful with candles – do not use candles for lighting if the power goes out. Use flashlights only.
- Don’t use a generator, grill, camp stove or other gasoline, propane, natural gas or charcoal-burning devices inside your home, basement or garage. Locate it away from doors, windows and vents that could allow carbon monoxide to come indoors.
- Prevent frozen pipes - when the weather is very cold outside, open cabinet doors to let warm air circulate around water pipes. Let

the cold water drip from the faucet served by exposed pipes. Running water through the pipe - even at a trickle - helps prevent pipes from freezing because the temperature of the water running through it is above freezing. Keep the thermostat set to a consistent temperature.

- Never use a stove or oven to heat your home.
- If you plan on using a fireplace to stay warm, keep a glass or metal fire screen around the fireplace and never leave a lit fire unattended.
- If using a space heater, follow the manufacturer’s instructions on how to safely use the heater. Place it on a level, hard, nonflammable surface. Turn the space heater off when you leave the room or go to sleep. Keep children and pets away from your space heater and do not use it to dry wet clothing.
- Avoid overloading electrical outlets.



- Check on your animals and make sure that their access to food and water is not blocked by snow drifts, ice or other obstacles. If possible, bring them indoors.

Tips for Protecting Yourself While Outdoors and Traveling

- When possible stay indoors during the storm.
- Walk carefully on snowy, icy sidewalks and stairs.
- Dress in several layers of lightweight clothing, which will keep you warmer than a single heavy coat.
- Mittens provide more warmth to your hands than gloves. Wear a hat, preferably one that covers your ears.

(Continued on page 14)

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- Cocktails

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Sun-10:00am-5:00pm



Community Information Corner

Staycation vs Vacation

Rather than thinking of taking a vacation, plan a "Staycation" in 2010. Plan fun each month right in your own hometown – Saint Louis offers. Save money on gas, food and accommodations by staying at your own house. Take Metro (bus or rail) and experience not having to deal with traffic.

Check out just a few of the fun things Saint Louis has to offer in January.

- **Creole for Kidz** - Friday, Jan 29, 7-8p at Founders' Theatre at COCA, 524 Tinity Avenue, St. Louis, MO. Tickets are \$ 14-18. Contact: (314) 725-6555.
- **Eagle watching along the Mississippi River in Alton and Grafton** - Hundreds of bald eagles spend their winter along the banks of the Mississippi River. January is a great time for eagle watching. Take a guided tour from the Alton Visitors Center or just drive along the Great River Road for some prime eagle spotting.

- **Old Courthouse** - Part of the Westward Expansion Memorial Museum.
- **Grant's Farm**
- **Missouri History Museum** in Forest Park – Free, some exhibits require additional fee.
- **St. Louis Art Museum** in Forest Park – Mostly Free. Exhibits with fee typically FREE - On Sundays, from 1-4pm.
- **Magic House** - FREE on Third Friday after 5p
- **First Due Fire Museum** - FREE (donations accepted). Volunteer firemen run the museum.
- **Soulard Farmer's Market** - Oldest market west of the Mississippi.
- **Tower Grove Farmer's Market** – One of the newest.
- **Tower Grove Park**
- **Benton Park**
- **Jewel Box** in Forest Park – Greenhouse in the middle of the City. \$1 to enter, free on Mon and Tues from 9a-noon.
- **The Zoo** in Forest Park – Free with several exhibits having additional fee, but are free on specific days before 9a.

- **Happy Hour Fridays**
- **Dog Friendly Patio**
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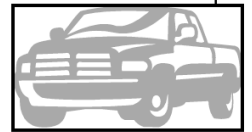


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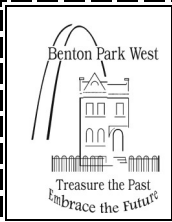


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Join BPWNA neighbors who recycle with Earth Circle.

Questions? 314-664-1450

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

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Why won't fat disappear where you want it to?

Ok, you are working out regularly, you are eating a healthy diet, you are losing weight and you feel great! All is good, right?

WRONG! You can't seem to lose that excess fat around your problem areas. Don't feel bad. This is a common problem that many people encounter. Remember, to always consult your doctor before starting any weight loss and/or exercise program. Things to consider that might help answer your weight loss questions:

- Genetics – Look at people in your family and compare body shapes. Your goal should be to optimize your body shape.
- Age and Gender - Men store fat in their abdominal areas. Women store fat in their hips to age 40. After 40, women tend to store fat in the belly.
- Medical Conditions and Medications. Women may store fat in the stomach region after giving birth. Additionally, studies have shown that long term use of certain medications may make it difficult to remove abdominal fat.
- Lifestyle Programs – Finding the proper balance of good nutrition and physical activity is a good foundation.

The bottom line is not to get discouraged, have patience and don't give up. Optimize your body and love the body you are in.

Heat-Up St. Louis has funds available for needy residents

The volunteer utility assistance charity Heat-Up St. Louis, Inc. is offering help to elderly and disabled or low-income Missouri and Illinois residents heat their homes this winter.

Since 2000, Heat-Up St. Louis, Inc. has helped more than 198,500 people

through referrals, utility grants, public education, and through its resource hotline. The charity's goal is to help people avoid using unsafe measures to heat their homes and not resort to forsaking their prescription drugs or food to cover heating costs. Anyone who needs assis-

tance from Heat-Up St. Louis can call them at 314-241-7668 or log-on to www.heatupstlouis.org. And those who wish to make a tax-deductible donation to the charity can do so at Heat-Up St. Louis, c/o UMB Bank, P.O. Box 868, St. Louis, MO 63188.



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Weed & Seed

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

The Porch Review will bring you law enforcement news so that you are in tune with the community's efforts to make Benton Park West a better place to live for us all.



Emergency help: 9-1-1

Non-emergency:
314.231.1212

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

Safety Beyond the Home



Benton Park West is concerned about safety of our residents and friends.

As we know, winters in Saint Louis are unpredictable and weather conditions can change rapidly. Following a few simple driving guidelines can greatly improve your safety on the roadways this winter.

- The easiest way to improve your travel safety is to avoid driving when road conditions are hazardous.
- Remember that intersections, ramps, bridges, and shady areas of the road can freeze quickly. These surfaces may appear wet,

but could actually be covered with ice.

- Slow down and leave plenty of space between you and the vehicles ahead of you. Always give yourself braking room when roads are slippery.
- Always wear your safety belt and carry a cell phone.
- Dress warmly and always keep emergency items in your car in case you get stranded. Blankets, jumper cables, first aid kit, ice scraper, and reflectors are things you should have with you

when driving in cold weather.

- Keep your fuel tank at least 2/3 full. This will not only help prevent your vehicle's fuel line from freezing, but will keep your vehicle running longer (and you warmer) if you do find yourself stranded.
- If your vehicle begins to slide, take your foot off the gas and gently steer your car in the direction you are sliding.

Keep in mind that during the holidays the number of traffic accidents increases. Alcohol consumption was a factor in a third of accidents. Make a pledge in 2010 to drink responsibly and drive sober.

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MAKING SENSE OF INVESTING

Benton Park West 2010 Neighborhood Elected Board

It's easy to get involved in BPWNA. Call the Neighborhood Office at 314.771.0803 or contact any Board member to see how you can help.

Current Committees

- Beautification
- Community Gardens
- Facilities
- Publicity
- Block Link
- Dog Park
- Finance & Fundraising
- Quality of Life & Safety
- Board of Directors
- Events
- Membership
- Youth Outreach



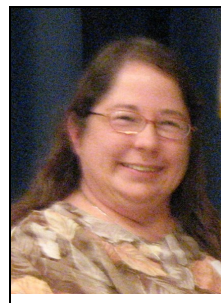
Melissa Pink

PRESIDENT - My name is Melissa Pink and my family and I have been residents of the Benton Park West neighborhood for 2 years. I was born in Chattanooga, Tennessee and grew up in Carrollton, Missouri, 50 miles east of Kansas City. I have been a paralegal for 12 years, 6 of those years in St. Louis. My fiancé is Daniel Doherty, and we have two

children.

The first night I sat out on my front porch during the rehab of our home, I noticed a publication lying on the step. It was the monthly newsletter for the Benton Park West Neighborhood Association. I read that from front to back, not missing a single tidbit of information. It was right then and there I decided that once we moved in, I was becoming a member and becoming involved!

Now that our youngest has reached his 1 year milestone and life has found an easy pattern, I thought it was time for me to be more involved. So, when I was approached to be nominated for President, after a lot of careful thought and consideration, I decided that now was the time to be involved!



Diane Hurwitz

VICE-PRESIDENT - I was born in St. Louis and never left the area except for a brief job stint in Jeff City. I grew up in Richmond Heights and moved to south St. Louis in the Clifton Heights neighborhood during graduate school. I went to undergrad, grad, and law school at Washington University. I always loved old Victorian homes, and once I saw I could have

my own "castle" in St. Louis, I never left the city. I moved to the Tower Grove Heights neighborhood where I still reside, but found

(Continued on page 15)

Thanks! from Five Star Senior Center

The year of 2009 is coming to a close and the Five Star Senior Center is so grateful to all of you for your support of our programs. With the budget cuts and difficulty in fund raising in these stressful economic times we are still here due to the people like all of you. Because the need continues to grow for meals, transportation, social activities, tax assistance, or just being there when they need someone to talk to, etc.....

So 2010 begins with new opportunities to continue meeting those who need the services of the Five Star

Senior Center. We look forward to your renewed support and that of new volunteers to be Friends of Five Star and continue serving the seniors of St. Louis .

Fundraiser for 2010

January 31, 2010 Fried Chicken Dinner 11-5

February 20, 2010 Texas Hold-em 6:30

Thank you again for a great 2009 and even better 2010

Michael W. Howard
Executive Director
Five Star Senior Center

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Benton Park West 2010 Neighborhood Elected Board

Benton Park West on my daily commutes to work in Illinois via Gravois. By this point, I had already started the Clowder House Foundation, which we then were operating out of a house I was rehabbing in the Franz Park neighborhood. Clowder House was greatly in need of a permanent home, and there stood facing Gravois on Wyoming, this old warehouse covered in aluminum with every window broken out, and I knew the building just had to have more to offer. We finally acquired the property (which originally was the power house for various breweries), took off the hideous facade, moved in the kitties after extensive renovations, and I became committed to yet another neighborhood. Throughout the years, I have served on both the Tower Grove Heights and Franz Park neighborhood boards in various capacities, as well as the Grand South Grand House Tour Committee, the Compton Heights Water Tower Park and Preservation Society and the West County Daylily Club out of MBG. By serving on the Benton Park West board, I am hoping to help continue building on past successes to strengthen even more the safety, desirability and vitality of such a diverse neighborhood.

on the streets and community, where buildings and empty houses come back to life.

That is why I accepted the position of 2010 BPWNA Treasure, not only will I fulfill my position, but help out with what is needed to keep BPWNA strong!



Sherry Young

Member-at-Large - Sherry Young - I was born in Los Angeles California during the early 1960's. I have lived in St. Louis for 16 years, in Benton Park West for the last 8 years. I am an active volunteer at Grace Hill Health Center, as well as, the neighborhood association. I look forward to another year on the BPW Board serving the residents. If you need anything, just ask and I'll see

what I can do.



Shirley Johnson

Member-at-Large - Hi I'm Shirley Johnson and I live in the 3100 block of California. I've lived in Benton Park West neighborhood for twelve years and have enjoyed it greatly. There have been so many wonderful improvements since I moved here. We have a magnificent Benton Park West Neighborhood Association. We explore ways of meeting the needs of our great community.

Last year I had the pleasure of taking the Neighborhood Leadership Academy course which was held at USML. It was both a pleasure and an honor to take the course because it taught us different methods of developing projects in our neighborhood. This year, as I am on the Board of Directors for the Neighborhood Association, I look forward to working with the residents to make our neighborhood a safe place to live.



Erica Nuyan

SECRETARY - My name is Erica Nuyen. I was born and raised in Michigan and moved to St. Louis 7 years ago to attend law school. My husband Mark and I moved to BPW almost 4 years ago and love the diversity of the neighborhood. We are both excited for the future of the neighborhood and the city. I can't wait to continuing being a part of the great things to come.



Amy Clayton

TREASURER - My name is Amy and I have lived on the 3200 block of Ohio since Oct '08, but bought our house to rehab in March of '08. I am originally from Highland IL and have lived in St. Louis 2005. We looked in all different neighborhoods, but choose BPW out of all; our plan was to make a change to where we lived.

Living in the BPW, for a little over a year, I finally feel like I'm home! Everyday, I see the community changing and all in a positive way.

Since I have joined the BPWNA, I have tried to help with whatever events have come up needing volunteers, I take pride in doing good for the community and being where I'm needed. One of my goals for being on the BPWNA Board is help make the neighborhood a safer and more of a close neighborhood. I see for the future of BPW to have a change



Neighborhood Advisory Board

Thursday, January 14, 2010

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

2832 Arsenal - Five Star Senior Center

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

Hear Captain Gerald Leyshock 7:30p meeting.

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

Time to think about your membership for 2010!

Watch for renewal letters arriving in your mail. For new memberships, see page 16 for an application.



Membership Needs YOU in 2010!

Call 771.0803 for more info.

Business Members -

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

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

General

- Rex Abernathy
- Melba Arnold
- Abi Bollinger
- Bethany Bollinger
- Kim
- McKenny
- Monti
- Erica Nuyen
- Mark Nuyen
- Obi Nwakanma
- Amanda Oncken
- Christian Oncken
- Connie Petty
- Melissa Pink
- George Polumbo
- Danielle Reamy
- Andrew Roberts
- Gwendolyn Robinson
- Maureen Ross-Lang
- Eric Ryszkiewiz
- Christian Sabatino
- Jennifer Shoemaker
- Steve Skidmore
- Carrie Sleep
- Denise Carter
- Dane Cheek
- Amy Clayton
- Jason Deem
- Amber Dover
- Janet Emerson
- Gale Erickson
- Tom Freeman
- Barry Gilbert
- Virginia Gilbert
- Galen Gondolfi
- Edna Gravenhorst
- Ted Gravenhorst
- Clint Gullede

- Natalie Hilfiker
- John Headrick
- Anna Jinkerson
- Shirley Johnson
- Patrick Kavanagh
- Linda Kurian
- Manu Kurian
- Holly Lammert
- David Lang
- Andrew Liebermann
- William Liebermann
- Marcus McCullough
- Kathryn McKay
- Amanda
- McKenny
- Gerard
- Erica Nuyen
- Mark Nuyen
- Obi Nwakanma
- Amanda Oncken
- Christian Oncken
- Connie Petty
- Melissa Pink
- George Polumbo
- Danielle Reamy
- Andrew Roberts
- Gwendolyn Robinson
- Maureen Ross-Lang
- Eric Ryszkiewiz
- Christian Sabatino
- Jennifer Shoemaker
- Steve Skidmore
- Carrie Sleep

- Christina Sullivan
- Michael Sullivan
- Jay Swoboda
- Karen Talbott-Wood
- Mira Tanna
- Deborah Thurston
- Vivica Toxwell
- Lia Varanavicius
- Rokas Varanavicius
- Shelle Veres
- Steve Veres
- Raymond Warnhoff
- Joshua Welsh
- Pamela Welsh
- Sherry Young
- Senior
- Frances Bunse
- Barbara Christ
- Walter Christ
- John Coleman
- Roma Coleman
- Mary Jones
- Anna Pierce
- Jerry Pierce
- Supporter
- Derek Cadzow
- Glenn Cambell
- Anne Childers
- Michelle Foley
- Ted Gann Sr.
- Kevin Hovis
- Laura Lesse
- Sara Miller
- Chuck Morrison
- Megan Schacht
- Jackie Weatherly
- Patron

Will your name be on this page in February? *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

Committee Roles and Responsibilities

Continued from Pg 1

hood Association Board in the annual budgeting process by providing a forecast of expected memberships and membership revenues.

Mission - The Membership Committee, working in cooperation with Benton Park West Neighborhood Association Board, is responsible for increasing the number of individual and business members and ensuring the retention of members to ensure a vibrant, diverse neighborhood.

The Membership Committee Roles and Responsibilities:

- Recruiting and retaining members
- Mailing welcome letters to new Benton Park West home owners
- Initiating member appreciation events
- Mailing membership renewal letters
- Maintaining membership records
- Maintaining the Benton Park West Neighborhood Association mailing list-

Providing volunteer information for BPWNA committees, projects

- Preparing monthly listing of the membership records for the monthly newsletter

Block Link Committee

Purpose - The Block Link Committee purpose is to assess and improve the quality of life for residents in Benton Park West block by block.

Role - The Block Link Committee increases awareness about Neighborhood activities, events, and concerns to the individual blocks; including communication with residents by being a conduit of information both directions; information to the residents from the association, city officials and police, as well as; information to residents from the association, city officials, and police.

Scope - The Block Link Committee assists all actions of the activity at the block level. This includes coordinating meetings with city officials and po-

lice, respectively, when issues arise on a particular block. The passage of information in both directions maintains healthy blocks. Empowering residents to become “community” on their block through block functions and socials, encouraging all residents to “know who belongs”, and support the perspective of National Night Out as a community crime watch and community building process.

It is not the scope of this committee to empower a block to form groups that would be contrary to the established association.

Mission Statement - The Block Link Committee attempts to engage all residents on blocks as community within the larger community of Benton Park West.

Roles and Responsibilities -

- Monthly report to Board with the following information:
 1. New residents (homeowners and rental) with addresses and residents who have moved out.
 2. Crime or other information happening on blocks that come from residents
 3. Vacant buildings and problems that residents see
 4. Patterns of activity as reported by residents
- Report any issue or concern to allow the Board to be proactive.
- Actively pass out new resident packets and report the number handed out each month.
- Actively encourage Block Links to attend monthly meetings (W&S and neighborhood) and
- report on list serve when things happen at the block level
- Schedule two social events each year, no matter how poorly attended, to encourage interaction between the Block Links. Actively encourage all Block Links to be members; passing out membership applications and be willing to accept payment to pass along to the membership chair. Remind Block Links that Scholarships are available.
- Coordinate National Night Out Activities – This means possibly visiting, the night of NNO, each block who has signed up
- Possibly coordinate the movie night which is traditionally the Saturday before NNO
- Develop and distribute, twice a year, a 1 page sheet of a Block Link’s role and responsibilities
- Develop and distribute a 1 page resident version (watered down) of what the tasks of a Block Link twice a year.
- Develop (with help from the board, city officials, and police) and distribute education pieces to include “questions and answers” of what to do when there is suspicious activity or problems.
- Encourage use of incident logs

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NEW YEAR SPECIAL

Haircut - \$ 15
 Hi-lights (starting at) - \$ 40
 Short/med length

Present coupon before starting
FIRST TIME CLIENTS

(Continued on page 17)



Reward Your Self....

By Anne L. Childers, LMT

"smile, breathe, and go slowly."

- Thich Nhat Hanh (Vietnamese Monk & Activist)

Time for Tea

Discover the Healing Properties of 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 polyphenols. 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 but is not fermented. 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.

- from abmp.com

We think finding just the right massage therapist is important. Our therapists design a massage that fits your specific needs enhanced by their individual styles.

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

...Get Ready for Winter Continued from Pg 5

- Wear waterproof, insulated boots to keep your feet warm and dry and to maintain your footing in ice and snow.
 - If you shovel snow, be extremely careful. Take frequent breaks, stay hydrated and avoid overexertion.
 - Minimize travel whenever possible. If travel is necessary keep a disaster supplies kit in your vehicle with extra food and blankets.
 - Avoid driving when conditions include sleet, freezing rain or drizzle, snow or dense fog.
 - Winterize your vehicle and keep the gas tank full. A full tank will keep the fuel line from freezing.
 - Seek medical attention immediately if you have symptoms of hypothermia including confusion, dizziness, exhaustion and severe shivering.
 - Seek medical attention immediately if you have symptoms of frostbite including numbness, flushed gray, white, blue or yellow skin discoloration, numbness, or waxy feeling skin.
- For more information about the Red Cross checkout their website: <http://www.redcrossstl.org>

Help your neighbors and take a leadership role

Board meetings - 1st Tues, 7p

Membership meetings - 3rd Thurs, 7p

All meetings are held at 2832 Arsenal

To help make YOUR neighborhood better it just takes getting involved. Contact Melissa Pink, President, at 314.266.9655 or any of the Board members. Tell US what you'd like to see or do to make YOUR neighborhood better, safer, more comfortable and a place of which you are proud.

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

Fog – One of the Most Dangerous Driving Hazards

Most drivers realize the dangers of driving on slippery, wet roads, and roads that are covered with ice or snow.

Many drivers, however, do not fully understand how dangerous driving in fog can be; it is one of the most dangerous hazards drivers face. Dense fog—a leading cause of car accidents—significantly reduces visibility. In fact, fog was to blame for a massive 70-car pile-up on a Florida Interstate that killed four and injured 40 others in 2008. That same year, dense fog reduced visibility to two feet on a busy California highway, leading to a 100-car pile-up that killed two, and injured dozens more, according to the California Highway Patrol.

Fog frequently occurs in river valleys and coastal regions, mountains, and areas of extreme cold. When conditions are right, however, fog can occur anywhere and at any time of the day or night. Dense fog and poor visibility led to a 60-car pile-up on a highway near

Ghantoot that killed four, and injured more than 350 people in Abu Dhabi. Southeast of Cairo, early morning fog caused a traffic pile-up that killed 29 people and injured 16 more.

Fog is made up of tiny droplets of moisture that hang in the air. When your headlights hit these droplets, the light is unevenly dispersed causing a loss of contrast. This lack of contrast alters your perception of speed, so objects look as though they are moving at a slower speed than they actually are. In fact, it is often difficult to tell if another vehicle is moving or stationary. When fog reduces visibility, it is best to stay off the roadways until it dissipates. Unfortunately, drivers do not always have the option of waiting.

If you must drive, it is important to adjust your driving speed to the conditions. Since fog creates the illusion that objects are moving in slow motion, check your speedometer frequently.



The following are additional safety tips for driving in fog:

- Turn on your headlights to make

(Continued on page 16)



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

Located in the heart of Historical Lafayette Square.

Book Club in BPW

Welcome to our little group. Due to the holidays, see the change in the schedule.

We meet to discuss the novel. To get an invite, contact Rebecca - rebeccadurst@gmail.com or call at 314-853-1091.

January 25th:

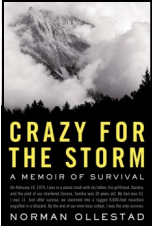
Crazy for the Storm : A Memoir of Survival by Norman Ollestad

February 22nd:

South of Broad by Pat Conroy

March 29th:

Hearts in Atlantis by Stephen King



Norman Ollestad was thrust into the world of surfing and competitive downhill skiing at a very young age by the father he idolized. Often paralyzed by fear, young Norman resented losing his childhood to his father's reckless and demanding adventures, even as he began to reap the rewards of his training.

Then, in February 1979, a chartered Cessna carrying 11-year old Norman, his father, his father's girlfriend and the pilot, crashed into Southern California's San Gabriel Mountains. Norman's father -- a man who was both his coach and hero--was dead, his girlfriend soon to follow. Suspended at over 8,000 feet and engulfed in a blizzard, the grief-stricken boy descended the icy mountain alone. Putting his father's passionate lessons to work, Norman defied the elements and made it through alive -- the sole survivor of the crash. As he told the *Los Angeles Times* after his ordeal, "My dad told me never to give up."

FOG - Most Dangerous

Continued from Pg 13

your vehicle more visible to oncoming traffic.

- Never turn on your high beams in fog; the bright light bounces off the tiny droplets of moisture and reflects back into your eyes, shortening your range of sight.
- Turn on your fog lamps; they are designed to cast light onto the road in front of you.
- Allow more stopping distance than normal between your vehicle and the car in front of you.
- Use the fog line (white marking on the edge of the pavement) on the side of the road to guide you.
- Do not pass another vehicle.
- Maintain a slow, constant speed.
- Use your turn indicators well in advance of changing lanes or turning to give other drivers time to slow down.

- Never slam on your brakes suddenly.
- Use your windshield wipers and defroster to improve visibility.
- Roll down your window so you can hear the traffic. If you own a European vehicle equipped with rear fog lamps, remember these should only be used when visibility is 80 meters or less.

If you cannot see well enough to continue, pull as far off the roadway onto the shoulder as possible and turn on your emergency flashers. Turn off all other lights, and take your foot off the brake so other drivers will not think your vehicle is on the roadway or moving.

Remember being safe is as calm as you are in any situation.

Remain calm and use your energy to think!



Mississippi Mud House

Mississippi Mud House offers some of the best fresh roasted coffee in Saint Louis. Our sandwiches, soups, and local pastries offer our customers tantalizing selections in our unique environment. Located near the mighty Mississippi River, in Historic Cherokee Street Antique Row, we are located just minutes south of downtown Saint Louis, within the Cherokee-Lemp Historic District. Tour Antique, Collectible and Specialty Shops just outside our doors!

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Saint Louis Missouri 63118

314-776-6599

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

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

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

Committee Roles and Responsibilities

Continued from Pg 13

that can be given to the Block Link Chair or to officers at the monthly Weed & Seed meetings.

on their block, keeping list of addresses and blocks that are problems and report to the Board

standing Block Link each year and recommend for award

- Remain in constant contact with Block Links concerning crime or other information

- Acknowledge Block Links and their work and a regular basis and note an out-

- Coordinate the delivery of monthly newsletters

Finance and Fundraising Committee

Purpose - The Finance & Fundraising Committee whose purpose is to oversee, implement, and review activities and initiatives related to the financial condition, operations, and status of the Neighborhood Association to ensure good fiscal health.

Role - The role of the Finance & Fundraising Committee is to increase the Neighborhood's revenue and foster relationships with the local community to expand the Neighborhood capacity to implement its mission. This committee also provides budgetary and financial oversight to the Chapter.

Scope - The Finance & Fundraising Committee assists in all financial matters of the association. To ensure that we have a balanced budget.

Mission Statement - The Finance /Fundraising Committee is to ensure good fiscal health of the neighborhood in accordance with the Benton Park West Neighborhood Association By-Laws.

Roles and Responsibilities -

Fiscal oversight function, including:

- Review of the Benton Park West Neighborhood Association financial statements quarterly in order to monitor the Benton Park West Neighborhood Association's fiscal performance, operations, and overall condition;

- Report monthly to the Benton Park West Neighborhood Association Board on current spending relative to Budget;
- Ensure an independent audit of the Benton Park West Neighborhood Association's finances will be conducted at least on an annual basis and that such audited annual financial statements are presented to the Board of Directors for acceptance;
- Budget review and development oversight function, including:
- Review and oversee development of annual budget for the Benton Park West Neighborhood Association.
- Present and take input on a draft of the Budget from the fellow Committee chairs.
- Present and explain budget to Board of Directors for approval, challenging Board to think about fiscal alternatives if needed;
- Ensure budget is sound, balanced, and reflects policies as designated in the Strategic Plan.

Fundraising function including:

- Oversee the development of a all neighborhood fundraisers.
- To assist all committee chairs in helping development there Fundraising Plan to the Benton Park West Neighborhood Association Board during Budget approval time;

(Continued on page 18)

January Healthy Dinner

Baked Pork Chops

Prep time: approx. 20 min **Makes:** 6 servings

Cook Time: 30-40 min **Start to Finish:** 1 hour

Ingredients:

- 6 lean center-cut pork chops, 1/2-inch thick*
- 1 egg white
- 1 C evaporated skim milk
- 3/4 C cornflake crumbs
- 1/4 C fine dry bread crumbs
- 4 tsp paprika
- 2 tsp oregano
- 3/4 tsp chili powder
- 1/2 tsp garlic powder
- 1/2 tsp black pepper
- 1/8 tsp cayenne pepper
- 1/8 tsp dry mustard
- 1/2 tsp salt
- as needed nonstick cooking spraylemon

Prep:

1. Preheat oven to 375 °F.
2. Trim fat from pork chops.
3. Beat egg white with evaporated skim milk. Place chops in milk mixture and let stand for 5 minutes, turning once.
4. Meanwhile, mix cornflake crumbs, bread crumbs, spices, and salt.
5. Use nonstick cooking spray on 13x9 baking pan.
6. Remove chops from milk mixture and coat thoroughly with crumb mixture.
7. Place chops in pan and bake at 375 °F for 20 minutes. Turn chops and bake for added 15 minutes or until no pink remains.

*Nutrition Information:

Per Serving: Calories 216; Fat 8g; Cholesterol 62mg, Carbs 10g, Fiber 1g, Protein 25g, Sodium 346mg

Hint - Try the recipe with skinless, boneless chicken or turkey parts, or fish—bake for total of 20 minutes.)

***If you have a recipe you'd like in the newsletter contact Publications at bpwnapub@yahoo.com or call 314.771.0803**

Committee Roles and Responsibilities Continued from Pg 17

- Assist in implementation by helping writing grants, liaison with funders, prospect for funding sources, etc.
- Ensure grants applied for fit with the Plan, are approved by Benton Park West Neighborhood Association Board

Publicity (Communications) – Newsletter, Website, PR/Marketing

Purpose - The Publicity Committee purpose is to oversee, implement, and review all communication by the association to residents and those outside of the neighborhood.

Role - The Publicity Committee increases awareness about Neighborhood activities, events, and concerns. This includes communication with residents and the local community to expand the Neighborhood capacity to implement its mission. Additionally, this committee covers the promotion of all events and activities; both resident targeted for community building and fundraiser.

Scope - The Publicity Committee assists all actions of the association. This includes events and activities, communication with residents, communication with media and those outside of the neighborhood, as well as transfer of available information to residents.

Mission Statement - The Publicity Committee ensures all Benton Park West residents and those outside of the neighborhood are well informed of issues, concerns, activities and events that affect the Benton Park West neighborhood.

Roles and Responsibilities -

Newsletter:

- Ensure the monthly communication is produced and published ready for distribution.
- Ensure the content of the newsletter covers fully the current snap shot of events and activities in and around the neighborhood within the power of the committee based upon received information.
- Remain in contact with regular contributors and soliciting new contributors with information that would be helpful, informative and beneficial to the residents of the neighborhood.
- Retention of current newsletter sponsors and the solicitation of new sponsors to maintain the funding of the newsletter distribution to as many residents as possible.
- Constant communication with the Board to ensure the most up to date information is published.

Website:

- Ensure the site is as up to date as possible at all times.
- Ensure the content of the site covers fully the current snap shot of events and activities in and around the neighborhood within the power of the committee based upon received information.
- Updating with association .PDF documents; monthly

newsletters, meeting minutes, and other information that may change on a regular basis.

- Review and revise the site based upon new functionality and design trends.
- Review and recommend website sponsors to support professional services which may be needed for the website.
- Constant communication with the Board to ensure the most up to date information is published.

Public Relations & Marketing:

- Develop Press Releases for all events and activities, unless directed otherwise by all times.
- Develop promotion plans for all events and activi-

ties; free/resident, fundraising, and other events.

- Design and produce flyers, brochures, and other promotional materials based upon input by the group(s) heading the events and activities.
- Lead or Co-Lead events that promote the neighborhood to the public where the local community is invited into the Benton Park West neighborhood.

Special Committees

(descriptions will be published in the February newsletter)

- Beautification
- Community Garden
- Dog Park
- Facilities
- Safety and Quality of Life
- Youth Outreach

Help make YOUR neighborhood better and be a part of Benton Park West for 2010.

Contact the neighborhood office at 314.771-0803 or Melissa Pink at 314.266.9655 here.

Tell the BPWNA Board what you'd like to see or do to make YOUR neighborhood better, safer, more comfortable place to live.

iGive.com™

Change online shopping for good. 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
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Simple way for you to help Benton Park West.

Join now at www.iGive.com/BPWNA

Community of Neighborhood Leaders

Continued from Pg 1

phasizes community building principles, organizational leadership and management practices, and personal leadership skills. Participants are actively involved in their neighborhoods and represent communities from throughout the St. Louis region. Academy participants may be municipal elected officials, neighborhood association members, community-based organization staff, or resident volunteers. Many have never had any formal training for the community work that they are trying to accomplish. Through the Academy, each participant completes a personal leadership development plan, de-

signs a community-building project for their neighborhood, and makes a presentation about their work to their classmates. Discussion and feedback among participants enrich the learning experience for each participant.

During and after the Academy, participants learn about and pursue community-building resources and relationships for their neighborhoods. The NLA staff provides ongoing technical assistance for community projects and opportunities for continued networking and connecting to resources. Because of the NLA, neighborhood leaders throughout the St. Louis

region are learning the skills and building networks for creating livable communities.

Participants who successfully complete the program receive a Certificate in Neighborhood Leadership from the Chancellor of the University of Missouri-St. Louis. A total of 3.30 Continuing Education Units are also awarded to participants.

The Neighborhood Leadership Academy is a collaborative training initiative of the University of Missouri-St. Louis, Community Partnership Project, the Nonprofit Management & Leadership Program and University of Missouri-Extension.

REGISTRATION FORM

BY MAIL: Diana Rehagen
University of Missouri–St. Louis
Continuing Education
207 J.C. Penney Conference Center
One University Boulevard
St. Louis, MO 63121-4400

BY FAX: Fax panel to (314) 516-6414. Charge card number or other payment information must be included.

TDD: Call (314) 516-5961.
Make checks payable to the University of Missouri–St. Louis.

BY PHONE: Call (314) 516-6590. MasterCard, Visa, or Discover number must be given to assure registration.



NEIGHBORHOOD LEADERSHIP ACADEMY

10 sessions, selected Tuesdays and Saturdays, February 16–May 11, 2010

Locations: J.C. Penney Conference Center, University of Missouri–St. Louis, and a few at community sites.
**Fee: \$400, includes all instruction, box dinner at evening sessions, continental breakfast at Saturday sessions, and parking. A limited number of partial scholarships are available. For more information, call Becky Walstrom at (314) 516-5960 or e-mail beckyw@umsl.edu.

****Application through Benton Park West may make fee eligible for partial or full fee paid by Benton Park West Neighborhood Association.**

REGISTRATION DEADLINE: FEBRUARY 11, 2010

Name _____

Address _____ City, State, ZIP _____

Phone: Day _____ Evening _____

E-mail Address _____

Neighborhood or Organization Name _____

Billing Address _____ City, State, ZIP _____

Fax _____

Fees are payable by cash, check, or charge. To charge, fill in below.

MasterCard/Visa/Discover # _____ Expiration Date _____

Amount Paid \$ _____ Signature _____

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 yet?**

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

**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



CHEROKEE STATION

www.cherokeestation.com



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

Benton Park West

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

On the Web
www.bentonparkwest.org

