

the paper

Serving residents of the area bounded by
Lindell to Delmar & DeBaliviere to the city limits

APRIL 1974

PLANS FOR ART FAIR '74

The Skinker-DeBaliviere neighborhood is busily preparing for the 7th annual Art Fair/House Tour, being held on Mother's Day, May 12, from noon 'til 5, on the 6100 block of Kingsbury.

The Fair is designed to highlight our neighborhood and to advertise its charm to the metropolitan area. With this goal in mind, various neighborhood groups are planning activities which will add to the spirit of the day.

The Fair itself will be enhanced by the Boy Scouts Garden Cafe, the Rosedale Neighborhood's Men's Lib Cake Sale, the Clinic's Ice Cream Stand, St. Roch's Ladies Surprise Cafe, The Neighborhood School's Flea Market, and Hamilton Branch III's Uniques. Music will once again be provided by Lee Roth and His Band.

Well over 100 artists from metropolitan St. Louis will be showing their work while neighborhood children will have their Children's Art Section in front of Crosses, 6147 Kingsbury. The People's Clinic will have a first aid station this year for people with tired feet and crabby children.

Don't forget the House Tour and "The Neighborhood," our history. Tickets will be on sale at the Art Fair, or at any of the houses on the Tour. Finally, after the Fair, Washington Heights Neighbors is sponsoring a Bar-B-Que at Busches, 5765 Pershing.

Mark your calendar now and invite your families and friends to enjoy our day with us. Maybe we'll convert a few!

NEW OFFICERS FOR RNA

The Rosedale Neighborhood Association elected new officers at its March 27th general meeting held in St. Roch's school basement.

Bob Bracy, 1973 Second Vice-President, presided over the election. As there was no opposition to the slate of nominees proposed by the Nominating Committee, the following residents were chosen by acclamation:
President - Joe Lange
First V-P - Paul Brammeier
Second V-P - Jim Parker
Treasurer - Dave Schmidt
Recording Sec'y - Betty Newsham
Corres. Sec'y - Marjorie Weir
North Rep. - Tom McPherron
South Rep. - Boyd Morros

Other items of business discussed at the meeting included introduction of the new owner of the Sherman Apartments, who commented on his plans for improvements, a discussion of Clinic plans and problems, and announcement of plans for the Second Annual Men's Liberation Cake Sale, which will be managed again this year by Mike Harleman.

It was also announced that RNA owes in excess of \$250. to Skinker-DeBaliviere Comm. Council, which lent RNA the money in order to pay Union Electric for alley lights.

A membership drive will soon be launched to raise funds for worthwhile neighborhood projects and to help pay off our debt to Skinker-DeBaliviere. Membership in Rosedale Neighborhood Assn. is \$3.00 per household.

WHN MARCH MEETING & ELECTION

Speakers from other areas of the city provided an interesting forum at the Washington Heights General Meeting on March 7, 1974.

A slide presentation by Macler Sheppard portrayed the development of the Jeff-Vander-Lou, Inc., neighborhood group, as residents recognized the problems of their area, and leaders set priorities and established programs. Measured success has been gained in its seven year history.

Peter Pfeffer shared his experience and obvious pleasure in working with vacant and vandalized buildings in the Soulard area. Peter, and partner Bob, manage four buildings, screen tenants, and supervise the "Soulard Handyman" program, which employs retired handymen to perform repairs for elderly homeowners.

Joe Mensing, from our own neighborhood, spoke about his rehab work on two homes on Waterman. Alderman John Roach added the necessary incentive for rehabilitation is both the market of potential buyers and the capital. He offered his help to buyers in obtaining financing.

The members also elected new officers to the Board of Washington Heights Neighbors.

President: Mike McGrath
1st Vice President: George Bell
2nd Vice Pres.: George Brown
3rd Vice Pres.: Linda Vaughn
Recording Secretary: Frances Stadler
Corresponding Secretary: Mary Holmes
Treasurer: Blanche Reel

Skinker-DeBaliviere Community Council Area Representatives

Area I Riley Rogers

Area II Joyce Barnard

Area III Shirley Polk

--Nancy Waggoner

Next Meeting

"Who Cares?--the tenant?--the landlord?--the City?--YOU?" is the title for the second WHN general meeting on housing. A panel will discuss code enforcement on Thursday, April 18, at 7:30 p.m. The meeting will be held at the DesPeres Branch Library.

BACK BY POPULAR DEMAND!

In order to avoid deficit spending, The Paper did not publish in March. Although we realize some consider this un-American, The Paper staff agreed there was no other choice. An all-out campaign has been launched to collect past due accounts and increase advertising revenue. This campaign is open to all who wish to solicit advertising for The Paper, so that we may continue to publish indefinitely. Please contact us.

--Editors

SCOUTS

Troop 98

Troop 98 held a Court of Honor on March 20, at St. Roch's. Accepted as Scouts were John Schoemehl, Don Jackson, Dan Hudspeth, Kenny Terry, Steve Barnard, Napoleon Long, Ronald Mooney, and John Flynn.

Tenderfoot Progress Awards were presented to John Botz, Virgil Wright, John Schoemehl (with 2 merit badges), Dan Hudspeth (1 merit badge), and Gregory Lewis (3 merit badges). The Second Class Progress Award was earned by George Starks (3 merit badges), Lewis Starks (2), Billy Thomas (3), and John Botz (2). Steve Santen (2) was awarded his Star rank, and Bert Bender (3) received the highest award in Scouting, the Eagle. This is the 71st Eagle in the 54 years of Troop 98. Brian Goldsby, Hugh Bender, and Jim Storey each received one merit badge.

Billy Thomas and Brian Goldsby were commissioned Patrol Leaders and John Botz and Jim Storey are their Assistants. Steve Santen was presented his Scribe's badge of office, and Hugh Bender received his Quartermaster's patch.

The new adult leaders are Committee Chairman, Virgil Wright; Scoutmaster, Rick Bender; Assistants, Tom Palumbo, Andy Bender, and Mike Davis.

During March the patrols went on bicycle hikes, while in February the troop held its annual winter outdoor weekend camp at Staley. Another camporee is scheduled for Staley the last weekend of April; the Council Camporee is to be at Beaumont on May 17-19; a Father/Scout Canoe trip is planned for June 14, 15, & 16; and summer camp is tentatively scheduled for July.

Troop 98 will have the Polish Sausage, soft drink, and beer Garden Cafe at 6150 Kingsbury during the Mother's Day Art Fair, May 12. The meetings of the troop are every Wednesday evening at 7:30 p.m. in St. Roch's Scariot Hall.

Troop 31, Grace Methodist, meets on Wednesday nights at 7:30 at the church.

--Ermin Rust, Scoutmaster

Cub Pack 98 marched in the St. Patrick's Day Parade and will take a trip to Hannibal, Mo. on Easter Monday.

--Peg O'Brien, Leader

Troop 144, Delmar Baptist, has hiked the Eagle Trail in Illinois in March and has participated in fund raising projects for the troop. They attended the pre-camporee in April and look forward to the Camporee on May 17-19. Summer Camp is scheduled for June. They meet on Monday nights at 7 o'clock at Delmar Baptist Church.

--Ed Creek, Scoutmaster

Cub Pack 31, Grace Methodist Church. The March Pack meeting was "Roll and Inspection" to get ready for re-registration of the Pack. The present charter expired May 31, 1974. The boys were scored on general appearance, then on uniform specifics. Scoring was done by parents who had individual score sheets for the boys. The boys were really a good looking group and scored high.

Paul Claseman and Rodrigo Sanchez received the Wolf badge which they had earned and Rodrigo had also earned a gold and silver arrow point.

Summer is a busy time for Cubs. This year the Webelos (boys who are 10 years old) will have a week of camping at S-F and all the Cubs are eligible for a week of Day camping. We will go to the camp in Forest Park. Add to this, Knot-Hole Cardinal games and trips to nearby places of interest for a lot of summer fun.

--John McEneny, Leader

Brownie Troop 533 enjoyed a cookout on April 6th and are planning a May Day celebration.

--Chris Parfitt, Leader

J. S. A. Troop 2472, Juniors spent an afternoon of picnicking and flying kites in Forest Park in April. Meetings are at 3 p.m. Sundays at Grace Methodist.

--Carol Davis, Leader

Senior Girl Scout Troop 2886 Senior Scouts had a "Senior Weekend" at Camp Cedarledge the last of March. The weather was good and the girls had a good time. They are back just in time to get busy dyeing 90 dozen Easter eggs for the Missouri Botanical Garden Easter Egg Hunt. That's a lot of eggs.

Plans go forward for a two-week camping trip to Arizona. The troop will go with a Cadette Troop in University City. The travel out and back will be interesting with stops at Colorado Springs, Albuquerque, and would you believe "Silver Dollar City" on the last day? There will be 6 days camping on the south rim of the Grand Canyon with a two-day (overnight) hike to the bottom of the canyon.

Senior girls will again be guides for Brownie Day at the Zoo on the 17th of June.

--Betty Klinefelter, Leader

POTPOURRI

Last Warning

Local Feminist is tired of cleaning up after the Men's Liberation group. Please claim all plates left over after the 1973 Art Fair Cake Sale by May 11. All remaining plates will be donated to the 1974 Art Fair Flea Market. Contact Ms. M. Mestres, 6101 Kingsbury.

5700 DeGiverville News

The 5700 block of DeGiverville has elected new officers. James Coneal is Block Chairman Leon McLucas is Assistant Block Chairman, Mrs. Janice Cain will serve as Secretary, and Mrs. Bertha Hughes as Treasurer. Shirley Polk was selected to head Block Planning.

CLINIC

The People's Clinic has begun a new service we would like you to know about.

We now have a pediatrician on duty every Wednesday evening from 6:30 to 9:30 p.m. We will continue to have general medical services during this time.

Judy Kahn

Grace Pre-School

Spring and Easter make for fun times at Preschool --bunnies and Easter bonnets and eggs. The children grew their own Easter grass in baskets (of plastic cartons) and some grass had to be cut before the eggs were put in!

To mark the Week of the Young Child, the school had a coffee for their parents and the children served the egg-shaped cookies they had made and decorated. Highlight of the party was the slideshow of the activities of the school year. Children love to see themselves on the screen and were eager to tell parents what was really going on at the time.

Registration for the school year 1974-75 is now in progress. Children 3 and 4 years old make up the group. If you have a child in that age bracket, come visit us some morning. Call 863-1992 for information and registration forms.

--Betty Klinefelter

The Neighborhood School

The Neighborhood School, an open classroom with 28 children, many of whom are on scholarship, is directed by Ann Manganaro in the basement of Grace Methodist Church, and needs clothes, household goods, furniture, art, toys, homemade articles, etc. for its second annual Flea Market. Call 863-4512 for details about pickup or drop off. Flea Market is held during the Skinker-DeBaliviere Art Fair on Sunday, May 12, from 12 to 5 p.m. on the 6100 block of Kingsbury. Donations are tax deductible.

Barbara Quinn Schmidt

THE PAPER, a non-profit monthly newspaper, published by the residents in the community bounded by Delmar to Lindell, DeBaliviere to the city limits.

EDITORS: Marj Weir, Chris Lange

Ezell Naugles, 5715 DeGiverville, returned from Jefferson Barracks Hospital.

Murtis Hughes, 5773 DeGiverville, who was in the hospital for over a month, is back home and doing well.

HEALTH

your rights as a PATIENT

Dorothy was in the hospital for surgery. Last time she had an operation they gave her an anesthetic that sent her into convulsions instead of putting her to sleep. Dorothy told a nurse about it, but no one listened. Afraid, Dorothy tried to reach her doctor, but failed. Next morning, when they came to prepare Dorothy for surgery, they gave her an injection of the very drug she had warned them about. Luckily she survived the convulsions.

Going to the hospital can be frightening, if you don't know what is going to happen. Or if, like Dorothy, you know something has gone wrong.

As a patient, you have a right to be informed. What you know about yourself should be respected, too. In fact, patients do have rights!

This is not a new or strange idea. A number of rights important for hospital patients have become recognized over the last few years. You should know what they are. In coming issues of The Paper your rights as a patient will be discussed in this column.

In 1972 the American Hospital Association sent a list of "patients' rights" to its member hospitals, saying the AHA expects "they will be supported by the hospital on behalf of its patients, as an integral part of the healing process."

The powerful Joint Commission on Hospital Accreditation also has stated that "the observance of (patients' rights and needs) will be considered as a persuasive factor in determination of a hospital's accreditation."

This means your rights as a patient should be officially supported by our local hospitals, public or private.

This includes your right to be treated with dignity; your right to get clear explanations of your condition and treatment; your right to refuse as well as to consent to specific treatments. These and other rights will be spelled out in coming months.

If you're heading for the hospital soon and want to prepare yourself, stop by the People's Clinic and ask for a copy of YOUR RIGHTS AS A PATIENT. Even if you are not planning a stay in the hospital, it will pay you to educate yourself ahead of time.

NEW PEDIATRIC SERVICE

There is now a pediatrician scheduled at the clinic every Wednesday night from 6:30 to 9:30 in addition to the two regularly scheduled physicians.

This service has been scheduled so that your children can have the advantage of seeing a children's specialist. The clinic hopes that you will use this service on Wednesdays, but encourages you to bring your children to the clinic on other nights if their problems cannot wait.

PEOPLE'S CLINIC

Over 22 physicians, many nurses and scores of neighborhood volunteers staff the People's Clinic at 6010 Kingsbury.

Every clinic night there are always two doctors and one nurse working at the clinic. You will find assisting them a pharmacy worker, a para-medic, two peer counselors, a greeter and a night co-ordinator.

The clinic is called the People's Clinic because it is run by the people of your neighborhood in co-operation with highly trained physicians, nurses and other medical professionals.

The founders of the clinic believe that health care is a right and that the people should dictate what type health care they receive instead of having it dictated to them.

In line with this belief the People's Clinic has a meeting the last Sunday of each month at the clinic. Come to this meeting, find out more about your clinic and tell the people working at the clinic what your health needs are.

The clinic is open every Monday, Wednesday, and Thursday from 6:30 to 9:30 p.m.

AN apple A day

by Susan Hellman

Practicing preventive medicine is just plain practical.

It not only helps you feel well, it saves you time and money stolen by illness.

Disease (caused by among other things germs and viruses from the outside) strikes easier, and is harder to fight when our resistance is down, due to fatigue, stress and/or improper nutrition from careless eating habits.

In most instances, the doctor functions only to diagnose and cure you once you are already sick, not to advise you on how to stay well. (In China the patients only pay their doctor when they are cured, so it's to the doctor's advantage to keep his patients healthy.)

But, just because the situation in this country remains backwards as far as preventative medicine, no one has to remain helpless. With a little knowledge and discipline most of us can be fit.

Remember, there are no cure alls and no short cuts to health.

CLINIC people

When was the last time you were offered coffee while you waited to see your doctor? Well, that's what happened to the seventeen people who gathered at the clinic around 8 P.M. last week. No one was flipping nervously through magazines or anxiously looking at their watches.

Five devotees of the Hari Krishna were there for their cholera shots before they went on pilgrimage to India. One of them said they came to the clinic because the shots here cost only \$1.50, instead of \$17 in most other places. He also felt it was much more of a spiritual atmosphere.

Judy Wood came all the way from St. Ann to bring in her niece for the flu or possible kidney problems. Her family owes \$300 for medical care to the county.

Liz Morrow and Michelle Bas came to see the GYN. Michelle had been in many times before. The people at the clinic, she said, are "really good people--to go out of their way for you."

Colds are a problem all year long, but may be aggravated by "St. Louis type pre-spring weather" when temperatures often fluctuate rapidly and the body has trouble adjusting.

They are unpleasant, but unless serious and prolonged seldom warrant a trip to the doctor.

Here are a few things that can be tried to ward off this common curse.

Vitamin C--be sure you get plenty in the foods you eat (did you know a green pepper has twice as much as an orange?) and fresh oranges are much better than frozen orange juice.

Many vegetables like tomatoes, asparagus, cabbage, and carrots contain C but they must never be overcooked as 50% more vitamin content is lost in the process.

If you feel you need it, supplement your diet with Vitamin C tablets--many people swear by them.

Nothing is a guarantee, and if you "feel a cold coming on" cut out milk, cheese and chocolate from your diet for awhile. These foods are mucous forming--that's the stuff that clogs your nose and chest.

Try hot drinks or water with lemon, lime juice and a touch of brandy.

Don't over exert yourself or your cold may return--your body needs energy to fight the cold.

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Want Ads

WANT ADS are free to all residents served by THE PAPER. If you would like to place an ad, please call Chris Lange at 863-2164 before the 15th of the month.

Garage for Rent. 725-7026

Babysitting, my home, 1 to 4 year olds. 725-8153

Babysit, my home or yours. Veronica 725-1269

Care of children, elderly, invalid. Special Duty. Any hour. Licensed Practical Nurse. Grace Edward 863-7648

FOR SALE: '69 Rambler American (compact-6 cyl.) 50,000 mi., body fair, engine good. \$800 863-2164

FOR SALE: Baby things and maternity clothes. Baby things include two high-chairs \$2.50 ea., two car seats 3.00 ea., one GM molded fiberglass infant car seat \$7.00, two excellent quality infant backpacks \$5.00. Maternity clothes size 10, \$1.00 to \$7.00. Good clothes for a working mother, some from Saks Fifth Avenue. Saturday afternoon, April 20, 6171 Kingsbury.

Babysitting in my home. Call 725-7026

WHN Praises

5800 DeGiverville

The Board of Washington Heights Neighbors would like to commend the 5800 Block of DeGiverville for the \$75.00 check from the residents of that block for the Washington Heights dues for 1974. The dues are \$3.00 per year and we would like to see all of our residents support the Washington Heights Neighbors Association in its effort to have a viable and attractive place to live. Our Thanks to all who paid their dues and anyone wishing to pay their dues for 1974 may send a check or money order made payable to Washington Heights Neighbors to: Anna Busch, Membership Chairman

5765 Pershing Avenue
St. Louis, Mo. 63112

---Anna Busch
Membership
Chairman

**rape crisis
CENTER**

Scared, alone, hurting, confused--raped--do you need a friend? There's help now. Sympathetic understanding women, many of whom have gone through the same thing, are womaning phones to take your calls and do everything they can to make this time easier for you.

They're ready to help with counseling; referral; transportation, if you're stranded; and emotional support as you go through the authorities thing if you choose to report the crime. The choice to report or not is up to you and the Rape Crisis Center keeps everything absolutely confidential. They work for you! Call 727 - 2727 if you ever need their help or if you want to help them in their work.

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