



the paper

December 1978

Volume 9 No. 7.

ALDERMANIC RACE HEATS UP



Vince Schoemehl



Mike Magrath

The 28th Ward, and the Skinker-DeBaliviere neighborhood in particular, will have the opportunity to make its decision on the Democratic Aldermanic candidate between two well-known neighborhood residents. It was learned on December 4, the final day for filing for the upcoming primary election, that Michael Magrath, of 5915 Pershing, will challenge incumbent Vincent C. Schoemehl, Jr.'s bid for a second term as Alderman from this Ward.

Alderman Schoemehl, who resides at 6168 Westminster, has been Alderman for three years. Often in the news for his stands on city-wide issues, Alderman Schoemehl has also been active in the issues of this neighborhood.

Mr. Magrath is currently a representative from Washington Heights to the Skinker-DeBaliviere Community Council and served previously as President of Washington Heights and as Chairman of its Housing Committee.

The Paper expects that there will be ample public opportunity for the voters to review the qualifications of both candidates. As there will be no January issue of The Paper, we urge all voters to look for announcements of such events by flyer and at the Skinker DeBaliviere office, 6008 Kingsbury. The next issue of The Paper will be distributed on the weekend prior to the election and will contain all available and pertinent information regarding the election race between Schoemehl and Magrath.



God Rest Ye Merrie,
Gentlemen

Christmas Carols Assn Organizes Groups

The St. Louis Christmas Carols Association, a tradition since 1911, organizes groups to go caroling in neighborhoods, hotels, restaurants, shopping centers, etc. The association provides the leaders with identification, collection canisters and song sheets, as well as an impetus to organize: The money collected goes to help over 60 local charities, among them the Big Brothers Organization, the Boys Clubs, Central Institute for the Deaf, the Salvation Army,

YMCA, YWCA, and several day care centers and nursery schools.

It is estimated that as many as 50,000 St. Louisans participate each year in this program. If you would like to share in this activity, contact the chairman for our area this year, Karen Kelsey, of the 600 block of Kingsbury. She asks anyone who is interested in organizing a small group of carolers for a block club or other group to call her at 726-2832.

SAVINGS & LOAN TO LOCATE IN SKINKER-DEBALIVIERE

Central West End Savings and Loan Association, the first new state chartered savings and loan institution in Missouri in seventeen years, and in the St. Louis metropolitan area in twenty-five years, will be the anchor tenant in the historic Dorr and Zeller building on Waterman and DeBaliviere, the heart of that burgeoning redevelopment area. The savings and loan will occupy the ground floor of the building, and Pantheon Corp, the developers of the Pershing-DeBaliviere area, will move its offices from Laclede Ave. to the second floor of the Dorr and Zeller building.

Invitations to become charter depositors in this unique, neighborhood financial institution are now being mailed to residents of the Skinker-DeBaliviere area.

Deposits will be pledged, and will not be actually requested until after February 1, 1979. The savings and loan expects to move into the Dorr & Zeller building in the spring of 1979.

Tom Scatizzi, president and managing officer of Central West End Savings and Loan said that the DeBaliviere and Waterman location of its home office directly relates to the purpose of the association's founding: "This is a grass-roots financial institution, organized by people who live and work in the west end; who are knowledgeable and responsive to the needs of this community. We think this will be a practical and imaginative solution to the problems of financing and purchasing residential properties in the city. We believe

this is the first lending institution of its kind in the country."

The director of marketing for Central West End Savings and Loan, Kathleen Hamilton, stated that she is confident with the neighborhood support previously shown, that the association can meet its required minimum of one thousand accounts to open: "We are inviting our neighbors and friends to open a savings account of any size, or invest in a Certificate of Deposit. People's savings will not only earn interest competitive with other savings and loans, but our depositors will have the added return of investing in and strengthening our west end community."



As has been our practice in the past, we will not be publishing a January issue of The Paper in order to give our tireless staff a chance to enjoy the Christmas season. Deadline for the next issue is January 15. Until then, enjoy the holidays.



Missouri Arts Council Smiles on Neighborhood

Missouri Arts Council has awarded Neighborhood School an Artist in the Schools program grant for the 1978-1979 school year. The grant will enable sculptor Sue Sante to work with Neighborhood School children and children from the other schools in the neighborhood. The grant provides that half of the artist's time is devoted to creative work in her studio at the school, and the other half spent working with the kids in the studio.

In the planning for this spring is an after school class for three or four mid-grade children from each school working together on large sculptures. Sue will also be available for lecture/demonstrations for groups of children.

For information about the program, you are invited to call Neighborhood School, 725-4620.

parks

Parks Dept. Gets New Telephone Numbers

The Department of Parks, Recreation and Forestry has just implemented a new telephone system to handle calls with more promptness.

Listed below are the new numbers for the various sections of this department which are to be used effective immediately.

- General Number** - Department of Parks, Recreation & Forestry.....535-1503
- Director's Office.....535-5050-53
- Forest Park Garage.....535-1740
- Park Police.....535-3793
- Division of Parks.....535-0400-02
- Park Construction.....535-2044
- Division of Recreation.....535-0100-02
- Division of Forestry.....535-0075-76

If in doubt as to the correct number to call for the person you desire to contact, please call the general number and your call will be transferred.



Seasonal Saving Tips for Senior Citizens

Senior Home Security, 772-5500, offers **insulation** service. You pay for materials but labor is free. They also provide some **repair work and lock service**. Also, Vials of Life are available.

Don't forget to take advantage of the **Circuit Breaker** if your total income is under \$7500.00 per year - you'll want to obtain the forms to complete - watch for announcements that forms are available.

Food stamps could help out on those high food bills - A single person may own a home and have resources up to \$1500, and have income up to \$277. per month and still might be eligible for food stamps. (The resource limit for a couple is \$3000, and income up to \$367. per month.) Call Missouri Division of Family Services if you have questions or want to apply if you think you or someone you know may be eligible... 444-6700.

You may also want to take advantage of **Direct Deposit** of your Social Security

check to your bank - means no more standing in line, waiting for the mail or stolen checks. **PLUS** no trips in the snow we usually have!

Supplemental Security Income (SSI) helps people (seniors 65 or over) who have limited resources - to check if you're eligible, the Social Security phone is 968-6400.

Don't forget the enrollment period is open for **insurance** under Part B from Jan. 1-Mar. 1, 1979. More information can be had at 968-6400 - Soc. Sec.

Effective Jan. 1, 1979, a widow age 60 or over can receive the **full widow benefit** on her late husband's account even if she remarries.

EFFECTIVE JAN. 1, 1979 there will be **no sales tax on drugs**.

EFFECTIVE JAN. 1, 1979 - ask your druggist to use the **generic drug** and save.
Reprinted from *Senior Upbeat*

WANT ADS

Want Ads are free to all residents of the area served by The Paper.

WANTED: Assistance in expanding the list of artists and artisans to be sent applications for the 1979 Art Fair. If you have individual names or membership lists of area artists associations, please give me a call at 727-7378 or send names to Venita Lake, 5851 Waterman.

CHILD CARE: In my home. Call Loretta Lloyd at 727-4205.

FOR SALE: Diningroom set - table, 6 chairs, buffet - \$275. Phone 727-2376.

FOR SALE: Three Used Umbrella Two Man Tents. Call Steve 863-6798.

One 20-inch used bike. Call 863-6798.

A Magnus electric chord organ and book. Youth and teen-size - very good condition originally \$39.95. Call 863-6798.

\$100 Reward to anyone finding a cocoa-colored Doberman puppy answering to the name of Princess. She is about 4 mos. old. Call 862-5122 if you have any information on her whereabouts.

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Dogs Needed For Police Work

Dogs are needed by the St. Louis Police Department's Canine Corps. Chief of Police Eugene Camp has announced.

He asked that anyone desiring to donate an AKC registered German Shepherd, male, between 14 and 24 months of age, should contact Sgt. James Wurm at 444-5333.

The dog will be assigned to a police canine officer and will receive extensive training with the officer at the Department's training school.

Feed the Animals in the Parks

"Feed The Animals" is a new program being implemented by the St. Louis Department of Parks, Recreation and Forestry.

Mrs. Georgia L. Buckowitz, Director of that department, announced the program enthusiastically, since she has been very concerned about the animals in the parks during the winter months when St. Louis experiences severe weather conditions.

The kick-off funds for this project have been donated by the Gateway Autocross Association with a contribution of \$100.00 to purchase the initial supply of food and bird seed for the small animals and birds whose habitat is our City parks.

Persons wishing to contribute to the "Feed The Animals" program should make checks payable to the Department of Parks, Recreation and Forestry and mail to 5600 Clayton Road in Forest Park, St. Louis, Missouri 63110.

...an all-volunteer, non-profit newspaper which has been serving the Skinker-DeBaliviere area since 1970

Nina Place Study Begins

In June of this year, the Skinker-DeBaliviere Community Council was successful in its application to CDA to use \$21,500 in community development funds to hire a professional consulting firm to study the Nina Place area and make recommendations for its future. This area includes a three block area, including Nina Place, as well as the 5900 blocks of McPherson and Kingsbury.

The goal of the Skinker-DeBaliviere Community Council in submitting the application, as stated in the official document, is as follows:

The SDCC anticipated that in developing a plan and in subsequently receiving Housing Implementation Funds that the following will be accomplished in the Nina Place area:

A) To pursue a redevelopment program designed to maintain a socially and economically integrated area that will include the provision of housing opportunities for various sizes of low and moderate income families.

B) Nina Place will be stabilized as further deterioration and abandonment is prevented through reinvestment and rehabilitation of structurally sound buildings.

C) Rehabilitation efforts by present owners will be supported and new individuals and organizations will be encouraged to participate in the rehabilitation program.

D) SDCC will be an active participant in both the planning and development stages to assume protection of resident interest and needs.

The Board of SDCC subsequently accepted the recommendation of its subcommittee (the Nina Place Study Committee) to hire Team Four, a professional consulting firm which has been employed by several, diverse communities, e.g., they have done studies for the No. Side Team Ministry for the No. Grand Water Tower Neighborhood and for the city of Clayton, a study of the DeMun area to "make recommendations to assure that the housing stock in that area remains an asset to the neighborhood and the city of Clayton over an extended period of time."

Some of their recommendations have been acted upon. Others have not.

Their vision of the end product of this project includes the following, as stated in their proposal to SDCC: "This planning effort will produce an indepth document

which will provide the community and developers with the necessary information to make informed decisions regarding the revitalization of each building and the study area as a whole."

The first stage of the planning procedure has taken place this past month: the committee and the Project Manager of the project for the consultants, Mr. Jack Pyburn, have held initial meetings with the owners of property in the Nina Place area, and with the interested community at large. These meetings have been very well attended, and ideas and opinions have flowed freely.

A group of residents and owners of property in the area which is to be dealt with in the study, have demanded representation on the committee, and the committee has agreed to carry their request back to the SDCC which will decide how many additional people may be invited to join the committee and how they will be chosen. This will take place at the regular meeting of the Council on Dec. 11.

RNA Halloween Party Annual Success

Rosedale Neighbors held its annual Halloween Party at St. Roch's Gym. The party started with movies provided by Des Peres Library shown by Karen Harris and Mike Logan. The main entertainment was provided by St. Roch's 7th and 8th grade students. Mr. Ed Martin directed the plays "Midnight Burial" and "Goblin Parade."

The costume prize winners were:

- Kelly Baker - pumpkin
6412 Oakland
- Catherine Fitzgerald - wizard
6374 Pershing
- Tobias Gilk - mailbox
6114 Waterman
- Sarah Griesbach - lion tamer
6107 Kingsbury
- Peter McCarthy - black box
6143 Kingsbury
- Ben Braymeyer - clown
6133 Kingsbury
- Vincent Flewellen - robot
6037 Waterman
- Aimee Gottaway - gypsy
6326 McPherson
- Lucy Griesbach - lion
6107 Kingsbury
- Coleen Thomas - Indian
6158 McPherson

The McPherson and Westminster Block Units had free coffee and doughnuts on the barriers for the parents.

The weather, parents, and hobgoblins all cooperated for a very successful Halloween.

Progressive Dinner Planned for January 27

Attention neighbors! Mark your calendars! Saturday, January 27, is the date for the St. Roch School Association's Progressive Dinner. This is the sixth year for the popular neighborhood event. As in years past, each couple goes to one house for cocktails and another for dinner and all meet for dessert. In order to facilitate parking and ensure sufficient room for circulating, the dessert will be in Scariot Hall. Reservations can be made by calling Mary Watkins at 721-5489 or Susie Roach at 862-5893. Tickets are \$9 a single or \$18 per couple. Don't miss out on the best and nicest way to make new friends or to visit with old ones. See you in January!

"You All Come"



RE-ELECT Vincent SCHOEMEHL ALDERMAN



For any community to succeed there must exist a strong partnership between the residents of the community and their local elected officials. For the past three years I have worked hard to uphold my part of that relationship with the residents of Skinker-DeBaliviere and I feel that the support afforded me by the residents of this neighborhood has been strong and consistent. I sincerely appreciate the support I have received from my neighbors and I hope you will continue to support me in my effort to be re-elected as your alderman.

The level of City services in the Skinker-DeBaliviere neighborhood has continued to grow over the past three years. We have seen significant improvements in housing, a precipitous decline in crime and an overall feeling that "things are getting better" has spread throughout the community.

These have not been my accomplishments but rather our accomplishments. . . the direct results of our community residents and their alderman working together. I feel I have done my best to uphold my side of this partnership and I know the people of our community have done their part.

This makes for a strong partnership. . . the type of partnership that brings progress to a community. On February 6, 1979 I hope you can cast your vote for my re-election and help bring about a continuation of a strong, working partnership.

ACCENT
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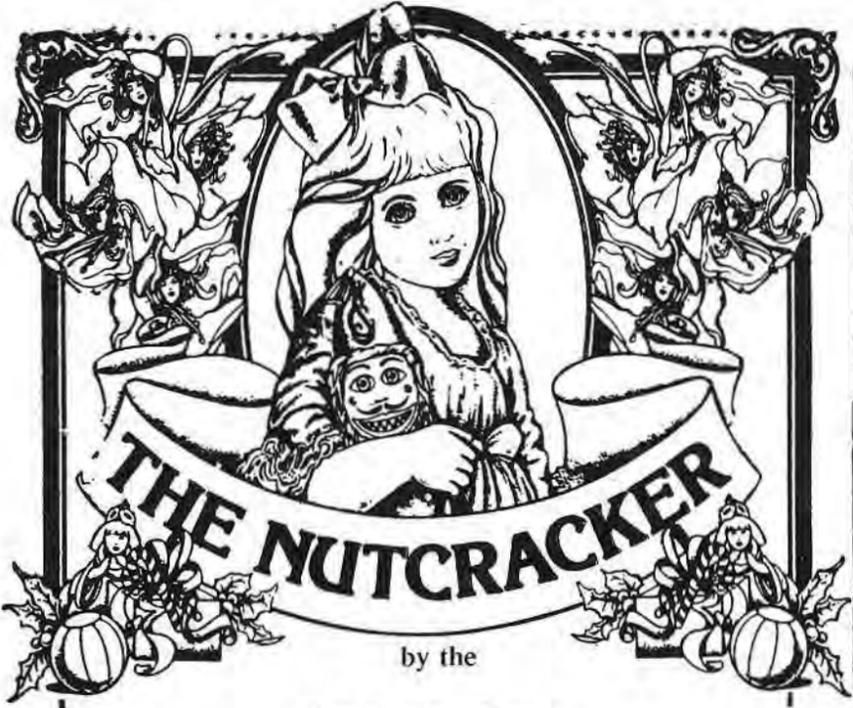
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by the

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The production features 16 toy soldiers individually and in precision drill performing the Children's March. A 6 foot long dragon with firey eyes appearing in the Chinese Dance. A puppet Stiltwalker 10 feet up in the air performing the Russian Dance. And more . . .

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SATURDAYS: December 16, 23, & 30
at 11:30, 1:30, & 3:30

TUESDAY through FRIDAY: Christmas Week
December 26, 27, 28, & 29
at 11:30 & 2:30

ADMISSION \$1.00

Neighborhood School

The Neighborhood School needs YOU if . . . you desire more variety and spice in your life . . . you wish to be in an interesting and stimulating environment . . . you have talents, skills, hobbies or crafts to teach to developing youngsters . . . NEIGHBORHOOD SCHOOL NEEDS YOU!

The Neighborhood School is located at 6199 Waterman (Grace Methodist Church).

Call Darla Templeton, Director, at 725-4620, to donate your time and talents to our outstanding community school dedicated to developing our youngsters into well-rounded and knowledgeable little persons.

Remember! Neighborhood School needs you!



'World of Christmas' Exhibit

A beautiful "World of Christmas" exhibition of 21 trees, decorated by members of 21 countries represented in St. Louis ethnic populations, can be viewed in the Rotunda of the Old Courthouse December 4 through 30.

The exhibition is open from 9 a.m. to 8 p.m., Monday through Saturday, and from 9 a.m. to 5 p.m. on Sundays, except for Christmas and New Year's day, when both the Old Courthouse and the Gateway Arch are closed.

The International Folklore Federation of Greater St. Louis, a coalition of 47 ethnic communities in the St. Louis Metropolitan area, decorated the 21 trees in co-sponsorship with the National Park Service and the Jefferson National Expansion Historical Association.

The trees on exhibit are in the tradition of Hungary, Africa, Croatia, Bolivia, Czechoslovakia, Scotland, Germany, Ukraine, America, Greece, Netherlands, Lithuania, and the United Nations.



St. Roch Happenings

by Ann Homer

Several events of October were not reported in the last column. On October 10, all of the school children and teachers had their pictures taken. Several mothers brought younger brothers and sisters to say cheese also.

At two o'clock on Sunday, October 22, Bishop Gotwaltt came to St. Roch to confirm seventy-eight children of the parish. All were touched by the beautiful and impressive ceremony. A reception for family and friends followed in Scariot Hall.

That evening, Sister Leo Ann and Mr. Martin attended a benefit performance of Indian dances at Washington University. Vandanna Ponnappa of the eighth grade is a member of the dance group. The dancers wore elaborate and beautiful costumes while performing the involved movements of the native folk dances.

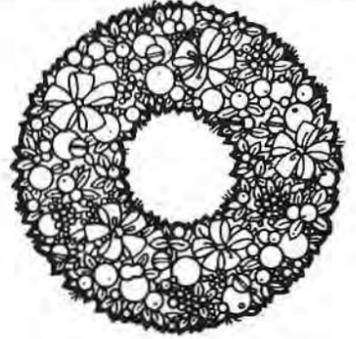
Mercy High School had a dinner to salute the National Honor Society Students on October 26. Two St. Roch graduates, Melissa Green and Chris Schoemehl were among the honorees. Sister Leo Ann and Mr. Martin were guests at the event.

November 1 was the feast of All Saints and a holiday for the students. The faculty took a trip in the van to St. Genevieve where they had lunch at the Hotel in conjunction with their monthly faculty meeting, sort of mixing business with pleasure.

The first quarter of the academic year ended on November 3. November 12, found teachers spending Sunday in the classroom meeting with parents to report on each child's progress. On the 13th through the 17th, the fourth and sixth graders took a special test to determine strengths and weaknesses. This test was administered in all the Archdiocesan grade schools.

St. Roch is fortunate to have extra assistance from high school girls again this year. One afternoon per week three students from Villa come to tutor those who need extra help.

The School Association held its second meeting on November 16. A marvelous display of pictures and work from the mini-courses was the focal point of the meeting. It is incredible what the children can accomplish when given the spark of interest followed by adequate instruction. The School Board took over part of the meeting in order to gain the opinions of the parents. The date for the Progressive Dinner was announced by Mary Watkins. The event will be on January 27 and tickets will be \$9 for a single and \$18 for a couple. Please reserve early by calling Mary or Susie Roach.



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8610 Spoon Drive
Solid brick ranch in perfect condition near Ruth Park. Three bedrooms, super family room, play room and more!

Karleen Hoerr - 862-5071

CENTRAL WEST END

5337 Lindell

A winner! 1978 Homer Award for "Outstanding new City Luxury Homes." The convenience and livability of new construction can now be had in the heart of the West End. Come take a look.

Anna Mason - 361-2039

6144 McPherson

NEW LISTING - Three story Brick townhouse in super shape! Beautiful woodwork; central air; three fireplaces; complete, built-in Kitchen; great master suite; unique family room, and more.

Karleen Hoerr - 862-5071

5815 Pershing

NEW LISTING - Unique, compact, two story brick home, totally rehabbed in 1976. Spacious, open design on first floor with wood burning fireplace and built-in kitchen. Two bedrooms with dramatic cathedral ceilings. Must be seen.

Monique Deverell

5860 DeGiverville

Cute two story brick bungalow in the expanding Skinker DeBaliviere area. Moderately priced.

Gee Stuart - 721-0053

COUNTRY RETREAT

Picturesque two room log cabin on 80 wooded acres with 1/4 mile frontage on the clear running Huzzah River.

Renni Shutter - 863-0220

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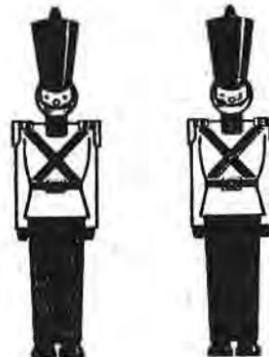
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HAMILTON SCHOOL IN THE NEWS

First Community Involvement Seminar Held at Hamilton School

October 25, 1978, marked the beginning of the seminars that were planned for this year. A group of about thirty people, thirteen (13) teachers and seventeen (17) parents and community people were given a stimulating presentation by Dr. John L. Mason of the National Neighbors Organization. It appeared as though Dr. Mason had the audience struck as he shared his knowledge of the inner-workings of changing communities and the potential parts that school and community persons have to play in changes that are occurring. A very strong challenge was issued to the school personnel as well as to the parents and community persons present. The inspirational message and wholesome exchange between Dr. Mason and those persons in attendance sparked a new level of interest in activities that could make for better overall involvement in the affairs of the school and community at large. Most of the audience wanted Dr. Mason to return at a future date and, of course, such plans are already in the making.



Springboard to Learning at Hamilton

Mary Idrauiya Onama from Uganda, East Africa is serving as our Springboard to Learning Teacher in grades five and six. Miss Onama is presently doing graduate work in Social Work at Washington University. Her undergraduate work was done at Marquette University. Her position here at the Hamilton School, Miss Onama will present nine units serving Ugandan Culture (1) Introduction to Uganda, (2) People of Uganda, (3) The Ugandan Family, (4) Children in Uganda, (5) Education in Uganda, (6) Ugandan Foods, (7) Arts and Crafts, (8) Ugandan Music and (9) Festivals in Uganda.

Anyone wishing to peek in on these classes may come by the Hamilton School any Monday. Classes are 9:00-9:50, 10:15-11:15, 12:30-1:30 and 1:30-2:30. Because these enrichment classes are held in our regular classroom settings large numbers cannot, unfortunately, be accommodated.

Students Travel For New Art Experiences

Four classrooms at Hamilton School took advantage of the nice October weather for field trips conducted by the art department. Seventh graders took a bus downtown to the Fourth R Gallery and Media Center, where they were promptly treated to a multimedia show of colorful slides and abstract movies. While at the media center, each student designed and created their own abstract color slides. These have been saved for a light show to be produced by Hamilton School students in the Spring.

Mr. Zurick, the art teacher, organized a dual field trip to the art museum. Ms. Curry's third grade took the Bi-State, while Ms. Dorsey's eighth grade chose to walk. Although both classes left at the same time, the energetic Hamilton walkers arrived well ahead of their younger brothers and sisters. The eighth grade was given a stimulating and thorough tour of the museum's modern art collection, while Ms. Curry's youngsters were given a general introduction to all that the city's great institution has to offer.

Mr. Zurick reports some interesting feedback from the recent trips. Some students have presented him with their own versions of artistic compositions emulating those they experienced on the trip. Most notable were eighth grader Juan Goodum's modern geometric compositions.

Many more classes plan to venture from Hamilton for the sake of art, particularly after Christmas.



Teachers at Hamilton Complete Planning Sessions and Math Workshop

A series of six planning sessions involving three teachers each session were held. The sessions were started Oct. 17, 1978 and were completed Oct. 24, 1978. The purpose was to give the regular classroom teachers an opportunity to dialogue and discuss in more detail the plans they wanted to develop for the year. The written results of the sessions were taken and made the focus for the school's objectives for the 1978-1979 school year. In addition to the planning sessions, the Developmental Math Workshop was held after school on October 24, 1978. Mrs. Nancy Feeny, instructor of Mathematics at Webster College and teacher of Math in the Normandy School District provided a wide array of useful hints and suggestions to teachers about what could be done with slower pupils in Math. Near the end of the workshop, there was a feeling that Mrs. Feeny had been right on target with her stimulating remarks. Teachers experienced the often rare exhilaration of exploring some of their most persistent problems in the teaching of Math Concepts. Ninety-nine percent of the Hamilton faculty were present for this first workshop.



Hamilton School Room Parents Volunteer to Serve

In the last issue of the paper, mention was made of Room Parents being organized. To date we are proud to acknowledge the following parents who have thus far consented to serve as room parents. Reports of their activities will be forthcoming.

Room	Parent	Address
113	Mrs. Carolyn Griffin	5938 Pershing
	Mrs. Diane L. Wells	5323 Pershing
115	Mrs. Mabel Craft	463 Laurel
116	Mrs. Jessie Malone	6168 Waterman
118	Mrs. Carol Davis	6006 Washington
119	Mr. John Thomas	5744 DeGiverville
	Mrs. Winifred Jamison	5744 DeGiverville
120	Mrs. Hattie Banks	5895 Nina Pl.
121	Mrs. Eddie M. Coleman	5876 McPherson
	Mrs. Sharon Simpson	5844 DeGiverville
	Mrs. Angela Walls	5726 Waterman
201	Mrs. Sarah Davis	324 Laurel
202	Mrs. Barbara Herd	5801 Pershing
203	Mrs. Helen Sanders	5911 DeGiverville
	Mrs. Ruby Bonner	5816 Westminster
204	Mrs. FarceKadeer	
	Abdullah	5959 DeGiverville
205	Mrs. Norma Dorsey	5938 Pershing
208	Mrs. Carla Graham	5764 McPherson
	Mrs. Catherine Williams	5929 Waterman
209	Mrs. Arletha Harmon	6011 Washington
210	Mrs. Mary Bradley	6039 McPherson
211	Mrs. Sylvia Dear	501 Clara - 7S
	Mrs. Odessia Grayer	6037 Washington
212	Mrs. Barbara Creswell	5942 McPherson
212	Mrs. Blanche Jones	6150 McPherson
129	Mrs. Donnie James	5920 Washington



Conservation Study in Room #209

Room #209 (Sixth Grade) at Hamilton School, is involved in a conservation study. This important area of study builds the people-environment relationship which is at the heart of our environmental/conservation aspect of education.

The class has developed a Conservation corner in the room, which features a table display of assorted rocks, tree bark, terrariums, leaves, backyard plants, beans, soil, grass, etc. A board display consisting of charts, pictures, and reports dealing with conservation has been constructed.

The students are entirely responsible for the displays. The contributors for this month are Valynsia Timms, Byron Mallard, Marilyn Foster, Yvette Lampkins, Melvin Thomas, Stacy Rice, Detrionna Moore, Lynita Adams, Timothy Grayer, Michael Monroe, Chancellor Wiley, Ronald Rush, and Robert Hopkins.

The month of December project will be Endangered Species of Missouri.

Coro Program Recruiting Applicants

Persons interested in making or pursuing a career in public service are being sought as applicants for the Coro Program here in Saint Louis.

Coro is a non-partisan, non-profit organization training adults in the various aspects of public affairs. Each year, it accepts 12 persons for a nine-month fulltime appointment as interns, experiencing first-hand the internal operations of local business firms, labor unions, government agencies and political campaigns.

Information about the Coro Foundation and its training program is available by contacting the local Coro office, 410 Mansion House Center, 63102, telephone 421-1990.

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FREE DELIVERY

A Thank You to the Clinic Council

The People's Clinic is a miracle created every day by the people who donate their time to make it happen: the pharmacists, nurses, greeters, doctors, advocates, lab technicians. It is a gift to us in the community.

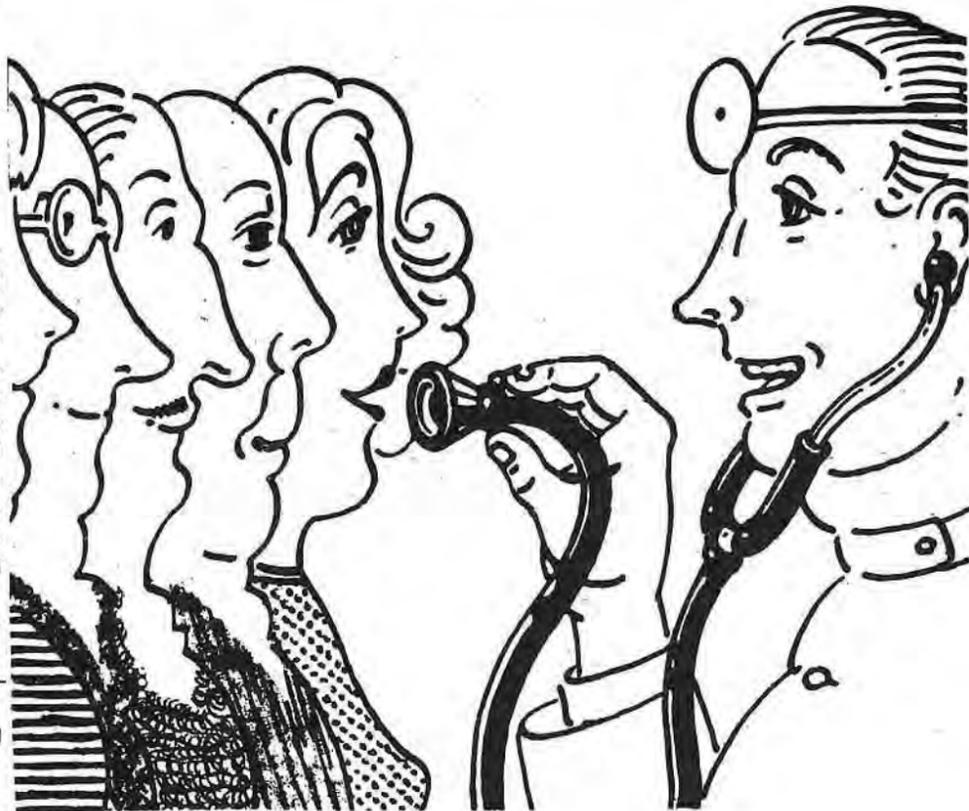
With the memberships and fees the Clinic keeps the doors open, the lights and heat (or air conditioning) on, pays Mary Falk, the bookkeeper, and buys medical supplies.

The decisions that direct the Clinic come from the Community Health Council

(and a good deal of the carrying out).

Since December is the last month for this council (it's election time again), I would like to acknowledge their service this year and I would like you to know who they are: Gordon Carlson, Gene Rodriguez (treasurer), Cathy Dean, Mary Alice Krueger, Jim Breitmeyer (president), Sue Sante (vice-president), Jim Shayman, Mimi Newsham (secretary), Worth Hayes, Sandy Schildroth (resigned), Chris Wright (deceased), Marian Raben, Art Perry, Sharon Goodwin, Linda Piper (resigned), and John Davis.

— Sue Sante



**People's
Clinic**

6010 Kingsbury
St. Louis, Missouri 63112
Telephone: 721-5577

Office hours: 9:00 am - 5:00 pm - Monday - Friday
Clinic hours: 6:00 pm - 9:30 pm - Monday - Thursday

We offer general medical care services in a friendly and convenient setting.

MONDAY EVENINGS: Children's Clinic

Pediatricians who care about children offer physical check-ups and examinations as well as immunizations and certification for the WIC Program, a food supplement program for Women, Infants, Children.

TUESDAY EVENINGS: Women's Clinic

A group of dedicated women offering the following services:

Pap Smears - Pregnancy Testing - V.D. Tests - Birth Control/Counseling - Breast Exams - Referrals.

WEDNESDAY AND THURSDAY EVENINGS: General Clinic

Both of these evenings specialty services are available including dermatology, neurology, and internal medicine depending on the doctors scheduled - call for information.

The Clinic schedule for each week with the doctors' names is posted in the Clinic window.

MEMBERSHIPS:

Area Residents:
Individual \$3.00
Family \$5.00

Out side of Area Residents:
Individual \$10.00
Family \$15.00

FEES:

Physician Visits:
Member \$3.00
Non-Member \$10.00

Non-physician Service:
Member \$1.00
Non-Member \$3.00

Lab Fee (if any, at cost)

ALL THIRD PARTY PAYMENTS ARE ACCEPTABLE
(Medicaid - Medicare - Insurance)

Colds (Ah... Chooo)

Well, folks, the cold season is approaching, if not, upon us. Darn, give me a GleeDex!

Colds are recognizable by everyone, and doctors hate them: "Why don't they have diseases I can CURE? They have COLDS!" said one People's Clinic doctor, several years ago. The common cold is the worst villain of the workplace, causing more lost time than any cause. It is diagnosable by lay people and doctors alike: runny nose, sick chilly feeling, sneezes, etc. PFOOEY on colds!

But, your chances of the instant protection - a vaccine - is slim. About umpteendiddly (who's counting?) viruses cause what is considered a "cold." Very little likelihood of a vaccine, say the savants. So here are a few thoughts...

Colds are named for cold weather, when people are copped up together inside. That's when they pass viruses around to each other best, and since colds go by "droplet," they pass them in sneezes and coughs inside of closed rooms. So, the first preventive method we would offer is GOOD MANNERS: Don't cough, sneeze, blow, etc., in someone else's face! If that isn't enough, if you feel sick enough to disgust yourself (with hack, cough, sneeze and dribble), don't take yourself to your workplace or school to contaminate others!

Your best protection is a healthy body, which can withstand evil viruses. Hence, attention to proper nutrition, adequate rest, avoidance of physical and emotional stress, and moderate exercise are probably good measures. Some writers have noted that chilled extremities (like wet feet) don't give you a cold, but the mucous

membranes of the nasopharynx tend to blanch, possibly giving a place for the virus to gain foothold (and besides, you would be more comfortable with warm feet anyhow), so "keeping warm against a cold" might not be a bad idea.

If, after all your trying, you get a cold: First of all, don't trot it around to display it! Your friends know what they're like, and you won't make friends by infecting them... you'll just make yourself, and them, more miserable!

A few day's bed rest is indicated... you can tell how much by how terrible you feel. You won't die (it's a self-limiting disease) and when you feel you may live, you MAY! A light liquid diet is encouraged (chicken soup and orange juice is THE classic, especially if Mom made the former), until appetite recovers. A couple of aspirin three times a day to combat that ache-all-over feeling is also okay. No penicillin or antibiotic will do any good, UNLESS you develop what is called a "secondary infection." By all means, if your fever (for adults) goes over 101°, or if you cough up yellow-to-rusty sputum, or if you have ear aches, or if your symptoms keep hanging ON-and-ON, go see your favorite doctor; you may have that secondary infection!

Oh, yes: Vitamin C! It's a controversy. If you feel that this vitamin will help you beat colds, take it... unless you are on salt or sodium restricted diets, at which time you should be sure you don't take the form of ascorbic acid which is sodium salt (ask the druggist). Otherwise, if it makes you feel better: a happy mind makes for a sound body (which isn't exactly what the YMCA meant by their motto, but...).

And AT...CHOooo to all of you, too!
Christine Smith

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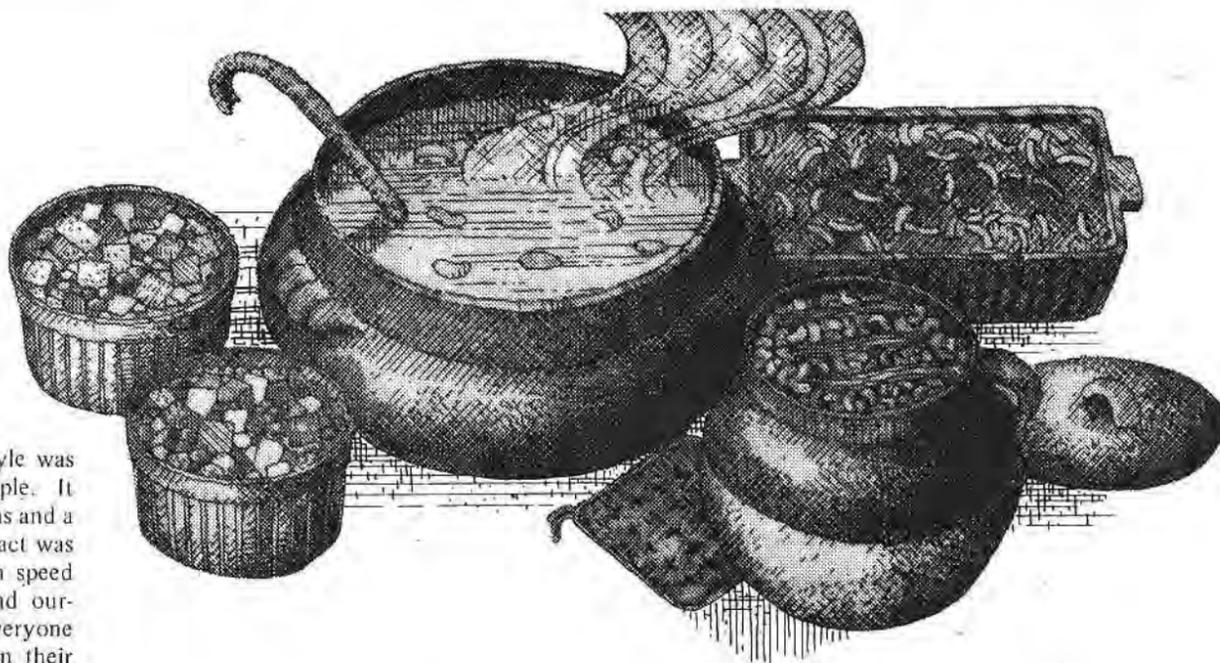
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With warm and friendly wishes

for the Holiday Season and a

Bright and Happy New Year!



NUTS TO GROATS AT NITTY GRITTY

by Peggy Peters-Vaughan

In the 70s a whole new life style was forced upon the American people. It started slowly with anti-litter slogans and a crying Indian on TV. Soon its impact was felt everywhere when the 55 mph speed limit was imposed. Next we found ourselves in an "energy crunch" and everyone was bundling up and turning down their thermostats. Plants became fashionable as outdoors was brought indoors. Magazines carried stories of executives and their families who "chucked" the establishment and took to the mountains to live off the land. People began jogging and became aware of their bodies and what they were putting into them. **Back to nature** became the new battle cry.

Nitty Gritty Natural Foods Store at 6394 Delmar reflects this reborn pioneer spirit. From the front door to the neatly curtained-off back room, it is a reminder of times past. There are no shining chrome counters, no aisle upon aisle filled with shopping carts and no "10¢ off with coupon and \$5.00 purchase" signs. Instead the shopper will find barrels, wooden shelves, and jars filled with an abundance of bulk products and a delightful, relaxing way to shop. There is even an antique 1898 scale (still accurate) on which purchases are weighed.

According to Glen Willis, the proprietor, the purpose of his shop is "to give people an ample assortment of good, wholesome food at reasonable prices." Cost is held down through the serve-yourself concept. Each shopper weighs and bags his or her own selection thus allowing a large range of purchases without fancy packaging.

Nitty Gritty has been in business in the Delmar Loop for four years having recently moved across the street to its current larger location. The shop carries the widest and most varied selection of teas and herbs this writer has seen under one roof. Tea can be purchased in any amount from 10 ounces to 10 pounds. Some of the most popular teas are cinnamon spice, red zinger, jasmine, and Earl Grey.

A wise choice of herbs and botanicals with many unusual names and even more unusual uses is available. Fo-Ti, for instance, is credited with the ability to lengthen the life span. Golden Seal is an herb which is supposed to possess the same qualities as penicillin. There is an herb which claims to remedy almost every ailment known to man. Our forefathers and the Indians used these same remedies. Glen and his sales staff are restricted by law from telling which herbs or botanical cures which ailment but a fine array of books are available to help the shopper.

Next to the herbs and teas stand jars of spices where the everyday cook can find pepper, cinnamon, and paprika while the gourmet chef can just as easily locate Gumbo file, fennel seeds and dried mushrooms. Prices are very reasonable, almost

surprisingly so. This writer purchased chili powder, red cayenne pepper and onion powder and was pleased with the quality and price.

Against one wall are wooden racks which hold containers of rice (unprocessed, of course), whole wheat flour, beans, split peas and an assortment of pastas. Those who enjoy cooking Italiano may be interested in knowing that Nitty Gritty carries spinach flats and spinach noodles. Dried fruits (apples, raisins, apricots), sea salt, and unsweetened coconut are also stored in this area.

The store carries a complete line of natural beauty aids including all natural toothpaste. There are soaps, cleansers, lotions, and creams which are all biodegradable for the ecology-minded individual. Much has been written in beauty magazines in recent months about the amazing capabilities of Henna to highlight and enrich the hair. This shop not only has Henna in different shades, but has booklets and a qualified sales person to aid the shopper in selection and application.

In the center of the store stands a rack filled with barrels full of nut and fruit mixtures, granola and snack mixes. These would provide a family with a different and healthful treat for the holidays. The California mix, which contains coconut, nuts, raisins, looked and smelled delicious. The freshly mixed granola should not be overlooked. It is definitely superior to the granola sold in supermarkets.

Future plans for Nitty Gritty include the opening of a lunch bar. Sandwiches, teas, juices and pastries will make up the menu. All will be made in the shop using Nitty Gritty products.

The aroma inside this store is fantastic. Combined with the creative use of plants, natural woods, barrels, crates and even an old plow, the atmosphere becomes one of hominess and contentment. The rustic country charm gives the shopper the feel of visiting a general store of days gone by. Perhaps the spirit of the adventuresome pioneer will be rekindled and another 20th century being will be brought "back to nature."

good health throughout the Holidays

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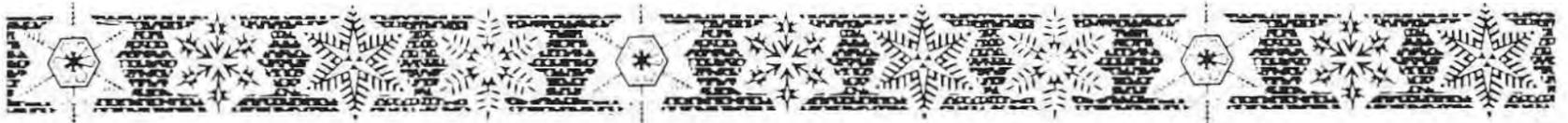


Brownie Troop 533 will make ceramic gifts for Christmas. They will go to Carmen Soloditz's studio again this year. Christmas caroling will be held on Sunday afternoon, December 17 for the St. Louis Carol Association. Watch and listen for us.

Senior Girl Scout Troop 2886 had an exciting career exploration experience on Walk-a-Day. Anne Classman and Beth Bender were particularly impressed with the opportunities in forestry in the National Parks Service.

The Planning Board Christmas Party (all Seniors in the area) will be at Westport Plaza on Saturday, December 9. The day includes brunch, program and shopping time.

At this writing the Boy Scout Circus is taking all our time. By the time you read this it will be successfully over! The December Pack meeting is the 20th. Cub Pack 31 will receive kits for the January Space Derby.



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