

THE COUNTDOWN BEGINS! 1 MORE ISSUE AFTER THIS ONE!

serving ▾ brentwood ▾ maplewood ▾ rock hill
glendale ▾ webster groves ▾ richmond heights



the pulse newspaper



Volume 49, Number 11

November 2025

Your Neighborhood Newspaper Since 1977

Field Trip to the Brentwood Fire Station



Saint Mary Magdalen preschool and kindergarteners took a walking field trip to the **Brentwood Fire Station!** Thank you to our local firefighters for welcoming our students and teaching them about fire safety! When asked what their favorite part was, many of them said watching the firemen slide down the pole.



Coffee With a Cop

Recently, Brentwood Police Department, in collaboration with Brentwood Target, hosted **Coffee with a Cop!** It's always a joy spending time connecting with residents, answering questions, and sharing a cup of coffee together.

Events like this help strengthen the bond between our officers and the community we serve! Thank you!



Community Alert: Gift Card Scam Targeting Residents

The Brentwood Police Department is warning residents — especially our senior community — about a growing gift card scam.

Gift card scams involve fraudsters tricking you into revealing gift card numbers and PINs to steal your money. They may impersonate government officials, tech support, or even claim to be a friend or family member in an emergency — often creating a sense of urgency to pressure you into acting quickly.

Remember:

- No legitimate organization or agency will ever ask you to pay with gift cards.
- Never share a gift card number or PIN with anyone you don't know.
- Hang up or delete messages from anyone making unexpected demands for money or personal information.

If you believe you've been targeted or fallen victim to a scam, please contact the Brentwood Police Department at (314) 644-7100.

Let's work together to spread the word and protect one another — especially our seniors — from scams like this.

GENE-DEL PRINTING IS HIRING

We are looking for a person skilled in graphic arts. If you are familiar with Adobe Creative Suite software - InDesign, Photoshop, Illustrator, and Acrobat, and are skilled with creating page layouts, N-Up files, while working directly with clients on design & layouts, this job might be for you! This position also requires entering invoices into QuickBooks. If this position is of interest, we would like to meet with you. Please call Keith at 314-962-4750 or email orders@genedel.com. Thank you!

Brentwood, MO - Harmonica Capitol of the United States!

The Gateway Harmonica Club, with **90 plus members**, is the largest harmonica club in the country. In light of this fact, St. Louis has been selected as the location for the **63rd International Harmonica Convention**, which will be held August 11-15, 2026, at the Sheraton Westport, sponsored by the Society for the Preservation and Advancement of the Harmonica. Hundreds of the world’s best harmonica players will converge on St. Louis for a week of outstanding harmonica music.

The Gateway Harmonica Club was founded in 1987 as a non-profit organization and continues to meet every Tuesday evening at the Rock Church, 9125 Manchester Rd, in Brentwood, Missouri, for lessons, open mic and band practice. The GHC Band performs over 60 harmonica concerts a year, featuring all types of music, from “St. Louis Blues” to “California Dreamin’”. The band utilizes many types of harmonicas, from the 1-inch mini harmonica to the 22-inch chord harmonica.

For more information about the Gateway Harmonica Club, visit www.gatewayharmonicaclub.org.

Or email the club at info@gatewayharmonicaclub.org



BRENTWOOD SCHOOL DISTRICT SCHOOL BOARD ELECTIONS (Public Notice of Filing)

The Brentwood School District encourages qualified persons interested in running for a position on the School Board to file to be a candidate in the April 7, 2026 election. There are three positions available with three-year terms.

Interested persons may file at the school district’s central offices located at 2221 High School Drive, Brentwood, Missouri. In accordance with the law, candidates may file by certified mail if they are unable to file the declaration of candidacy and other necessary paperwork in person due to a physical disability or because they are members of the U.S. Armed Forces on active duty. For more information, contact Kate Hastings, secretary to the Board of Education, at 314-962-4507.

Filing will begin on December 9, 2025 at 8:00 a.m. and will continue during the district’s regular business hours, which are Monday through Friday from 8:00 a.m. to 4:00 p.m. Except for the first and last day of filing, filing will not occur on days that the school district’s central offices are closed due to inclement weather or health-related reasons.

Filing will also not occur on the following holidays and breaks when the school district’s central offices are closed: December 24-25, 2025. *The December schedule of office hours will be posted by December 8, 2025.* **Filing will end on December 30, 2025 at 5:00 p.m.**

Should You Get a Veteran ID Card?



The VA is offering a free Military ID Card as a way to give all honorably discharged veterans proof of service regardless of era or time in service as ordered by Congress.

A valid ID card is proof of service that may be required to receive special benefits from private firms as a “Thank you for your service”. Perks like free meals, parking spots and discounts at many retailers. Accept a bit of gratitude when it’s offered as it’s nice getting respect for your service to your country. It’s easy to apply, log on to VETS.GOV and create an account. Then scan and upload your DD-214 form and your photograph. It’s that easy and you’ve earned it.



Louie stopped by with Great Day St. Louis to check out “Louie’s Little Library”! This initiative by the St. Louis Blues helps boost literacy and engagement among children in our community. You can find one of Louie’s Little Libraries right here at the Brentwood Ice Rink — perfect for younger kiddos visiting our facility with their families. Grab a book, take a seat, and enjoy a good story before or after your skate!

Brentwood Parks Witches Coven Call



We had such a blast with all our new witchy friends at Witches Coven Call! Thank you to everyone who came out to enjoy our new Halloween night market. We can’t wait to see you again at next year’s Witches Coven Call — until then, happy haunting!

PULSE NEWSPAPER MEMORIES

Do you have any memories of The Pulse that you would like to share with our readers? Please email to joyce@genedel.com or mail to 9019 Manchester, Brentwood, MO 63144.

**WEBER CHEVROLET AND KSHE 95 PRESENT
EL MONSTERO
DECEMBER 18, 19, 20, 22, 23, 26 & 27**

El Monstero, the definitive U.S. Pink Floyd Experience, is pleased to announce a VIP ticket add-on to select shows at The Pageant in The Loop. Tickets for the VIP Experience are \$85 which includes early access to the concert, an exclusive VIP soundcheck experience, commemorative t-shirt & poster, plus photo op with the band (concert ticket sold separately).

The concert dates for the annual winter shows at The Pageant are December 18, 19, 20, 22, 23, 26 and 27. Show time is 8 p.m.

The VIP Experience is available for both Friday and Saturday shows, plus the Tuesday, December 23 performance. VIP ticket holders will get early access to the venue before doors open to the public.

Tickets for all seven shows and the VIP Experience are available now at Ticketmaster.com or ThePageant.com.

El Monstero began its theatrical presentation of the band’s music in 1999. The band is comprised of St. Louis natives Mark Thomas Quinn (lead vocals/guitar/lap steel guitar), Jimmy Griffin (lead vocals/guitar), Kevin Gagnepain (bass/vocals), Bryan Greene (electric and acoustic guitar), John Pessoni (drums/vocals), Bill Reiter (keyboard/vocals), Jake Elking (keyboard), Dave Farver (saxophone), Erminie Cannon, Tandra Williams, and Kirstin Johnson (vocals).

El Monstero focuses on the Gilmore/Waters era of Pink Floyd, but ventures into albums recorded both before and after that time in the band’s history. El Monstero delivers an audio and visual interactive experience like no other combining pyrotechnics, aerial artists, lasers and innovative technology. Special surprise guest singers and guitarists appear each night and no two shows are ever the same.

For more information, visit www.thepageant.com or www.elmonstero.com.

VIDEO LINK: El Monstero the Movie Trailer on Vimeo

**FEBRUARY 5 - 8
Disney On Ice presents Mickey’s Search Party**

Disney On Ice presents Mickey’s Search Party is bringing the magic to guests through dynamic moments that take place on the ice and in the air. This adventure delivers compelling storytelling through multi-leveled production numbers so be prepared to join this magical search and help unlock an epic journey when Disney On Ice presents Mickey’s Search Party delivers an unforgettable experience at Enterprise Center from February 5-8, 2026.

Disney On Ice Preferred Customers can purchase advance tickets starting today to get the best seats available before tickets go on-sale to the general public next Tuesday, October 28. Fans can still sign up to become a Disney On Ice Preferred Customer and get exclusive access to the pre-sale offer code.

Join Mickey Mouse and his friends at Disney On Ice presents Mickey’s Search Party, an adventure filled with world-class skating, high-flying acrobatics and unexpected stunts! Look for clues in the search for Tinker Bell through immersive, fantastic worlds. Explore the colorful spirit realm of Coco, sail away with Moana as she bravely saves her island, see Belle in the sky as the enchanted chandelier comes to life, and sing-along with Elsa in the icy world of Frozen. Make memories during Aladdin, Toy Story and The Little Mermaid as the search party becomes an all-out celebration!

Thursday, February 5 at 7:00 PM

Friday, February 6 at 11:00 AM & 7:00 PM

Saturday, February 7 at 10:00 AM, 2:00 PM & 6:00 PM

Sunday, February 8 at 11:00 AM & 3:00 PM

Tickets now available for purchase online at Ticketmaster.com or in-person at the venue box office. It’s easier than ever to experience the Disney magic. With a variety of family-friendly ticket pricing options, choose what fits best for an enchanted experience.

*Ticket pricing is subject to change based on market demand.

Follow Disney On Ice’s social media channels: Facebook, Twitter, Instagram, & TikTok.

Subscribe to the Disney On Ice YouTube Channel at www.youtube.com/DisneyOnIce



Dad’s Cookie Company

“Family Owned And Operated Since 1938”

3854 Louisiana Avenue, St. Louis, MO 63118

Stop By And Visit Us At Our Old Style Retail Bakery Shop!

Dad’s Cookie Company, the home of...

Dad’s Original Scotch Oatmeal Cookies™ and

other fine treats

www.dadscookies.com

**Send a Gift Box of Dad’s Cookies or a tin packed with
gourmet treats to anyone in the continental United Sates
online, or by mail, fax, or telephone.**

**Store Hours: 9 AM to 5 PM Mon. - Sat.
VISA / MASTERCARD / DISCOVER / AMEX**

**Email: calldad@dadscookies.com
Website: www.dadscookies.com**

**Phone: (314) 772-3662
Fax: (314) 772-5863**

Here’s just some of the places where you can find Dad’s Original Scotch Oatmeal Cookies™:

**Baumann’s Fine Meats
Cafe Manhattan
Crown Candy Kitchen
Dierberg’s Markets**

**Freddie’s Market
Hanlen’s Fine Meats & Catering
Hanneke’s Market**

**Kenrick’s Meats & Catering
Mateker’s Meat & Seafood Shop
Mom’s Deli**

**Schnuck’s Markets
Straub’s Markets
...AND MANY MORE!**

***Stop by Ted Drewes and get a “Tedad’s” Concrete, or a Frozen Custard Sandwich made
with Ted Drewes Vanilla Custard between two Dad’s Original Scotch Oatmeal Cookies!***

If you can’t find them where you shop, ask them to carry Dad’s Original Scotch Oatmeal Cookies™!

HELP SAVE THE HEARTBEAT OF BRENTWOOD

The December 2025 issue of The Pulse Newspaper will be the last issue published unless a new owner comes forward. The Pulse has been published monthly since 1977 as the “only good news” newspaper for Brentwood and the surrounding communities.

With the continuing growth of Gene-Del Printing, it’s becoming difficult to also publish & distribute The Pulse newspaper. If a local business or family would be interested in owning their own newspaper, here’s an opportunity to own an established turn-key business. You’ll receive all back issues of The Pulse Newspaper archives. All digital print files, all newspaper racks, etc. If interested, please email: orders@genedel.com for more information.

The Dodel Family



Brentwood Police Department

Calls for Service Report

***Note:** CFS Do Not Always Become Written Police Reports

10-13-25 - 10-19-25

CFS for Person Crime	
Murder / Manslaughter	0
Sex & Sexual Assaults CFS	1
Robbery /Car-Jack	1
Assaults /Kidnapping	0
Peace Dist -Domestic- Misc	12
Calls for Mental Health	3

CFS for Property Crime	
Arson/Bombing/Burning	0
Burglary - Residential	0
Burglary - Business	1
Destruction of Property	3
Frauds & ID Theft	2
Larceny - Shoplifting	10
Larceny - From Vehicle	3
Stolen Vehicles	1
Trespassing	4

Weapons Related	
Utilized/Taken	1
Recovered	1

Auto Accidents	
	16

Patrols	
Building & Business Check	60
Schools & Foot	99
Parks - Misc	38
Parking violation	5

Notable CFS	
Alarm Calls	8
Animal Related	4
Assist FD & etc ..	20
Check Welfare/Notification	13
Contact Another Agency	11
Motor Assist	2
Police Community Relations	2
FLOCK/LPR/RADAR-FTY	4
Solicitors	2
Suspicious Person/Vehicle	11
Traffic Control/Details	18
Traffic Stops	53
Vacation Checks/Close Watch	3

ARREST	
Prisoner Conveyance	9
Adults	9
Juvenile	2

ARREST TYPE	
FTA/Fugitive	3
Original Non-Traffic	8
Original Traffic	0

Miscellaneous CFS	
	31

Minus Arrest/Types/Weapons	-24
----------------------------	-----

Total Calls For Service	450
-------------------------	-----



Brentwood Police Department

Calls for Service Report

***Note:** CFS Do Not Always Become Written Police Reports

2025 October

CFS for Person Crime	
Murder / Manslaughter	0
Sex & Sexual Assaults CFS	1
Robbery /Car-Jack	1
Assaults /Kidnapping	1
Peace Dist -Domestic- Misc	53
Calls for Mental Health	16

CFS for Property Crime	
Arson/Bombing/Burning	0
Burglary - Residential	2
Burglary - Business	2
Destruction of Property	8
Frauds & ID Theft	7
Larceny - Shoplifting	26
Larceny - From Vehicle	7
Stolen Vehicles	3
Trespassing	15

Weapons Related	
Utilized/Taken	2
Recovered	1

Auto Accidents	
	78

Patrols	
Building & Business Check	190
Schools & Foot	380
Parks - Misc	133
Parking violation	9

Notable CFS	
Alarm Calls	40
Animal Related	9
Assist FD & etc ..	98
Check Welfare/Notification	49
Contact Another Agency	66
Motor Assist	14
Police Community Relations	4
FLOCK/LPR/RADAR-FTY	7
Solicitors	8
Suspicious Person/Vehicle	43
Traffic Control/Details	61
Traffic Stops	181
Vacation Checks/Close Watch	6
Fireworks	1

ARREST	
Prisoner Conveyance	29
Adults	35
Juvenile	6

ARREST TYPE	
FTA/Fugitive	19
Original Non-Traffic	23
Original Traffic	1

Miscellaneous CFS	
	152

Minus Arrest/Types/Weapons	-87
----------------------------	-----

Total Calls For Service	1700
-------------------------	------

NEW AT SODA FOUNTAIN EXPRESS DIRTY SODAS

Soda Trend Bubbles Up at Westport Plaza

Get ready for the newest fizzy taste sensation. Dirty Sodas have bubbled up on the menu at Soda Fountain Express at Westport Plaza.

What is a Dirty Soda? It’s a flavor trend that started in Utah and is spilling over to other parts of the nation. Here in St. Louis, Soda Fountain Express offers a menu of options to try the trendy treat:

DIRTY VANILLA COKE

Coke or Diet Coke, Vanilla Syrup, Cream & Whipped Topping

DIRTY CHERYL

Sprite, Cherry Syrup, Cream, Lime & a Cherry

MUDDY MISSISSIPPI

Barq’s Root Beer, U-Bet Chocolate Syrup, Cream & Whipped Topping

CREAMY DEAMY (Yes, it is “Deamy,” not “Dreamy,”)

Fanta Orange, Strawberry Syrup, Cream & Fresh Strawberry Topping

ICE CREAM NACHOS have been added to the Soda Fountain Express menu to accompany the Dirty Sodas. The Waffle Cone bites are served with Chocolate Syrup, Ice Cream & Whipped Topping.

Dirty Sodas are perfect to pair with Westport Plaza’s outdoor events, including family movie nights, concerts and more. Event details at www.westport-stl.com.

The retro-style diner is a second location for the popular Soda Fountain at Union Station. Featuring the same high-quality eats and sweets, the Westport Plaza location offers quick service meals to march the busy work-life vibe at the mid-County entertainment destination.

Additional sweet treats at Soda Fountain Express include floats, shakes and classic malts as well as the over-the-top Freak Shakes made famous at the Union Station location.

Savory diner foods on the menu at Soda Fountain Express include hamburgers and a variety of sandwiches ranging from chicken and BLTs to grilled cheese, hot dogs and PB&Js. A children’s menu is available and sides such as chili, fries and onion rings add to the options. See the full menu here.

Soda Fountain Express is located at 147 West Port Plaza Dr. Parking is free at Westport Plaza. More information is available at www.sodafountainexpress-stl.com. The restaurant is open 11 a.m. to 8 p.m., Tuesdays through Saturdays and 11 a.m. to 6 p.m. on Sundays. Social media @sodafountainexpress.

Blue Jay Brewing Co. Named VinePair’s 2025 Brewery of the Year

National recognition puts St. Louis’ lager-focused brewery in the spotlight

Blue Jay Brewing Co., a family-owned brewery tucked into Midtown, has been named Brewery of the Year in VinePair’s prestigious 2025 Next Wave Awards. The honor puts the spotlight on one of St. Louis’ best-kept secrets. Blue Jay Brewing Co. is a handcrafted brewery founded by Jay and Nicole Thompson, which is quickly gaining national attention for its lagers that combine tradition and innovation.

“Being recognized by VinePair at this level is beyond anything we imagined,” said co-owner and brewer Jay Thompson. “We built Blue Jay to share our love of lagers and create a space where people feel welcome. To see our taproom in Midtown celebrated on a national stage is incredible.”

Though just under two years old, Blue Jay has already developed a loyal following of beer lovers who praise its balance of classic styles with a curious spirit. The brewery has become a haven for beer fans, with a tap list that ranges from light, crisp pilsners to malty dunkels and even experimental brews made with sustainable grains like Kernza.

For those who haven’t yet stopped by, this award is your invitation. Blue Jay is proof that some of the best beer in the country is being brewed right here in St. Louis, and it’s waiting for you on Locust Street.



Celebration Event — Save the Date

To mark this milestone, Blue Jay Brewing will host a community celebration on Saturday, November 8 at its Midtown taproom. The event will feature Blue Jay’s award-winning beers, food by Farm Spirit, and more details to be announced soon.

“We wouldn’t be here without our team, our regulars, and this city,” Nicole Thompson added. “This celebration is really about raising a glass with the people who made it all possible.”

About Blue Jay Brewing Co.

Established in 2023 by Jay and Nicole Thompson, Blue Jay Brewing Co. is a small, independent brewery in Midtown St. Louis specializing in American and European-style lagers. Rooted in the principles of quality brewing, sustainable practices, and a deep sense of community connection, Blue Jay has earned recognition as one of St. Louis’ most exciting craft breweries in St. Louis’ craft beer scene and is now on the national stage. To learn more, go to bluejaybrewing.com.

STAGED: New Works in Contemporary and Experimental Dance November 21-22, 2025 at The Grandel

This fall at the Grandel Theater, Karlovsky & Company Dance premieres STAGED, a curated concert showcasing original works by both emerging and established choreographers.

STAGED is a production of fresh choreographic voices in contemporary and experimental dance. Audiences will experience the St. Louis premieres by local choreographers: Elise Marie Harowitz, Dawn Karlovsky, Liliana Merifield, Melissa Miller, and Mary Ann Rund. Additional collaborations include original sound-scores by local musicians Lance Garger, Kalo Hoyle, and Tory Starbuck.

As part of this dynamic program, 13 guest artists from the St. Louis dance community will join the company’s dancers to form a fully integrated ensemble. This performance promises an evening of innovation, risk-taking, and creative dialogue in an opportunity to witness dance as an evolving art form that thrives on curiosity and collaboration.

<https://www.metrotix.com/events/detail/staged>





Ninja Turtle Night

Cowabunga dude! Join us for a totally tubular evening filled with fun for the whole family. This family – friendly event features crafts inspired by your heroes in a half shell, dancing to get the turtle toes moving and turtle treats that are sure to delight! Whether you’re a Leonardo, Michelangelo Donatello or Raphael fan, you’re in a for a shell of a good time. This is an adult/child class. The fee is per person.

Date: Saturday, November 15
Time: 10:00AM – 12:00PM
Location: Brentwood Community Center
Ages: 2+
Price: R \$12/NR \$15 per person



Holiday Wreath Making

Join us for a 90 minute “how to” create your own wreath. During this class you will learn how to make the perfect bow for all your crafting needs. All supplies will be provided to create your own Holiday masterpiece. Bring a friend or family member and enjoy a creative evening at the Brentwood Community Center

Date: Tuesday, November 18
Time: 6:00 – 8:00PM
Location: Brentwood Community Center
Age: 18+
Price: Price: R \$55/NR \$60



Holiday Charcuterie Class

Join us for an evening of delicious creativity as the experts from Across the Board 314 guide you through the art of charcuterie board assembly. In this 90-minute hands-on class, you’ll learn how to craft a show-stopping spread—perfect for your next gathering or a cozy night in. Explore both sweet and savory options while picking up pro tips on presentation and pairings.

Date: Wednesday, December 3
Time: 6:00 - 7:30PM
Location: Brentwood Community Center
Age: 21+
Price: R \$25/ NR \$30



Santa Paws is Coming to Brentwood

Get ready for the paw–fect holiday photo opportunity! Dress up your furry friend and bring them to the Brentwood Community Center for a magical photo session with Santa. Pets of all shapes and sizes are welcome. Pets should be leashed or in a carrier until your family photo time. Register for your specific time slot. Pictures will be taken by Brentwood Staff and emailed to your family. Fee is per family and will be limited to 10 minutes with Santa.

Date: Wednesday, December 3
Time: 6:00 – 8:30PM
Location: Brentwood Community Center
Price: \$25 per family



Gingerbread Workshop

Join us for a sweet family tradition — each registration includes all the supplies needed to build and decorate one gingerbread house per family. Only one person per family needs to register. Fee is per family.

Date: Wednesday, December 10
Time: 5:30 – 7:00PM
Location: Brentwood Community Center
Ages: All ages
Price: R \$30/NR \$35



Forest Park Owls
How to Find an Owl in Your Neighborhood

Have you ever seen or heard an owl in your neighborhood and wanted to learn more? Award-winning naturalist Mark H.X. Glenshaw, known as “The Owl Man,” has studied Great Horned Owls in Forest Park since 2005 and helps people all over the St. Louis area find owls. In his talk, he’ll share how to spot and safely observe local owls, what to listen for, and why research and collaboration matter.

Date: Thursday, December 11
Time: 6:30 – 8:00PM
Location: Brentwood Community Center
Age: 18+
Price: R \$20/NR \$30
For Brentwood residents only



Brentwood Community Holiday Party & Tree Lighting

Santa is coming to Brentwood! Brentwood Parks and Recreation has received a very special call — the Jolly Ole’ Man himself is bringing his sleigh filled with joy and holiday spirit.

Join us for: Brentwood Park filled with holiday lights, reindeer, wagon rides, caroling, photo opportunities, juggling show, face painting, light appetizers, hot chocolate with Trader Joe’s, and other fun holiday surprises!

Date: Saturday, December 6
Time: 5:00-7:00PM
Location: Brentwood Park Event Pavilion
Price: Free



Santa Visits Brentwood

Brentwood residents only

Santa will be making special house visits to kids around Brentwood! Visits are 15 minutes long with a maximum of 8 children per household. Pre-registration required. Spots are limited and will go fast.

Date: Fridays, December 12 and 19 and Saturdays December 13 and 20
Time: 4:30 – 8:00PM (Fridays Only) and 1:00 – 6:00PM (Saturdays)
Ages: All ages Price: \$35 Residents only Activity Number: 645321

Thank you to everyone who came out to celebrate Home Sweet Home’s 10th Birthday Party



It was incredible to see more than 175 people—longtime supporters and new friends alike—all under one roof. The warehouse was bursting with laughter, confetti, and an undeniable sense of community that filled every corner. We had delicious food (thanks to our rockstar volunteers), birthday cake, fun prizes, and so many moments that reminded us just how special this Home Sweet Home family really is.

And what’s a birthday without gifts? We were blown away by the pile of “birthday presents”—donated home essentials that are being delivered to families at this very moment.

Over the past decade, Home Sweet Home has served more than 7,000 families, helping them move into homes with beds to sleep in, tables to gather around, and spaces that truly feel like home. None of this would be possible without our incredible community of volunteers, donors, partners, board members, and staff who make this mission come alive every single day. A special thank you to all the volunteers made the birthday celebration possible.

What a perfect way to wrap up our first decade and kick off the next. Thank you for celebrating with us and for continuing to help furnish hope for years to come!

With gratitude and excitement,
The Home Sweet Home Team

MANGO
MALE, NEUTERED, 7

Mango is an adorable cat with a curious spirit who loves attention and pets. This sweet boy is ready to bring joy and love into his forever home.

For Adoption Information, call 314.645.4610

DOVE
FEMALE, SPAYED, 2

Dove is a playful and bouncy dog with a heart full of love. She walks beautifully on a leash and is bravely learning to trust the world around her. With a little patience and kindness, she'll blossom into the most loyal companion.

GINGER
FEMALE, SPAYED, 4 months

Ginger is a playful and curious dog who's always ready for her next adventure! She's lived with both kids and other dogs in the past and done wonderfully, showing her friendly and social personality.

ELLA
FEMALE, SPAYED, 6

Ella is a sweet and playful dog who loves getting pets and attention. She walks nicely on a leash and enjoys spending time with her people. She loves napping on her bed and greeting new friends. She knows sit and appears to be potty trained.

BRENTWOOD SCHOOL DISTRICT

Brentwood Ranks Among the Best School Districts in Missouri

The Brentwood School District ranks No. 7 among all public school districts in Missouri for academic achievement and No. 15 for the best places to teach in the state, according to the 2026 Niche K-12 School and District Rankings.



The district earned an A overall rating based on Niche’s compilation of statistics and reviews from students and families. Brentwood’s schools also received top marks, with all K-12 buildings earning an A overall rating.



“Our success is a reflection of the heart and dedication of our entire Brentwood community,” said Dr. Amy Zielinski, superintendent of schools. “From our teachers who go above and beyond every day to our families who partner with us in learning, these rankings represent the collective effort it takes to help every student succeed.”

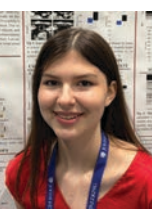
Niche is a website that analyzes public data and reviews to produce comprehensive rankings, report cards and profiles of schools, universities and neighborhoods. The site ranks more than 10,000 school districts nationwide using a rigorous analysis of key statistics from the U.S. Department of Education and millions of reviews from students and families.

Ranking factors include state test scores, college readiness, graduation rates, teacher quality, public school district ratings and more.

“While rankings are one measure of success, the true measure is the difference we make in the lives of our students every day,” added Dr. Zielinski. “That’s what drives us — and that’s what continues to make Brentwood one of the best.”

Brentwood Senior Presents at National Biomedical Engineering Conference

Brentwood High School senior Lizzy Butler recently presented her research at the 2025



Biomedical Engineering Society Annual Meeting in San Diego, California — a national conference that brings together students, educators and professionals working at the intersection of medicine and engineering.

Over the summer, Butler participated in the competitive Youth Scientist Program at Washington University in St. Louis, where she conducted research alongside Dr. Chao Zhou, associate professor of biomedical engineering. Her project, titled “Analyzing Mechanosensor Gene’s Role in Regulating Drosophila Heart Function Through Optical Coherence Microscopy Imaging,” explored genetic similarities between fruit fly and human hearts to better understand how mechanosensor genes influence cardiovascular function.

“Lizzy’s accomplishment is an outstanding reflection of her curiosity and determination,” said Zeyad Hamdan, Brentwood High School science teacher. “She has shown remarkable commitment to learning and the perseverance it takes to explore complex scientific questions.”

The Biomedical Engineering Society promotes collaboration and innovation in advancing human health through education, research and discovery. Its annual meeting draws roughly 5,500 attendees and features more than 2,500 scientific presentations spanning topics such as cancer treatment, heart disease and global health challenges. The society connects academia, industry, government and clinical fields to elevate the role of biomedical engineering in improving

health and wellness for all.

Butler’s participation in this year’s conference represents an exceptional academic achievement and highlights the real-world impact of student research.

“Opportunities like this show how classroom learning connects to real-world discovery,” Hamdan added. “Lizzy’s work demonstrates how young scientists can contribute meaningful insights to the field of biomedical research even before college.”

Brentwood Announces Partnership with BSN SPORTS and Nike

The Brentwood School District Board of Education has approved a new five-year partnership between Brentwood Athletics and Activities, BSN SPORTS and Nike. The agreement will provide student-athletes across all Brentwood programs with high-quality apparel and equipment while



also generating direct support for students and activities.

Nike will serve as the official apparel provider for Brentwood Athletics, outfitting teams with performance gear and uniforms. BSN SPORTS, a leading distributor of sporting goods and equipment, will facilitate the partnership and serve as the primary supplier for Nike-branded apparel, footwear and accessories.

“This partnership represents an exciting step forward for our students and community,” said Jamesia Tuiava, athletics and activities director. “By teaming up with Nike and BSN SPORTS, we’re enhancing the experience of our athletes, building school spirit and creating resources that benefit all students.”



As part of the launch, Brentwood is developing a year-round online spirit store that will offer a wide selection of Brentwood Eagles apparel. Families, students and fans can expect a variety of designs and options suitable for every season.

The district is also collaborating with S&S Screen Graphics in Fenton to create a second, year-round store featuring more corporate-style wear, giving families, staff and community members even more ways to showcase their Brentwood pride.

Revenue generated from these stores will directly support student activities and experiences, reinforcing Brentwood’s commitment to excellence on and off the field.

“This partnership is about more than uniforms and apparel — it’s about building unity,” said Dr. Amy Zielinski, superintendent of schools. “By creating consistency in how we represent Brentwood, we’re reinforcing a strong identity that brings our schools and community together and advancing a key priority of our strategic plan.”

Election Information for Board of Education Candidates

Filing for three three-year terms on the Brentwood School District Board of Education opens at 8 a.m. Tuesday, Dec. 9, 2025, and closes at 5 p.m. Tuesday, Dec. 30, 2025.

To be eligible, candidates must be U.S. citizens, at least 24 years old, and must have resided in Missouri and within the district for at least one year immediately preceding the election.

Candidates may file in person at the Brentwood School District Administrative Office (2221 High School Dr.) during the times listed below. Individuals unable to file in person due to a physical disability or active-duty military service may file by certified mail.



Please note: Filing will not occur on days when the district is closed for inclement weather, except on the first and last day of filing.

Filing Schedule

- Tuesday, Dec. 9: 8 a.m. to 4 p.m. (first day to file)
- Wednesday-Friday, Dec. 10-12: 8 a.m. to 4 p.m.
- Monday-Wednesday, Dec. 15-17: 8 a.m. to 4 p.m.
- Thursday, Dec. 18: 8 a.m. to noon
- Friday, Dec. 19: 8 a.m. to 4 p.m.
- Monday, Dec. 22: 8 a.m. to 4 p.m.
- Tuesday, Dec. 23: 8 to 11 a.m. (winter break hours)
- Wednesday-Thursday, Dec. 24-25: Closed (winter break)
- Friday, Dec. 26: 8 to 11 a.m. (winter break hours)
- Monday, Dec. 29: 8 to 11 a.m. (winter break hours)
- Tuesday, Dec. 30: 1 to 5 p.m. (last day to file; winter break hours)

Under Section 115.124 of Missouri law, if the number of candidates filing equals the number of open positions, no election will be held. If more candidates file than positions available, the election will take place Tuesday, April 7, 2026.

For questions about the filing process, please contact Kate Hastings at 314-962-4507 or khastings@brentwoodmoschools.org.

Brentwood Early Childhood Center to Host Curriculum Night

Brentwood families are invited to experience how curiosity and creativity come to life at the Brentwood Early Childhood Center’s Curriculum Night on Wednesday, Dec. 3, from 5:30 to 6:30 p.m. The center is located at 2350 St. Clair Ave., Suite B, Brentwood, MO 63144.



Curriculum Night offers families the opportunity to explore our dynamic and nurturing preschool environment, tour thoughtfully designed classrooms and discover how our hands-on, constructivist approach supports the development of curious, confident and capable learners.

Through play, exploration and meaningful connections, BECC fosters a lifelong love of learning in every child. During the event, our dedicated educators will share insights into our curriculum, daily routines and the intentional practices that make our program so unique.

We look forward to welcoming both new and returning families as we continue to strengthen our partnership with the Brentwood community.

About Our Program

BECC offers a developmental, constructivist program tailored to meet the unique educational needs of young children. Here’s what sets our program apart:

Project Construct Curriculum: Approved by the Missouri Department of Elementary and Secondary Education, our curriculum provides a strong foundation in early childhood education.

Missouri Early Learning Standards: Our student goals align with the standards that continue through grades K-12 in Missouri public schools.

Experienced Educators: Certified early childhood teachers guide learning using the latest research and best practices.

On-Site School Nurse: A full-time school nurse is available every day.

Early Intervention Support: In partnership with the Special School District of St. Louis County, we provide early intervention services and resources to support every learner.

For more information, visit ecc.brentwoodmoschools.org or call 314-262-8521.

Elementary Excellence: From the National Stage to the Classroom



Two Brentwood elementary school students recently showcased what learning, curiosity and perseverance look like — both on the field and in the classroom.



McGrath Elementary School fifth grader Jet Nelson earned an invitation to the Team USA Baseball 12U National Team Training Camp, placing him among the top young athletes in the nation — a testament to his

hard work, dedication and sportsmanship.

Meanwhile, Mark Twain Elementary School fourth grader Josh Gianetto demonstrated remarkable curiosity and creativity by repairing Mrs. Lanfersieck’s classroom robot vacuum, “Rosie.” Josh took the robot home, diagnosed the issue and brought “Rosie” back to life — a true example of hands-on learning and problem-solving in action.

BMS Career Day Inspires Postsecondary Exploration

More than 20 business professionals shared their experiences and expertise about their respective fields during Brentwood Middle School’s fourth annual Career Day on Friday, Oct. 10.

From mechanical engineering to biomedical research and cybersecurity, this event showcased a variety of career options, offering students a firsthand look at how the skills they are learning in the classroom can be applied in the real world. Many of the professionals had direct connections to the Brentwood community, including parents, residents, business owners and first responders.

During the event, students attended five 20-minute breakout sessions to explore different career fields that were represented. The event also included an exhibit hall, which allowed students to engage one-on-one with professionals and ask questions about postsecondary education and career opportunities.

“This event shows the power of community partnerships,” said Anne Bosche, BMS school counselor. “When professionals share their stories, it helps our students picture themselves in those roles and reminds them that every big dream starts with curiosity.”



Saint Mary Magdalen's 5th grade class and their families hosted a spooktacular Trunk or Treat!

From creative costumes and decorated cars to a haunted playground and plenty of candy, it was a frightfully fun night for everyone!



Thank You to Our Generous Donors!

We're grateful to The Home Depot for donating 40 smoke detectors and 40 carbon monoxide detectors, and to Ace Hardware for donating 30 ABC home fire extinguishers to the Brentwood Fire Department.

These safety items will help support fire safety initiatives and benefit Brentwood residents.

A big thank-you to our local partners for their generosity and commitment to keeping our community safe!



Rock Hill Fall Festival 2025

Photo Credit: Jan Reed of the Rock Hill Community Development Commission





WE NOW HAVE
CLASSES SPECIFICALLY
FOR HOMESCHOOL
STUDENTS

PRE K -TUESDAYS OR THURSDAYS AT 10 AM
ELEMENTARY - TUESDAYS OR THURSDAYS AT 11:30 AM

10038 MANCHESTER RD, SUITE 210, GLENDALE, MO 63122
WWW.STL-SCFK.COM ADMIN@STL-SCFK.COM

TEACHING AREA STUDENTS SINCE 2006



ANGIE’S LIST
AWARD WINNER
10 YEARS IN A ROW!



OVER 30 YEARS EXPERIENCE
INSURED
REASONABLE RATES

M & P WINDOW WASHING, INC.
GUTTERS CLEANED

PAUL CERNICH
314-805-6102

868 ATALANTA
WEBSTER GROVES, MO 63119
WWW.MPWINDOWSGUTTERS.COM

MARK THOMPSON
314-805-7367

WEBSTER RESIDENT FOR OVER 50 YEARS!

Actress Melissa Joan Hart To Host Operation Shower's Our Favorite Things Fundraiser

Presented by Royal Banks of Missouri in St. Louis on December 4

Actress, director, producer and longtime Operation Shower supporter Melissa Joan Hart will serve as the host and emcee of Operation Shower's Our Favorite Things presented by Royal Banks of Missouri: a festive holiday brunch and charity auction benefiting military families. Tickets are on sale now at www.operationshower.org/events/OFT25 for the event, taking place on Thursday, December 4, 2025, from 11:00 a.m. to 1:30 p.m. at Andre's at The Palladium in downtown St. Louis (1400 Park Place.)

In addition to a delicious seated brunch and an exciting auction, the event will feature live entertainment; a curated shopping experience; door prizes; inspirational speakers, including military families; and more. A highlight of the event will be the presentation of Operation Shower's Compassionate Hearts Award to two organizations whose unwavering support has helped make a significant impact on military families: the Blues Better Halves and Royal Banks of Missouri. Proceeds from the event will support Operation Shower's mission to deliver joyful group baby showers to military moms-to-be whose spouses or partners are deployed or who are active duty themselves, to ease the financial and mental health challenges of deployment and separation. Hart, a passionate advocate for family-focused charitable causes, has made a personal impact on America's heroes by hosting several Operation Shower military baby showers.

Best known for her starring roles in the television series Clarissa Explains It All, Sabrina the Teenage Witch and Melissa & Joey, Hart began her acting career at the age of four, appearing in commercials, plays and television shows including The Equalizer. One of TV's most iconic '90s sitcom stars, Hart has since starred in several Lifetime and Hallmark holiday movies in addition to directing and producing TV movies. She also competed on Dancing with the Stars; hosted the podcast What Women Binge; voiced roles in several animated shows; and has appeared in films including God's Not Dead. She and actress Alicia Silverstone also produced and star in the Netflix holiday movie, "A Merry Little Ex-Mas," also starring Oliver Hudson and Jameela Jamil, scheduled to be released this fall.

"It is an honor to support this wonderful fundraiser, which will help Operation Shower make an immeasurable impact on military families in St. Louis and across the U.S.," said Hart. "Operation Shower is one of my favorite things, and I'm excited to celebrate the season of giving while helping to create awareness for the need to continue supporting and recognizing military families for their service and sacrifice."

Military families serve alongside their uniformed loved ones in profound, often unseen ways; and few experiences highlight that sacrifice more than navigating pregnancy while on active duty or when a spouse or partner is deployed. To help ease the unique challenges faced by military moms-to-be, St. Louis-based Operation Shower delivers joyful group baby showers in communities nationwide – providing these remarkable hidden heroes with not only many of the costly tangible items needed for the babies and mothers, but also the priceless opportunity to forge lifelong connections with other expectant military women that strengthen resilience, enhance coping skills, improve mental health

and facilitate vital practical support.

Since 2007, Operation Shower has honored nearly 10,000 moms and moms-to-be during exquisitely designed baby showers conducted on military bases and other locations nationwide – including an annual shower each fall in St. Louis. Every creatively themed shower for groups of 20 to 40 moms features a catered meal, traditional shower activities with prizes, and the distribution of Operation Shower's signature Shower-In-A-Box: a curated box for every mom filled with high-quality gifts and safety items for the moms and babies.

To purchase tickets for Our Favorite Things on December 4, learn about the variety of sponsorship opportunities available, or donate items to the auction, visit www.operationshower.org/events/OFT25/ . For more information about Operation Shower or to make a donation, visit www.operationshower.org.

Webster Groves Municipal Election Information

Filing for the April 7, 2026 General Municipal Election opens on December 9, 2025 at 8 a.m. and will close on December 30, 2025 at 5 p.m.
One (1) mayor and three (3) council members at large will be elected to four (4) year terms.

Qualifications for Mayor or Council Member:

- Must be an elector of the City of Webster Groves.
- Must be a resident of the City of Webster Groves for at least 12 months prior to his/her election to office.
- Must not be in arrears for an unpaid city taxes or municipal user fees, or any other taxes per RSMO 115.306.2.
- Must file an affidavit with the Missouri Department of Revenue affirming candidate is not delinquent on taxes and file copy with City Clerk with declaration of candidacy (Form 5120).
- Per RSMO Section 130.071.2, before filing for office, candidate committee campaign disclosure reports for all prior elections shall be filed accordingly.
- Per RSMO Section 115.306.1, candidate cannot have been found guilty, or pled guilty to a felony under U.S. law, a felony under MO law, or an offense in another state considered a felony in MO.
- Candidates for Mayor and Council Member must file a petition signed by not less than one hundred (100) electors of the City of Webster Groves. Petitions forms and filing packets are available at City Hall in the City Clerk's Office.
- If you have questions regarding the election, contact the City Clerk at 314-963-5318 or email nakazonok@webstergrovesmo.gov.

Join us for your upcoming screening on

December 3, 2025, 9:00am – 4:00pm

hosted by the Rock Hill Police Department.

Our mammography van brings cancer screening to you.



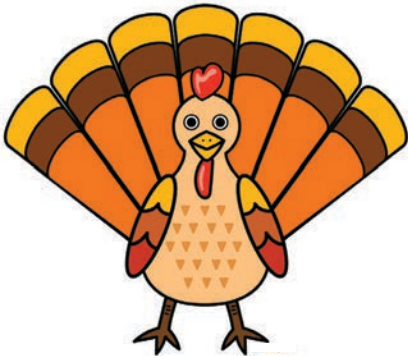
It's quick and convenient to visit Mercy's mammography van. Get all the advantages of an office exam without having to travel, including:

- Advanced digital 3D mammography
- Technologists specially trained and certified in mammography
- Images interpreted by fellowship-trained breast radiologists

To schedule with the mammography van, call 314-251-6300 (select option 0).

Frequently Asked Questions (FAQs)

- Q: How long does a mammogram take on the van?**
A: Typically exams take just 15 minutes (or 30 minutes if you have breast implants).
- Q: What information should I bring?**
A: Bring your photo ID and medical insurance card.
- Q: How long will it take to get my results?**
A: With a MyMercy account, you'll see results in 24-72 hours. If you don't use MyMercy, results come by mail within two weeks. If you had a prior mammogram at a non-Mercy facility, we'll try to obtain the images for comparison, which may take a few weeks.
- Q: What happens if you see a change on my mammogram?**
A: You'll be asked to schedule additional imaging at a Mercy facility. This may include ultrasound imaging to determine whether it's a normal breast change or if more testing or a biopsy are needed.
- Q: At what age should I start getting annual mammograms?**
A: Start at age 40 if you're at average risk of breast cancer — meaning you have no family history of the disease or other risk factors. If you have a family history of breast cancer or other risks, talk with your doctor about the schedule that's right for you.
- Q. How can I get a mammogram if I don't have insurance coverage?**
A: To find out if you qualify for a free mammogram, call 314-251-6300 (select option 0).
- Q. Can the mammography van visit my workplace, church or community group?**
A. Yes. To arrange a visit, email Kelly.Amelung@mercy.net or call 314-251-6300 (select option 0).



Scan to learn more, or visit mercy.net/MammVan

Mercy
Your life is our life's work.

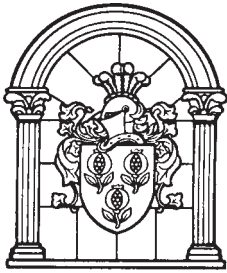
Saying goodbye is important.



Dennis Shrewsbury

That’s why the professionals at Bopp Chapel are here to help you create a service that truly reflects the life of your loved one. From traditional service to cremation, we provide the little touches that make a big difference.

Online register book available at www.boppchapel.com.



Bopp
CHAPEL
Personalized Funeral
and Cremation Services
A Family Tradition Since 1902

10610 Manchester Road – Kirkwood
(314) 965-7680
www.boppchapel.com



©2009 F.A.C. Marketing

First giraffes arrive at Saint Louis Zoo WildCare Park
WildCare Park’s towering new giraffe barn can house up to 15 giraffes



Saint Louis Zoo WildCare Park welcomed its first two resident giraffes this month at the Zoo’s new safari park and conservation center coming to north St. Louis County in 2027. Mo, a 21-month-old male reticulated giraffe from Reid Park Zoo in Arizona, arrived on Oct. 11. His name means “heart” in Swahili, inspired by the heart-shaped markings on his head and neck.

A few days later, Daniel, a 20-month-old reticulated giraffe from The Living Desert Zoo and Gardens in California, joined him. Not yet fully grown, the young giraffes today stand at 11 and 13 feet tall. Both giraffes are settling in well as the first residents of WildCare Park’s state-of-the-art, 38.5-foot-tall giraffe barn. Several more giraffes are expected to move into their new home at the park within the next year with as many as 10 to 15 living at WildCare Park by the 2027 opening. “Giraffes will be some of WildCare Park’s largest and most iconic species,” said Martha Fischer, general curator at WildCare Park. “As our herd grows, I know the sight of a dozen or more of these remarkable animals roaming the landscape will be unforgettable for guests.”

The first giraffes’ arrival follows the recent introduction of a five-member southern white rhino herd to WildCare Park in September, another important milestone as the safari park continues to take shape. All moves were recommended by the Association of Zoos & Aquariums Species Survival Plan (SSP), a collaborative breeding program among accredited North American zoos. The SSP is dedicated to creating a genetically healthy population of animals in human care to serve as a safety net against extinction. Giraffes will also continue to live at the Saint Louis Zoo in Forest Park.

The Savanna Safari and giraffe barn
The WildCare Park giraffes will spend most of their time in the 101-acre Savanna Safari pasture, one of many habitats within the park’s 425 acres located near the confluence of the Mississippi and Missouri rivers. Guided safari truck tours will take guests into this habitat of native plants dotted with five small lakes where they will be able to view the giraffe herd with no barriers. The giraffes will share the habitat with several other species including Grevy’s zebra, wild cattle (banteng,) ostrich and several rare antelope species (scimitar-horned oryx, greater kudu, waterbuck and Nile lechwe).

The Savanna Safari will be one of two guided safari truck experiences at WildCare Park. The second, the Woodland Safari, will take guests through 63 acres that will be home to a herd of southern white rhinoceros along with about 30 other animals. The WildCare Park giraffes will also have access to shelter in the park’s new, 22,000-square-foot giraffe barn. This heated building includes tall, skinny doors specially designed for a giraffe’s unique height, large community stalls and a second-floor walkway, putting keepers nearly head-height with the herd. Natural substrate on the floors will benefit the herd’s hooves and suspended feeders allow the giraffes to mimic munching or “browsing” from trees like they do in the wild. The barn also includes windows for natural light, a food prep room featuring a large freezer for the giraffes’ greenery snacks and a keeper hub with a break room and workstations for the animal care team.

Giraffe conservation
Giraffes are the tallest living land animal in the world. Adult males typically grow to 16 to 18 feet tall, while females are somewhat smaller at 14 to 16 feet. Due to their height, their competition for food is minimal in the savannas of Eastern Africa. Giraffes are facing significant conservation challenges, with several subspecies classified as vulnerable or endangered. Wild giraffe populations have declined by about 40% over the past three decades, dropping to fewer than 120,000 today, according to the IUCN Red List of Threatened Species. All giraffe species remain threatened by drought, hunting and habitat loss. The Saint Louis Zoo supports community-based conservation of giraffes and their savanna habitats through the Saint Louis Zoo WildCare Institute Center for Conservation in the Horn of Africa.

Saint Louis Zoo WildCare Park
WildCare Park features two different, but complementary components. The first is what the public will experience: An outdoor adventure that guides guests on a safari through herds of animals roaming wild across meadows and forests. The second is the Kent Family Conservation and Animal Science Center, a dedicated conservation breeding facility. This area will not be open to the public and is focused on sustaining endangered and threatened species. Today, WildCare Park is home to more than 70 animals including some of the most endangered species in the world. Herds at WildCare Park include southern white rhinos, Bactrian camels, wild cattle, wild horses and several antelope species with many more animals on the way. Sixteen births have already been celebrated at WildCare Park, including endangered Grevy’s zebra, addax, scimitar-horned oryx and banteng. WildCare Park will be home to more than 200 adult animals when it opens to the public in 2027. For more information on WildCare Park, visit stlzoo.org/wildcarepark.



2025 Holiday
Trash Schedule

Holiday	Date	Change
Veterans' Day Observed	Tuesday, November 11	Regular services (Monday-Friday)
Thanksgiving Day	Thursday, November 27	No trash service. Pickup resumes one day after regular schedule (Fri-Sat)
Christmas Day	Thursday, December 25, 2025	No trash service. Pickup resumes one day after regular schedule (Fri-Sat)

Basic trash, recycling, and yard waste services are provided to Brentwood residents free of charge.

Large item pickup is available for an additional fee. Please see Household Pickup Information located in under Government > Departments > Public Works on www.brentwoodmo.org. To schedule a large item pickup and investigate fee schedule, call 314.962.4800.

Department of Public Works
8330 Manchester Road
Brentwood, MO 63144
314.963.8642

Saint Louis Art Fair 2026
SAVE THE DATE!

Mark your calendars!
Next year’s Saint Louis Art Fair presented by Emerson will take place September 18–20, 2026.

We can’t wait to host more than 190 incredible artists from across the country and beyond, local restaurants offering the best in the culinary arts, talented musical and dance performers, and an exciting array of interactive art activities for the whole family. It will be another unforgettable celebration of art, community, and creativity right in the heart of Clayton, Missouri!

Safe Trade Location
at Brentwood Police
Department

Need a safe place to meet for an online purchase or exchange? The Brentwood Police Department, located at 272 Hanley Industrial Court, is a designated Safe Trade location. This well-lit, secure area is available to the public for safe, in-person transactions arranged online. Learn more at SafeTradeStations.com.





The story of how the Cardinals’ Packy Naughton juggles two jobs – as a baseball player and as a real estate agent

By Rob Rains

When Johnny Adams was planning to move to Jupiter, Fla., earlier this year, he called an old childhood friend, a baseball player who he knew lived in the area.



The reason Adams called Packy Naughton, however, had nothing to do with Naughton’s status as a pitcher in the Cardinals’ organization.

Adams was calling because of Naughton’s second job – as a real estate agent.

Naughton has been juggling the two usually full-time careers for the past year, deciding to become a real estate agent when he knew he was facing a long rehab from a second elbow operation in 13 months.

“I knew I was going to be down here for a full year rehabbing, and I wanted to do something else,” Naughton said. “I figured I would try my hand at this and it’s turned out great and I love it.

“The hustle is still there and the drive to want to be really good at something is still there; it’s just a little different in terms of how you get there.”

Adams played in Little League against Naughton when the two were growing up in the Boston area. They played against each other in college, when Naughton was at Virginia Tech and Adams at Boston College, and spent one summer as roommates when they played in the Cape Cod League.

The two have stayed in touch and while Adams knows that balancing both jobs is unconventional, he is not surprised by what his friend is doing.

“If there’s a guy who can do it, it’s definitely Packy with his work ethic and willingness to go out and want to do the best at whatever he is doing,” Adams said.

When Naughton joined the Cardinals in 2022 and then made the opening day roster in 2023, the idea that the left-handed pitcher would be selling houses two years later would not have been something visible on Naughton’s radar.

Two pitches, followed by two surgeries

On April 7, 2023 – nine days before his 27th birthday – Naughton came out of the Cardinals bullpen in the eighth inning of a game in Milwaukee, his fourth appearance in the first week of the season.

Naughton retired the first two hitters he faced, Brice Turang and Joey Wiemer, bringing Christian Yelich to the plate. With a 3-2 count, Naughton threw a slider. He has not thrown a pitch in the majors since.

“I missed up and away for a walk and that was it,” Naughton said.

As he walked off the mound with a trainer, Naughton did not know the severity of the injury, which turned out to be a torn flexor tendon in his left arm. He underwent season-ending surgery in June.



Naughton was back on the mound pitching less than a year later, but his optimism of getting back to the majors in 2024 was short-lived. After making rehab appearances in the rookie Complex League and for the Class A Palm Beach Cardinals, Naughton moved up to Triple A Memphis and was pitching in a game on July 5 in Nashville – against the Brewers’ Triple A affiliate – when he got hurt again.

Naughton re-tore his tendon, only this time he also tore ligaments in his elbow which required Tommy John surgery. Not only was his 2024 season over, Naughton soon was told he would not be pitching in 2025 either.

“After it popped again, I was like, ‘Who knows what happened?’” Naughton said. “I got the MRIs and it was torn again. After the first surgery I was back competing in less than 11 months but Dr. (George) Paletta told me, ‘I don’t want you playing next year (2025), it’s not worth it.’ He said if everything goes perfect I could be back in 13 months but why come back in September and risk anything. It was better to ease back into spring training (in 2026) and be good to go.”

Facing another full year of rehabbing was not exactly something Naughton was looking forward to, and that was when the idea of becoming a real estate agent was born.

Naughton had purchased a house in Jupiter a couple of years earlier and enjoyed the process. He reached out to the company he had worked with, and the owners offered encouragement –

and the prospect of a job after he passed the real estate test and became a licensed agent.

The idea of having his focus be about something other than the tedious months of rehab was appealing to Naughton.

“Coming back that fast after the first surgery all I thought about was baseball,” Naughton said. “I obsessed about baseball, and still do, but with this injury time is what’s important for the healing, especially after it had popped twice. We had to make sure we were giving it enough time so I wasn’t just baseball, baseball, baseball.

“I knew I was missing all of 2025 and I knew I needed to do something that wasn’t going to drive me crazy being in south Florida during the summer.”

In the first month following surgery, with his arm in a sling, Naughton began taking the 63-hour training class that led up to the test he had to pass to obtain his real estate license.

“I started while I was sitting on my couch with my arm in a sling and a brace when I wasn’t able to do much for about a month so that kind of took the place of baseball,” he said.

As he completed the course and prepared to take the test, it almost seemed to Naughton as if he was heading back out to the mound, experiencing that same nervous feeling.

“It was kind of like I was competing again,” he said. “I kind of told myself, ‘OK this is the bottom of the ninth and I’ve got to get a couple of outs here.’

“I’m usually one of those people who is going to change my answer three or four times and second guess myself. Going into the test I was like, ‘Nope, you know it. Just put down what your heart says,’ and it worked out.”

Naughton learned just after finishing the hour-long test that he had passed – a feeling similar to walking off the mound after a victory.

He soon found himself walking into the office of Stone Thompson Luxury Group at Illustrated Properties as a licensed agent.

“There is a bit of a learning curve but luckily I have a couple of amazing bosses in Jill Stone and David Thompson who have been absolutely incredible in allowing me to kind of do what I want, what’s necessary and what I need to do,” Naughton said. “They have let me balance baseball with it, which has been great.”

Juggling two careers

During the summer of 2025, there were several pitchers rehabbing from surgery at the Cardinals complex in Jupiter, and for all but one of them – Naughton – their work in the training room, the weight room and on the field was all that was on their minds.

As he was going through his rehab, minor leaguer Andrew Dutkanych IV marveled at how Naughton was doing the two jobs at the same time.

“I remember him saying something like, ‘it’s crazy. I have real clients who depend on me,’” Dutkanych said.

Naughton said that as he began his real estate work, he emphasized to his new bosses that baseball remained his top priority and he made certain the Cardinals understood that as well.

“I have had a couple of times where I’ve gotten some messages while I was at the field that needed to be responded to, or I had to make a quick call or send a text to handle it,” he said. “The good thing about my bosses is that they understand when I am at the field baseball is number one regardless. If I might need some help to meet somebody or go unlock a door or go to an inspection, they have been amazing.”

Naughton said he helped the Cardinals’ Ryan Helsley and Lars Nootbaar with their spring training housing and is now working with a current major-leaguer who is going through the home-buying process. He also has offered guidance to staff members and coaches about the business when they came to him with questions.



All have been supportive of what Naughton is doing.

“I show up every day and give 110 percent,” he said. “It’s not like I am making calls from the gym or saying I have to leave an hour early to go do this. They know baseball is the priority and I made that very clear to them.”

The advice that Naughton has offered to players like Dutkanych is usually more about baseball than real estate.

“It’s always good to be around guys who actually have pitched in the big leagues,” Dutkanych said. “They understand

a lot of different things better than you do. Nothing is new to them.

“Understanding what you are feeling, what’s normal, understanding where your head is, understanding when to put your foot on the gas a little bit in the weight room and maybe when to take your foot off the gas a little bit ... that kind of thing.

“It’s good to hear stories about the big leagues. It’s proof that it’s possible.”

Checking one last box

While Naughton has proven that it’s possible to juggle the two careers, he is looking ahead to the day when baseball can become more of a full-time job with the real estate business moving more into the background for the time being.

He believes that will happen next season, the second year of a two-year contract Naughton signed last year with the Cardinals when he knew that he would not be able to pitch in 2025.

“I finished throwing some live bullpens at the end of the season and will start throwing again probably in January to get ready for spring training and then be full go,” Naughton said. “I’m 99 percent there, I just have one more box to check off.”

That box is being able to throw breaking balls; so far Naughton has only thrown fastballs and changeups.

Even though he signed a two-year contract, Naughton still would be eligible for the Rule 5 draft in December if he is not added to the Cardinals’ 40-man roster. The deadline for that to happen is Nov. 18.

“I try not to concern myself with that because I know that when I am healthy and when I am at my best I know I am plenty good to compete in the big leagues,” Naughton said. “If that’s with the Cardinals great or with another team that takes me, also great.

“I just want go get back and be healthy and show I can stay healthy.”

Naughton is realistic, however, and knows no one can predict the future. After undergoing his first Tommy John surgery in 2013 when he was still in high school, he is well aware of the fact that injuries are always a possible risk for pitchers.

“After going through this a couple of times, you know that you are healthy,” he said. “Dr. Paletta did his job, now I’ve done mine. I know I didn’t rush anything, and I am going to come back fully healthy and ready to go. You’ve just got to trust it and that’s hard to do at times.

“I am on my third elbow surgery. I understand the writing on the wall. I know I am still plenty good and I know I will be in the big leagues, but if it happens again, God’s plan is God’s plan, and I have a plan as well.”

Naughton’s support system includes his wife Taylor, whom he married a couple of weeks ago, and his parents.

“That has made everything not easy, but much more doable than if I was going through it by myself,” Naughton said.

Many baseball players finish their career and really don’t have a plan about what they will do next. That is no longer something Naughton has to worry or think about.

“Hopefully he will still get to play baseball for a long time, but he definitely has a plan for afterwards,” Dutkanych said.

Until that time comes, Naughton will spend the real estate part of his day helping out people like Adams, who spent three years playing in the Mariners system before getting into coaching.

“He has the same mindset and perspective from baseball and has put that into the real estate business,” Adams said. “It’s nice to see he takes that much pride in something outside of baseball. I don’t think that many players look that far ahead. He found an avenue and took advantage of the opportunity, which is great to see. He definitely helped me through the process and made everything simple.”

What is next on Naughton’s to-do list, however, is getting back on the mound for the Cardinals. He has one specific goal in mind.

“All I want to do is pitch against Milwaukee,” he said. “I need my revenge.”

Photos by the Associated Press and courtesy of Packy Naughton

Follow Rob Rains on X @RobRains

“I knew I was going to be down here for a full year rehabbing, and I wanted to do something else,” Naughton said. “I figured I would try my hand at this and it’s turned out great and I love it.





Offset • Digital • Wide Format

Printing

Happy Thanksgiving



314.962.4750 | www.genedel.com
9019 Manchester Rd. | Brentwood, MO 63144

Ivory Crockett Park – Master Plan Open House



Share your feedback on future improvements at Ivory Crockett Park in Webster Groves.

The City is gathering ideas to make the park more vibrant and accessible for everyone in Webster Groves. Attend the Open House on Monday, November 17 from 4 p.m. to 6 p.m. The public meeting will be held at the Ivory Crockett Park pavilion located at the corner of Almentor and Bell.

See updated design concepts for new amenities, including a splash pad, shade structures, and restrooms.

Groundbreaking Planned for Oxford Bend Park

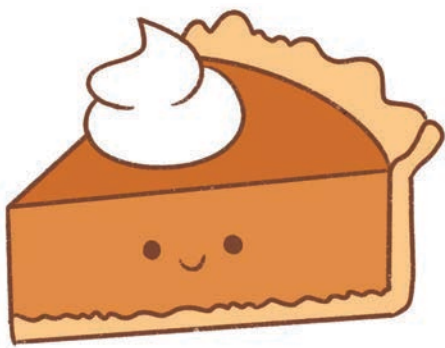


The City of Webster Groves has partnered with Great Rivers Greenway for a new park development.

A groundbreaking is expected later this month for Oxford Bend Park at Big Bend and Oxford Boulevard. The vacant lot was formerly home to a McDonald’s restaurant near the city limits with Maplewood, across from Deer Creek Center.

The park will connect with the Deer Creek Greenway and help mitigate flooding by removing adjacent hardscape, adding new rain gardens and design features to improve drainage.

Some of the park features include a pavilion, walking trail, skateable zone, and nature exploration and play area. Deputy City Manager Scott Davis shares his excitement for the project in this video produced by Great Rivers Greenway.



Planning for Peace of Mind: Understanding the Essentials of Estate Planning

By: West Community Credit Union

Most people think estate planning is just for the wealthy or elderly, but it’s actually a smart, proactive step every adult can take to protect their future and their loved ones. At its core, estate planning is about making decisions today that will guide what happens tomorrow. Whether it’s outlining your medical preferences, assigning someone to manage your finances if you’re unable, or ensuring your assets are distributed according to your wishes, a well-crafted estate plan offers clarity, control, and peace of mind.

Why Estate Planning Matters

Without a plan, your estate could be subject to state laws that may not reflect your wishes and potentially lead to unintended outcomes and family disputes. With a plan in place, your loved ones are empowered to act on your behalf with confidence, knowing exactly what you wanted.

Avoiding Probate & Protecting Your Legacy

Probate is the legal process of validating a Will and distributing assets. It can be time-consuming and public. If you only have a Will or no plan at all, your estate will likely go through probate.

However, by incorporating a Trust into your estate plan, you can often avoid probate altogether, making the process smoother and more private for your loved ones.

Affordable, Accessible and Easy to Use

With nearly 67% of Americans lacking an estate plan, now is the time to take action. We believe everyone deserves access to reliable estate planning. That’s why we offer affordable, easy-to-use templates that guide you through the process. Once completed, your documents are emailed directly to you, along with clear instructions for signing and notarizing. After that, simply store them in a safe place and let your trusted loved ones know where to find them if needed.

What’s Included in an Estate Plan?

Our estate planning tools are designed to meet the needs of most individuals and families. Each package includes essential documents such as:

- Last Will and Testament or Revocable Trust
- General Durable (Financial) Power of Attorney
- Medical Power of Attorney and Advance Directive/Living Will
- HIPAA Authorization
- Declaration of Appointment of Guardian
- Appointment of Agent to Control Disposition of Remains

These documents are bundled into comprehensive packages to ensure your plan is complete and cohesive.

Getting Started

From simple wills to comprehensive trust packages, our resources are built to make the process approachable and affordable. Start a successful financial future today! For more information about protecting your legacy or to begin your estate plan, contact Member Services with West Community Credit Union at 636.720.2495 or visit us online at westcommunitycu.org.



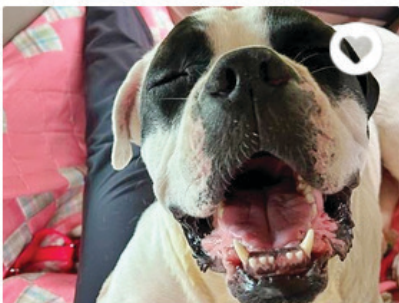
OMEGA
FEMALE, SPAYED, 10 weeks

While we gather all the details about this adorable companion, why not give us a ring at 314.645.4610 to uncover the secrets of their playful personality, their favorite treats, and the special quirks that make them one of a kind?



CHILI
MALE, NEUTERED, 9 weeks

While we gather all the details about this adorable companion, why not give us a ring at 314.645.4610 to uncover the secrets of their playful personality, their favorite treats, and the special quirks that make them one of a kind?



OTIS
MALE, NEUTERED, 5

Otis enjoys running circles in the back yard and sticking his head out the car window. He’s very lovey dovey and inquisitive. The joy he has is contagious. And his favorite thing to do is cuddle with his foster mom.



MR. CHOW
MALE, NEUTERED, 5

Mr. Chow is an adventurous and playful bunny who loves to hop around and explore every corner. He’s sweet-natured and always ready to charm with his adorable looks. Whether he’s lounging or investigating, he’s a delightful companion.

Brentwood Board of Aldermen Minutes

CITY OF BRENTWOOD, MISSOURI
BOARD OF ALDERMEN MEETING PAR-
TIAL MINUTES
SEPTEMBER 24, 2025

Mayor David Dimmitt called the meeting to order at 6:15 p.m. in the Chambers at Brentwood City Hall, 2348 S. Brentwood Blvd, Brentwood, MO 63144. She immediately led the Pledge of Allegiance.

ROLL CALL:
Alderman David Plufka – Present
Alderwoman Nancy Parker Tice – Present
Alderwoman Michele Goad – Present
Alderwoman Sunny Sims – Present
Alderman Steve Lochmoeller – Present
Alderman Jeff Gould – Present
Alderwoman Sharon Harter – Present
Alderman Sullivan Erger – Absent
Mayor David Dimmitt – Present

A quorum was declared. Also present were: City Administrator Bola Akande, Finance Director Michelle DePew, Parks Director Eric Gruenfelder, and City Clerk Octavia Pitman.

NEW BUSINESS

Liquor License Approval – Tonas Margarita Bar & Mexican Restaurant (1221 Strassner Ave.

It was explained that Tonas Margarita Bar & Mexican Restaurant was approved for site development plan and special use permit at the August 18th Board of Aldermen meeting. They have applied for liquor sales and have met the necessary requirements. A motion was made by Alderman Plufka and seconded Alderman Gould to approve the liquor license for Tonas. Unanimous vote in favor taken; MOTION CARRIED.

Discussion Regarding Refund of Brentwood Days Wristband Fees

Director Gruenfelder reported rain that occurred during the annual Brentwood Days festival resulted in early closure of the event on Saturday. He noted the request to refund fees to citizens for the ride bracelets. The cost for one-day bracelets were \$20 and \$15 for the Saturday portion of two-day ride bracelets; totaling \$10,360. Refunds will be disbursed in the form of credit for parks programs, however, upon request cash (check) refunds may be given. A motion was made by Alderwoman Tice and seconded by Alderman Plufka to approve refunds to citizens for Brentwood Days Wristband Fees. Alderman Plufka – aye; Alderwoman Tice – aye; Alderwoman Goad – aye; Alderman Lochmoeller – aye; Alderwoman Sims – aye; Alderman Gould – aye; Alderwoman Harter – aye; Alderman Erger – absent; MOTION CARRIED.

OLD BUSINESS

Bill No. 6572.1 - An Ordinance Repealing Ordinance No. 5199 And Establishing The Rate Of Property Tax To Be Levied For The Year 2025 For General Municipal Purposes; And Police And Fire Retirement Fund Purposes – 1st & 2nd Reading

Clerk Pittman provided the title only reading of Bill No. 6572.1. Director DePew explained Ordinance No. 5199 was duly adopted by the Board of Aldermen and approved by the Mayor on September 15, 2025, however, after adoption, the city received notice from the St. Louis County Assessor of the Post Board of Equalization changes to certain tax rates, assessed valuation and revenue numbers (General - Commercial Tax Rate, corresponding Assessed Valuations and Tax Revenue; and Pension - Residential, and Commercial Tax Rate and corresponding Assessed Valuations and Tax Revenue). Once the Board of Aldermen have approved and authorized Bill No. 6572.1, the new Ordinance will be sent to St. Louis County before the October 1 deadline. Motion was made by Alderman Gould and seconded by Alderman Lochmoeller for the 2nd reading of Bill #6572.1. Unanimous vote in favor taken; MOTION CARRIED.

Clerk Pittman provided the title only



Mayor
David Dimmitt

Ward 1



Alderwoman
Nancy Parker Tice



Alderman
David Plufka

Ward 2



Alderwoman
Sunny Sims



Alderwoman
Michele Goad



Municipal Judge
Patrick Dignam

Ward 3



Alderman
Jeff Gould



Alderman
Steve Lochmoeller

Ward 4



Alderwoman
Sharon Harter



Alderman
Sullivan Erger

reading of Bill No. 6572.1. A motion was made by Alderman Gould and seconded by Alderman Plufka to perfect Bill No 6572 into ordinance form. ROLL CALL: Alderman Plufka – aye; Alderwoman Tice – aye; Alderwoman Goad – aye; Alderman Lochmoeller – aye; Alderwoman Sims – aye; Alderman Gould – aye; Alderwoman Harter – aye; Alderman Erger – absent; MOTION CARRIED BY VOTE OF 7-0. (Now Becomes Ordinance #5199.1)

ADJOURN

Having no further business, the closed meeting adjourned at 6:24 p.m.

*Brentwood Residents only

5:00-7:00PM
December 6

Holiday Party & Tree Lighting

reindeer, wagon rides, caroling, face painting & more!

Brentwood Annual Community Holiday Party & Tree Lighting

The holiday season will shine bright in Brentwood as the community gathers for the annual Holiday Party and Christmas Tree Lighting on Saturday, December 6, from 5:00 to 7:00 PM at Brentwood Park.

This beloved tradition kicks off with the lighting of the community Christmas tree, a magical moment that brings neighbors together to celebrate the season. The evening will feature a visit from Santa Claus, live reindeer, face painting, a photo booth, and festive wagon rides around the park. Guests can enjoy hot chocolate courtesy of Trader Joe's and light appetizers by Patty Long Catering, along with a fiery performance by Casey A'Blaze.

This free event is open to Brentwood residents. Attendees are encouraged to dress warmly and bring their holiday spirit for a night of festive fun and community cheer.

Candidate Filing for April 2026 General Election

The City of Brentwood will hold its annual election on Tuesday, April 7, 2026. Voters will elect one Board of Aldermen member from each of the four wards for a two-year term.

Candidate filing takes place at Brentwood City Hall from December 8–30, 2025, 8:00 a.m.–5:00 p.m. (weekdays only). The filing fee is \$5. Candidates must file in person and provide proof of identity.

For full details, visit brentwoodmo.org/2744/Legal-Notice-for-April-2026-General-Elec.



Mongabay Founder Rhett Ayers Butler
Receives Henry Shaw Medal



Mongabay Founder Rhett Ayers Butler received the Henry Shaw Medal on Wednesday, Oct. 22.

The Henry Shaw Medal has been awarded since 1893. It honors individuals who have made a significant contribution to the Missouri Botanical Garden, botanical research, horticulture, conservation, or the museum community.

“Rhett Ayers Butler’s commitment to global conservation aligns precisely with the Garden’s mission to discover and share knowledge about plants and their environment in order to preserve and enrich life. We are thrilled to recognize his impact with the Henry Shaw Medal,” said Dr. Lúcia G. Lohmann, President and Director of the Missouri Botanical Garden.

Past winners of the Henry Shaw Medal include the National Geographic Society, Her Royal Highness Princess Basma bint Ali, Dr. Jack Dangermond, and Dr. Thomas E. Lovejoy, among many others.

Rhett Ayers Butler is an American journalist, author, and entrepreneur who founded Mongabay, a nonprofit environmental news platform dedicated to coverage at the intersection of people and nature. What began as a personal project in 1999 grew into one of the world’s most trusted sources of independent reporting on biodiversity, climate, and planetary health.

Under Butler’s leadership, Mongabay expanded into a global network spanning more than 80 countries and publishing in multiple languages. Its reporting has held powerful interests accountable, elevated local and Indigenous voices, and informed policy debates, while driving tangible conservation outcomes — from protecting forests in Gabon to influencing corporate climate strategies.

“This recognition reflects the collective effort of the entire Mongabay community,” Butler said. “Our staff, contributors, and partners around the world, along with the generosity of our donors, make it possible for us to tell stories that inform, inspire, and drive change. I share this honor with all of them.”

Butler’s vision has helped redefine environmental journalism, showing that rigorous, accessible reporting can catalyze meaningful change. The Henry Shaw Medal honors his contributions to advancing public understanding and protecting the natural world through journalism.

“At Mongabay, our north star is not clicks—it is whether our reporting contributes to meaningful change in the world,” Butler said. “From forests in the Amazon to fisheries in the Pacific, we have seen how accessible, science-based journalism can catalyze action and inspire hope.”

Missouri Botanical Garden Board of Trustees Chairman Michael Stern presented Butler with the award on Wednesday, Oct. 22 at the annual Henry Shaw Society Dinner.

“It was my honor to present Rhett Ayers Butler with the Henry Shaw Medal. His prolific work in environmental journalism has deepened public understanding of conservation and inspired meaningful action — a true reflection of what this award celebrates,” Stern said.

Pictured above from left to right, Missouri Botanical Garden Board of Trustees Chairman Michael Stern, Henry Shaw Medal Recipient Rhett Ayers Butler, holding the award, and Missouri Botanical Garden President Lúcia Lohmann pictured in the Linnean House at the Missouri Botanical Garden. Photo by Suzy Gorman.



NEIL FOREVER: Love at the Greek

A tribute concert to NEIL DIAMOND in celebration of the 50th anniversary of his iconic performance

Steve Litman Presents is thrilled to announce the St. Louis debut of NEIL FOREVER: Love at the Greek, a tribute concert to Neil Diamond in celebration of the 50th anniversary of his iconic performance coming to The Factory on Friday, January 9, 2026. Show time is 8 p.m. (doors open at 7 p.m.) Tickets go on sale to the public this Friday, October 31 at 10 a.m. and can be purchased online at Ticketmaster.com.

Neil Forever performs the iconic music of Neil Diamond. The 14-piece ensemble has been capturing the hearts of the nation and is being recognized for its authentic live performance of the legendary artist. Audiences will tell you that seeing the band live brings back those special memories and delivers an authentic and captivating performance.

The band started its journey in January 2023 and has been forging an exciting path ever since. In their wake, they have been leaving excited and passionate fans, both old and young. Besides the joy and passion of the live performances, it is the band’s authentic renditions of classic Neil Diamond hits that has caused a ground swell of support and excitement for Neil Forever.

Audiences experience the familiar emotions they felt years ago. Neil Forever performs timeless classics from the Jazz Singer, Hot August Nights, and other great records featuring “Sweet Caroline,” “Forever in Blue Jeans,” “Coming to America,” “Kentucky Woman,” “Love on the Rocks,” and many more of the great hits. The band features a talented lineup of musicians, including founding member David Jacobson (lead vocals/guitar), John Cardoso (drums), Dylan Jacobson (guitar, keyboard, and music director), Anthony Raffa (keyboard), Glenn Palermo (bass guitar), Glen Gabberty (electric guitar), Eric Ziegelmeier (conga, percussion), Jeanna Campo (lead vocals), Kayla Manzella (vocals), Chris Scarnato (baritone sax, horns section director), Glenn Gifford (trumpet), Andrew Pereira (tenor sax), and David Joseph (trombone).

For the entire band, performing Neil Diamond’s music live is more than just a concert. It’s a way to continue and celebrate the music and the man who created it. The respect and admiration for what Neil Diamond means to the history of music is felt in each and every performance. For more information, visit www.neilforever.com.

Located at 17105 North Outer 40 Road, just off Interstate 64/40 at the Boone’s Crossing exit, The Factory at The District is the newest addition to the vibrant entertainment scene in St. Louis, and offers complimentary, well-lit parking for all events. For more information, visit www.thefactorystl.com or www.stevelitmanpresents.com.



Put Your Best Foot Forward
at

Brentwood Shoe & Luggage Repair
2314 South Brentwood
314-968-9282

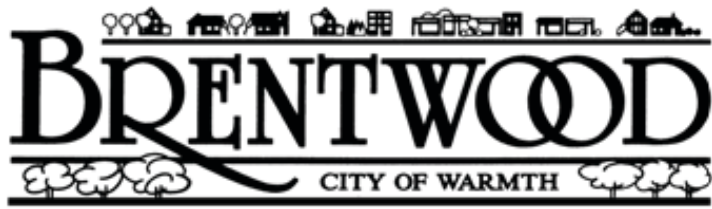
We have been in business since 1994.
We repair all name brand shoes & luggage,
golf bags, tents, zippers, canvas,
lawn furniture pads, etc.

We offer a complete line of shoe care products.
All work is done on site.

Tues. - Fri. 8:30-5:30 Sat. 9:00-2:00

www.brentwoodshoerepair.com
email: brentwoodshoerepair@hotmail.com





LEGAL NOTICE FOR APRIL GENERAL ELECTION

LEGAL NOTICE

In compliance with RSMo Sec. 115.127 (5), notice is hereby given to the qualified voters of the City of Brentwood, St. Louis County, Missouri, that the annual election of officers of the City of Brentwood, Missouri, shall be held on the **7th day of April 2026**, in conformity with RSMo Sec. 79.030. At said election, there shall be elected:

- 1. A member of the Board of Aldermen from Ward 1 for the full term of two (2) years.
- 2. A member of the Board of Aldermen from Ward 2 for the full term of two (2) years.
- 3. A member of the Board of Aldermen from Ward 3 for the full term of two (2) years.
- 4. A member of the Board of Aldermen from Ward 4 for the full term of two (2) years.

All candidates desiring their names to be placed on the official ballot in the aforesaid election are hereby notified to file their declaration of candidacy in person with the City Clerk of Brentwood, Missouri, at the Brentwood City Hall, 2348 S. Brentwood Blvd., Brentwood MO 63144. **The filing hours are 8:00 a.m. to 5:00 p.m. Tuesday, December 9, 2025, through Tuesday, December 30, 2025.** The office of the City Clerk will not be open on Saturdays and Sundays, or those days designated a holiday by the City of Brentwood.

All qualified candidates are required to provide to the City Clerk, at the time of filing, proof of identity or such candidate must be recognizable to the City Clerk.

Candidates must have filed the required Campaign Finance Disclosure reports, and the Financial Disclosure Statement for Political Subdivisions (Ethics) for any prior election before they can file as a candidate for another office.

All candidates’ names shall appear in the same form in which the candidate is registered to vote except that, when certified by the candidate as a necessary means of identification, the following may be allowed:

- 1. Commonly used nicknames
- 2. Commonly used abbreviations
- 3. Parenthetical reference to married names

Persons who, after filing their names as candidates, wish to withdraw as such candidate, must file their notice of withdrawal with the City Clerk in the City Clerk's office no later than 5:00 p.m. on Tuesday, December 30, 2025.

The filing fee for each elective office shall be \$5.00 payable by check or cash. In case of withdrawal of a candidate, there shall be no refund of the filing fee. All filing fees shall be paid to the City Clerk at the time of filing. Provided however, if a candidate files a sworn affidavit with the City Clerk stating he/she is financially unable to pay the filing fee, the candidate shall not be required to pay the fee.

The City Clerk shall be responsible for the oversight of the filing of candidates and shall clearly designate where candidates shall form a line to effectuate such filings and determine the order of such filings; except that, in the case of candidates who file a declaration of candidacy with the City prior to 5:00 P.M. on the first day for filing, the City Clerk shall determine by random drawing the order in which such candidates' names shall appear on the ballot. Any drawing conducted pursuant to this Section shall be conducted so that each candidate, or candidate's representative if the candidate filed under Subsection 2 of Section 115.355.2 of the Missouri Revised Statutes, may draw a number at random at the time of filing and the number drawn shall be recorded with the candidate's declaration of candidacy. If such drawing is conducted, the names of candidates filing on the first day of filing for each office on each ballot shall be listed in ascending order of the numbers so drawn.

All candidates must file the declaration of candidacy in person in the City Clerk’s office. Filing will occur at the Brentwood City Hall. This building opens at 8:00 a.m. **For this purpose, a line for filing may be formed outside the main entrance to Brentwood City Hall on Brentwood Blvd. Then at 8:00 a.m., all persons may proceed to the receptionist’s desk at that time.** The forms, or notices used, shall be made available on November 18, 2025, at 8:00 am by the City Clerk at Brentwood City Hall. Each day thereafter the forms will be available from 8:30 am to 5:00 pm, Monday – Friday.

4 HANDS BREWING CO.
CREATES
4 HANDS CANNABIS COMPANY



4 Hands Brewing Company is expanding its innovative beverage portfolio with the formation of 4 Hands Cannabis Company, a new venture dedicated to crafting hemp-derived delta-9 THC and adaptogen infused drinks made with real fruit juice that deliver the same creativity, balance and quality that fans have come to expect from 4 Hands.

The first three offerings, Zest, Raz and Trop, will debut at the 4 Hands Brewery & Tasting Room, 4 Hands at The District and 4 Hands + Peacemaker Kirkwood on Friday, November 7, and at retailers statewide the week of November 10.

All three will be available in four-packs of 12oz cans and single-serve 12oz cans.

“The creation of 4 Hands Cannabis Company and this initial lineup reflect our passion for exploring what’s next in flavor and experience,” said Kevin Lemp, 4 Hands president and founder. “We’re excited to take our curiosity, craftsmanship and talent for innovation into a new space, creating beverages that are bright, balanced and built for moments of connection, creativity and calm.”

The Lineup:

Meet Zest, an effervescent blend of lemon and yuzu that’s bright, citrusy and full of life! Light and lively, it’s crafted to lift your mood and keep the good times rolling. Infused with 5mg of hemp-derived delta-9 THC and cordyceps, an adaptogenic mushroom that will keep your body moving and your mind in the moment, Zest brings you the sweet spot between “Let’s go!” and “Let’s chill.” Zest is more than a drink; it’s a citrusy spell, crafted for the bold, the curious and the delightfully offbeat.

Say hello to Raz, a fusion of wild raspberry, lime and a hint of rose that’s bright, tangy and beautifully balanced. Bold yet refreshing, it’s crafted to hush the noise and spark a fruit-fueled daydream. Infused with 5mg of hemp-derived delta-9 THC and goji berries, ancient super fruits that bring a whisper of vitality, Raz is your sweet spot between “Let’s float away!” and “Let’s glow up.” Raz is more than a drink; it’s a tart, tangy spell made for the bold, the curious and the delightfully zen.

Crack open a can of Trop, a sun-soaked blend of passion fruit, mango and guava that’s juicy, vibrant and made for easy sipping. Light and lush, it’s crafted to turn any moment into a hammock-swaying escape. Infused with 5mg of hemp-derived delta-9 THC and reishi mushrooms, an adaptogen known to promote relaxation, Trop brings you the balance between “Let’s chill out.” and “Let’s live it up!” Trop is more than a drink; it’s tropical magic in a can made for the bold, the curious and the blissfully unbothered.

About 4 Hands Cannabis Company

4 Hands Cannabis Company is the newest extension of 4 Hands Brewing Company, created to explore new frontiers in flavor, function and experience. Each THC-infused beverage is crafted with the same care, creativity and balance that define the 4 Hands portfolio, made for those who seek connection, curiosity and a brighter way to unwind.

About 4 Hands Brewing Company

Founded in the LaSalle Park neighborhood in 2011, 4 Hands Brewing Company has grown to become the largest craft brewery in the St. Louis area. Brewing a wide range of year-round, seasonal and limited release beers, 4 Hands is also home to 1220 Spirits, a botanically inspired craft distillery, and Withered Oak, a line of uniquely finished and artfully blended whiskeys. With a strong focus on community support and philanthropy, the brewery has given back over \$375,000 to local nonprofits through its City Wide Mission.



8765 Eulalie Ave.
Brentwood, MO
brentwoodlibrarymo.org

BOOKANEERS!
a club for kids who love reading beginner chapter books and comics.

WHEN: Tuesday, December 9 at 6:00 p.m.

December's book: Dory Fantasmagory: Center of the Universe by Abby Hanlon.

Grab a copy from the front desk!

Join us once a month for our book club where we'll talk books, make a craft, and eat snacks.

Free. Best for kids ages 6 to 10 years, but open to children of all ages.

JOIN THE ADVENTURER'S GUILD

ADVENTURE AWAITS

PLAY DND AT BRENTWOOD PUBLIC LIBRARY!

Friday, 11/14 at 4-5:30 p.m.

Join us for a one shot from the new starter set! Recommended for children ages 10-16. Snacks will be provided.

FREE. No sign up required. Just stop by!

Gnome-vember craft for adults

Make a plush gnome!

Choose one of two dates:
November 18 at 6pm
November 22 at 2pm

RSVP required. Ages 18+ only, please.

Call 314-963-8630 to register or visit our website.

STORY TIME WITH LEXI!

WEDNESDAY, NOVEMBER 19 AT 9:30 A.M.

30-MINUTE STORY TIME WITH LEXI, A THERAPY DOG WHO LOVES READING.

FOR CHILDREN AND FAMILIES.

FREE.

the art journal CREATIVE

Wednesday, November 19 at 6:30 p.m.

Invite a friend, relax, and enjoy an open art journaling session. Bring your ongoing art project, or start a new one with us.

We provide all the supplies, and an instructor will be available to inspire your creativity.

Adults only (18+). FREE.

No RSVP necessary. Just come and go as you please.

Child Care Aware of Missouri Promotes Katelyn Mayer

Child Care Aware of Missouri (CCAMO) has promoted Katelyn Mayer to Assistant Director of Child Care Keeps Missouri Working (CCKMW). In her new role, Mayer will manage and coordinate a statewide data system and oversee program deliverables supporting CCKMW's initiatives, including the launch of Child Care Works (CCW).



Mayer brings more than a decade of experience in early childhood development, program coordination and community engagement. She has served with CCAMO for nearly seven years in multiple capacities, most recently as Community Impact Coordinator, where she helped families locate quality child care and guided the development of CCAMO's concierge referral service. Mayer holds both a Master of Arts and a Bachelor of Science degree in Human Development and Family Studies from the University of Missouri-Columbia.

Child Care Works (CCW) is a state-funded Tri-Share program created to expand access to affordable, high-quality child care by distributing costs among employers, families, and the state government or a philanthropic partner. This initiative marks Missouri's first statewide implementation of the Tri-Share model. It also represents the first collaboration between CCAMO and its technology partner TOOTRiS – the nation's largest and most comprehensive child care platform and services provider – on a Tri-Share project.

"Katelyn's leadership and commitment have been instrumental in advancing our mission," said Robin Phillips, CEO of Child Care Aware of Missouri. "Her expertise will be vital as we implement Child Care Works and expand access to affordable, high-quality child care across the state."

Founded in 1999, CCAMO is a statewide nonprofit that focuses on a comprehensive early childhood education experience through impactful programs and partnerships. The organization's services include workforce development, child care business supports, advocacy and policy work, and its new Child Care Keeps Missouri Working, a regional campaign offering concierge solutions to businesses undergoing employee recruitment and retention challenges due to the overwhelming shortage of quality child care options.

For more information, call (314) 535-1458 or visit www.mochildcareaware.org.

Child Care Aware of Missouri Welcomes Community Leaders to Board of Directors

Child Care Aware of Missouri (CCAMO) recently announced the appointment of Ruth Binger, Sarah Kirschner, and Megan Price to its board of directors. Board members are eligible to serve up to three consecutive three-year terms.



Ruth Binger is President and Principal Attorney at Danna McKittrick, P.C., a mid-sized law firm, where she has served as a partner for 30 years. As a private practice attorney, she brings deep expertise in legal strategy, business management, and organizational leadership. Binger has been a board member of the Associated Industries of Missouri (AIM) for 23 years and facilitates multiple peer advisory boards for independent business owners.

Sarah Kirschner recently served as Executive Director of Central Reform Congregation. She brings knowledge of the nonprofit sector and of CCAMO when she previously served as a board member and Board Chair in 2009. Additional prior experience includes leadership positions as Vice President of Human Resources and Vice President of Operations at technology startups, where she oversaw management training, compensation strategy, and recruiting. Kirschner also contributes her time to the community as secretary for MERS/Goodwill and as a board member for the National Council of Jewish Women.



Megan Price is Executive Director of the Missouri Works Initiative, a nonprofit sponsored and supported by the Missouri AFL-CIO. She leads five Apprenticeship Ready Programs that have successfully placed more than 400 individuals into sustainable careers in the skilled trades through Registered Apprenticeships. Price previously served as Chief of Staff in the Missouri State Senate.

"We are thrilled to welcome Ruth, Sarah, and Megan to our board," said Robin Phillips, CEO of Child Care Aware of Missouri. "Each of them brings a wealth of talent and experience that will strengthen our mission to ensure all Missouri families have access to safe, affordable, and high-quality child care."

Tim Convy Makes Comedy Debut with New Stand-Up Special on Nate Bargatze's YouTube Channel

Musician-turned-comedian Tim Convy releases his debut comedy special today, exclusively on Nate Bargatze's YouTube network. The 15-minute special, filmed in front of a live audience in Nashville, showcases Convy's sharp wit, clean delivery, and a musical surprise that ties it all together.



Known to many as the keyboardist for alt-pop band Ludo, Convy brings his years of touring, storytelling, and Midwestern charm to a new stage. Convy is also the co-host of The Consumers podcast, part of the Nateland network, alongside fellow comedians Greg Warren and Sean O'Brien. The show has quickly built a following for its mix of humor, banter, and nostalgic deep dives—giving fans another way to connect with Convy's comedic voice.

"The special is short enough to watch while you're pre-tending to work," Convy jokes.

The special is part of Nate Bargatze's effort to highlight emerging comedic voices through his YouTube platform, which has quickly become a destination for clean, clever stand-up.

Alongside the special, Convy is releasing two studio-recorded comedic songs to all major streaming platforms, offering fans a taste of his musical comedy sensibilities.

Convy will support the release with select live dates throughout the Midwest with Greg Warren, and just announced his headlining shows at St. Louis's Funny Bone, February 19 - 21.

Now streaming: [YouTube.com/@NateBargatze](https://www.youtube.com/@NateBargatze)

For more information and complete touring schedule, visit www.TimConvyStuff.com



Creamy Mashed Potatoes

Ingredients

- 5 lb. russet or Yukon Gold potatoes
- 3/4 cup butter, plus more for topping
- 1 (8-oz.) package cream cheese, softened
- 1/2 to 3/4 c. half-and-half
- 1/2 to 1 tsp. Lawry’s Seasoned Salt
- 1/2 to 1 tsp. black pepper

Directions

1. Peel and cut the potatoes into pieces that are generally the same size. Bring a large pot of water to a simmer and add the potatoes. Bring to a boil and cook for 30 to 35 minutes. When they’re cooked through, a fork should easily slide into the potatoes with no resistance, and the potatoes should almost, but not totally, fall apart.
2. Drain the potatoes in a large colander. When the potatoes have finished draining, place them back into the dry pot and put the pot on the stove. Mash the potatoes over low heat, allowing all the steam to escape, before adding in all the other ingredients.
3. Turn off the stove and add the butter, cream cheese, and about 1/2 cup of half-and-half. Mash, mash, mash! Next, add about 1/2 teaspoon of Lawry’s Seasoned Salt and 1/2 teaspoon of black pepper.
4. Stir well, and place in a medium-sized baking dish. Throw a few pats of butter over the top of the potatoes and place them into a 350°F oven to heat until the butter is melted and the potatoes are warmed through.

The 2-Ingredient Cream Cheese Dip My Sister Brings to Every Thanksgiving (It’s Always the First Thing Gone!)



All you do is top a block of cream cheese with canned whole-berry cranberry sauce. Or better yet, simply use whatever cranberry sauce you’ve got going for the big meal. (This also makes an excellent leftover snack Thanksgiving weekend as a way to use up the cranberry sauce in the fridge.) You only need about 1/2 cup of cranberry sauce to get the cream cheese block nicely covered. Note: If you’re using canned, don’t just open the can and start spooning. Stir it up in a bowl before topping the cream cheese; it’ll help get rid of any imprinted lines from the can.

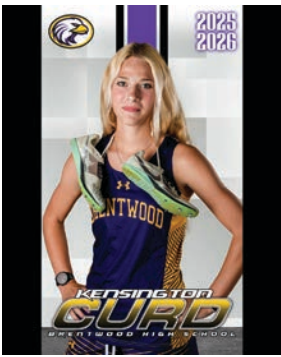
Now it’s time to top: You can get creative or not, depending on the level of effort you’re looking for. Sometimes we had this with just cranberry sauce; other times, we fancied it up with sliced green onions and chopped pecans. Slivered or toasted almonds also work. Even a little rosemary (which gives it an extra-festive look!). You’ve got options!

District Champion!

Congratulations to Brentwood High School senior Kensington Curd, who finished first overall at last Saturday’s Class 2 District 1 Cross Country Meet!

Brentwood also captured second place as a team, with three Eagles finishing in the top 15 — Curd (1), junior Charlie Butler (6) and junior Natalie Kuelker (15). The team’s strong performance earned them a spot in the Class 2 state meet this Saturday, Nov. 8, at the Gans Creek Cross Country Course in Columbia, Missouri.

Go Eagles!



Winter Wonderland is Coming to Life at Tilles Park



Our crews are hard at work bringing the magic to life! We’re giving you a sneak peek behind the scenes as lights go up, displays take shape, and the park transforms into a glowing holiday tradition.

Event Dates: November 26 – January 3 (closed on Dec. 1, 8, 24 & 31)

Time: 5–9 PM nightly

Location: Tilles Park, 9551 Litzsinger Rd, St. Louis, MO

Ticket Info:

- Buy online (processing fee applies)
- Tickets are available at the gate — cash only

Full details & ticket link: <https://stlouiscountymomo.gov/.../specia.../winter-wonderland/>

Brentwood Senior Halloween Luncheon

Thank you to everyone who joined us for our Senior Halloween Luncheon! We loved seeing all the fun costumes, spooky decorations, and big smiles at the photo op. The haunted touches, lively games of spooky bingo, and delicious pizza from Felix’s made for a frightfully fun afternoon.

Curious about more of our upcoming senior program offerings? Give our Recreation Specialist Holly Jurgensen a call at 314-963-6722 to hear more about some of our upcoming fun trips and activities.



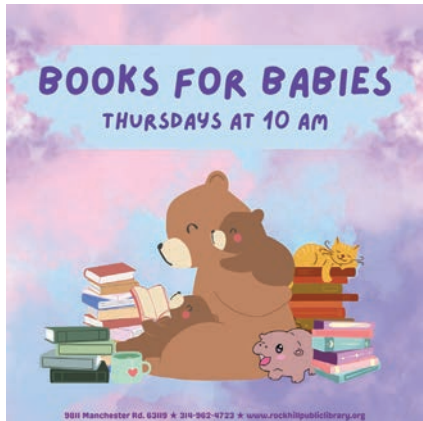
Brentwood Library Halloween Fun



When you are through with this newspaper, please put it in its place.

Recycle it or donate it to your local animal shelter.





Books for Babies

Hey caregivers and little ones aged 0-3, it's time for Books for Babies at the Rock Hill Public Library on Thursdays at 10 AM! It's a fun and interactive way to introduce your little one to the magic of storytelling.



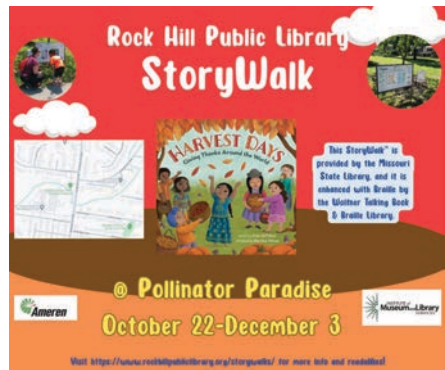
RHPL Puzzle Race

You asked for it! The RHPL Puzzle Race was such a success in April, it's coming back Saturday, November 15 from 10:30-12:30! Give us a call to register your team of four at (314) 962-4723! This program is generously supported by Ravensburger Puzzles. Space is limited.

RHPL Fall Film Series

Thanksgiving is right around the corner. What are you thankful for? November's theme: A Season of Thanks features Instant Family (2018) (PG-13), starring Mark Wahlberg and Rose Byrne as parents who foster three siblings on November 18, 2025 from 1-3 PM.

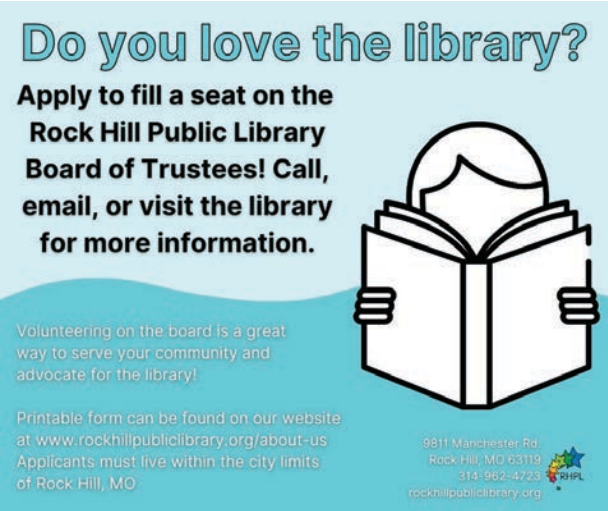
And Friendsgiving (2020) (R) on November 25 from 1-3PM starring Malin Åkerman, Kat Dennings, Aisha Tyler, Chelsea Peretti, Christine Taylor, Jane Seymour, Deon Cole, Wanda Sykes, Margaret Cho, Fortune Feimster, Jack Donnelly, and Ryan Hansen. Molly (Åkerman) and Abbey (Dennings), along with their crew of close friends and acquaintances, host a dysfunctional, comical and chaotic Thanksgiving dinner. Popcorn and refreshments included.



RHPL StoryWalks®

Harvest Days by Kate DePalma continues at the WGSD Pollinator Paradise until December 3. People as far back as anyone's known have gathered to give thanks for food we have grown. Celebrate harvest festivals from 12 cultures around the globe! Immerse young readers in some of the most ancient traditions in the world from rice harvests in India to friendly food fights with tomatoes in Spain. Harvest Days showcases diverse global traditions and the shared joy of gathering nature's bounty. It is on loan from the Missouri State Library, and is enhanced with Braille text.

This project is supported by the Institute of Museum and Library Services under the provisions of the Library Services and Technology Act as administered by the Missouri State Library, a division of the Office of the Secretary of State.



Join the Library Board

Do you love the library? Are you looking for a way to get involved in your community? The Rock Hill Library has a great volunteering opportunity! We have an open Board seat waiting to be filled by an enthusiastic Rock Hill resident. All applicants must live within the city limits of Rock Hill, Missouri.

Print and fill out the attached application, then scan and email it to patron@rhplmo.org or call us at 314-962-4723; please address all email inquiries to "Library Director." We will contact each applicant with further information.

Free Little Art Gallery

Exciting news! The Free Little Art Gallery is here at the Rock Hill Public Library. This community art exchange box was designed and built by Eli Overboe for his Eagle Scout project this year.

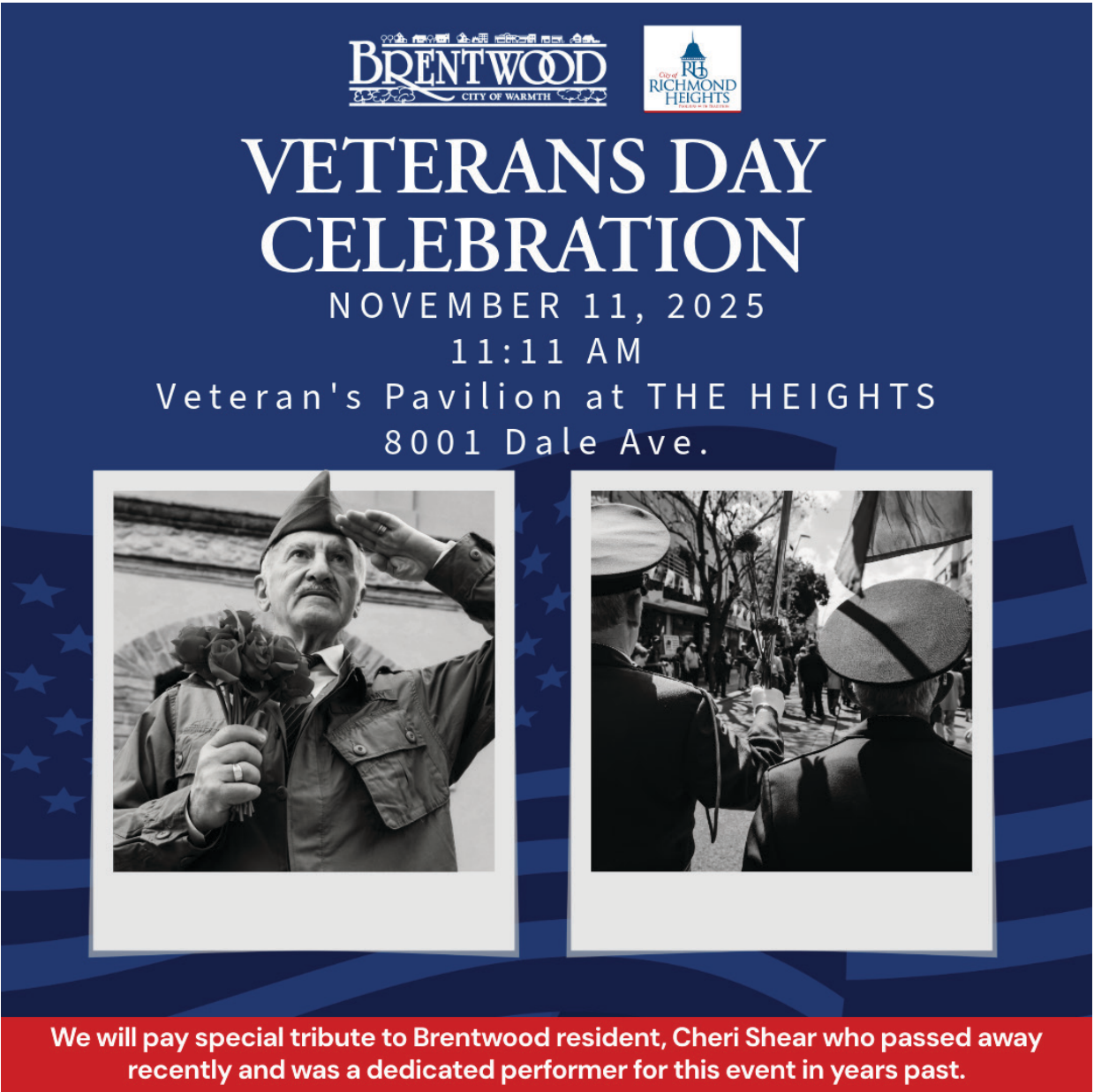
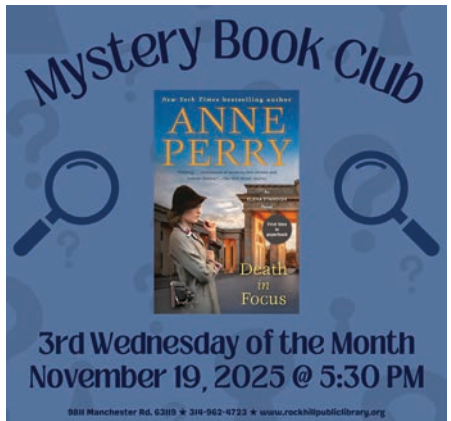
If you see something in the gallery you like, take it home. Or make something to share, and leave it for someone else to discover! Find us on Instagram as [@freelittleartgalleries_rockhill](https://freelittleartgalleries.art/) and learn more about Free Little Art Galleries (and find others in the area!) here: <https://freelittleartgalleries.art/>



Holiday Library Closings

Rock Hill Public Library will be closed on Tuesday, November 11 for Veterans Day. We will reopen on Wednesday, November 12, 2025 at 10:00 AM.

The library will also be closed for Thanksgiving, November 27 & November 28. We will reopen on Saturday, November 29 at 10:00 AM. Happy Holidays!!!



LETTERS HOME FROM WORLD WAR II: ST. LOUIS Messages of Hope & Heartbreak From the Frontlines

St. Louis-based Reedy Press announces a new local interest book, now available wherever books are sold.

Letters Home From World War II: St. Louis captures the experiences of St. Louisans who served in the war, sharing their struggles, fears, and hopes through letters sent home.

Scattered across battlefields, remote bases, and ships at sea, these men and women endured the hardships of war, finding solace in the letters they received from loved ones. Meanwhile, families in St. Louis anxiously awaited any news confirming their safety.

This book tells the war’s story through firsthand accounts—letters written by those who lived it. From the city’s neighborhoods and surrounding towns, brave individuals answered their country’s call.

For example, Alphonse Andrews, a civilian worker, witnessed the bombing of Pearl Harbor. Adela Scharr, a pioneering female pilot, ferried fighter planes as a WASP. Omar Kolkmeier, a farm boy from St. Charles County, stormed the beaches in Italy. Charles Waugh, an attorney turned intelligence officer, flew dangerous missions over the Hump to China.

Through their own words, these St. Louisans bring history to life, sharing the horrors of war, the pain of separation, and encounters with distant lands. Their letters preserve a deeply personal and powerful perspective on World War II.

ABOUT THE AUTHOR

Christopher Alan Gordon is an American historian, lecturer, and museum professional in St. Louis where serves as the director of library and collections for the Missouri Historical Society. He is a recipient of the Marc Simmons Writing Award for his research on the history of the Santa Fe Trail, and his 2018 book, *Fire, Pestilence, and Death: St. Louis, 1849*, won an Award of Excellence from the American Association for State and Local History and a Silver Medal for Regional Non-Fiction History by the Independent Book Publishers Association.

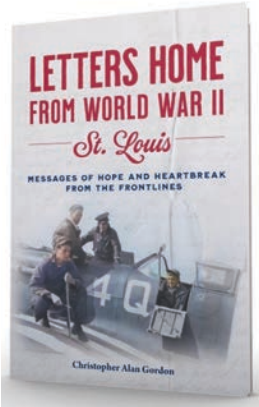
ABOUT THE BOOK

Size: 6 x 9 in., softcover, 240 pages

ISBN: 9781681066042

Price: \$22.50

Letters Home From World War II: St. Louis is available wherever books are sold. Learn more at www.reedypress.com.



St. Louis District Dairy Council

Dairy foods and fiber: A smart pairing for diabetes management

November is National Diabetes Month — a national proclamation designed to raise awareness and education about diabetes. In the United States, approximately 38.4 million people have this chronic disease that affects how an individual’s body turns food into energy. Food choices, in conjunction with medication and physical activity, are key to managing diabetes. Protein-rich, low-fat dairy, paired with fiber-rich foods, can play an integral role in this management.

Following a meal, the body’s digestive system breaks down carbohydrates — starches and natural or added sugars — into glucose, a simple sugar that is the body’s preferred energy source. To provide the body’s cells with this energy, the pancreas produces the hormone insulin, which allows glucose to enter the body’s cells. However, when people have diabetes, they no longer make insulin (type 1 diabetes), or they make a reduced amount of insulin or do not use it efficiently (type 2 diabetes or gestational diabetes). The glucose, or blood sugar, then remains in the bloodstream, which can lead to health complications.

Protein + fiber slows rise of blood sugar

While diabetes is a complex and long-term disease, meal choices can make a positive impact on an individual’s overall wellness. Including protein and fiber-rich foods in every meal, for example, will slow the digestion of carbohydrate-rich foods. This, in turn, helps slow the blood-sugar rise after meals and can make diabetes medications more effective.

“Milk, cheese, yogurt and cottage cheese provide quality protein, healthy fats and varying amounts of carbohydrates,” said Maggie Nosic, a nutrition educator and registered dietitian with St. Louis District Dairy Council. “When you combine one of these dairy foods with fiber-rich foods like non-starchy vegetables, berries or whole grains, the blood-sugar rise post-meal will likely slow down. For example, a half cup of cottage cheese delivers 12 grams of protein and only 6 grams of carbohydrates. Low-fat dairy foods with low to no added sugar can be strategic additions to meals and snacks for diabetes management and for promoting a sense of fullness after meals.”

Dairy provides calcium and vitamin D

Milk, yogurt and cheese are excellent sources of calcium. Milk and some varieties of yogurt and cheese are also fortified with vitamin D, which is essential for absorbing calcium in the diet. Both nutrients tie into insulin production, and some studies have shown that vitamin D may help reduce insulin resistance in those with type 2 diabetes. In addition, eating yogurt regularly, at least 2 cups (3 servings) per week, may reduce the risk of type 2 diabetes according to limited scientific evidence, per the U.S. Food and Drug Administration.

“According to the Dietary Guidelines for Americans, calcium and vitamin D are nutrients of concern as most Americans do not consume enough of these nutrients daily,” Nosic said. “Calcium and vitamin D are essential for bone health throughout our lives. Vitamin D also supports the immune system and can help reduce inflammation, a trigger of type 2 diabetes. Relying on dairy for these important nutrients is helpful.”

Seek a registered dietitian for nutrition counseling

Registered dietitians are uniquely qualified to help people with their nutrition journey and management of diabetes. Dietitians provide individualized counseling tailored to one’s needs and goals, and work with their clients’ healthcare team.

“Each person with diabetes will have their own unique response to various foods, food combinations and meal timing,”

Nosic. “And every day can be different from the last, even if the same foods are eaten. Working with a registered dietitian can be incredibly helpful in navigating diabetes and nutrition. Being proactive with meal choices and activity can go a long way toward fostering health.”



Triple Protein Pancakes

Rollled oats, cottage cheese and eggs whip together to produce delicious pancakes that provide fiber and protein. Top the pancakes with lemon yogurt and blueberries to start your day right.

Servings: 2 (3 pancakes per serving)

Prep Time: 20 minutes

Ingredients

- 1 cup low-fat cottage cheese
- 1 cup rolled oats
- 2 eggs
- 1 ½ teaspoons stevia
- 1 teaspoon baking powder
- 1/8 teaspoon salt
- ½ Tablespoon butter
- ½ cup low-fat lemon yogurt
- ½ cup frozen blueberries, thawed and warmed

Instructions

In a blender, combine the cottage cheese, oats, eggs, stevia, baking powder and salt. Once blended, the mixture should be thick and smooth.

Over medium heat, heat a non-stick skillet. Melt butter on skillet. Using a ¼ cup measuring cup, measure and pour pancake batter onto skillet. After 4 minutes, flip the pancakes.

Cook pancakes until they are golden brown on each side.

Place the pancakes on a plate, spread the yogurt on top of each pancake (1/4 cup per 3 pancakes). Build a stack of pancakes and then pour the warmed blueberries (with juice) on top. Serve immediately.

About the St. Louis District Dairy Council

The St. Louis District Dairy Council (SLDDC) is a nonprofit nutrition education organization funded by local dairy farmers. Since 1932, SLDDC has served 131 counties in central/southern Illinois and eastern Missouri as the go-to educational resource and advocate for the role of dairy foods as part of a healthful diet. As The Nutrition Education People, we are proud to spread knowledge to local communities, bridging the gap between local dairy farmers and consumers.

Down Syndrome Association Pop-Up Shops



Michael and Willie, pictured here, are part of the DSA’s employment program where they help create the items you see on the table.

The DSA is invited into organizations where we set up a pop up shop usually about 2-3 hrs. and sell coffee that has been bagged and labeled by Michael, Willie, along with more of our amazing friends with Down syndrome. Our mission is to serve, support, and celebrate individuals with Ds and their families, through every stage of life.

In the picture, you will see the outstanding products created by our friends, like the painted cups & pocket hugs. We are so proud of this employment program. For more information, visit <https://dsagsl.org> or call 314-961-2504.

GET TO YOUR CHILDREN BEFORE DRUG DEALERS DO.



DrugFreeWorld.org

Let’s better the world.



FOUNDED BY THOSE
WOUNDED IN BATTLE,

THE VFW HAS BEEN THE
DRIVING FORCE IN
ENSURING AMERICA KEEPS
ITS PROMISE TO CARE FOR
THOSE WHO DESERVE IT
THE MOST.



YOU'RE AT THE HEART
OF OUR FIGHT
FOR VETERANS.

Your Purple Heart makes you eligible to join the VFW.
Call 1-888-Join-VFW or visit VFW.org/MOPH.

VFW

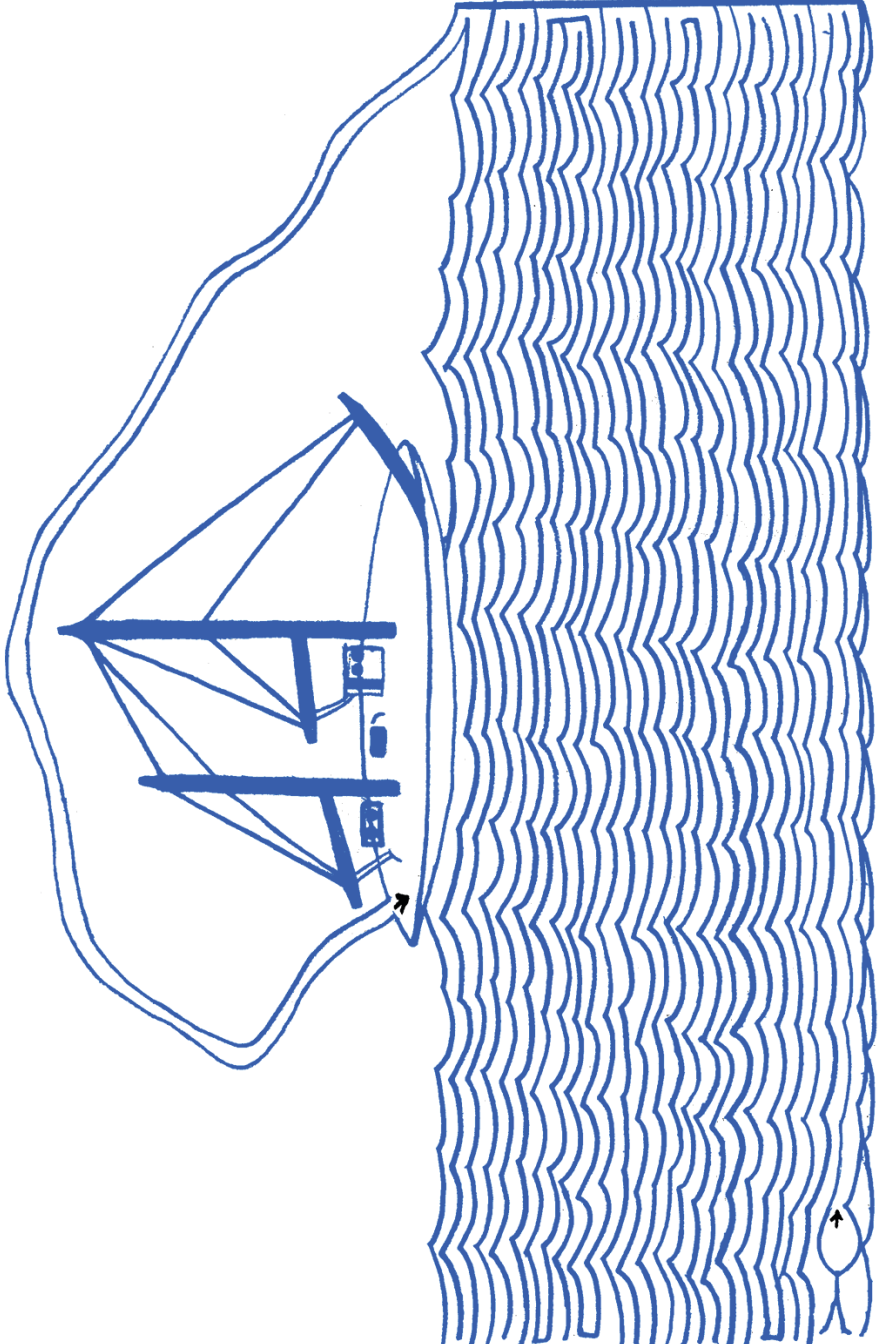
VETERANS OF FOREIGN WARS

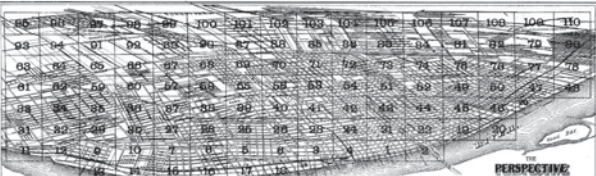
NO ONE DOES MORE FOR VETERANS.



Joey's Mazes

by Joey Barzantny
mazesbyjoe.com



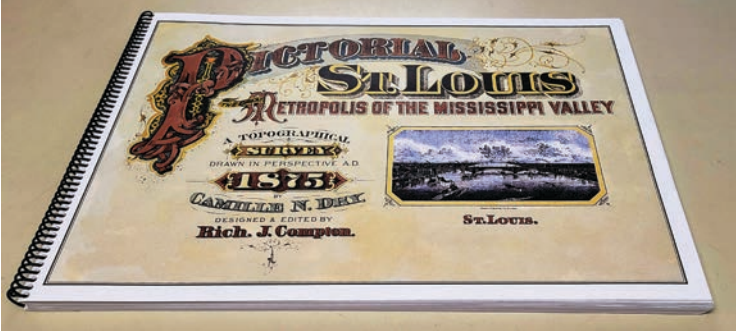




MAP
of the
PERSPECTIVE
PERSPECTIVE



SAINT LOUIS, MO.
The Great Metropolis



PICTORIAL
ST. LOUIS

A TOPOGRAPHICAL
SURVEY
DRAWN IN PERSPECTIVE A.D.
1875

CAMILLE N. DRY
DESIGNED & EDITED BY
Rich. J. Compton.

St. Louis.

HISTORICAL SKETCH
OF THE
CITY OF SAINT LOUIS.

B

...

...

...

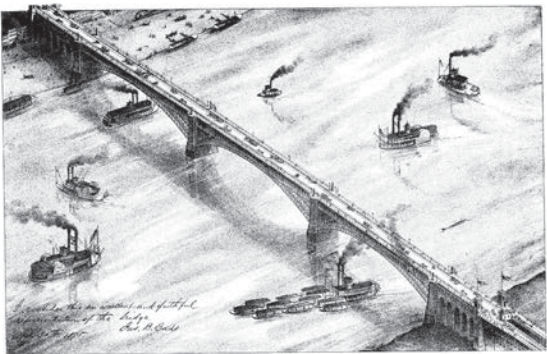


Fig. 10
The city of St. Louis



Fig. 11
The city of St. Louis

Pictorial St. Louis A Topographical Survey Drawn in Perspective A.D. 1875

This is a reprint of the 1971 version of the original book. The book was painstakingly scanned from the original in my collection. Each page is reproduced in high resolution and coil bound so the pages lay flat while viewing. Printed on 12" x 18" high quality acid free paper. A nice edition to your historical book collection. Perfect coffee table book as people are attracted by the cover art.

PICTORIAL ST. LOUIS: The Great Metropolis of the Mississippi Valley A Topographical Survey, Drawn From Perspective 1875. Illustrations by Camille N. Dry and designed & edited by Rich. J. Compton.

Over 220 pages of illustrations and descriptions of life in St. Louis in the late 1800's. The preliminary drawings for this work were made early in the spring of 1874. After a careful consideration of the subject, it was determined to locate the point of view so that the city would be seen from the southeast, believing that to be the most advantageous in all respects. Accordingly, the point of site was established on the Illinois side of the river, looking to the northwest, and at sufficient altitude to overlook the roofs of ordinary houses into the streets.

A careful perspective, which required a surface of three hundred square feet, was then erected from a correct survey of the city, extending northward from Arsenal Island to the Water Works, a distance of about ten miles, on the river front; and from the Insane Asylum on the southwest to the Cemeteries on the northwest.

Every foot of the vast territory within these limits has been carefully examined and topographically drawn in perspective, by Mr. C. N. Dry and his assistants, and the faithfulness and accuracy with which this work has been done an examination of the pages will attest. Absolute truth and accuracy in the representation of the territory has been the standard and in no cases have additions or alterations been made unless the same were actually in course of construction. In a few cases, important public and private edifices that are not yet finished are shown completed, and as they will appear when done.

All the buildings within the limits of the survey in July, 1875, are shown; and a very large number of those executed or commenced since that date have been also introduced, the pages having been constantly corrected up to the last possible moment before publication.

This book is available from Gene-Del Printing for \$75.00. Please call Keith at 314.962.4750 or email him at keith@genedel.com. You may also stop by our office at 9019 Manchester, 63144 in Brentwood to view the book.



THE PULSE IS PRINTED
ON RECYCLED PAPER



Deadline 1st Monday of each month
Published 2nd Monday of each month

314-962-4750
PULSE NEWS SERVICE
9019 Manchester, Brentwood, MO 63144
pulse@genedel.com • www.genedel.com

Gene-Del Publishing Co., Inc.
Eugene & Delores Dodel - Founders
Joyce Dodel Locke - Editor
Joyce Dodel Locke - Design Director
Eric Dodel, Kim Phegley,
Keith Dodel, Joyce Dodel Locke - Photographers

— Reporters —
Rob Rains - Sports
Maggie Cimarolli - St. Louis District Dairy Council
Anthony Dobson - Brentwood School District

AD PRICES ARE FOR CAMERA READY ONLY
ADVERTISING RATES:

Full Page	10-1/4 x 16-1/4	\$235.00
1/2 Page	10-1/4 x 8-1/2	\$180.00
1/4 Page	5 x 8	\$125.00
1/8 Page	5 x 4	\$95.00
Business Card Size	2 x 3-1/2	\$55.00

For color add \$25 to ad price.
Inserts - Call for Price

Member, Mid-County and Webster Groves
Chambers of Commerce

All issues of the Pulse are retained
by the Brentwood Historical Society

A Few Pulse
Distribution Centers...

Carl’s Drive-In
Trainwreck Saloon
Rock Hill City Hall
West Community Mortgage
Steger Automotive
Schiller’s Camera
Speedway Automotive
St. Mary Magdalen School
Rock Hill Library
Laurie’s Shoes
Traintown
Hacienda Mexican Restaurant
UPS Store
Brentwood City Hall
Brentwood Public Library
Brentwood Shoe Repair
Altair Travel & Cruises
O.B. Clark’s

Brentwood Forest Condominiums
White Building
West Community Credit Union
Brentwood Parks Department
Refind Room
All State Insurance
Schaflly Bottleworks
CNB Bank St. Louis Bank
Richmond Heights City Hall
Richmond Heights Library
Telle Tire Service
Maplewood City Hall
Richmond Terrace
Brentwood Police Department
Brentwood High School
Dobb’s Tire
Mid-County YMCA
Richmond Heights Library

Classifieds

WARNING

Readers are advised that some “work-at-home” ads or ads offering informing on jobs, government homes, or vehicles may require an initial investment. We urge you to investigate the company’s claims thoroughly before sending any money and proceed at your own risk.

HELPING HANDS FOR SENIORS

Offering compassionate personal care, errands, light housekeeping and companionship. Referrals upon request. 336-289-1555.

FAMILY FIRST HOMECARE TEAM

Now accepting new clients that are in need of a personal caregiver. We provide a wide range of services and can meet all of your homecare needs. Give us a call at 314-309-1592.

Deadline for
next issue is
December 1

DONATE YOUR USED CELL
PHONES TO THE APA

Do you have an old cell phone that you just don’t know what to do with? Donate it to the APA!

Your old cell phone can help the APA raise funds that will go directly to the animals in our care. Drop yours off at our shelter today, or have a used cell phone drive at your school, business or place of worship and get even more used phones for the APA.

There’s no phone that’s too old for us!

You may also drop your phones off at the Pulse Newspaper/Gene-Del Printing office at 9019 Manchester, Brentwood, MO 63144. Hours are 8am-5pm, Monday through Friday. We also have a mail slot that you can put them in that is located on our door.



866.371.TIPS
(8477)

CRIMESTOPPERS WILL PAY UP TO \$1000
FOR INFORMATION LEADING TO A FELONY ARREST

stlracs.org

Choose how to connect with the City of Brentwood.

Hello, Brentwood Community Member!

The City of Brentwood provides information and connects with the community through a variety of communication channels. Choose the tools you prefer to use to find City of Brentwood updates, news, events and more. Choose how you wish to stay connected and informed.

Connect with City of Brentwood's communication Channels here



BANKING ON YOU™

Turn your house into a dream home with a Home Equity Line of Credit.

BORROW UP TO
90%
OF YOUR HOME'S VALUE



Contact us today!

We'll help you determine if tapping into the equity in your home is right for you.



ONLINE: westcommunitycu.org



CALL: 636.720.2400



VISIT: In Brentwood, 2345 S. Brentwood Blvd and at branches throughout greater STL.

*Application required. Properties securing home equity lines of credit must be secured by your primary single family residence located in Missouri and select counties in Illinois and Kansas. Property insurance will be required and flood insurance where necessary. Closing costs apply. All loans subject to approval. Rates, terms and conditions subject to change. NMLS#474385
Federally insured by NCUA for \$250,000.
Additional coverage of \$750,000 provided by Excess Share Insurance Corporation, a licensed insurance company.

