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 crestwood ▾ webster groves ▾ richmond heights



Volume 47, Number 1

the pulse

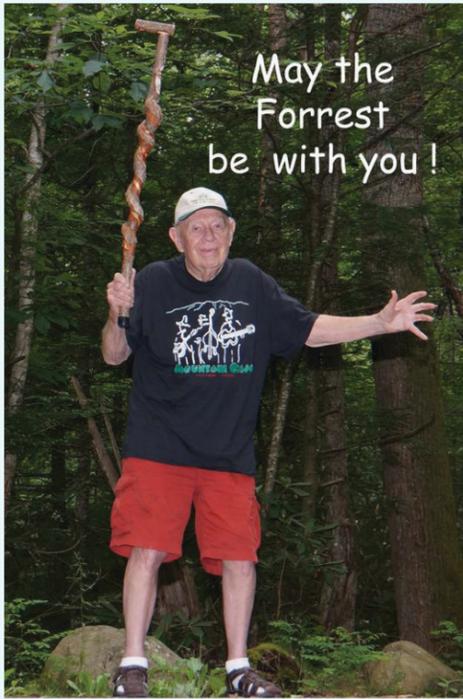
newspaper



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January 2023

Your Neighborhood Newspaper Since 1977



Rick, Steve and I wanted everyone to know that our dad, Forrest Moeckel passed away Nov. 23. Dad had many great years on this earth. 93 years to be exact. I know he is hugging Peggy in heaven right now. Forrest lived in Brentwood for over 65 years. He will be greatly missed by all of his family and friends.

Andy Moeckel



Chef Irma will share her years of experience on how to make delicious sushi rolls. This hands-on class is designed to be fun and inspire participants to make more sushi rolls at home! We will start with California rolls, followed by spicy tuna rolls, and finally dragon rolls.

Ingredients available for use: Tuna, fried shrimp, imitation crab, avocado, green onions, cucumber, cream cheese, roasted sesame seeds and tobiko.

Dates: Saturdays, Jan. 21, Feb. 18, March 18

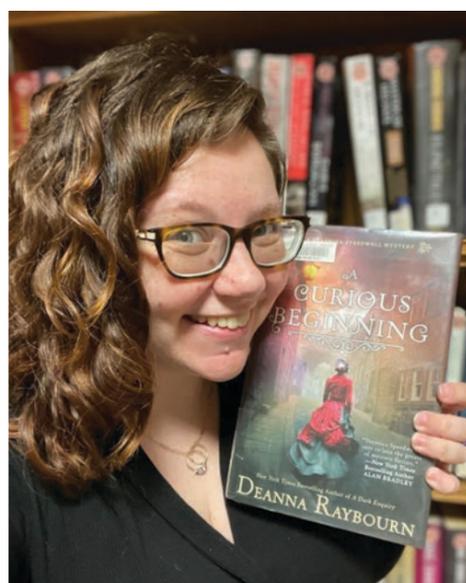
Time: 11am-12:30pm

Location: Brentwood Community Center

Price: Res./Non-Res. \$55

Activity Number: 745105

Thank you to all the room parents, teachers, and staff who made our classroom holiday parties at McGrath Elementary so memorable!



HILARY



Happy 2023 from the Brentwood Public Library! Here are a few of our favorite reads from 2022. Up first - Hilary enjoyed *A Curious Beginning* by Deanna Raybourn, *The Magic Fish* by Trung Le Nguyen, *Be Pregnant!* by Eugenia Viti, *Big Truck*, *Tiny Island* by Chris Van Dusen, *Something Wilder* by Christina Lauren, *Handmade Clay Jewelry* by Meghan Allen, *The Charm Offensive* by Alison Cochrun, *Bathe the Cat* by Alice B. McGinty, *Crumbs* by Danie Stirling, *The Love Hypothesis* by Ali Hazelwood and *Chickens to the Rescue* by John Himmelman!

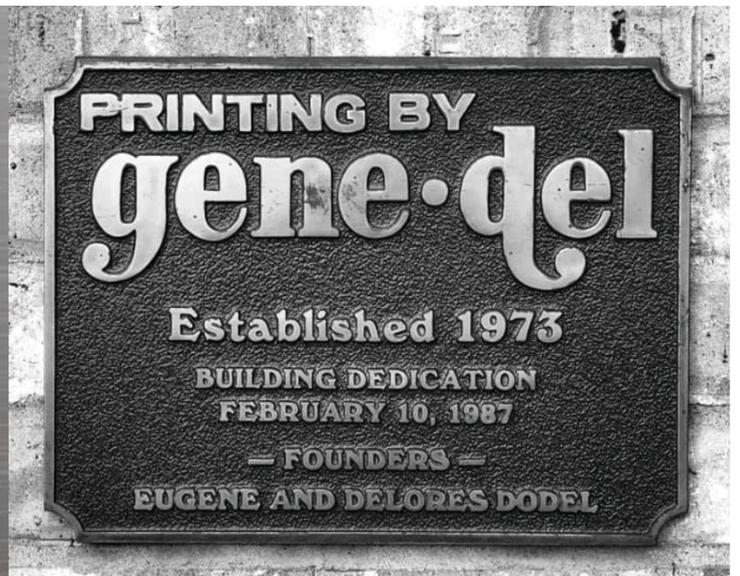
Inside: 5...TALK WITH THE HAWK | 11...Brentwood Trivia Night | 12...STMM Open House
Deadline for next issue is February 6

50 YEARS



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Conflux Co-Learning Announces 2023 Board of Directors

St. Louis nonprofit's board brings extensive range of expertise to growing organization

Conflux Co-Learning, the nation's first co-learning space that exclusively serves manufacturers and distributors, recently announced its 2023 Board of Directors. All board members are responsible for steering the nonprofit toward a sustainable future while creating resources to advance its mission.

The 2023 Board of Directors includes Bob Alvarez, president and Chief Operations Officer at Shapiro Metals; Brandon Dempsey, partner at goBRANDgo! and co-founder of Conflux; Doug Kolker, partner and tax credit expert at Wipfli; Jessica Peterson, UI/UX designer at goBRANDgo!; Matt Sallaberry, financial advisor at Moneta Group; Andy Schwartz, president at AJ Adhesives, Inc.; and Derek Weber, partner at goBRANDgo! and co-founder of Conflux.

"Our organization has selected a truly talented and diverse group of leaders who complement our forward-thinking mission and innovative mindset," said Conflux Co-Learning's co-founder Brandon Dempsey. "We look forward to the upcoming year and all that our new board will accomplish."

Conflux Co-Learning is a membership-based nonprofit organization which creates content, connections, and space so manufacturing and distribution leaders can navigate and grow in a rapidly changing industry. The nonprofit is located at 8221 Minnesota Ave. For more information, call (314) 754-8712 or visit www.confluxcolearning.com.



Brandon Dempsey

West Community Credit Union Scholarships Available!

West Community Credit Union is now accepting applications for their annual scholarship program. There are five \$1,500 scholarships available to graduating high school seniors. Online applications are available at www.westcommunitycu.org and are due March 17, 2023.

West Community has been awarding scholarships to high school students for the past 26 years. "We are committed to our members and the communities we serve, and happy to provide financial assistance to graduating high school seniors for their higher education." States Lori Hudson, Community Relations Manager for West Community Credit Union. For more information, visit online or stop by a local branch.

About West Community Credit Union

West Community Credit Union is a full-service, not-for-profit financial cooperative serving more than 27,000 members and businesses in St. Louis City, St. Louis County, St. Charles County and Boone County. The credit union has offices in O'Fallon, Brentwood, Kirkwood, Lake Saint Louis, Florissant and Columbia, MO. For more information on banking products and services, call (636) 720-2400 or visit www.westcommunitycu.org.

New Subscriptions on Sale January 9!

Purchase your season tickets for our 2023 Season beginning January 9 at 10 a.m.

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HOME SWEET HOME DID YOU KNOW WE ARE OPEN ON THE FIRST SATURDAY OF THE MONTH?

You asked and we answered. Donors have been asking for a weekend option for donating household items to our warehouse, and we finally figured out a way to make it happen!

To accommodate Saturday donation drop-offs, we are open on the **FIRST SATURDAY** of every month. Stop by on Saturday, June 4, between 9am and 12pm, and drop off your linens, dressers, or kitchen tables. If you can fit it on a truck or a van - we can take it. We will have two movers available to help you unload your vehicle and volunteers to help sort all donations coming in!

Donations can be dropped off at our loading dock at 290 Hanley Industrial Court, Brentwood, MO 63144.

Saying goodbye is important.



Dennis Shrewsbury

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MSHP Reports Three Traffic Fatalities Over Christmas Holiday Weekend; No Drownings Or Boating Fatalities

Colonel Eric T. Olson, superintendent of the Missouri State Highway Patrol, provides the following preliminary statistics related to the Christmas holiday weekend:

Three people died in traffic crashes during the 78-hour counting period, which began at 6 p.m. Friday, December 23, 2022, and ended at 11:59 p.m. Monday, December 26, 2022.

2022 Christmas Holiday Traffic Statistics

- Traffic Crashes — 306
- Traffic Crash Injuries — 84
- Traffic Crash Fatalities — 3
- DWI — 52

[Note: Last year during the 78-hour Christmas counting period, there were 881 traffic crashes statewide. In those crashes, eight people were killed and another 401 were injured. During the 2021 Christmas holiday, troopers investigated 227 traffic crashes which included four fatalities and 99 injuries. Troopers arrested 67 people for driving while impaired in 2021.]

There were no boating crashes or drownings over the 2022 Christmas holiday counting period. Of the three fatality traffic crashes investigated by troopers, two occurred in the Troop F, Jefferson City, MO, area, and one occurred in the Troop D, Springfield, MO, area.

There were no traffic fatalities on Friday, December, December 23, 2022, during the holiday counting period.

There was one fatality on Saturday, December 24, 2022. Kristan R. Price, 26, of Florence, MO, died when the vehicle she was operating traveled into the westbound lanes of U.S. Highway 50 and struck a vehicle before returning to the eastbound lanes, then skidding back into the westbound lanes, and striking another vehicle. Price's vehicle then overturned. It is unknown if Price was wearing a seat belt at the time of the crash. The first vehicle Price's vehicle struck skidded off the roadway; the driver was wearing a seat belt and was not injured. The driver of the second vehicle Price's vehicle struck was not wearing a seat belt at the time of the crash; he sustained minor injuries. The crash occurred in Morgan County on U.S. Highway 50 west of Lewis Drive. Dr. M.B. Jones pronounced Price dead at the scene. The Morgan County Sheriff's Department also responded to the scene.

One fatality occurred on December 25, 2022. Samuel M. Mitchell, 63, of Joplin, MO, died when the vehicle he was driving traveled off the right side of the road and struck the concrete cap of a vertical culvert. The crash occurred in Newton County on Apricot Road south of Joplin, MO. Three passengers in Mitchell's vehicle sustained serious injuries, one passenger sustained moderate injuries, and one passenger sustained minor injuries in the crash. No one in the vehicle was wearing a seat belt. Dr. Gross pronounced Mitchell dead at Mercy Hospital in Joplin, MO.

One fatality occurred on Monday, December 26, 2022. Susan C. Graham, 73, of Arcola, MO, died when another vehicle crossed the center of the roadway in front of the vehicle in which she was a passenger. After striking the other vehicle, Graham's vehicle rotated and traveled off the right side of the roadway and came to rest. The crash occurred in Camden County on U.S. Highway 54 west of Tangle Drive. Dr. Cooper pronounced Graham dead at Lake Regional Hospital in Osage Beach, MO. Graham was wearing a seat belt at the time of the crash. The driver of the vehicle was wearing a seat belt; he sustained moderate injuries. The driver of the vehicle that crossed in front of Graham's vehicle was not wearing a seat belt and he sustained serious injuries in the crash.

NOTE: The fatality statistics in this news release could change if late deaths occur, if other departments report fatalities after this news release was sent out, or if a fatality is determined to be caused by a medical condition rather than a traffic/boating/drowning incident.

MSHP Reports 2 Traffic Fatalities, 0 Drownings, and 0 Boating Fatalities Over New Year's Holiday Weekend

Colonel Eric T. Olson, superintendent of the Missouri State Highway Patrol, provides the following preliminary statistics related to the New Year's holiday weekend:

2 people died and 75 were injured in 243 traffic crashes during the 2023 New Year's holiday counting period, which began at 6 p.m. Friday, December 30, 2022, and ended at 11:59 p.m. Monday, January 2, 2023. There were 0 boating crashes and 0 drownings over the 2023 New Year's holiday counting period.

2023 New Year's Holiday Traffic Statistics

- Traffic Crashes — 243
- Traffic Crash Injuries — 75
- Traffic Crash Fatalities — 1
- DWI — 104

[Note: During the 2022 New Year's holiday counting period, one person was killed and 331 injured in 1,045 traffic crashes statewide. During last year's New Year's holiday, troopers worked 321 of those crashes which included 98 injuries and no fatalities. Troopers arrested 96 people for driving while intoxicated last year.]

Both fatal traffic crashes occurred in the Troop E, Poplar Bluff, MO, area.

There were no traffic fatalities on Friday December 30, 2022.

One fatality occurred on Saturday, December 31, 2022. Roger Vinson, 63, of Piggott, AR, died when the vehicle he was driving crashed at the intersection of Route C and State Highway 25, in Stoddard County. Vinson was pronounced dead at the scene by Stoddard County Coroner Brent Stidham. The crash is being investigated by the Advance Police Department.

One fatality occurred on Sunday, January 1, 2023. Roger G. Morrow, 55, of Benton, MO, died when the vehicle he was driving travelled off the right side of the roadway and overturned. The crash occurred in Scott County on Missouri Highway 77 near Scott County Road 352. Morrow was pronounced dead at the scene by Scott County Coroner Scott Branam. Morrow was wearing a seat belt at the time of the crash.

There were no traffic fatalities on Monday, January 2, 2023.

The fatality statistics in this news release could change if late deaths occur, or if other departments report fatal traffic crashes after this news release is sent to the media.

Too many people die in traffic crashes each year in Missouri. The choices you make when you're behind the wheel matter. Make good choices, so you'll never have to say, "If I could just go back."

Follow the Missouri State Highway Patrol on Twitter @MSHPTrooperGHQ

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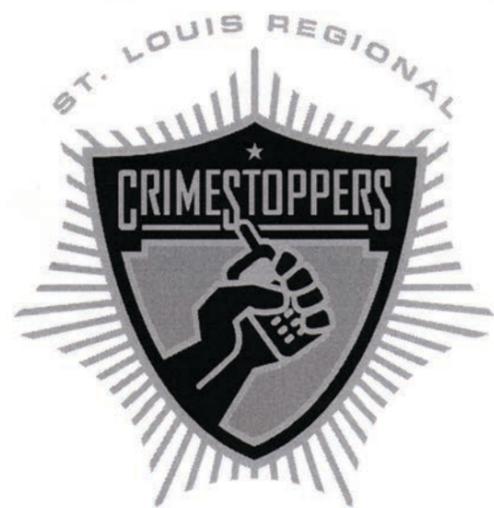
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New Year, New Adventures

Corporal Nick Lang and Officer Divas Alibasic

The Brentwood Police Department has partnered with St. Louis County and Municipal Police Academy to assign an officer, full time, to the academy as an instructor. Corporal Nick Lang was handpicked by the command staff at the academy as one of their newest academy instructors. We are very proud of Corporal Lang and are confident he will be an exceptional representative of the City of Brentwood.

While we will miss Corporal Lang, we are excited to announce we were able to onboard Officer Divas Alibasic. Officer Alibasic comes to us with several years of experience with the St. Louis Metropolitan Police Department. Below is a brief biography of Officer Alibasic.

Divas Alibasic moved here with his family from Bosnia in the late 1990's and grew up learning Bosnian and American culture, simultaneously. Divas practiced Shindo Jinen-Ryu Karate for over ten years and is still very passionate about traditional martial arts. He developed a hobby with cars and motorcycles and strives to help his family in any way possible.

Officer Alibasic has wanted to be a police officer since he was a child. When he was 21 years old, he began his law enforcement career with the St. Louis Metropolitan Police Department. After four years of service, Divas took the next step in his career and applied with the Brentwood Police Department. Officer Alibasic is proud to serve a community that cares about each other and their police officers.

If you see Officer Alibasic, please say hello, introduce yourself, and welcome him to our fine city.



During the month of October Officer Mundorf was selected as Officer of the Month and below is a snapshot from his nomination.

On 10/10/2022, Officer Mundorf conducted a traffic stop on a suspicious vehicle in the Hanley Industrial Ct. After initially investigating the driver for traffic violations, it was determined she was in possession of methamphetamine. The driver was also wanted for Tampering 1st from Jefferson County.

On 10/11/2022, this department received a call from a suicide hotline in reference to a guest at the Springhill Suites. Officer Mundorf responded and after determining the location of the guest in question, he was given entry to the hotel room where the subject was located unconscious. Officer Mundorf removed the cord surrounding the subject's neck, causing him to gasp for air and regain consciousness. The subject was then transported to the hospital in stable condition.

On 10/24/2022, Officer Mundorf, along with Corporal Wurth, responded to the YMCA in reference to a male subject attempting to capture a photograph of a male juvenile in the locker room. Upon his arrival, Officer Mundorf observed a male subject matching the description given to dispatch by the juvenile's father. That subject was immediately taken into custody. Officer Mundorf interviewed the subject who admitted to placing his iPhone over a bathroom stall occupied by a male juvenile.

During the month of October, Officer Mundorf was assigned 90 total incidents. That included 19 traffic stops resulting in 26 citations.

During the month of November Officer Alex Wilcox was selected as Officer of the Month and below is a snapshot from his nomination.

In November of 2022, CRO Wilcox began an investigation into numerous thefts of power tools from Home Depot. CRO Wilcox was able to determine the subject stealing the power tools was working with another suspect who was utilizing several online platforms to sell the stolen items across the United States and Europe. CRO Wilcox spent countless hours investigating, planning, coordinating, and preparing documents that culminated into the issuance of a search warrant. CRO Wilcox coordinated with the St. Louis County Tactical Operations Team to execute the search warrant on November 15, 2022. Approximately 50 stolen power tools, from Home Depot, with a value of \$21,244.00 were recovered from the suspect's residence. During an interview, the second suspect admitted they had been purchasing stolen Home Depot power tools, on a weekly basis, for approximately a year and a half.

Saturation Details

More than ten law enforcement agencies teamed up in November and December to saturate central and west county municipalities in an effort to curb violent crime. Brentwood Police Department participated in two of the three dates that were selected for this effort of targeted enforcement.

Overall, these efforts were very successful yielding numerous felony arrests, seizure of weapons, and recovered stolen vehicles.

A meeting is planned in early January of 2023 to review procedure, policy, and to include more agencies who have shown interest in participating. Also, as a part of the 2023 efforts, we aim to operate these details in conjunction with St. Charles County's saturation detail, St. Louis County's targeted enforcement, and St. Louis Metropolitan Police Department's Anti-Crime unit.

Our hope is to collaborate with other agencies in our region to combat the rampant vehicle-related and violent crime we've seen over the last several years.

As I say in every newsletter, please lock your doors, keep guns and valuables with you, and call 911 if you see something suspicious.



Brentwood Police Department

Calls for Service Report

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

NOVEMBER 2022

CFS for Person Crime	
Murder / Manslaughter	0
Sex & Sexual Assaults CFS	0
Robbery /Car-Jack	0
Assaults	2
Peace Disturbance & Domestic	43
Calls for Mental Health	5

CFS for Property Crime	
Arson/Bombing/Burning	0
Burglary - Residential	3
Burglary - Business	1
Destruction of Property	9
Frauds & ID Theft	4
Larceny - Shoplifting	55
Larceny - From Vehicle	4
Stolen Vehicles	6
Trespassing	13

Weapons Related	
Utilized/Taken	2
Recovered	1

Auto Accidents	
	69

Patrols	
Building & Business Check	59
Schools	48
Parks - Misc	17

Notable CFS	
Alarm Calls	56
Animal Related	9
Assist FD & etc ..	115
Check Welfare/Notification	26
Contact Another Agency	75
Motor Assist	16
Police Community Relations	5
FLOCK/LPR/RADAR-FTY	6
Solicitors	4
Suspicious Person/Vehicle	69
Traffic Control/Details	56
Traffic Stops	87
Vacation Checks/Close Watch	3
Fireworks	0
ARREST	
Prisoner Conveyance	21
Adults	51
Juvenile	2
ARREST TYPE	
FTA/Fugitive	31
Original Non-Traffic	27
Original Traffic	2

Miscellaneous CFS	
	132
Minus Arrest/Types	-113
Total Calls For Service	1021



Brentwood Police Department

Calls for Service Report

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

12-19-22 to 12-25-22

CFS for Person Crime	
Murder / Manslaughter	0
Sex & Sexual Assaults CFS	0
Robbery /Car-Jack	0
Assaults	0
Peace Disturbance & Domestic	4
Calls for Mental Health	0

CFS for Property Crime	
Arson/Bombing/Burning	0
Burglary - Residential	0
Burglary - Business	1
Destruction of Property	1
Frauds & ID Theft	2
Larceny - Shoplifting	11
Larceny - From Vehicle	1
Stolen Vehicles	0
Trespassing	1

Weapons Related	
Utilized/Taken	1
Recovered	0

Auto Accidents	
	14

Patrols	
Building & Business Check	7
Schools	6
Parks - Misc	1

Notable CFS	
Alarm Calls	16
Animal Related	1
Assist FD & etc ..	32
Check Welfare/Notification	4
Contact Another Agency	11
Motor Assist	7
Police Community Relations	0
FLOCK/LPR/RADAR-FTY	3
Solicitors	0
Suspicious Person/Vehicle	10
Traffic Control/Details	8
Traffic Stops	30
Vacation Checks/Close Watch	12
Fireworks	0
ARREST	
Prisoner Conveyance	2
Adults	6
Juvenile	
ARREST TYPE	
FTA/Fugitive	2
Original Non-Traffic	4
Original Traffic	0

Miscellaneous CFS	
	21
Minus Arrest/Types	-12
Total Calls For Service	207



BRENTWOOD SCHOOL DISTRICT

January 2023 News

BHS Student Artwork Selected for Neediest Cases Campaign



Nine Brentwood High School students have been recognized for the powerful and moving artwork they created as part of the 100 Neediest Cases campaign sponsored by the United Way of Greater St. Louis and the St. Louis Post-Dispatch.

From homelessness to illness, the artwork depicts real, everyday struggles that families and individuals are currently facing throughout the St. Louis region.

"We have a very talented group of ART 3 and ART 4 students this year," said BHS art teacher Tim Rempel. "I am so proud of their ability to illustrate the issues that so many in our community are currently dealing with."

All artwork was judged by professional artists, and students who placed in the top 40 will be published in print and digital versions of the Post-Dispatch. The artwork will also be displayed at the Missouri History Museum.

BHS matched its total from the 2021 campaign by placing nine students in this year's top 40, including:

- Nina Arties (7th Place)
- Nick Ventimiglia (9th Place)
- Nick Moran (11th Place)
- Hannah Murphy (12th Place)
- Max Pulliam (13th Place)
- Ana Sanchez (15th Place)
- Abhigyaan Deep (23rd Place)
- Annsleigh Alexander (36th Place)
- Camile Beck (39th Place)

"Our hope is that reading about these 100 cases and seeing the accompanying illustrations will help those who so desperately need it at this time," added Rempel.

Established in 1922, the 100 Neediest Cases campaign has helped thousands of families and individuals in need during the holiday season. The United Way partners with more than 50 social service agencies to select 100 cases each year, which are featured in the Post-Dispatch and illustrated by student artists. The profiles and artwork help raise awareness and encourage donations for those families and individuals, as well as others in need. Last year, annual donations to the campaign reached \$1.3 million.

Show-Me History at Mark Twain



Mark Twain Elementary School third graders spent several weeks researching Missouri's most influential individuals in preparation for their Famous Missourians Living Museum. Students created presentation boards, dressed in authentic attire and shared their research with the Mark Twain community. This project also aligns with the Missouri Learning Standards for third grade social studies.

Three Candidates File for Brentwood Board of Education

Three Brentwood residents have filed their candidacy for the three open positions on the Brentwood School District Board of Education. The candidates, in order of filing, are:

- Keith Rabenberg (incumbent)
- Lindsay M.K. Spencer (incumbent)
- Ryan A. Dodson

Because the number of candidates is equal to the number of open positions, the district has submitted a request to the St. Louis County Board of Elections to be removed from the ballot this spring. If approved, this would save the district approximately \$5,000 in election expenses.

Members will be sworn in during the board's regular business meeting on Tuesday, April 18.

Class of 2023 Rakes Yards for Senior Service Day



More than 40 students from Brentwood High School's senior class gave back to their community as part of a large-scale leaf raking effort on Friday, Dec. 2. Students visited 19 homes and filled more than 150 yard waste bags during the four-hour event.

"We want our seniors to feel connected with their classmates and engaged in their community," said Senior Class Sponsor Emily Diaz. "We are excited to give back to a community that has always supported our school district."

This service was provided free of charge to Brentwood community members that had been nominated by their families, friends and

neighbors. A total of 12 homes were selected from the nomination process. Students also extended their efforts by knocking on doors and volunteering their services to neighboring homes on the day of the event.

The Brentwood Home Depot donated four rakes and 120 yard waste bags to help with the cleanup effort.

"Brentwood High School seniors have a longstanding tradition of providing volunteer service in our community," said Principal Dr. Ed Johnson. "So to have them connected to the community and to each other with a sense of purpose is just amazing."

BECC Enrollment for 2023-24 School Year Coming Soon

The Brentwood Early Childhood Center is excited to announce our enrollment dates for the 2023-24 school year. Next year, we will be welcoming students to our brand new school located on St. Clair Avenue in a shared building with McGrath Elementary School.

For more information on our new home, visit brentwoodmoschools.org and click on Facilities Updates. We can't wait to welcome you to our new school!



• **Tuesday, Jan. 10, 2023:** Enrollment documents will be available on our website at ecc.brentwoodmoschools.org.

• **Wednesday, Jan. 25, 2023 from 5-6:30 p.m.:** Open enrollment for families with students currently enrolled at BECC.

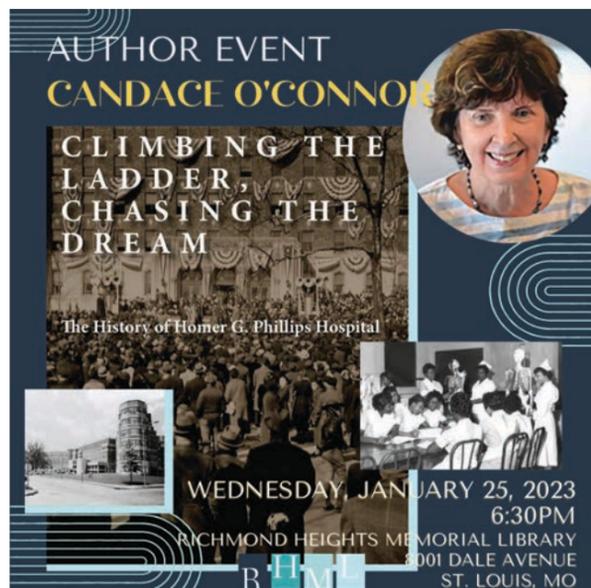
• **Thursday, Jan. 26, 2023 from 5-6:30 p.m.:** Enrollment for new families, including families accessing Parents as Teachers services through the Brentwood School District. Brentwood residents only.

The Brentwood Early Childhood Center offers a developmental and constructivist program designed to meet the educational needs of the young child, ages 2 years to kindergarten. This program offers the following unique opportunities:

- Project Construct, an early childhood education curriculum approved by the Missouri Department of Elementary and Secondary Education. Our curriculum is enhanced through the constructivist philosophy.
- Goals are set according to the Missouri Early Learning Standards. These directly flow into the standards which are used by all Missouri public schools to guide education in grades K-12.
- Experienced, certified early childhood education teachers guide learning through current research and best practice.
- On-site school nurse
- We partner with the Special School District of St. Louis County to offer a variety of early intervention services and resources.
- Free and reduced-price tuition preschool options are available for families in need of assistance. Please contact Kristin Clemons, director of early childhood education, for more information.

To learn more about our early childhood education program, please visit the Brentwood Early Childhood Center website at ecc.brentwoodmoschools.org or call us at 314-262-8521.

RICHMOND HEIGHTS MEMORIAL LIBRARY TO HOST CLIMBING THE LADDER, CHASING THE DREAM: THE HISTORY OF HOMER G. PHILLIPS HOSPITAL AUTHOR EVENT



On Wednesday, January 25 at 6:30 p.m. the Richmond Heights Memorial Library will host Candace O'Connor, author of *Climbing the Ladder, Chasing the Dream: the History of Homer G. Phillips Hospital*. This event will take place in the Library's program room. The Library is located on the 2nd floor of the HEIGHTS Community Center at 8001 Dale Avenue.

Homer G. Phillips Hospital--founded in an era of segregated healthcare and named for the murdered attorney who fought for its existence--became a beacon of hope and healing for the Black community and a path to professional progress for hundreds of Black physicians and nurses.

Built to serve St. Louis's rapidly expanding African-American population, the grand new hospital opened its doors in 1937, toward the end of the Great Depression. "Homer G.," as many called it, joined a burgeoning group of black hospitals amid a national period of institutional segregation and strong racial prejudice nationwide. Candace O'Connor draws upon contemporary newspaper articles, institutional records, and dozens of interviews with former staff members to create the first, full history of the Homer G. Phillips Hospital. She also brings new facts and insights into the life and mysterious murder (still an unsolved case) of the hospital's namesake, a pioneering Black attorney and civil rights activist who led the effort to build the sorely needed medical facility in the Ville neighborhood.

The author will be on hand to discuss her work and to answer questions. Copies of *Climbing the Ladder, Chasing the Dream* will be available for purchase from Subterranean Books.

This event is free and open to the public.

the
pulse
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JAM the Cooking Guy



Man I love these. You can add a bunch of other stuff like salsa, cilantro or whatever - but I like 'em (as Billy Joel would say) "just the way they are."

Ingredients

1 green pepper, thinly sliced
1 red pepper, thinly sliced
1 zucchini, thinly sliced
1/2 large red onion, thinly sliced
1/2 teaspoon each cumin, garlic powder, oregano & cayenne
Sour cream
Monterey Jack cheese, shredded
2 Tablespoons olive oil
Tortillas

Directions

Heat olive oil in large skillet
Add both peppers and saute for 5 minutes until they begin to soften
Add onion and continue for another 5 minutes or so mixing well, then add zucchini
Saute all for another couple of minutes, then add about 3 tablespoons water and cover pan with a lid for 2 minutes - you want everything soft
Remove lid, add herbs and mix well
Turn down heat, and warm your tortillas
Place a little sour cream, some vegetables and a little cheese in each cooked tortilla and roll up



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.

WHEN

January 13 - 16th, 2023

- Fri: 12 PM - 9 PM
- Sat & Sun: 11 AM - 9 PM
- Mon: 10 AM - 5 PM

HOW MUCH?

General Admission
Adults - \$12
Children 12 and under - FREE
Group discounts available.
Call 314-822-0333 for details.

WHERE

America's Center and The Dome
701 Convention Plaza
St. Louis, MO 63101

Save The Date

January 13 - 16th, 2023

Our 2023 show dates have been announced! Mark your calendars and tell your friends.
We can't wait!



DIGITAL SOLUTIONS FOR YOUR FINANCIAL RESOLUTIONS

By: West Community Credit Union

A brand new year provides the perfect opportunity to make meaningful life changes, including improved financial wellness. Even the most well-thought-out New Year's resolution may not be enough if you don't have the support to help make it happen. Stay on track with these digital banking tips that will help make it easier to reach your goals:

Know so you can grow (financially).

Build a habit of knowing when your paycheck deposits, you make big purchases or you have a low balance. Get text message alerts to help monitor your account. You can choose when you want to be notified of any changes to the account balances or personal information. Become more aware of how your money comes and goes so you can make better decisions this year.

Access & improve your credit score.

This is your year! The better your score, the more you save. That's why we've made it easy to monitor your credit score by offering 24/7 access to it for FREE in Online & Mobile Banking.

- Unlimited access to your credit score
- Monthly credit reports
- Daily credit alerts to help you monitor for fraud
- Customized tips for improving your score
- Opportunities to save!
- Set up bill reminders or auto pay.

Bill Pay lets you pay unlimited bills electronically from your West Community accounts. It's also safe, secure and easy to set up and use. Paying your bills on time make up a hefty portion of your credit score, so if your goal this year is to see that number rise, set up reminders or updates through email when you receive a bill, or when it's due. OR set up Automatic Payments which are great for bills that stay the same each month, like your rent and your car loan.

Automate savings goals with Plinqit.

Setting up a Plinqit account is super easy, and you can really see big rewards over time. You set the goal amount and time frame, and watch your savings pile up. You can even earn more money by learning about various financial topics within the app with Build Skills. You can save for anything you want, but some of our favorites we've seen have been:

- Summer vacation or travel expenses
- Next year's property taxes
- Emergency Savings for a rainy day
- Down payment for a car or house
- Holiday expenses

The possibilities are endless. Saving a small amount every week or month over time really adds up. Set up a Plinqit account (or several) today by visiting westcommunitycu.plinqit.com and live without regret or worry in 2023!

Smart money resolutions boost financial stability not just immediately but over the long haul as well. Visit our website to sign up for our bi-monthly newsletter or follow us on social media for more goal crushing financial tips. For more information on how we can help you achieve your financial goals in 2023, contact West Community Credit Union at 636.720.2400 or visit us online at westcommunitycu.org.



Melvin (currently touring with Cirque du Soleil in Madrid, Spain) soaring over Donald (who is now a father in St. Louis), Megan (who is a data analyst for Google in NYC), and Kellin (whose latest video you can see below and who is currently performing in Stuttgart, Germany)

As we go into 2023 we are working on:

- Expanded classes at our City Museum location
- New partnerships with different St. Louis recreation centers and schools
- Continuing partnerships with the Urban League, Boys and Girls Club at O'Fallon Park Y, SoulFisher Ministries, and Ames Elementary School
- Our Architecture & Acrobats series with our next videos being about the St. Louis Public Library and Old North neighborhood.
- Creating our new, full length show, Swashbuckle, which will debut in April!



PROFESSIONAL FIREFIGHTERS OF BRENTWOOD

Thank you to all who donated to our Marine Corps Toys for Tots events. Your generosity makes a difference in the lives of children and their families. We had a record year, and it would not have been possible without your support. Also a special thank you to Musick Construction for use of the fire truck, and Target Brentwood for allowing us to host our Toy Drive.

Thank you and have a happy and healthy new year!

The Brentwood Firefighters



INSIDE BASEBALL

By Rob Rains of StLSportsPage.com

Who are the 10 most interesting Cardinals to watch in 2023?



There are many reasons for baseball fans to look forward to 2023 and it only requires remembering what was going on a year ago to realize that.

On New Year's Day 2022, baseball was one month into a lockout and nobody knew when spring training or the season would start. The pandemic was still affecting the country, and the world.

Luckily, as we begin this new year, baseball has labor peace. While there are still lingering health concerns, the worst of the pandemic appears to be behind us.

All of that means that for the first time in a few years, we can take a "normal" look into what is coming up with the Cardinals. In what has become a New Year's Day tradition at STLSportsPage.com, our look ahead focuses on the 10 most interesting Cardinals to watch in the coming year, listed in alphabetical order.

Dusty Blake – One of three new coaches on manager Oli Marmol's staff, Blake takes over the pitching coaching duties from Mike Maddux. While new bench coach Matt Holliday is well known by Cardinals' fans, Blake has spent his first two years in St. Louis in the background working as a "pitching strategist." Blake is eager to show that he is more than just a "numbers" guy and one of his goals, as directed by Marmol, is to see if the team's pitchers can increase their strikeout total after ranking last in the majors in that category in 2022.

Dylan Carlson – Coming off a third-place finish in the Rookie of the Year voting for 2021, Carlson began his second full season with expectations of an even better performance. That didn't happen as his home run total dropped from 18 to 8 and he hit just .207 from the left side of the plate, a drop of 36 percentage points from his rookie season, as he struggled with a thumb and wrist injury. Being able to reverse those numbers will be necessary for Carlson to continue to earn the bulk of the playing time in center field, where he excelled defensively last year after the trade that sent Harrison Bader to the Yankees.

Willson Contreras – The biggest off-season addition to the Cardinals' roster, at least so far, Contreras seems ready to take on the challenge of being the successor to the retired Yadier Molina. Signed to a five-year contract, Contreras should definitely provide an offensive upgrade, where the Cardinals' catchers were among the worst in the majors last season. There have been questions about Contreras' performance behind the plate in the past, so he will need to prove himself there – but there is no doubt he was signed primarily for his offensive skills.

Brendan Donovan – If there was an award for who was the biggest surprise for the Cardinals in 2022, Donovan likely would have been a unanimous selection. He arrived in the majors with limited expectations, then proceeded to finish third in the Rookie of the Year voting and won the first Gold Glove given to a utility player. Donovan now has to prove that he can repeat that success, likely in the same role he filled last year, when he started games at six defensive positions and as the DH, as Marmol tried to find the best way to get him as many starts as possible.

Jack Flaherty – One of three holdovers on this list from a year ago, Flaherty goes into 2023 with basically the same questions hanging over his head: Is he healthy, and can he regain the form that made him one of the best pitchers in the game four years ago? Flaherty's performance since then has been slowed by one injury after another, which limited him to just eight starts and 36 innings in 2022. Since the end of 2019, Flaherty has pitched a combined 154 innings. For the Cardinals to be better than they were a year ago, Flaherty has to step up and become the number one starter. Personally, this is the most important season of his career as he heads into free agency.

Paul Goldschmidt – The Cardinals' first baseman doesn't have to be a repeat winner as the NL's Most Valuable Player for 2023 to be a successful season. What he does need to do is find a way to be just as effective as he was for the first five months of last season – and avoid the collapse that he suffered in September. Nobody realizes that more than Goldschmidt, the team's best player, who needs to be at his best in the most important time of the season. Goldschmidt should be helped by the addition of Contreras's big bat in the middle of the lineup.

Nolan Gorman – Another holdover selection from last year's list, Gorman was the hot new toy a year ago, the top prospect in the Cardinals' farm system, ready to make his major-league debut. Maybe the expectations were a little too lofty, but there still was a lot to like about Gorman's rookie season after he was promoted from the minors, including hitting 14 homers in 283 at-bats as a 22-year-old while also playing solid defense at second base. The Cardinals hope he can build off that performance in 2023 with one goal to reduce the number of strikeouts (96 a year ago) which would give the team another power threat in the middle of the lineup to offer protection to Goldschmidt and Nolan Arenado.

Tyler O'Neill – If there was an award for the most disappointing Cardinal in 2022, it would have to go to O'Neill, primarily because one injury after another kept him off the field. He played in just 96 games, down from 138 in 2021, and saw his home run total drop from 34 to 14. With the Cardinals having numerous players competing for playing time in the outfield, O'Neill will have to show that he can stay healthy, and hit, to hold onto his spot as the primary left fielder.

Adam Wainwright – A year ago there was speculation about whether 2022 would be the final year of Wainwright's stellar career. There is none of that talk now, as Wainwright has announced that he will retire after 2023. He is going to use that status as a motivator to go out and pitch well – starting with his assignment with the U.S. squad in the World Baseball Classic. He believes pitching in those games will help put him in a more competitive frame of mind for the start of the season. Wainwright has a goal of winning at least 16 games, which would move him into second place, behind Bob Gibson, for the most career victories for the Cardinals surpassing Jesse Haines' total of 210.

Jordan Walker – Now the top prospect in the organization and one of the best in all of baseball, Walker will be one of the most scrutinized players in the Cardinals' camp during spring training. A strong performance there, coming off a big 2022 in Double A and the Arizona Fall League, could springboard Walker into the Cardinals' lineup in right field as a 20-year-old without a single game at the Triple A level. Whether that happens will be dictated by his performance, and the possibility of the Cardinals making other roster moves before the season begins. Whether it's on opening day or two months into the season, however, Walker appears set to make his major-league debut in 2023 and like Gorman, could become the extra hitter the team wants in the middle of their lineup.

Photo by AP courtesy of KSDK Sports
Follow Rob Rains on Twitter @RobRains

Stay Informed on Nextdoor.com

City staff members regularly share information on Nextdoor. Staff can see your replies to our posts but are not able to see what you and your neighbors are posting. If you have concerns or comments for City staff to address, please respond to City posts or send a private message, call 314.962.4800, or submit the information via "Report a Concern" on the City's website, [brentwoodmo.org](https://www.brentwoodmo.org).

nextdoor

THINGS CHANGE IN BRENTWOOD... BUT MEMORIES REMAIN

I remember the old Chili House on the southeast corner of Manchester and Brentwood Boulevard. This is now the site of businesses and used to be the Schnucks store before it moved to the southwest corner. Small world... my older brother remembered the owner as a thin tall man. When I was first married, he was our next door neighbor in South St Louis and had learned how to make chili as a cook during the armed services.

One of my grade school classmates had a brother who sold papers at the intersection of Manchester and Brentwood Boulevard, referred to as "The Intersection". One weekend he could not make it, so Judy and I sold papers; but it was great fun and something not many girls got to do at this time. Oh yes...the pony ride track near the northwest corner of The Intersection was a favorite of most of us kids; we loved riding those little ponies. That's now the site of a special auto dealership, which by the way, is next to the Hounsom's Drug Store building which still stands.

I have a picture of our class first communicants in the early 50's in front of St. Mary Magdalen Church. Though I did not go to the grade school there, I did get to meet and know many of those kids later at our Brentwood High School.

Some of us who worked at the Brentwood Theater looked forward to going to Caruso's after work on Friday nights. Of course, this was on the southwest corner of The Intersection. A teacher once told us he saw Elvis Presley and his entourage dining at Caruso's one night. Imagine...here in Brentwood!

A little west of Caruso's, there were several shops, i.e. a barber shop, a cleaners, and a shop that made plaster figurines. My brother worked part time at the plaster shop and painted many of those figurines, some of which I still have. I think the barber was named Joe and he loaned his beautiful Ford convertible to a friend of mine who worked occasionally for him. It was great fun riding in that convertible.

Then there was Hounsom's Drug Store across the street. Everyone knew and visited this store. Further north of the pony track, Dr. Bockelman had his beautiful, unique brick home and office across the street from St. Mary Magdalen. An alum owns that house now and it still looks the same. Going a little further north there was Frosty Manor, where the Optimist Club sold Christmas trees in winter, EJ's Drug Store and the Moss Farm across from the theater. This is now the site of the Kimberly Building. The Mosses (sister and brother) had a row of beautiful lilacs next to a path to Brentwood Blvd. from the homes on Kentland Drive and Florence. They lived in an old two story farmhouse. South of the farm was a big empty lot full of dirt paths and a hill, where kids played. Stepping away to the north part of the Moss farm, there was a huge lot, a great hill for sleigh riding, a few wooded areas with paths, and a flat area where some ingenious kids made a ball diamond for playing baseball. In winter, so many kids went down that hill with their sleds. It was like a mini Art Hill.

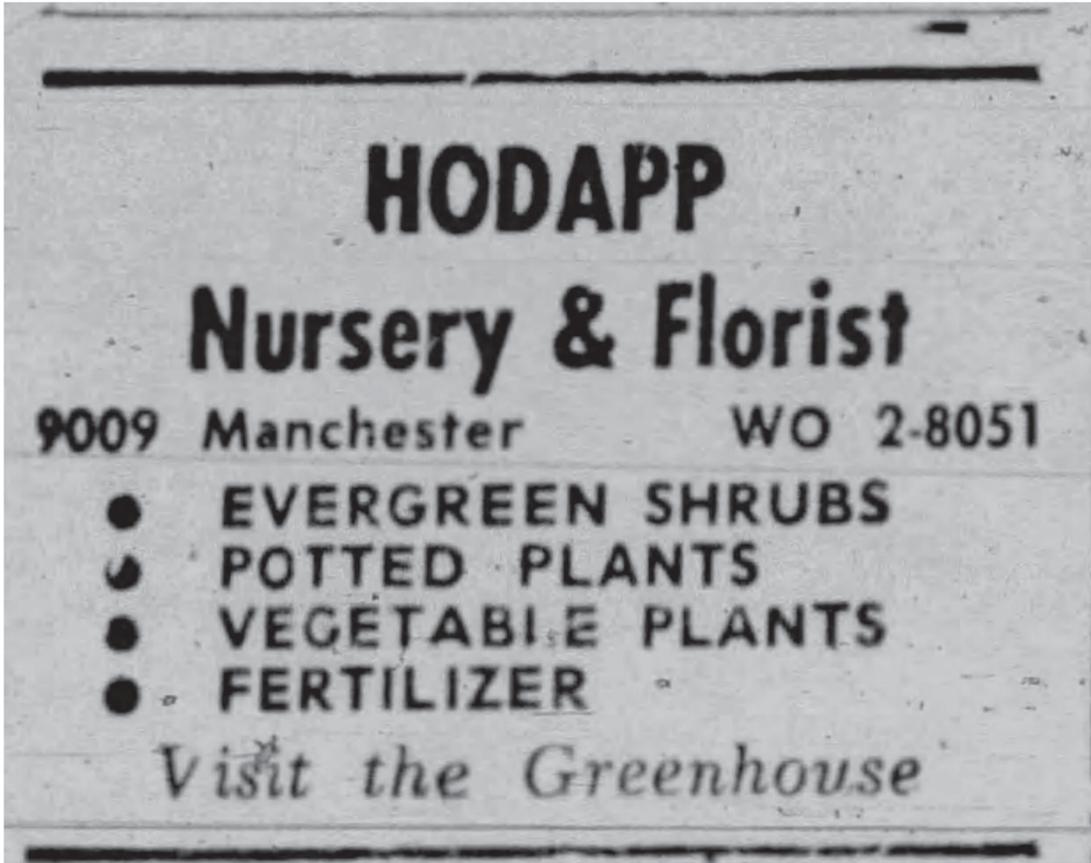
Hope some of you remember these old places as I do. More memories about other areas of Brentwood may be in future issues of The Pulse.

From a Brentwood High Alum



A Little Brentwood History

Editor's Note: I contacted Dan Fitzgerald of the Brentwood Historical Society asking if he had any pictures of the nursery that used to be where the Gene-Del Printing/Pulse Newspaper offices are located. He replied with these pictures and information. Thank you so much, Dan!



No pictures of the nursery. They ran ad's in a Webster paper from 1946-1955. Not sure how long it was around. The Hodapp family were in the area for years. They ran a truck farm on Gilbert Ave. in Rock Hill.

Herman Hodapp, who ran the nursey, lived on Shortridge Ave in Rock Hill.



This is the home of Edward and Anna Schinke. It was at 9005 Manchester Road. It was likely where the bowling alley was.



This is Edward Jr. and Robert Schinke. This picture is significant because across the road from the Schinke house was the infamous Links Chicken Farm. Links was one of many roadhouses in Brentwood and developed a shady reputation; especially during Prohibition.

The Schinke family lived here in the 1920's.

According to the old street numbering on Manchester, 9025 Manchester was a filling station, probably Carl's building.

9015 Manchester was a residence. It drops from the records when the nursery is built, around 1946.

Brentwood School District Statement of Revenues, Expenditures and Changes in Fund Balance - Modified Cash Basis All Government Funds For the Year Ended June 30, 2022					
	General Fund	Special Revenue Fund	Debt Service Fund	Capital Projects Fund	Total Governmental Funds
Revenues					
Local Sources					
Property Taxes	\$ 12,392,231.96	\$ -	\$ 3,233,373.65	\$ 1,014,249.21	\$ 16,639,854.82
Sales Taxes	490,615.83	294,369.52	-	-	784,985.35
Other Taxes	165,729.95	-	43,242.15	1,393,658.40	1,602,630.50
Investment Income	13,238.47	315.18	1,460.61	57,308.62	72,322.88
Food Sales	41,049.16	-	-	-	41,049.16
Pupil Activities Income	214,349.53	-	-	-	214,349.53
Community Service	558,338.79	-	-	-	558,338.79
Other Local	582,378.14	-	-	-	582,378.14
Total Local	14,457,931.83	294,684.70	3,278,076.41	2,465,216.23	20,495,909.17
County Sources					
Fines, Escheats, Etc.	-	2,793.61	-	-	2,793.61
State Assessed Utilities	102,442.83	-	78,985.80	28,927.04	210,355.67
Other County	-	-	-	-	-
Total County	102,442.83	2,793.61	78,985.80	28,927.04	213,149.28
State Sources					
Basic Formula	-	155,124.87	-	-	155,124.87
State Grants and Contributions	87,882.53	274,206.44	-	-	362,088.97
Total State	87,882.53	429,331.31	-	-	517,213.84
Federal Sources	533,256.39	251,637.21	-	-	784,893.60
Total Revenues	15,181,513.58	978,446.83	3,357,062.21	2,494,143.27	22,011,165.89
Expenditures					
Regular Instruction	880,800.14	7,233,526.80	-	16,287.21	8,130,614.15
Attendance	84,084.56	-	-	-	84,084.56
Guidance	172,777.62	374,998.20	-	-	547,775.82
Health, Psych Speech & Audio	282,083.52	-	-	-	282,083.52
Improvement of Instruction	286,861.01	30,417.87	-	-	317,278.88
Professional Development	1,551.25	-	-	-	1,551.25
Media Services	26,175.94	228,821.74	-	-	254,997.68
Board of Education Services	190,047.91	-	-	-	190,047.91
Executive Administration	649,301.65	441,980.14	-	378,813.70	1,470,095.49
Building Level Administration	563,210.23	859,586.94	-	1,047.42	1,423,844.59
Business Central Services	259,665.53	-	-	-	259,665.53
Operation of Plant	2,489,969.37	-	-	165,395.87	2,655,365.24
Security Services	90,969.00	-	-	-	90,969.00
Pupil Transportation	85,548.29	-	-	-	85,548.29
Food Service	486,113.31	-	-	73,248.00	559,361.31
Central Office Support Services	112,540.82	169,009.10	-	-	281,549.92
Other Supporting Services	2,505.75	-	-	-	2,505.75
Community Services	347,393.49	455,057.18	-	-	802,450.67
Capital Outlay	-	-	-	14,147,113.28	14,147,113.28
Debt Service:					
Principal	-	-	1,410,000.00	60,000.00	1,470,000.00
Interest and Charges	-	-	1,809,502.00	3,380.08	1,812,882.08
Total Expenditures	7,011,599.39	9,793,397.97	3,219,502.00	14,845,285.56	34,869,784.92
Excess (deficiency) of revenues over expenditures	8,169,914.19	(8,141,951.14)	137,560.21	(12,351,142.29)	(12,858,619.03)
Other Financing Sources (Uses):					
Transfers	(7,977,783.62)	7,977,783.62	-	-	-
Sale of Bonds	-	-	-	-	-
Net Insurance Recovery	-	-	-	-	-
Sale of School Buses	-	-	-	-	-
Sale of Other Property	-	-	-	3,389,381.52	3,389,381.52
Refunding Bonds	-	-	-	-	-
Tuition From Other Districts	12,233.99	-	-	-	12,233.99
Area Voc Fees from Other LEAS	-	-	-	-	-
Contracted Educational Services	381,458.52	-	-	-	381,458.52
Trans From Other LEAS Non-Handi	2,280.22	-	-	-	2,280.22
Trans From Other LEAS for Handi	-	-	-	-	-
Trans From Other LEAS for ECSE Handi	-	-	-	-	-
Total Other Financing Sources (Uses)	(7,581,810.89)	7,977,783.62	-	3,389,381.52	3,785,354.25
NET CHANGE IN FUND BALANCES	588,103.30	(837,167.52)	137,560.21	(8,961,760.77)	(9,073,264.78)
Fund Balances July 1, 2021	7,977,087.69	3,293,847.75	2,505,195.75	36,007,547.26	49,783,678.45
Fund Balances June 30, 2022	\$ 8,565,190.99	\$ 2,456,680.23	\$ 2,642,755.96	\$ 27,045,786.49	\$ 40,710,413.67

The above statement was prepared from the information included in the final audit for fiscal year ended June 30, 2022, prepared by Daniel Jones & Associates, P.C. Certified Public Accountants 3510 Jeffco Blvd. Ste. 200, Arnold, MO 63010

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THE 8th ANNUAL CYCLE SHOWCASE STL RETURNS TO CITY FOUNDRY FEBRUARY 11 & 12



The 8th Annual Cycle Showcase STL is a two-day event celebrating the art and history of motorcycling from all over the world with rare and custom bikes.

The goal of the event has always focused on changing the mainstream perception of cycle enthusiasts while weaving together the various cycle subcultures. Everyone from racers and long-distance touring riders to historical restoration buffs and hand-built motorcycle designers will be represented.

The all-ages event takes place Saturday, February 11 from 11am - 7 pm and Sunday, February 12 from 11 am - 4 pm at City Foundry located at 3730 Foundry Way in St. Louis.

Cost to attend the showcase is \$10 for adults, which gives you a wristband for both days. Children ages 15 and under are free. Tickets are only sold at the door.

“Racers, riders, restorers, historians, artists, and craftsmen -- everyone is represented and all are welcome at Cycle Showcase STL,” says Event Founder Randall Noldge. “This year, we are excited to announce we are hosting 20 never-before-seen motorcycles which will be unveiled every 15 minutes. Plus, The Traveling Chopper himself, Charlie Weisel, will be our featured guest on Saturday. We are thrilled he’s making a stop in St. Louis!” Weisel will host a Chopper Chat to discuss his journey covering 48 states, 29 countries, and counting.

The Cycle Showcase event will feature 50+ historically significant, hand-crafted works of two-wheeled art. Museums and private collections from across the country will come together to display a wide range of motorcycles, with an emphasis on the beauty in both the design and engineering.

Cycle Showcase is also home to a variety of motorcycle-related pieces of artwork exhibited right alongside beautiful bikes in an art gallery atmosphere. Cycle Showcase is excited for the opportunity to show the motorcycle community from an artist’s perspective. Up and coming local artists, crafters and vendors are scheduled to appear.

The Smooches for Pooches Doggie Kissing Booth is back! Pucker up for the pups and help raise money for Dirk’s Fund, a non-profit, large breed dog rescue facility located in Pacific, MO.

To learn more about Cycle Showcase STL, visit www.cycleshowcasestl.com or follow them on Facebook or Instagram @CSSTL.

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Saturday

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soda and water will be provided. bring your own snacks.

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.

Saint Mary Magdalen

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*APY=Annual Percentage Yield. Actual rate is 3.45. Accurate as of 11/01/22 and subject to change. Withdraw all funds in the account any time after the first six days following funding of the account with no early withdrawal penalty. Early withdrawal is not permitted during the first six days after funding. Upon maturity, funds and interest earned will automatically renew to a 12 month term unless otherwise notified. Offer requires 100% of funds as new funds not currently on deposit with West Community Credit Union. Minimum opening deposit of \$500. Limited time special offer.

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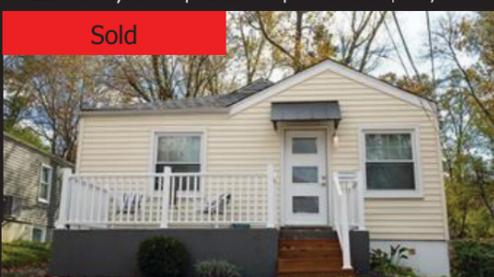
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website for details.

*Scholarship applications are reviewed and awarded by our Scholarship Committee. Students applying for this scholarship are not eligible for any other West Community Credit Union scholarships. West Community Credit Union staff, volunteers and their family members are not eligible.



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<p>Active</p>  <p>7262 Westmoreland U. City Offered at \$699,000</p>	<p>Active</p>  <p>7457 Gannon Ave. U. City Offered at \$425,000</p>
<p>Active</p>  <p>210 N. Taylor #F Kirkwood Offered at \$385,000</p>	<p>Sold</p>  <p>7444 Amherst Ave. U. City Offered at \$315,000</p>
<p>Sold</p>  <p>440 Oak St. Webster Groves Offered at \$275,000</p>	<p>Sold</p>  <p>330 Lithia Ave. Rock Hill Offered at \$179,900</p>

Your Brentwood Area Real Estate Specialists



Steve Breihan | 314/753-1899
Steve@BMPJrealestate.com

Carolyn Malecek | 314/956-9405
Carolyn@BMPJrealestate.com

Erik Petersen | 314/610-2318
Erik@BMPJrealestate.com

Lizz James | 314/307-4232
Lizz@BMPJrealestate.com


BERKSHIRE HATHAWAY
HomeServices
Alliance Real Estate
314/872-6761

BMPJrealestate.com

New deputy in town. Watch out!



Photo by Michael Fernando



MRH School District: We've got spirit, yes we do! We've got spirit, HOW 'BOUT YOU? Some Central Office ugly sweaters supplemented with a suit which actually looked pretty sharp on Dr. McGee.

Join us for our 13th Annual Trivia Night & Auction! Think board games, sports, childhood games, thrill seeking adventures, etc.!

The evening will include trivia, games, prizes, an auction, and more. Make sure to register early, by January 20 to receive a discount on registration!

We also have sponsorships available for businesses who want to make the most of the night.

Important: As a reminder, the auction that has historically occurred in the fall was discontinued in 2021 and moved to Trivia Night. The Chamber did not hold an auction in 2022 in preparation for requesting items for the 2023 Trivia Night. This will be the first auction we've held since 2021 and will be the only time that we'll ask for auction items in 2023.

Can't attend? Please consider supporting our biggest fundraiser of the year by donating a auction items, door prize, liquor/wine or lottery tickets! All donors will be recognized online and at the event.

Tables of 8: Includes beer, wine, door prizes, entertainment and more
\$250 (includes \$50 early registration discount) \$300 after January 20

For more information:
<https://midcountychamber.org/programs-events/trivia-night/>



MID COUNTY
CHAMBER
OF COMMERCE

SATURDAY, FEBRUARY 4, 2023

FUN & GAMES TRIVIA NIGHT & Auction

SUNNEN PRODUCTS COMPANY
DOORS OPEN AT 6:00 P.M.

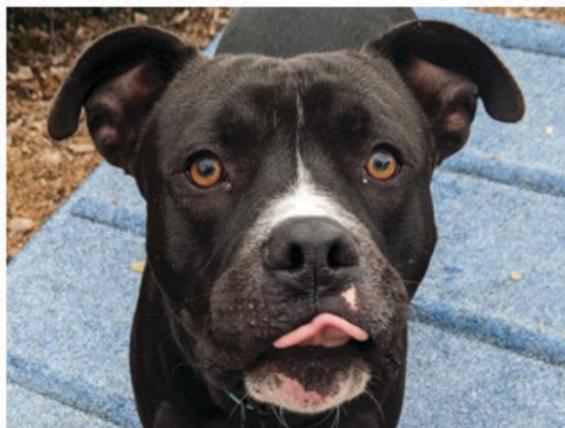
TRIVIA, GAMES, DOOR PRIZES, COMPLIMENTARY BEER & WINE AUCTION, RAFFLES, AND MORE





TOAD
MALE, NEUTERED, 2

Toad is a big loveable lug! He is curious and enjoys squeaky toys! Toad is food motivated and knows how to sit and shake. This handsome boy is eager to please and can't wait to find his new people.



PIERRE
MALE, NEUTERED, 2

Pierre is very sweet. His whole body wiggles when he sees you. Pierre is a goofy boy who loves to play! This handsome boy is working on his social skills with other dogs, but is doing great! Meet with Pierre today, and he will melt your heart!



WHISKERS
FEMALE, SPAYED, 3

Whiskers is a cute little petite kitty. She can be a shy lady and she is looking for a barn home.

To Adopt

These pets and many others are available at the Animal Protective Association (APA) at 1705 S. Hanley (63144). Shelter adoption hours are 10am-5pm Monday-Saturday. The APA provides shelter and care for homeless pets, a low-cost veterinary clinic, lost-and-found assistance, humane education classes, and Domestic Violence Pet Assistance.



CASPER
MALE, NEUTERED, 7

Casper is an affectionate and well behaved boy! He is super sweet and communicative with people that he knows, and warms up quickly with strangers. This sweet boy is waiting patiently to find his forever home. Casper tends to bond with women quickly.



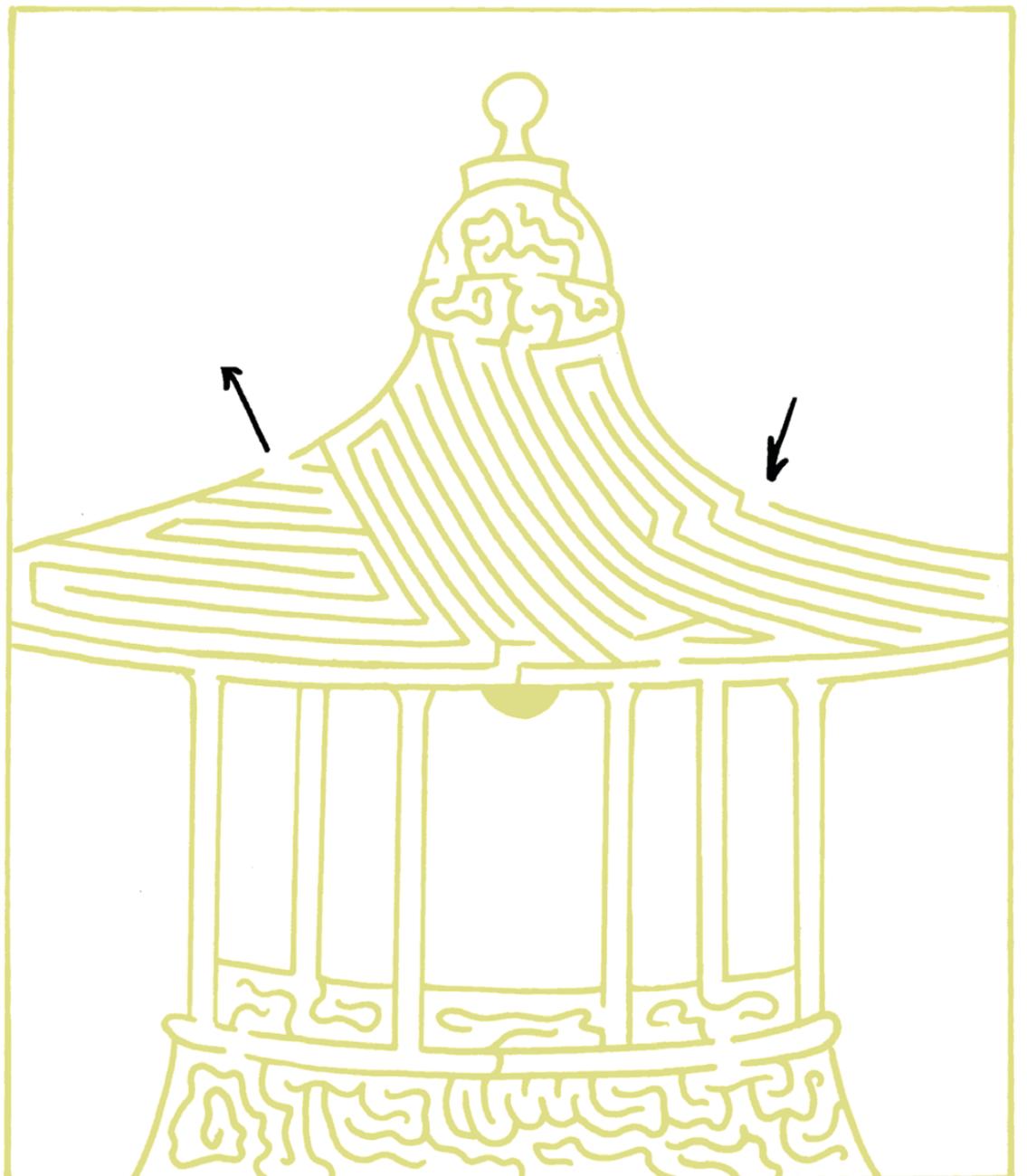
NINNY
FEMALE, SPAYED, 4

Ninny is an independent little kitty who loves to explore! She enjoys the company of her human friends, and has lived with men, women and children. Ninny is litterbox trained, lower energy, and loves a warm bed. Ninny also LOVES catnip and treats!!

Joey's Mazes

by Joey Barzantny
mazesbyjoe.com

Bandstand at Forest Park



Psychological Associates to Host Q4 Leadership Program

Workshop assists participants with peer interactions and leadership behaviors

Psychological Associates (PA), a consulting company that applies behavioral science to business performance, will hold its Q4 Leadership: The People Skills Advantage program. The three-day intensive workshop will take place Tues., Jan. 31 through Thurs., Feb. 2 from 8 a.m. to 5 p.m. The program will be held at the Charles F. Knight Executive Education & Conference Center located at One Brookings Dr. on the campus of Washington University in St. Louis.

Described as the next generation leadership development, the program's individualized experience focuses on helping a company's top talent improve team success through the people skills they need to engage and influence others. Q4 Leadership comprehensively identifies and adapts effective leadership behaviors with more intricate job-related feedback. The program combines the latest in instructional design along with PA's six decades of pragmatic leadership development.

The workshop is designed for C-level leaders, vice presidents, and general managers who will improve their interpersonal skills to break down silos and contribute to synergistic teams.

Psychological Associates' facilitator Marianne Whelchel will lead the sessions. She brings more than 16 years of global leadership development, training, and human resources experience to the workshop. Whelchel has managed the design and delivery of leadership curriculum for over 6,000 leaders globally.

Psychological Associates helps clients select, develop, and retain their best leaders, enabling them to build exceptional organizations. Its exclusive Q4 Dimensional® Model of Behavior™ – an industry-renowned structure that categorizes observable actions into understandable groupings – inspires high performance while attaining comprehensive results. Consulting capabilities include talent assessment, leadership development, succession planning, people analytics, and family business solutions. Founded in 1958, Psychological Associates is headquartered at 8000 Maryland Ave. in Clayton, Mo. Reservations are required since space is limited. For more information, call (314) 725-7771 or visit www.q4solutions.com.



Reminder from Brentwood Police Department: Leash Your Dog

The Brentwood Police Department has received several complaints of dogs being left off leash in unsecured yards or on walks in our neighborhoods.

We remind our residents there is a leash law in place for the safety of our residents and our pets, and we will be enforcing the law if we are alerted to additional violations.

Please be respectful of your neighbors and of other pets – make certain you leash your dog on walks or while otherwise unsecured.



DID YOU KNOW THAT FOOD OUTREACH OFFERS MISSOURI FOOD PANTRY TAX CREDITS? SIX COMMON QUESTIONS ABOUT THE MISSOURI FOOD PANTRY TAX CREDIT (MFPTC):

1. What is the MFPTC?

The MFPTC incentivizes Missouri taxpayers to donate to their favorite food pantries each year. By making a donation, an individual, corporation, or trust can receive up to 50% of their gift back through a state tax credit. The maximum value of the credit is \$2,500 for an individual or \$5,000 if filing jointly. Not all nonprofits participate in the program so it is important to reach out and ask your favorite food insecurity agencies if they offer the credit.

2. Are there any exclusions to receiving the MFPTC?

Gifts-in-kind, stock donations, and gifts from Donor Advised Funds do not qualify for the credit. Only direct cash donations are eligible.

3. I made a cash donation to Food Outreach in 2022. What happens next?

All gifts received by year-end may be eligible for the credit. If you make a gift of \$100 or more before December 31, 2022, you will automatically receive a tax form in the mail in February 2023. This form must be submitted with your state tax return by the filing deadline. If you are a Missouri resident and make a gift of less than \$100, you can reach out to keith@foodoutreach.org after February 1, 2023, to request the MFPTC form be sent to you.

4. I plan to file an extension for my taxes in the coming year. Am I eligible for the MFPTC?

Unfortunately, the state is very strict on filing deadlines. You must file your Missouri taxes by April 18, 2023, in order to be eligible for the credit. If you file them later, you will be eligible to apply the tax credit to a future tax year.

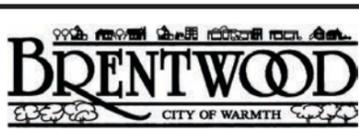
5. Am I guaranteed the MFPTC?

The State of Missouri apportions \$1,750,000 into the MFPTC program each year. MFPTC claims will be held by the Missouri Department of Revenue until after all returns received on April 18 have been processed to determine if the total amount claimed exceeds \$1,750,000. If claims exceed \$1,750,000, the Department will apportion credits in an equal ratio among all valid returns filed. Any remaining credit from an applicant can be applied to future tax years.

6. I have additional questions related to my specific tax situation. Can you help?

Food Outreach is grateful to be able to offer the MFPTC to our donors. However, we cannot give tax advice. Please reach out to your accountant or tax service with questions related to your specific financial situation. Additional information about the MFPTC can also be found here: dor.mo.gov. You may also call the Missouri Taxation Division at (573) 751-3220 or e-mail: taxcredit@dor.mo.gov.

If you have any other questions, please contact Justin Kralemann, Sr. Director of Development at justin@foodoutreach.org or call 314-652-3663 X 1117.



2023 Holiday Trash Schedule

Holiday	Date	Change
New Year's Day	Monday, January 2	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)
Live Christmas Tree Recycling	January 4, 11, 18, 25; Feb 1	Tree pickup on Wednesdays 7 am - 2 pm
MLK Day	Monday, January 16	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)
Presidents' Day	Monday, February 20	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)
Confluence Trash Bash Event	Around early April	Special event - see below
Memorial Day	Monday, May 29	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)
Juneteenth	Monday, June 19	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)
Independence Day	Tuesday, July 4	No trash service. Pickup resumes one day after regular schedule (Wed-Sat)
Labor Day	Monday, September 4	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)
Veterans Day Observed	Friday, November 10	No trash service. Pickup resumes one day after regular schedule (Sat)
Thanksgiving Day	Thursday, November 23	No trash service. Pickup resumes one day after regular schedule (Fri-Sat)
Christmas Day	Monday, December 25	No trash service. Pickup resumes one day after regular schedule (Tues-Sat)

City of Brentwood provides basic trash, recycling and yard waste services to Brentwood residents free of charge.

Household Bulk Item Pickup: Pickup of large household items is available for an additional fee. See **Household Bulk Item Pickup** at <https://www.brentwoodmo.org/> > City Government > Departments > Public Works. **To schedule a large item pickup, call 314.962.4800.**

Christmas Tree Recycling – Wednesdays in January: Brentwood Public Works will pick up and recycle live Christmas trees. Please remove all lights and ornaments before placing tree by the curb. The last possible collection date will be February 1, 2023, if inclement weather causes delays in January.

Confluence Trash Bash 2023: Volunteer to help remove trash in and near creeks and streams. The Brentwood Public Works Department, in conjunction with Metropolitan St. Louis Sewer District (MSD) and other event sponsors, promotes watershed awareness and waterway pollution prevention. Visit <http://openspacestl.org/confluence-trash-bash/>

Breakfast Bars (3 Ingredients)

★★★★★

These breakfast bars make a healthy and satisfying breakfast recipe using just 3 ingredients! No flour, no eggs, and no butter needed, they come together in just 12 minutes.

Course	Breakfast
Cuisine	American
Prep Time	1 minute
Cook Time	12 minutes
Total Time	13 minutes
Servings	16 Bars
Calories	212kcal
Author	Arman



Ingredients

- 1 cup peanut butter **can sub for any nut or seed butter of choice**
- 4 cups rolled oats **gluten free, if needed**
- 6-7 medium bananas **mashed**
- 1/2 cup chocolate chips **Optional**

Instructions

1. Preheat the oven to 180C/350F. Line an 8 x 8-inch pan with parchment paper and set aside.
2. In a large mixing bowl, combine all your ingredients and mix well. Fold in your chocolate chips, if using them.
3. Transfer the batter to the lined pan and bake for 12 minutes, or until the top is firm.
4. Remove the pan from the oven and let them cool completely, before slicing and serving.

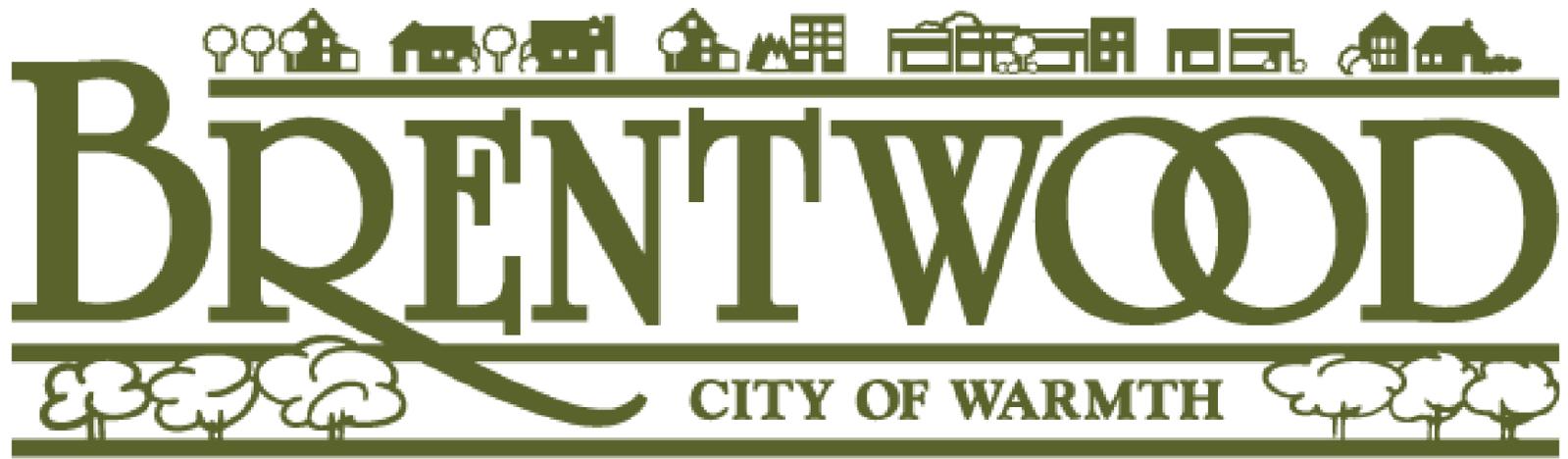
Notes

TO STORE: Leftovers can be stored at room temperature, covered, for up to two days. If you'd like to keep them longer, store them in the refrigerator and they'll keep for at least a week.

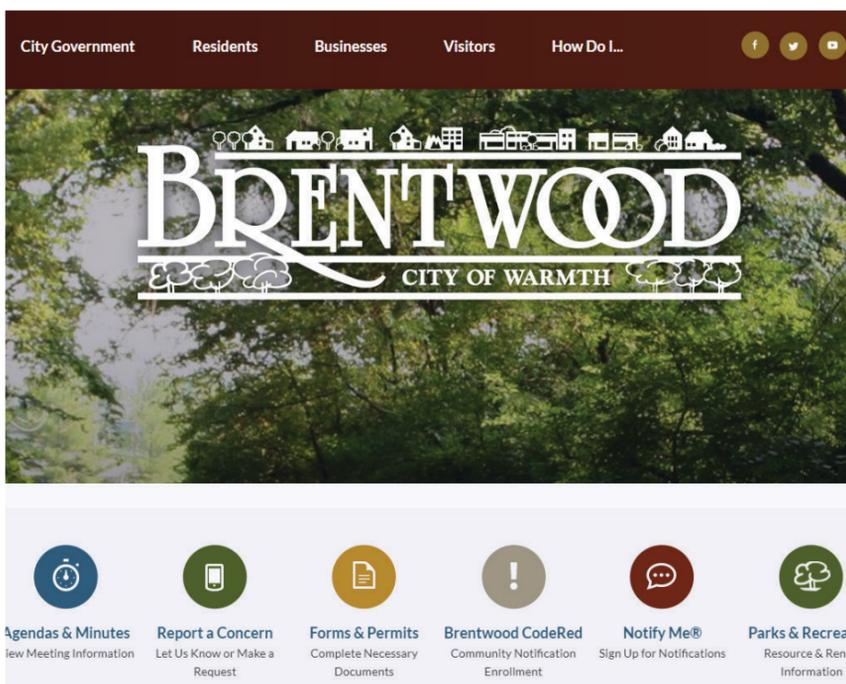
TO FREEZE: Place the baked and cooled healthy bars in a ziplock bag and store them in the freezer for up to 6 months.

Nutrition

Serving: 1Bar | Calories: 212kcal | Carbohydrates: 27g | Protein: 7g | Fat: 10g | Sodium: 71mg | Potassium: 323mg | Fiber: 4g | Vitamin A: 28IU | Vitamin C: 4mg | Calcium: 21mg | Iron: 1mg | NET CARBS: 23g



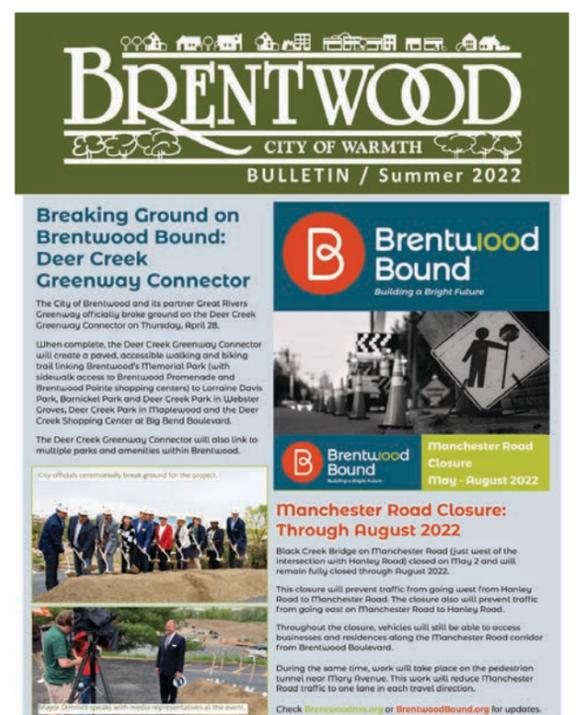
Connect with the City of Brentwood



City of Brentwood Website: brentwoodmo.org



Brentwood Bound Website: BrentwoodBound.org



The City's quarterly newsletter is mailed to homes and posted on the City's website.



Download Our App

Download the City of Brentwood, MO mobile app, available from the Apple App Store and Google Play.



Subscribe to Brentwood's e-newsletter

Stay connected and informed.

Sign up for the City of Brentwood's e-newsletter: <http://eepurl.com/h9iJb1>

City of Brentwood News – January 2023

City Offices Closed January 16 for Martin Luther King Junior Day; Trash/Recycling Schedule Adjusted

City of Brentwood offices will be closed Monday, Jan. 16, in observance of Martin Luther King Junior Day.

Per the Holiday Trash Schedule, there will be no trash or recycling service on Monday, Jan. 16. Trash and recycling collections the week of January 16 will take place the day after the regularly scheduled day.

Christmas Tree Recycling: Wednesdays in January

Public Works crews will pick up and recycle residents' live Christmas trees Wednesdays (7 am-2 pm) in January. Please remove all lights and ornaments before placing the tree by the curb.



Subscribe to Brentwood's e-newsletter

Stay connected and informed.



Download Our App

Download the City of Brentwood, MO mobile app, available from the Apple App Store and Google Play.



Coffee with the Mayor: Thursday, Jan. 26
Join Mayor Dimmitt for coffee, donuts and conversation on Thursday, Jan. 26, 9-10 am, at Brentwood City Hall. The public entrance is the entrance facing Brentwood Boulevard.

Residential Paper Shredding: Saturday, Feb. 4
Residential Paper Shredding Saturday, Feb. 4
9 am – Noon
Brentwood Recreation Complex – Side Parking Lot
Dispose of residential personal/confidential paperwork, which will be shredded by Secure Document Destruction.
Maximum 5 boxes of documents per household. If you have a larger quantity of items to be shredded or if you are a business, please make arrangements for your shredding directly with Secure Document Destruction.
Questions about what to shred? Call 314.795.0004.

Responsible Recycling: Stick with the Six
Know what to put in the recycling bin and what to leave out of the recycling bin.
DO Add to the Recycling Bin:
Paper
Flattened Cardboard
Plastic Bottles and Containers
Glass Bottles and Jars
Metal Food and Beverage Cans
Food and Beverage Cartons
Keep these items loose (not bagged), clean and dry. Place these in your recycling container; do NOT place recyclable items in a trash bag or plastic bag.
RECYCLING TIPS

Labels may remain on cans and bottles.
Glass is usually broken during collection or transit, so the lids may be on or off the bottles.
Metal lids may remain with metal cans or be separated, since magnets collect the steel products.
Recycling centers prefer that you leave the plastic cap on a plastic bottle so that the caps do not fall out of the conveyor system.

Medication Disposal
Deposit acceptable items directly into the medication disposal drop box located inside the Police Department lobby. Medication drop-off hours are 8 am to 4 pm Monday through Friday.
Brentwood Police Department Lobby 272 Hanley Industrial Monday-Friday, 8 am-4 pm

Donate New and Gently Used Furniture and Household Goods
Home Sweet Home
290 Hanley Industrial Court Monday-Friday, 9 am-2 pm
Find out where to recycle or donate other hard-to-recycle items at stlcityrecycles.com/database.
Learn more by visiting the Recycling and Sustainability Resources page on the City of Brentwood website.

Subscribe to City of Brentwood's E-Newsletter
Stay connected and informed. Sign up for the City of Brentwood's e-newsletter. <http://eepurl.com/h9iJb1>

Coming Soon to Brentwood

Kitchen Conservatory, a locally owned cooking school and kitchen store, is coming to Brentwood in 2023! Construction on the new facility at 9001 Manchester Road – on the long vacant site of the former Brentwood Lanes bowling alley – is expected to be complete in August 2023.



Download the City of Brentwood Mobile App
Download the City of Brentwood, MO mobile app for on-the-go access to news and information, meeting agendas, event dates, reporting a concern, and more. The app is available from the Apple App Store and Google Play.

Sign Up for Weather Warning Alerts Through the CodeRED/OnSolve Community Notification System
Brentwood's CodeRED/OnSolve Community Notification System includes CodeRED Weather Warning, to provide residents and businesses with automated severe weather alerts. Those who choose to opt in to this service will receive flash flood, tornado and severe thunderstorm warnings just moments after an alert has been issued by the National Weather Service.

To activate these severe weather warnings, please visit Brentwood's CodeRED enrollment page by clicking on the "Brentwood CodeRED" icon on the home page of www.brentwoodmo.org. You also can text WARNME to 99411 from your mobile phone.

Enter a cell phone number, landline number and/or email address and select the types of weather warnings you wish to receive. There is no charge to residents or businesses for this service.

If you have not previously signed up for CodeRED notifications, you may do so at any time by clicking on the "Brentwood CodeRED" icon on the home page of www.brentwoodmo.org.

We'll continue to send other public safety notifications, such as road closures or specific emergency situations, through the CodeRED system.

The City of Brentwood CodeRED Assistance Line is 314.963.6710. Please leave your name and phone number, and a staff member will return your call as soon as possible.

Board of Aldermen and Committee Meetings Available on YouTube

Watch Board of Aldermen and committee meetings on YouTube and subscribe to the City's YouTube channel. Click on the YouTube icon on the home page of www.brentwoodmo.org or search "brentwoodmo govtv" on YouTube.

For Brentwood Senior Citizens

Container Gardening with Herbs

Learn how to grow your own herbs at home in a container garden. Herbs and spices are amazing ingredients in your kitchen. Not only do they make your food taste better, but also provide a lot of health benefits. Presented by Aging Ahead and the St. Louis Herb Society. Ages 50+. Pre-Registration Required, deadline Tuesday 3/7.

Lunch Provided by Aging Ahead, Donations accepted at time of class

Meditation for Beginners

Sahaja Meditation is a simple, time-honored technique that is easy to learn. It helps reduce stress and increase wellness. It brings better focus and helps people become centered and better balanced. This mental silence becomes a source of inner peace and joy that neutralizes the stresses of daily life, enhancing creativity and productivity. Presented by Sahaja Meditation Group and Aging Ahead. Ages 50+. Pre-Registration Required, deadline Tuesday 1/10

Lunch Provided by Aging Ahead, Donations accepted at time of class

Healthy Cooking for Seniors

Learn to cook like the professionals with Brooke Grubb, registered dietitian. This course includes a cooking demo of an easy, healthy recipe as well as cooking and food safety tips, nutrition information, and advice on meal preparation. Presented by Aging Ahead. Ages 50+. Pre-Registration Required, deadline Friday 2/3

Lunch Provided by Aging Ahead, Donations accepted at time of class

Planning Ahead Meal Prep

From preparing daily menus to building a grocery list that won't go over budget, this course will cover all you need to confidently create healthy meals at home. Registered dietitian Brooke Grubb will walk through the process from creating your recipes and menus all the way to the finished product of a nutritious week of meals. Presented by Aging Ahead. Ages 50+. Pre-Registration Required, deadline Friday 4/7.

Lunch Provided by Aging Ahead, Donations accepted at time of class

Thank you so much to everyone who came out to the Brentwood City Holiday Party and made it such a good time!



RICHMOND HEIGHTS MEMORIAL LIBRARY TO HOST SERIES OF EVENTS CELEBRATING LUNAR NEW YEAR WITH THE ST. LOUIS MODERN CHINESE SCHOOL

In January 2023 the Richmond Heights Library is partnering with the St. Louis Modern Chinese School to offer public events in celebration of Lunar New Year 2023.

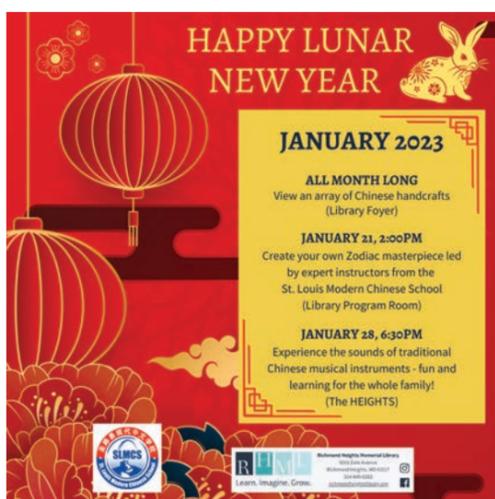
Throughout the month an array of traditional Chinese handcrafts will be on display in the Library's entrance foyer.

The Library is located on the 2nd floor of the HEIGHTS Community Center, 8001 Dale Ave., Richmond Heights, MO 63117.

On Saturday, January 21, 2023 at 2 PM in the Library's program room, St. Louis Modern Chinese School teachers will be on hand to help participants create their own traditional Chinese Zodiac artwork. All supplies will be provided, and this activity is for all ages.

On Saturday, January 28, 2023 at 6:30 PM in the HEIGHTS Community Center musicians and students from the St. Louis Modern Chinese School will perform traditional Chinese music and movement.

These events are free and open to the public.



**CITY OF BRENTWOOD
2348 SOUTH BRENTWOOD BOULEVARD
ELECTION DAY – TUESDAY, APRIL 4, 2023**

**THE FOLLOWING CANDIDATES HAVE FILED FOR THE APRIL 4, 2023 ELECTION
(FILING DATE CLOSED ON DECEMBER 27, 2022)**

MAYOR – TWO (2) YEAR TERM

DAVID DIMMITT	9104 PINE AVE.
ROBERT MONTAGUE	8818 PENDLETON AVE.

MUNICIPAL JUDGE - TWO (2) YEAR TERM

PATRICK DIGNAM	9405 SONORA AVE.
----------------	------------------

ALDERPERSONS - TWO (2) YEAR TERM:

WARD 1

DAVID PLUFKA	3 MIDDLESEX DR.
--------------	-----------------

WARD 2

BRANDON WEGGE	8537 DOUGLAS CT.
---------------	------------------

WARD 3

STEVE LOCHMOELLER	8831 MADGE AVE.
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WARD 4

JACK SHELTON	1407 ORIOLE PL.
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RESTAURANT REVIEWS

By Kevin McCarthy

Hola Brentwood



Say hello to Sal Y Limon, a new Mexican restaurant in Brentwood. By the way, the name translates into sal and lime. This addition to your dining scene is an addition to the Robles family's other restaurant, Padrinos, in south St. Louis.

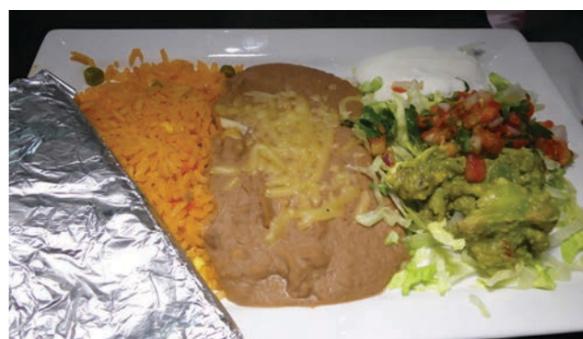
We were excited to try their newest location and we were not disappointed. Their large menu has an even larger number of traditional Mexican items that we all know and love. They also have a few Midwest steak items if your carnivore instincts win out. The menu is a two-sided menu printed on black paper. I think art overrode function as the print was very small, and a portion of the print was even smaller and shaded gray, making it all but impossible to read. In fact, neither of us could read those portions of the menu. We asked our waiter to read them, and he had to turn the menu toward the window and squint to read it. This should be corrected.

We were quickly seated and were surprised to find only three other tables of customers. The floor plan has not changed much from the previous occupant of this location, the old Houlihan's. I would suggest you ask to be seated in a booth, as the chairs at the table seats are small and solid metal with no padding whatsoever. They would not be comfortable for a long dinner.



We were served the usual chips and salsa while deciding what we would order. The chips were crisp and tasty. The salsa had a nice bite, but I thought it was mostly thin tomato sauce with very little additional flavor. There was a small amount of chopped onions and cilantro, but not enough to make a difference. I think the salsa was just average.

We ordered two different lunch specials; a chicken and beef enchilada platter for \$11.99 and a steak fajitas platter for \$8.99. Both items were larger than expected, and very reasonably priced, particularly for the portion size. The enchiladas were



mildly spiced and very tasty. They were accompanied by rice and beans, the obligatory St. Louis side dishes.

The steak fajitas were spectacular. Lots of meat with steaming hot veggies. The meat was served on a sizzling platter and perfectly spiced. Sides included warm flour tortillas, rice, beans and a small salad. Everything about this meal was perfection.

Another interesting thing was the check. A grand total of \$23.24, including a 10.77% sales tax (thank you, City of Brentwood) was discounted to \$22.44 for paying with cash. I felt that was a nice touch.

This new restaurant has a few minor things to work out, and I am sure they will. This family-owned business has a history of great customer service over the past decade. It is a good choice for a lunch and I am sure the dinner service would be even better. Speaking of service, our waiter was very congenial, and attentive. In today's service arena, that is hard to find. Thank you, Sir.

Sal Y Limon is a welcome addition to Brentwood and is a destination worthy of a quick lunch, date night or family dining at a price point that won't break your budget. Catering is also available. Their website is sallylimonstl.com. The address is 1221 Strassner Dr, St. Louis, MO 63144, and the phone number is: (314) 282-0022.

Plants + Dairy = The Perfect New Year's Resolution

The term "plant-based diet" has garnered a lot of attention and headlines in recent years and for good reason. Research over many years has linked plant-based diets to lower rates of heart disease, type 2 diabetes, and some cancers. What better way to start out the New Year than with a new diet rich in all the vitamins and minerals that plants and dairy foods have to offer?

What does "plant-based" mean?

So what exactly is a plant-based diet, and does it have superior health benefits? Plant-based diet has no official definition. For some, it means choosing plant foods first, including fruits, vegetables, nuts, seeds, legumes, and whole grains, before adding foods from animal sources, such as cheese, yogurt, chicken or beef. For others it means only choosing plant foods, omitting the other food groups, and potentially the nutrients they provide. According to registered dietitian, Maggie Cimarolli, "The term plant-based can allow for flexibility in personal food preferences, while aiming to increase daily plant food consumption."

What are the health benefits?

There is no denying the benefits plant foods offer. Fruits and vegetables provide a variety of vitamins and minerals, including antioxidants with numerous health benefits. Whole grains, nuts, seeds, and legumes offer protein and an array of vitamins and minerals. All plant foods offer fiber, important for satiety, digestion, and cardiovascular health.

Recognizing their benefits in overall health and disease prevention, does this mean choosing only plant foods is best? "Eating from a variety of food groups is the best way to meet your nutrient needs and allows for the flexibility that is important for successful lifestyle changes," says Cimarolli.

How do dairy and plants work together?

Decades of research show plant and dairy foods can help reduce the risk for various diseases and help American get more of the nutrients they are lacking. For example, most Americans do not get enough calcium, vitamin D, potassium, and fiber in their diets. Milk is the leading food source of calcium, vitamin D, and potassium, while plant foods provide fiber. Together, they are a perfect team to cover all of these nutrients.

Additionally "probiotics," the healthy bacteria found in fermented dairy foods like yogurt and kefir, offer a variety of health and digestive benefits. Plant foods also function as "prebiotics," helping to feed the healthy bacteria present in the digestive tract. Together, dairy foods and plant foods can help maximize these individual health benefits.

There are many different nutrients our bodies need every single day to be as healthy as possible. Specific nutrients, such as vitamin B12, are important components of a healthy diet that plants cannot supply. Complete proteins, which are proteins with all the necessary building blocks, are also more difficult to get from only plant-based foods. By incorporating dairy with your plant sources, you can ensure nutrients such as vitamin B12 and complete, quality protein are consumed.

Tips for the Perfect Pairing

Try these easy ways to mix and match dairy and plant-based foods in a matter of minutes:

- Combine cottage cheese and your favorite fruit
- Serve up apple slices with cheddar cheese cubes
- Sprinkle shredded cheese on top of a mixed salad
- Top Greek yogurt with strawberries and granola

To learn more about how dairy and plant-based foods work together to maximize health, visit www.stldairyCouncil.org and check out our "Dairy + Plant-Based Diets" under "Our Resources." Reach Maggie Cimarolli at 314.835.9668 or mcimarolli@stldairyCouncil.org. Follow the St. Louis District Dairy Council on Facebook and Instagram at STL-DairyCouncil.

Peanut Butter Banana Overnight Oats

Start your new year with this easy, plant-based recipe for an on the go breakfast that will be sure to keep you fueled up all day long. With milk's 13 essential nutrients, fiber from the oats, protein from the peanut butter and dairy foods, and not to mention the delicious taste, you will be ready to ring in the new year with a healthy routine!

Prep time: 10 minutes
Servings: 1

Ingredients:
1/3 cup old fashioned oats
1/3 cup milk
1/3 cup plain yogurt
1/2 medium banana, sliced, divided
2 Tbsp. peanut butter
1/2 Tbsp. honey
1/4 tsp. vanilla extract
1/4 tsp. cinnamon
1 tsp. chia seeds (optional)

Directions:
Mix oats, milk, yogurt, peanut butter, honey, vanilla, cinnamon, and chia seeds together in bowl.
Layer 1/2 mixture in a sealable container or jar. Top with half of the banana slices. Repeat with remaining mixture and banana slices.
Seal container with lid and place in refrigerator overnight.
Enjoy in the morning.



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House "Cell Phones for Safe Homes" fundraiser.

For each phone collected, our recycling partner will
make a cash donation of up to \$100 to Lydia's House.

If you'd like to donate your phone, stop by this location:

- Gene-Del Printing (9019 Manchester Rd.)

If you are interested in collecting phones for Lydia's
House through a drive at your business, faith community
or school, please contact Ellie Lorenz at (314) 771-4411
ext. 116 or elorenz@lydiashouse.org.

About Lydia's House

Lydia's House works in faith to end domestic violence
by being a place of healing and a voice of hope for abused
women and their children. Our program provides up to two
years of transitional housing and critical support services
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Web: www.lydiashouse.org Email: info@lydiashouse.org
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BLOOD DRIVE EVENT

You still have time to participate in our eighth Blood Drive on

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From 2 pm to 8 pm

Your participation and desire to help others in need
would be a great way to start the New Year.

What would be better; is to bring a friend with you to donate.

We are looking for 115 pints this year so all of you are
important for us to possibly make this goal.

The web site is up for registering at
redcrossblood.org sponsor code: BWParksRec

PLEASE share this request and invite
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TRAVEL

By Sue McCarthy



2022 Branson, MO

You will never run out of things to do when visiting Branson. There are almost seven million visitors each year and it is one of America's top vacation destinations featuring shows and attractions.

Things To Do

Branson Ferris Wheel. Did you know the wheel was moved to Branson from Chicago's Navy Pier? It is 150 ft. tall and it lights up at night.

Shepherd of the Hills Canopy Tour is an all new zipline.

Copperhead Mountain Coaster is the largest downhill coaster and it snakes its way through loops and curves in the Ozark Mountains.

Titanic Museum is an interactive attraction that tells stories of those who made the fateful voyage.

You could spend hours in the 26,000 sq. ft. Toy Museum Complex wandering through the five museums and collections.

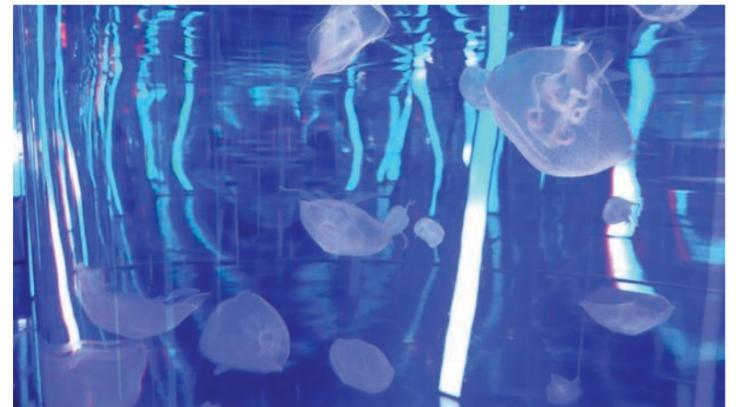
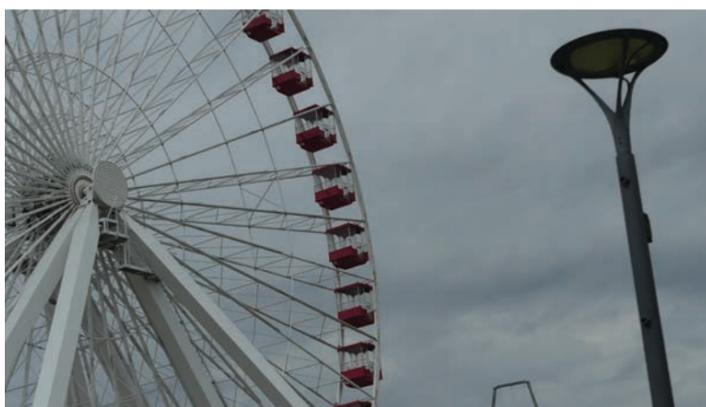
You will want to enjoy the Showboat Branson Belle on Table Rock Lake for a 2.5 hr. cruise; complete with a 3-course meal, a four-piece band, country singers and dancers.

Be sure to leave time for a couple shows. I liked the Grand Jubilee where there was everything from great vocals, awesome harmonies, live bands and comics. Hits range through the 70s, 80s and 90s (Anthems of the 80s.)

In historic downtown Branson you'll find Dick's 5 & 10, which is one of the last five and tens in America. Branson Landing has specialty shops, attractions, restaurants, nightspots and a \$7.5 million fountain with synchronized lights, sound, music and fire.

My favorite thing to do in Branson was to visit the new Aquarium at the Boardwalk. A very large bejeweled octopus is draped over the Aquarium. Inside there are 10 zones of fish. Walk through the tunnel surrounded by sharks, tiny seahorses, a vibrant coral reef, Mermaids and Mermen, stingrays and schools of silver sardines.

Our stay was at the Hilton Branson Convention Center Hotel. 417-336-5400.



IF YOU GO – BRANSON, MO

By SueMcCarthy

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