



# the pulse

newspaper



Volume 48, Number 1

January 2024

Your Neighborhood Newspaper Since 1977

## BRENTWOOD WELCOMES KITCHEN CONSERVATORY - 9011 MANCHESTER



Photo by Keith Dodel



Brentwood Mayor David Dimmitt, Brentwood City Administrator Bola Akande and Ed Wright Jr., Brentwood Alumni Association.

## BRENTWOOD POLICE ARE GRATEFUL!



We never take the graciousness of our residents for granted! Thank you so much to our residents who brought hot chocolate and ornaments to the Brentwood Police! It was a lovely way to celebrate the holiday season! Redbull got a treat too!



Above photos by Joyce Locke



Santa Parade crew



The City of Brentwood recently recognized Brentwood High School sophomore **Kensington Curd** with a proclamation celebrating her outstanding accomplishments as a student-athlete! Curd captured the MSHSAA Class 2 Cross Country Championship this fall, becoming the first cross country state champion in school history and the first individual girls state champion in any sport since 2016!



Photo by Keith Dodel

More photos and information on page 7



# BRENTWOOD SCHOOL DISTRICT

## Brentwood Ranks No. 1 in St. Louis Region for Statewide APR

The Missouri Department of Elementary and Secondary Education has released the statewide Annual Performance Reports (APRs) for the 2022-23 school year, and the Brentwood School District's APR score ranked first among districts in the St. Louis region and tied for ninth statewide.



APRs demonstrate the progress districts and their individual schools are making toward meeting the Standards and Indicators in the sixth version of the Missouri School Improvement Program (MSIP 6). Brentwood earned a score of 93.1% for the 2022-23 school year, which ranks in the top 2% of the more than 550 Missouri school districts that were evaluated.

Brentwood students also met the target in every content area that is measured by the Missouri Assessment Program state assessment, and data shows that overall, students had average or above-average growth in English language arts, math and social studies content areas.

"The state APR allows us to identify and celebrate our strengths, while also highlighting areas for continued improvement," said Dr. Brian Lane, superintendent of schools. "It is just one of the many data points we use throughout the school year to measure student success."

MSIP is the state's system for reviewing and accrediting Missouri school districts. It outlines expectations for school practices and student outcomes, with the goal of each student graduating ready for success in college, career and life. Scores are based on student growth and academic performance on the Missouri state assessment, as well as other measures associated with each district's continuous school improvement plan.

Brentwood measures student growth and achievement multiple times throughout the school year. This allows teachers to receive timely feedback on student learning and personalize instruction in real time. It also allows families to follow the progress of their students throughout the year and empowers students to understand and direct their own learning.

"It is our hope that schools can use this data - along with local assessments and other key data points - to inform their continuous school improvement plans and to use this unique period of time in education to reimagine how we can best serve students while continuing to focus on the basics such as reading and math," said Commissioner of Education Margie Vandeven.

The 2022-23 APR is the second APR generated under MSIP 6 and will be used for accreditation purposes next year, once the 2023-24 APR data is released and three years of data is available to support those determinations.

## City Leaders Recognize Cross Country State Champion

The City of Brentwood recently recognized Brentwood High School sophomore Kensington Curd with a proclamation celebrating her outstanding accomplishments as a student-athlete.

Curd captured the Missouri State High School Activities Association Class 2 Cross Country Championship this fall, becoming the first cross country state champion in school history and the first individual girls state champion in any sport since 2016. She is a multi-sport athlete at BHS, participating in cross country, track and field, basketball, soccer and volleyball.

Curd is also a member of the Student Council and girls robotics team, and volunteers with the Girls on the Run program at McGrath Elementary School. She plans to study veterinary medicine and compete in collegiate athletics after graduating from BHS.



## Blending Safety, Education and Innovation

Students from the Washington University in St. Louis Pathfinder Fellows Program recently visited the campus of McGrath Elementary School and the Brentwood Early Childhood Center to learn more about the building's gymnasium, which doubles as an ICC 500 storm shelter.

This safe room meets FEMA specifications and offers near-absolute protection in extreme weather events.

The Mark Twain Elementary School renovation project includes an ICC 500 storm shelter that will house the school's library media center, ensuring safety blends seamlessly with student learning. The campus of Brentwood High School and Brentwood Middle School also features an ICC 500 storm shelter in the form of a fitness center that was installed as part of Prop B renovations.

Current International Building Code (IBC) requires all educational facilities with more than 50 occupants to provide a safe room to protect students and staff from tornadoes and related hazards. This requirement, which first appeared in the 2015 IBC, applies to any new construction or additions.



## Student Artwork Selected for Neediest Cases Campaign

More than a dozen 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.

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

"We have a very talented group of ART 3 and ART 4 students this year," said Tim Rempel, BHS art teacher. "They poured their hearts into these pieces, channeling their emotions to shed light on the real struggles faced by many in our community. It's inspiring to witness their dedication to creating impactful works of art."

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. Brentwood placed all 14 of its student artist entries in this year's top 40, including:

Abel Curdt (3rd Place)  
Amelia Spencer (5th Place)  
Ellesie Strassner (7th Place)  
Kennison Cheatham (9th Place)  
Denise Azeem (10th Place)  
Nolan Schulz (17th Place)  
Luca Bostick-Valero (18th Place)  
Avery Beckrich (19th Place)  
Amelia Favazza (21st Place)  
Norah Woodman (22nd Place)  
Jackson Curd (24th Place)  
Haven White (26th Place)  
Madison Pierce (35th Place)  
Alex Ingram (39th Place)

"These pieces not only reflect the artistic growth of our students, but also their empathy and understanding of the struggles faced by many in our community," added Rempel. "It's a testament to their compassion and commitment to making a difference."

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 \$1.6 million.

## BECC Enrollment for 2024-25 School Year

Brentwood Early Childhood Center enrollment for the 2024-25 school year opens soon! New this year, we are introducing a rolling enrollment process for our current BECC families. Enrollment packets will be sent home with your student the week of winter break and will also be available

online by Wednesday, Dec. 20. All packets received from our current families by Thursday, Jan. 25 will receive priority placement.

Families that are new to BECC are invited to our in-person enrollment event on Tuesday, Jan. 30 from 5:30-7 p.m. Enrollment packets will be available during the event and on our website at [ecc.brentwoodmoschools.org/enrollment](http://ecc.brentwoodmoschools.org/enrollment). Our brand new, state-of-the-art early childhood center is located at 2350 St. Clair Ave., Suite B. We are excited to announce that our Parents as Teachers team will be joining us at the event with fun activities planned for your family!

BECC offers a developmental and constructivist program designed to meet the educational needs of young children. This program offers the following unique opportunities:

We follow the Project Construct curriculum, an early childhood education curriculum approved by the Missouri Department of Elementary and Secondary Education.

We set goals according to the Missouri Early Learning Standards. These directly flow into the standards that are used by all Missouri public schools to guide education in grades K-12.

We have experienced, certified early childhood education teachers who guide learning through current research and best practices.

We have an on-site school nurse available every day.

We partner with the Special School District of St. Louis County to offer a variety of early intervention services and resources.

We offer free and reduced-price tuition preschool options 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 BECC website at [ecc.brentwoodmoschools.org](http://ecc.brentwoodmoschools.org) or call us at 314-262-8521.

## Show-Me History at Mark Twain West

Mark Twain West Elementary School third graders spent several weeks researching Missouri's most influential individuals in preparation for their Famous Missourians Living Museum.

Students created captivating presentations, dressed in authentic attire and shared their spectacular stories with members of the Mark Twain West and McGrath Elementary School communities.

This hands-on history project also aligns with the Missouri Learning Standards for third grade social studies, helping students develop a deeper understanding of our state's past and its impact on everyday life in Missouri.

## Winter Sing Performances Spread Holiday Cheer

Mark Twain West and McGrath elementary schools were filled with the joyous melodies of the holiday season during their annual Winter Sing productions. From heartwarming classics to messages of peace and joy, our talented students shone brightly on stage, entertaining family and friends with their festive performances. *See photos on page 14.*

## Administrative Office Relocation to BHS-BMS Campus

The Brentwood School District Administrative Office has completed its relocation to the Brentwood High School and Brentwood Middle School campus, effective Tuesday, Jan. 2. This move is part of the district's long-range facilities plan to reduce our footprint and decrease operating expenses, while maximizing resources for student learning, growth and achievement.

New Address: 2221 High School Dr., Brentwood, MO 63144  
Phone: 314-962-4507

Fax: 314-962-7302

Relocated Departments: Superintendent, Curriculum and Instruction, Business and Finance, Human Resources and Communications

Office Hours: Our office hours remain 8 a.m. to 4 p.m., and any temporary adjustments during this transition will be communicated accordingly.

Thank you for your continued support as we embark on this new chapter in our updated location.



**IDENTIFICATION**

Position Title: Recreation Specialist – Facilities  
 Department: Parks and Recreation  
 Immediate Supervisor: Recreation Supervisor

**POSITION SUMMARY**

The primary function of the Recreation Specialist – Facilities position is to oversee the facility reservations for the Brentwood Community Center, park pavilions and mobile stage; oversee the daily operations of the Welcome Desk at the Brentwood Community Center; assist with department programming.

<b>Range:</b>	10
<b>FLSA Status:</b>	Exempt from Overtime
<b>Work Schedule:</b>	Full Time-Primarily weekdays, evenings and weekends dependent upon meetings, programs and special events.

**PRINCIPAL DUTIES AND RESPONSIBILITIES**

1. Deliver a safe and excellent customer service experience to our residents, members and patrons.
2. Develop, implement, and evaluate policies and procedures, suggest changes in current practices when necessary.
3. Manage the daily operations of the Welcome Desk at Brentwood Community Center and Brentwood Dog Park.
4. Interview, hire, train, schedule, supervise and evaluate Welcome Desk Staff.
5. Oversee the general facility reservations for the Brentwood Community Center including scheduling, billing, and oversight of the meeting rooms and common areas.
6. Manage all contracts pertaining to room rental operations.
7. Coordinate all facility reservations and formalize and monitor user agreements with outside agencies for use of park pavilions and the mobile stage.
8. Assist Recreation Supervisor with the management of department programming.
9. Conduct regular staff meetings with part-time staff to ensure clear communication of program and event changes, as well as to conduct ongoing training as necessary.
10. Prepare and monitor administration budget including revenues and expenses related to meeting room rental revenue, pavilion rental revenue, and part-time staff expenditures as well as other contractual expenditures and supplies.
11. Submit, review and maintain rental information in the brochure and recreation software.
12. Accept registrations, daily admissions, and other Parks and Recreation payments. Accountable for the cash register and its contents; responsible for daily cash reconciliation at the end of each shift.
13. Responsible for overall day-to-day management of the departmental office. Duties include maintaining inventory of office supplies and ordering.
14. Fill in for shift workers when necessary.
15. Assist with special events as needed.
16. Performs other duties as assigned.

**SKILLS, KNOWLEDGE AND ABILITIES**

1. Knowledge and skill in public relations and customer service techniques and methods.
2. Effective oral and written communication skills; strong computer skills to include Microsoft Office Suite applications and Rec-Trac recreation software.
3. Ability to interact with and maintain good relations with patrons, public and staff.
4. Ability to effectively lead and supervise staff.

**MINIMUM EDUCATION, CERTIFICATION AND EXPERIENCE REQUIREMENTS**

1. Graduation from an accredited four year college or university with a bachelor’s degree in the field of Parks and Recreation or related field and/or equivalent work experience and education.
2. Minimum one-year experience in the Parks and Recreation, programming or rental management.
3. Certification in American Red Cross CPR/AED for the Professional Rescuer and Healthcare Provider and First Aid required within three months of employment.
4. Professional certification desired.

**EQUIPMENT USED TO PERFORM THE JOB**

Personal Computer, Telephone, Copier, Cash Register, Credit Card Terminal.

**APPLICANT CERTIFICATION**

I have read and understand the duties and responsibilities of the job for which I am applying. I can meet these requirements with or without reasonable accommodations.

Name (Print) \_\_\_\_\_ Position \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

**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](http://brentwoodmo.org).



**SCRUBBY DUTCH CLEANING**

Family-Owned & Operated Since 1983

Bonded • Insured • Supervised

- Ask About Our Guarantee
- Free Estimates By Phone

**\$10 Off First Time Customers**  
**314-849-4666 • 636-926-0555**

[www.scrubbydutch.com](http://www.scrubbydutch.com)



**2023 Ends on a High Note as Metallica Sets Record at The Dome, Setting the Stage for 2024**

In November, Metallica made St. Louis history during their M72 World Tour. Over 100,000 tickets were sold at The Dome, setting the record for most tickets sold for any event since The Dome’s opening in 1995. That success was just one of the year’s many high notes. The Dome

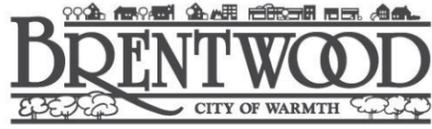


featured multiple highlights in 2023, hosting 27 events, including a Battlehawks season with best-in-the-nation attendance, the ever-popular Monster Jam, a brilliant (and jam-packed) Beyoncé concert and the exhilarating Gateway Dirt Nationals.

The convention and event calendar for 2024 will bring even more excitement to downtown St. Louis, including P!nk’s kick-off for her new Summer Carnival tour on Sat., Aug. 10, with special guests Sheryl Crow, The Script and KidCutUp. Tickets are available at <https://www.livenation.com/>.

“2023 has exceeded expectations with attendance and excitement at concerts, games, events and conventions,” said Brain Hall, Explore St. Louis chief marketing officer. “We look forward to 2024 and beyond, especially with the completion of the first phase of the AC Next Gen expansion at America’s Center.”

The first phase of the \$240 million AC Next Gen project at America’s Center is scheduled to be completed in early 2024. The expansion and renovation will feature 72,000 square feet of new exhibit space, an outdoor event plaza and an enhanced entrance to the convention center complex on Washington Avenue, as well as double the number of loading docks for exhibitors and concert equipment.



CITY OF BRENTWOOD  
2348 SOUTH BRENTWOOD BOULEVARD  
ELECTION DAY – TUESDAY, APRIL 2, 2024

**THE FOLLOWING CANDIDATES HAVE FILED for THE APRIL 2, 2024 ELECTION**

(FILING DATE CLOSED ON DECEMBER 26, 2023)

**ALDERMAN – WARD 1: (2-Year Term)**

NANCY PARKER TICE Incumbent 2301 Parkridge Ave.

**ALDERMAN - WARD 2: (2-Year Term)**

SUNNY SIMS Incumbent 2016 Spanish Dr.

**ALDERMAN - WARD 3: (2-Year Term)**

JEFF GOULD Incumbent 2517 Mary Ave.

**ALDERMAN – WARD 4: (2-Year Term)**

SULLIVAN ERGER Incumbent 1727 Redbird Cove

**ALDERMAN – WARD 4: (1-Year Term)**

SHARON HARTER Incumbent 9133 North Swan Circle



## Seamless & stress-free

Yes, we're talking about your next move!

- Home and business moves
- Senior community moves
- Packing and unpacking services
- Trained professional uniformed movers – no day labor

**98% Referral Rating**

**TWO MEN AND A TRUCK**  
"Movers Who Care."

St. Louis  
twomenstouis.com  
Sunset Hills, MO 63128  
314.244.3716

## 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 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!

## BHS BOOSTERS TRIVIA NIGHT



BENEFITTING THE SENIOR CLASS OF 2024

better bring your "A" game

### Saturday, January 27, 2024

DOORS OPEN AT 5:30PM - TRIVIA BEGINS AT 6:30PM

BRENTWOOD HIGH SCHOOL GYM  
2221 HIGH SCHOOL DR, BRENTWOOD 63144

**\$ FIRST PLACE CASH PRIZE \$**  
Prize for best table decoration!

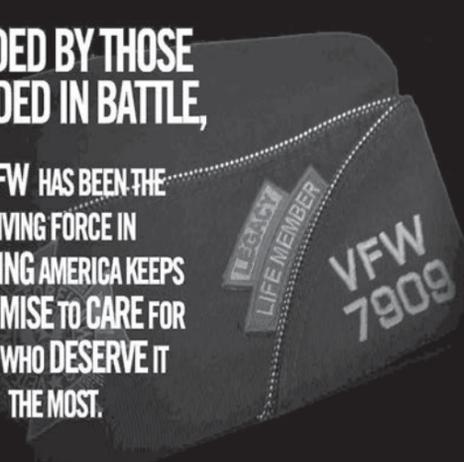
**\$30 per person; tables of 8**  
\$10 for BMS and BHS Students  
\$15 for Brentwood Teachers and Staff

*\*Water, soft drinks, and popcorn provided; bring your own snacks.*

Support Project Graduation - Reserve your seat by email:  
**BRENTWOOD.TRIVIA@GMAIL.COM**

FOUNDED BY THOSE WOUNDED IN BATTLE,

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



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



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

**VFW**  
VETERANS OF FOREIGN WARS  
NO ONE DOES MORE FOR VETERANS.



# RESTAURANT REVIEWS

By Kevin McCarthy

## Sami's Southern Kitchen & More

We just found a new restaurant at 4245 Veterans Memorial Parkway, St. Peters, Mo. Sami's Southern Kitchen is easily recognized as originally being a Pizza Hut building. The most recent occupant was a Mexican restaurant. Now it is home to a great Southern style dining experience.

Southern food is a term that encompasses many styles of cooking. Most people will think of fried chicken, Cajun and Soul food, all of which would be correct, but there is a much deeper description of southern cooking. Southern cooking has evolved from many cultures, locations and situations.

African slaves were often relegated to surviving on vegetables and lesser cuts of meats. These were usually prepared as a one pot meal, and gave us the likes of Gumbo. European settlers brought their salted meats and dairy product to the Southern table, Native Americans introduced everyone to corn and products such as cornbread, grits and more.

All of these cultures were subject to the availability of local products. The coastal areas relied on seafood. Rural areas relied on wild game and poultry, and most items were fried. Different segments of the population gave us Soul food and Cajun food, soups, stews and more.

Sami's southern Kitchen has them all. Fifty combinations of Po' Boys, Seafood, Chicken, Burgers, Gumbo, Steak plus appetizers and six different side dishes, six different desserts and a kids menu means there is something for everyone. They also have family sized orders, and take out as well.

We ordered Corn Nuggets as an appetizer. This platter of bite-sized corn fritters was large enough to be a meal unto itself. The secret to these tender, delicious, morsels is that they are made with creamed corn. We split the order and still took enough home to have as a side dish the next day.



Sue ordered Cat fish Nuggets with corn and green beans. The portion size was very large and perfectly prepared.



I was torn between an Oyster Po' Boy and fried Chicken Livers. I normally don't order chicken livers at a restaurant because they usually come to the table as batter covered, over-cooked, hockey pucks. But I decided to test the Chef's skills and I am glad I did. I used to think the best chicken livers in St. Louis were at Pat Connelly's at Oakland and Tamm Ave. Sami's now tops my list. They were perfectly spiced and melt in your mouth tender. Cole slaw and green beans were a great accompaniment. Once again, the portion size was much larger than expected.



I also tried a sample of their gumbo. Lots of shrimp and sausage and just enough spice to bring you back for more, but it won't melt your tongue. If you like gumbo, you will love this one.



Sue said we should try the Peach Pie, and like they say in the south "If it ain't fried, it ain't food" so naturally it was a fried pie.

But don't think Pop-Tarts, these are made in-house with home-made pie dough and various fillings such as peach, apple, cherry and strawberry. The peach pie came with a dusting of powdered sugar and a drizzle of fresh honey from a farm in O'fallon, MO. I used the excuse that the honey would help my allergies. Ha Ha! Once again, a single serving was enough for two.

Your hosts are Joe and Mike Kanan. They love what they do and will probably stop by your table to say hello.

Hours are Mon-Sat 10am -9pm, Sun 11am -5pm. Place your carry out orders at 636-244-1508 or 636-244-1129.



In the Brentwood School District, a Grinch did appear, with a mischievous plan to halt holiday cheer. He growled with his Grinch fingers nervously drumming, "I must find a way to keep winter break from coming!"

But our students and staff had plans of their own, after the learning, growth and achievement they'd shown. Their hard work required a well-deserved rest, to recharge with family and friends would be best.

Recognizing all they'd accomplished, the Grinch understood, a relaxing winter break for students and staff would be good. And what happened then? Well, in Brentwood they say that the Grinch's small heart grew three sizes that day.

For no Grinch or no scheme could ever erase the passion for learning in this special place. So he said with a smile that no Grinch could fake, "Brentwood Eagles! Have a safe and enjoyable break!"

## Baked Ham and Cheese Sliders

These baked ham and cheese sliders are the most delicious sandwiches and perfect for any party. They are so good that even the pickiest of eaters will eat these.



Prep Time: 15 mins

Cook Time: 20 mins

### Ingredients

- ¾ cup melted butter
- 1 ½ tablespoons Dijon mustard
- 1 ½ teaspoons Worcestershire sauce
- 1 ½ tablespoons poppy seeds
- 1 tablespoon dried minced onion
- 24 mini sandwich rolls
- 1 pound thinly sliced cooked deli ham
- 1 pound thinly sliced Swiss cheese

### Directions

Preheat the oven to 350 degrees F (175 degrees C). Grease a 9x13-inch baking dish.

Mix butter, Dijon mustard, Worcestershire sauce, poppy seeds, and dried onion in a bowl.

Separate the tops from the bottoms of the rolls; arrange the bottom pieces in a layer in the prepared baking dish. Layer about 1/2 of the ham onto the rolls; add a layer of Swiss cheese and top with remaining ham slices.

Place the tops of the rolls onto the sandwiches. Pour mustard mixture evenly over the rolls.

Bake in the preheated oven until the rolls are lightly browned and the cheese has melted, about 20 minutes. Slice into individual rolls through the ham and cheese layers to serve.

## Party Ryes – Mini Pizza Bread Appetizers



### Ingredients

- 1 pound bulk mild sausage
- 1 pound bulk Italian sausage
- 1 Tablespoon Ketchup heaping
- 1 Tablespoon garlic powder
- 1 teaspoon oregano
- 1 teaspoon chili powder
- 1 Tablespoon Worcestershire sauce
- 2 pounds Velveeta
- 2 loaves party rye squares

### Instructions

Mix the sausages and brown them. Drain the grease. Cut the Velveeta into cubes and carefully melt with the sausage.

Add spices and sauces, stirring to combine.

Spread the cheese mix on the slices of rye bread.

Once they are cooled, you can stack and freeze them.

Bake on a cookie sheet in a 375°F oven for 10 minutes or until the cheese is melty.

## Cowboy Candy

- 1 pint pickled jalapenos
- ½ cup granulated sugar



### Instructions

Pour about half of the liquid out of the jar of pickled jalapenos.

Add sugar to the jar. Put a lid on the jar and shake it until most of the sugar is dissolved.

If all of the jalapeno rings aren't submerged in liquid, add a little bit more sugar or vinegar so that they are all under the liquid level.

Refrigerate for at least 4 days, shaking every once in a while if you think about it.



# INSIDE BASEBALL

By Rob Rains of StLSportsPage.com

## Who are the 10 most interesting Cardinals to watch in 2024?

The best news for the Cardinals on Jan. 1, 2024 is that it officially is no longer 2023.

The worst season in the last 33 years for the Cardinals is now completely in the past and all of the team's focus and attention is looking forward instead of back.

Whether the coming season will be better or not, however, will play out on the field – and while those results will be determined by everyone connected with the team, some of the players will no doubt have a more important role in the outcome than others.

In what has become a New Year's Day tradition at STL-SportsPage.com, here is a look at the 10 Cardinals who figure to be the most interesting to watch during the coming season, barring any late additions to the roster. They are listed in alphabetical order:

**Brendan Donovan** – How much the Cardinals missed having a healthy Donovan in the lineup last season is hard to quantify, but they do know that they hope it doesn't happen again this year. Donovan dealt with a right arm injury almost all season before finally having surgery in August. One of the team's biggest catalysts as a rookie in 2022, being able to return to that role this year – no matter where he is playing – would certainly make the Cardinals better.



**Ryan Helsley** – Much has been said and written this winter about the Cardinals need to upgrade their bullpen, and one way it can be better than 2023 is if Helsley is healthy and ready to take on the bulk of the save opportunities. He was able to pitch in only 33 games because of injuries last year and it certainly was not a coincidence that the Cardinals had so many blown saves. Helsley returning to his All-Star form from 2022 would provide the bullpen with a major boost.

**Kyle Gibson** – In every full season since 2014, Gibson has started at least 25 games and he made 29 or more starts in all but one of those seasons. The Cardinals are counting on that durability from Gibson this year as he fills one of the spots in the rotation vacated by Jack Flaherty and Adam Wainwright. As is the case with Sonny Gray and Lance Lynn, the Cardinals hope Gibson's experience will not only provide a boost to the rotation but that he also will be able to become a mentor for the team's younger pitchers.

**Nolan Gorman** – Without a leg injury that ended his 2023 season in mid-September, Gorman would have topped 30 homers in his first full season in the majors at the age of 23. That stat alone shows the promise for Gorman's continued improvement, as does the fact he was able to cut down on his strikeouts and draw more walks. What will be interesting to watch this season will be how the Cardinals divide the starts at second base between Gorman and Donovan, with Gorman also expected to be used often as the designated hitter.

**Sonny Gray** – The headliner of the three free agents the Cardinals signed to be in their rotation, Gray needs to be the team's ace. He has to log innings, get wins, and set the tone for the rest of the staff, with the Cardinals investing a lot of money in him to do just that. The dismal performance of the team's starting pitchers was one of the biggest reasons for the struggles in 2023, and hopefully Gray will be a big part of the solution in preventing that from happening again.

**Lance Lynn** – Set to begin his second stint with the Cardinals, the team would be very happy if Lynn could repeat his performance from his last season in St. Louis, in 2017, when he made 33 starts and posted a 3.43 ERA. He is part of an upgraded rotation that hopefully will log more innings than last year's group and Lynn has demonstrated that being durable is one of his strengths. Lynn will need to cut down on the number of home runs he allowed last season, 44, combined between the White Sox and Dodgers, and pitching half of his games in Busch Stadium should help.

**Lars Nootbaar** – After being part of the outfield roulette last season, Nootbaar will begin this season in a regular role, playing left field. The Cardinals believe that opportunity will allow his offensive numbers to build after he hit 14 homers and drove in 46 runs in 117 games last season. The Cardinals have not brought in any position players from outside the organization this winter who are expected to play regularly, which puts more pressure on players like Nootbaar if the team offense is going to improve.

**Victor Scott II** – Scott will certainly be one of the most watched players in spring training after his breakout season in the minor leagues in 2023. The Cardinals are planning on beginning the season with Tommy Edman as their starting centerfielder but would a strong spring from Scott change

those plans? Scott tied for the minor-league lead in stolen bases with 94 in 2023, plays elite defense, and could provide a renewed emphasis on the running game when he reaches the majors – whether it is at the beginning of the season or later in the year.

**Jordan Walker** – Walker's rookie season in the majors wasn't always smooth, but the growth he experienced was definitely noticeable. With that season under his belt, Walker should be more comfortable in all phases of his game this year and the Cardinals, and Walker, hope that translates into better results. Walker's education in 2023 included spending a lot of time with Willie McGee and the best news for him and the Cardinals is that that relationship will continue this year.

**Masyn Winn** – All the Cardinals wanted from Winn after he was promoted to the majors last year was just to get the initial rookie jitters out of the way – preparing him for a more important role this season. Winn heads to spring training as the starting shortstop and only an awful March or an injury would keep him from that spot when the regular season begins. The team knows he can handle the position defensively; they just hope he can catch up to the major-league level offensively too.

Follow Rob Rains on Twitter @RobRains

Photo of Brendan Donovan by AP courtesy of KSDK Sports

## THANK YOU FROM THE PROFESSIONAL FIREFIGHTERS OF BRENTWOOD, MO!



What an amazing year for our Santa Parade and Toys For Tots Drive!!! We can not thank the Brentwood Community enough for your outpouring support for these events! You all have made Christmas extra special for hundreds of children throughout our region! **The Professional Firefighters of Brentwood MO thank you!!!**

## Welcome to our Fort!

Get ready to bring in the new year with an amazing playground! The fort in the Adventure Play Area of the Destination Playground is nearly complete. This multi-story climbing and play structure features two ADA accessible levels, a slide, interactive games throughout the structure and rope bridges! There is even a third level with a spectacular view of the playground!

Who else is ready to explore in 2024?



## Dogaboni sends Wespine to Atlanta in Style!



Seven HS Student Representatives from Wespine Study Center are participating in a leadership conference & 7 on 7 soccer tournament in Atlanta, Georgia. Local screenprinting shop Dogaboni Studios hooked Wespine up with custom apparel so they could rep the center well again other teams from centers across the nation. Go Wespine!

## Ribbon Cutting of Kitchen Conservatory in Brentwood



Above photos by Joyce Locke

Remarks from Mayor Dimmit included: We welcome Ann Cori and the Kitchen Conservatory to our vibrant municipality.

I first met Ann in May of 2019, but it's taken a long time to get to this day because of COVID and the problems with economy coming out of COVID but Ann has persevered, and that perseverance speaks highly of her—many companies would have simply decided not to continue to pursue locating in Brentwood.

I was certain many of our residents and others in the area would find the Kitchen Conservatory to be a great addition to Brentwood.

I congratulate Anne on the move to Brentwood after having been in Clayton for 40 years.

*Editor's Note: The Pulse and Gene-Del Printing welcome our new neighbor!*

PRESENTED BY  
 Rock Hill Public Library

**WINTER FILM SERIES 2024**

**EAT PRAY LOVE**

New Year/New Beginnings: Movies for the New Year

**Eat, Pray, Love (PG-13)**

**1.16.2024**

**1 - 3 PM**

**Barbie: The Movie**

New Year/New Beginnings: Movies for the New Year

**Barbie: The Movie (PG-13)**

**1.23.2024**

**1 - 3 PM**

<b>FREE ENTRY!</b> POPCORN & REFRESHMENTS	<b>MORE INFO:</b>	(314) 962-4723 <a href="http://www.rockhillpubliclibrary.org">www.rockhillpubliclibrary.org</a> @rockhillpubliclibrary
---	-------------------	--

Rock Hill Public Library, 9811 Manchester Road, Rock Hill, MO 63119

## Neighborhood Eyes

Neighborhood Eyes is a program for Brentwood residents who have surveillance systems for home protection. If you have cameras on your property, you may have valuable video that could aid in the investigation of a crime in your neighborhood. Find out how to sign up and help your police department solve crime on your block by visiting [brentwoodmo.org](http://brentwoodmo.org)



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



OVER 30 YEARS EXPERIENCE  
 INSURED  
 REASONABLE RATES

# M & P WINDOW WASHING, INC. GUTTERS CLEANED

868 ATALANTA  
 WEBSTER GROVES, MO 63119  
[WWW.MPWINDOWSGUTTERS.COM](http://WWW.MPWINDOWSGUTTERS.COM)

PAUL CERNICH  
 314-805-6102

MARK THOMPSON  
 314-805-7367

WEBSTER RESIDENT FOR OVER 50 YEARS!

# BRENTWOOD PUBLIC LIBRARY

8765 Eulalie Avenue, Brentwood, Missouri  
 brentwoodlibrarymo.org

**BRENTWOOD PUBLIC LIBRARY**  
 Parks & Recreation

## VITALITY STRETCH YOGA

**THURSDAY, JANUARY 4  
 10:00-11:00 AM**

Our certified yoga instructor guides the class through chair stretches, postures and flows.

Free. For ages 50 and up.

No registration required.

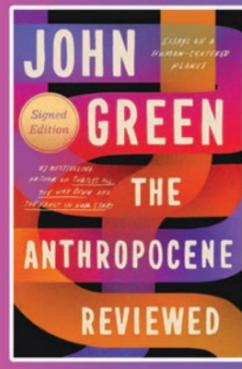
Held at the Brentwood Community Center (2505 S Brentwood Blvd, Brentwood, MO 63144).



**February 6  
 at 6:30 p.m.**

Ask for a copy at the circulation desk.

Newcomers are always welcome and no registration is required.



**BRENTWOOD BOOK CLUB**  
 Held at the Brentwood Community Center (2505 S Brentwood Blvd)  
 brentwoodlibrarymo.org

**BRENTWOOD PUBLIC LIBRARY**  
 Parks & Recreation

## Balance Barre for Seniors

**THURSDAY, JANUARY 18  
 10:00-11:00 AM**

Improve your balance and independence through dance!

Balance Barre consists of combinations of modified barre exercises and stretches.

No dance experience is necessary.

Free. For ages 50 and up.

No registration required.

Held at the Brentwood Community Center (2505 S Brentwood Blvd, Brentwood, MO 63144).



## POKÉMON Valentine's Scavenger Hunt

**February 1 - 15 during library hours**

Stop in and try to find all the Pokémon hiding throughout the library. Catch them all and win a treat! Grab a scavenger hunt sheet from the front desk.



**BRENTWOOD PUBLIC LIBRARY**  
 8765 Eulalie Avenue, Brentwood, Missouri  
 brentwoodlibrarymo.org

## CRAFTIBILITY

**FRIDAY, JANUARY 19 AT 10:00 A.M.**

STORY TIME | ARTS & CRAFTS | PLAY

Craftibility and Easterseals volunteers craft with preschool age kids and their caregivers.

Held at The Brentwood Community Center.

Want to register? Call the library or e-register through our website's online calendar of events.



**BRENTWOOD PUBLIC LIBRARY**  
 8765 Eulalie Avenue, Brentwood, Missouri  
 brentwoodlibrarymo.org

## READ TO LEXI

A THERAPY DOG FROM C.H.A.M.P.

**Wednesday, February 7 at 3:30 p.m.**

Lexi is a C.H.A.M.P. therapy dog who loves to hear kids practice their reading skills.



**BRENTWOOD PUBLIC LIBRARY**  
 8765 Eulalie Avenue, Brentwood, Missouri  
 brentwoodlibrarymo.org

## ORGANIZE YOUR HOME WITH ONE WORD

**SUNDAY, JANUARY 21 AT 2:00 PM**

Laura Marrs, founder of Simple Steps Organizing, will be at the Brentwood Library to talk about simple steps to organize the home. There will be time for Q&A with Laura after her presentation.

**Laura Marrs, Founder of Simple Steps Organizing**



**BRENTWOOD PUBLIC LIBRARY**  
 8765 Eulalie Avenue, Brentwood, Missouri  
 brentwoodlibrarymo.org

## CRAFTIBILITY

**FRIDAY, FEBRUARY 9 AT 10:00 A.M.**

STORY TIME | ARTS & CRAFTS | PLAY

Craftibility and Easterseals volunteers craft with preschool age kids and their caregivers.

Held at The Brentwood Community Center.

Want to register? Call the library or e-register through our website's online calendar of events.



**BRENTWOOD PUBLIC LIBRARY**  
 8765 Eulalie Avenue, Brentwood, Missouri  
 brentwoodlibrarymo.org



## Brentwood PD's School Resource Officer, Amer Habibovic "Habi," recently awarded the Special Olympics, Region 8, Unsung Hero Volunteer of the Year Award



In addition to his role as the SRO, Officer Habi is our department's Special Olympics Coordinator. He goes above and beyond in his efforts to raise funds and awareness for Special Olympics.

Thank you, Officer Habi for your dedication to Brentwood and Special Olympics! Congratulations!

## Rock Hill Police News



Rock Hill Chief Wickenhauser recently promoted Officer Duffield to Sergeant.

Another great addition was added to the team, we welcome Officer Jasper. Officer Jasper comes to us with previous law enforcement experience. Congratulations to both of you.

## Festive times at the McGrath holiday brunch and ornament exchange!



Thank you Laura and Aley for co-hosting this auction party.

# Family is important.



Scott Humes

That's why we provide the families we serve with a large family lounge. We understand you may need to take a few moments to yourself. At Bopp Chapel, we are here to meet your needs every day.

Online register book available at [www.boppchapel.com](http://www.boppchapel.com).



10610 Manchester Road – Kirkwood  
(314) 965-7680  
[www.boppchapel.com](http://www.boppchapel.com)

GOLDEN  
RULE

©2009 F.A.C. Marketing

## Jazz St. Louis 2024 Gala

Jazz St. Louis is thrilled to announce our 2024 gala, Swing for Tomorrow's Stars! The hottest jazz event in the world takes place at Jazz St. Louis on February 21, 2024 and The Chase Park Plaza on February 22, 2024 and tickets are on sale now! This two-night fundraising event will secure the future of Jazz St. Louis' impactful educational programs for students in the St. Louis area.

Joining us will be Branford Marsalis and Wynton Marsalis for both nights, marking a significant reunion for the Grammy Award-winning brothers and their first performances together in St. Louis. These brothers have rekindled widespread international interest in jazz through performances, educational activities, curricula, and their unending advocacy. The jazz legends will be uniting their talents live on stage for these remarkably rare performances.

Branford and Wynton are mentors who continue to help shape the future of jazz by nurturing emerging talent and advocating for the art form regionally and globally, aligning very much with the mission of Jazz St. Louis.

Jazz St. Louis has seen tomorrow's stars arise from the organization's acclaimed educational programs. These programs ensure America's original art form endures for generations by nurturing the next generation of budding musicians from the time they're toddlers through high school graduation and beyond. Together with supporters of the arts such as yourself, Jazz St. Louis advances cultural appreciation and love for jazz, inspires inner-creatively, facilitates musical excellence and leadership skills, stimulates careers in music, and empowers St. Louis' youth in their lives and communities, while also creating lifelong memories.

You're cordially invited to be a part of this music that inspires so many and continues to bring together our vibrant communities by taking part in Swing for Tomorrow's Stars! Your support of Jazz St. Louis' 2024 gala helps fund Jazz St. Louis' unique and influential education programs and community engagement events that help develop tomorrow's stars in our community and in music.

If you would like to purchase tickets over the phone, contact the Jazz St. Louis box office at (314) 571-6000. Representatives are available by phone or in person 11 am – 5 pm Tuesdays through Fridays, and 2–5 pm on Saturdays.

MISSOURI BOTANICAL GARDEN

## BAYER FUND GRANT ALLOWS MISSOURI BOTANICAL GARDEN TO PROVIDE THERAPEUTIC HORTICULTURE

The Missouri Botanical Garden announced today it received a grant for nearly \$25,000 from the Bayer Fund that will allow the Garden to provide therapeutic horticulture programs for pediatric oncology patients.

The Therapeutic Horticulture team of the Garden will utilize the practices of nature engagement to improve the well-being of patients and family members. Sessions will take place in both inpatient and outpatient settings and will include patients of all ages. This funding will provide programming at Siteman Kids at St. Louis Children's Hospital and Mercy Cardinals Kids and AYA (Adolescent and Young Adult) Cancer Center.

With a strong history of providing programming for adult oncology patients, the opportunity to bring the same practices to children and their families is a long-time goal of the Therapeutic Horticulture team. Therapeutic Horticulture sessions provide relief and diversion from the stress of dealing with a difficult situation while enjoying the wonders and nuances of nature. Activities include flower arranging, artistic creations using natural material, exploring herbs and spices and much more.

"Through Bayer Fund's giving, we're enabling and strengthening organizations that are working to make real, sustainable impacts in their local communities across the United States," said Al Mitchell, President of Bayer Fund. "Programs like therapeutic horticulture at the Missouri Botanical Garden, which have been critical in providing support programs to patients and families managing illness or disease, and we're proud to provide our support."

In 2022, Bayer Fund awarded more than \$13.4 million to over 2,700 charitable and nonprofit organizations to help address essential needs in Food and Nutrition, STEM Education and Health & Wellness.

## MSHP Reports Two 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:

Two people died in traffic crashes during the 78-hour counting period, which began at 6 p.m. Friday, December 22, 2023, and ended at 11:59 p.m. Monday, December 25, 2023.

### 2023 Christmas Holiday Traffic Statistics

Troopers investigated the following:

Traffic Crashes — 124  
Traffic Crash Injuries — 71  
Traffic Crash Fatalities — 2  
DWI — 81

[Note: Last year during the 78-hour Christmas counting period, there were 1,017 traffic crashes statewide. In those crashes, four people were killed and another 318 were injured. During the 2022 Christmas holiday, troopers investigated 306 traffic crashes which included three fatalities and 84 injuries. Troopers arrested 52 people for driving while impaired in 2022.]

There were no boating crashes or drownings over the 2023 Christmas holiday counting period.

Of the two fatality traffic crashes investigated by troopers, one occurred in the Troop D, Springfield, MO, area, and one occurred in the Troop G, Willow Springs, MO, area.

There were no traffic fatalities on Friday, December 22, 2023, during the holiday counting period.

There was one traffic fatality on Saturday, December 23, 2023. Brian E. Powell, 28, of West Plains, MO, died when the vehicle he was an occupant of traveled off the road in a curve, struck three fences, and overturned. Powell was not wearing a seat belt. The driver of the vehicle was not wearing a seat belt and sustained moderate injuries. Two additional occupants in the vehicle sustained moderate injuries. One was wearing a seat belt, and one was not wearing a seat belt. The crash occurred on Route ZZ, eight miles east of West Plains. Powell was pronounced dead at the scene by Howell County Deputy Coroner Michael Pauly. The Patrol was assisted at the scene by the Howell County Rural Fire Department and South Howell Ambulance.

One fatality occurred on Sunday, December 24, 2023. Mary L. Smith, 70, of Dupou, IL, died when the vehicle she was traveling in failed to negotiate a curve, traveled off the roadway, and struck an abandoned house. Smith was wearing a seat belt at the time of the crash. The driver of the vehicle was wearing a seat belt and sustained moderate injuries in the crash. The crash occurred on Route H in Freistatt, at the south city limits. Smith was pronounced at the scene by Lawrence County Coroner Scott Lakin.

There were no traffic fatalities on Monday, December 25, 2023.

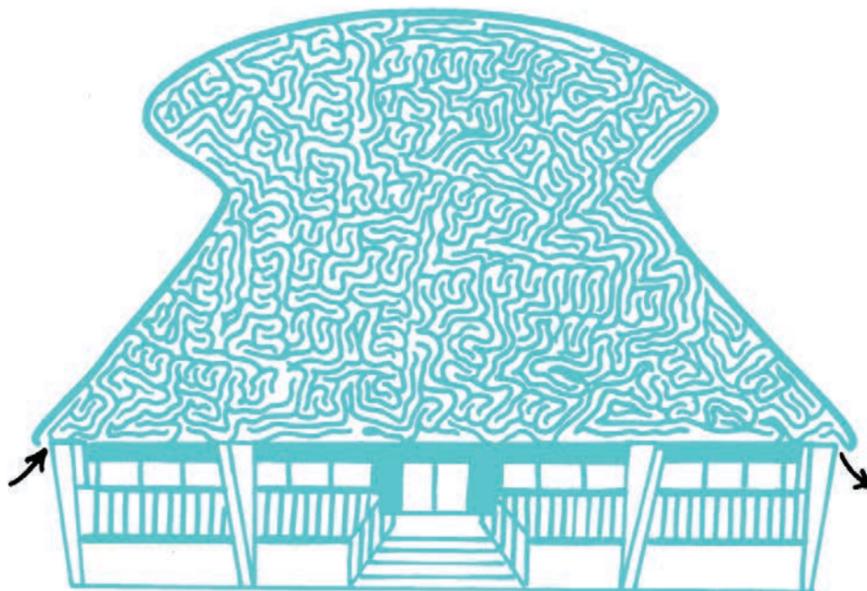
NOTE: The fatality statistics in this news release could change if late deaths occur, if other departments report fatalities after this news release was sent out, or if a fatality is determined to be caused by a medical condition rather than a traffic/boating/drowning incident.

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

## Joey's Mazes

by Joey Barzantny  
[mazesbyjoe.com](http://mazesbyjoe.com)



McDonnell Planetarium  
(Open Dome of Stars)  
St. Louis Science Center

## Put Your Best Foot Forward

at

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

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

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

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

[www.brentwoodshoerepair.com](http://www.brentwoodshoerepair.com)  
 email: [brentwoodshoerepair@hotmail.com](mailto:brentwoodshoerepair@hotmail.com)



## St. Louis Auto Show



Start your engines – the St. Louis Auto Show will return to America’s Center Convention Complex from January 18 to 21. Ride & drive events, a FREE kids zone, drifting, pet adoptions and much more!

As the largest automobile event in the region, the St. Louis Auto Show features more than 500 new cars, pickup trucks and SUVs from more than 25 manufacturers – all under one roof! Whether you’re a motorhead or not, you’ll find the show fascinating.

Attendees can preview the latest models, learn about safety technology and inspect some of the world’s most expensive vehicles without the pressure of making a purchase.

Thurs: 4 PM – 9 PM  
 Fri: 12 PM – 9 PM  
 Sat: 10 AM – 9 PM  
 Sun: 10 AM – 5 PM

## Owl Prowls

World Bird Sanctuary | \$12 – \$20



Walk on the wild side at the World Bird Sanctuary. During its Owl Prowls, you can meet the amazing birds that fly by moonlight.

Held on select evenings from November through March every year, Owl Prowls offer an exciting opportunity to learn more about the intriguing life of owls from a naturalist.

Come face-to-face with live owls, take an easy night hike across the grounds and try to call to an owl in the wild. Hoot. Hoot.

World Bird Sanctuary  
 125 Bald Eagle Ridge Rd  
 Valley Park, MO 63088  
 (636) 225-4390

## Christmas at Famous-Barr: A Mini Exhibit

10:00 am - 4:00 pm

Campbell House Museum | \$10



For 95 years, St. Louisans went to the landmark department store Famous-Barr to shop for gifts and celebrate special moments. Although Famous-Barr shuttered in 2006, people have kept wonderful memories of it.

Showing until Jan. 14, this mini exhibit at the Campbell House Museum spotlights some of the designs and stories created by Famous-Barr at Christmastime, from iconic holiday windows to signature holiday packaging.

The exhibit includes toys purchased at Famous-Barr, a camera used to take photos with Santa, a 100-photo slideshow of Christmas windows and a recreation of one of the windows featuring the original animatronic bears.

Admission includes parking and a guided tour of the period rooms at the Campbell House Museum.

Campbell House Museum  
 1508 Locust Street  
 St. Louis, MO 63103  
 (314) 421-0325



## LEAVE A MARK ON OUR LIBRARY

Join us for a special fundraiser to support our beloved library! We're offering a unique opportunity for you to leave a lasting mark on our community by purchasing a personalized engraved brick that will be a part of our library for many years to come!



\$125 donation per brick  
 4 lines | 17 characters per line  
 Forms are available online at

<https://www.rockhillpubliclibrary.org/donate/>

The Library is also grateful to accept your tax-deductible donation.

## Leave Your Mark: Buy-A-Brick

We have exciting news! You might have heard that Rock Hill Public Library has been awarded a MSD Project Clear Rainscaping Grant to help us install a permeable paver patio behind the library, which we will use for programs and additional library space.

Well, the patio is finished! We cannot wait to have programs and events out there! Thanks so much to Gabe and Ryan from SLF Landscaping and the amazing opportunity MSD Project Clear provided with its grant, as well as the many folks who have supported the project with their donations to the Buy-A-Brick fundraiser!

The brick engraving will happen when there is a stretch of warmer weather, and we will definitely update when we can have an opening reception to celebrate and view the engravings.

It is not too late to buy your brick! They make great gifts.

Visit <http://www.rockhillpubliclibrary.org/donate/> to get one today.

## Add Dairy to Meals in the Moo Year



### *Adding nutrient-dense foods and movement to daily routines boosts success in reaching health goals*

It's the New Year, and the "new me" mindset for health usually comes along with this new start. For a long time, society has defined "health" by subtraction, such as losing weight through rigorous exercise or by removing certain foods or entire food groups from meals. This method has proven to be ineffective, as it contributes to yo-yo dieting, increased weight gain, heightened body-image distress and disordered eating. Maintaining overall health is an important part of nurturing a sense of well-being. To meet this goal, it is time to flip the script. Instead of subtracting from your life, choose to add foods and movement that nourish and enrich health and daily routines. This mindset is more likely to lead to better health and life enjoyment.

### *Add nutrient-dense foods for health*

Taking an additive approach to health has many benefits. Rather than making a list of foods to eliminate from your diet, consider the alternative. Choose to eat foods you like, but add more nutrients to fuel your body. For example, enjoy delicious, creamy macaroni and cheese, but make it with milk and real cheese. Milk contains 13 essential nutrients, including calcium, protein and vitamin D. Follow up by adding vegetables, like broccoli or carrots, to make a balanced, nutrient-dense meal that satisfies.

"Enhancing meals with nutrient dense foods, like dairy, is a great way to fuel your body and add nutrients for optimal health," said Maggie Cimarolli, registered dietitian with St. Louis District Dairy Council. "Make food choices that honor your health and taste buds, and also make you feel good. Remember, you don't have to eat perfectly to be healthy."

### *Add joyful movement*

The additive perspective on health highlights the importance of engaging in enjoyable forms of movement that can add strength, flexibility, endurance and joy.

"There is a common perception that physical activity should be rigorous and that it does not count unless you are sore the next day," Cimarolli said. "This concept simply is not accurate. All movement counts. Engage in activity that suits your lifestyle, such as hiking, playing football with your kids, or taking a walk to get the mail. For those who enjoy and participate in intense physical activity, chocolate milk makes an excellent recovery beverage to replenish lost nutrients."

### *Add joy*

Focusing on how to add value to your life is an important way to make lasting changes for health. Consider the following questions when determining how to make additive choices. What can I do to help myself feel good? What activities or types of movement do I enjoy? What way of eating meets my needs and tastes good? Is my mental health boosting my overall health?

Going against the ingrained diet culture may be challenging, but keep in mind, trendy definitions of "health" do not always serve individuals well. Diet culture may lead to quick-fix fad diets that restrict food and critical nutrients needed for overall health. Focusing on small changes that enhance health instead of restrictions is key. "So, add a glass of milk to your favorite meal and work in a daily walk if that's what you enjoy," notes Cimarolli. "Rest assured, this new year is different, and you will be adding value to your lifestyle instead of taking away from it!"

For more information on dairy's benefits, visit [www.stldairyCouncil.org](http://www.stldairyCouncil.org) or contact Maggie Cimarolli at 314-835-9668 or [MCimarolli@stldairyCouncil.org](mailto:MCimarolli@stldairyCouncil.org). Follow St. Louis District Dairy Council on Facebook and Instagram at [STLDairyCouncil](https://www.facebook.com/STLDairyCouncil).



### **Creamy Vegetable Casserole**

This delicious vegetable casserole recipe is the perfect way to add nutrients into your diet, all while enjoying a delightful dish that warms the soul!

Yield: 12 servings

#### **INGREDIENTS**

- 1 can (10.5 oz.) cream of mushroom soup
- 1 cup sour cream
- 1 yellow onion, diced
- 2 eggs, beaten
- 1 tsp. salt
- Dash of Pepper
- 1 package (16 oz.) frozen cauliflower, thawed
- 1 package (16 oz.) frozen broccoli, thawed
- 1 can (8 oz.) sliced water chestnuts, drained
- 1 can (8 oz.) bean sprouts, drained
- 8 oz. cheddar cheese, grated
- 8 oz. mozzarella cheese, grated

#### **DIRECTIONS**

Preheat oven to 350°F.

In a mixing bowl, combine the soup, sour cream, eggs, onions, salt and pepper. Set aside.

In a greased 9 x 13-inch glass pan, add half of the broccoli, cauliflower, bean sprouts and water chestnuts. Pour half the combined soup mixture over the vegetable mixture. Sprinkle half the cheese on top of the soup layer. Repeat layers.

Bake casserole for 60-75 minutes or until the cheese is golden brown on top, and the vegetables are cooked through.

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



## **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

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

Recycle it or donate  
it to your local  
animal shelter.





Offset • Digital • Wide Format  
**Printing**



Family Owned & Operated  
Since 1973



314.962.4750 | [www.genedel.com](http://www.genedel.com)  
9019 Manchester Rd. | Brentwood, MO 63144



**NOW ENROLLING JK3-8TH grade for the 2024-2025 school year**

**ALL ARE WELCOME TO JOIN US FOR AN**

# OPEN HOUSE

**Saint Mary Magdalen Catholic School  
Sunday, January 28th  
10am- 12:30pm**

**ENJOY A FREE PANCAKE BREAKFAST**

**BROUGHT TO YOU BY OUR HOME AND SCHOOL ASSOCIATION**

**[www.stmmschool.com](http://www.stmmschool.com)**

Brentwood Ice Rink		January 2024					
<b>Public Session Fees</b>	Brentwood Residents \$4.00 Non-Resident \$6.00	Resident Senior \$3.00 Children 3 & Under Free	Non-Resident Senior \$4.00 Skate Rental \$2.00				
<b>Training and Stick and Puck Sessions</b>	Fees charged by the half hour						
	Brentwood Residents \$3.00	Non-Resident \$3.50	Freestyle R/NR \$4.50				
Sun	Mon	Tue	Wed	Thu	Fri	Sat	
	1 12 - 6:00p PUBLIC	2 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 1:30 - 2:30p SNP 2:45p - 4:15p TRAINING	3 10:30a - 11:30a SNP 12:00p - 2:00p PUBLIC 3:00p - 5:00p PUBLIC	4 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 1:30 - 2:30p SNP 2:45p - 4:15p TRAINING	5 6:00a - 7:00a SNP 10:30a - 12:30p PUBLIC 1:00p - 2:30p SNP 2:45p - 3:45p TRAINING 7:00p - 10:00p Galactic Glow Public Skate	6 7:45a - 9:15a FREESTYLE 1:30p - 3:00p PUBLIC	
7 6:00a - 7:30a SNP 4:15p - 5:45p PUBLIC	8 6:00a - 7:00a SNP 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	9 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 1:30 - 2:30p SNP 2:45p - 4:15p TRAINING	10 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	11 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 2:45p - 4:15p TRAINING	12 6:00a - 7:00a SNP 1:15p - 2:15p SNP 2:30p - 3:45p TRAINING 7:00p - 10:00p Galactic Glow Public Skate	13 7:45a - 9:15a FREESTYLE 1:30p - 3:00p PUBLIC	
14 6:00a - 7:30a SNP 4:15p - 5:45p PUBLIC	15 6:00a - 7:00a SNP 10:30a - 12:30p SNP 3:00p - 5:00p PUBLIC	16 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 1:30 - 2:30p SNP 2:45p - 4:15p TRAINING	17 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	18 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 2:45p - 4:15p TRAINING	19 6:00a - 7:00a SNP 1:15p - 2:15p SNP 2:30p - 3:45p TRAINING 7:00p - 10:00p Galactic Glow Public Skate	20 7:45a - 9:15a FREESTYLE 1:30p - 3:00p PUBLIC	
21 6:00a - 7:30a SNP 4:15p - 5:45p PUBLIC	22 6:00a - 7:00a SNP 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	23 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 1:30 - 2:30p SNP 2:45p - 4:15p TRAINING	24 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	25 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 2:45p - 4:15p TRAINING	26 6:00a - 7:00a SNP 1:15p - 2:15p SNP 2:30p - 3:45p TRAINING 7:00p - 10:00p Galactic Glow Public Skate	27 7:45a - 9:15a FREESTYLE 1:30p - 3:00p PUBLIC National Skating Month	
28 6:00a - 7:30a SNP	29 6:00a - 7:00a SNP 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	30 6:00a - 7:30a TRAINING 11:15a - 1:15p PUBLIC 1:30 - 2:30p SNP 2:45p - 4:15p TRAINING	31 10:30a - 12:30p SNP 12:45p - 2:45p TRAINING 3:00p - 5:00p PUBLIC	To Pre-Register: go online to <a href="http://webtrac.brentwoodmo.org">webtrac.brentwoodmo.org</a> or call 314.963.8680. Walk up registrations are welcome as space allows. Sessions are subject to change with little to no notice. Updates will be posted on our website and our Facebook page. Please visit <a href="http://brentwoodmo.org/ice-link">brentwoodmo.org/ice-link</a> for more info on rink events and programs.			
Limit 25 skaters per session for Stick and Puck and Training Sessions. <b>Stick and Puck: Full equipment is required for participants under 18. All others are required to wear helmets and gloves. Must supply own puck.</b>							

## MISSOURI BOTANICAL GARDEN RECEIVES REACCREDITATION FROM AMERICAN ALLIANCE OF MUSEUMS

Garden has been accredited since 1974

The Missouri Botanical Garden once again earned reaccreditation from the American Alliance of Museums. Recognized as the field's gold standard for museum excellence for over 50 years, AAM accreditation signifies an institution's quality and credibility to the entire museum community, to governments and outside agencies, and to the public. The Accreditation Program ensures the integrity and accessibility of museum collections, reinforces the educational and public service roles of museums, and promotes good governance practices and ethical behavior.

The Garden first received AAM accreditation in 1974. The reaccreditation process typically takes place every 10 years.

To earn accreditation, an organization submits a self-study questionnaire and key operational documents for evaluation, then undergoes a site visit by a two-person team of peer reviewers which produces a report for the Accreditation Commission. The Commission uses these materials and its collective expertise to determine whether to grant accreditation.

The Garden went through this rigorous review process this summer and was among the 40 institutions to most recently receive AAM reaccreditation.

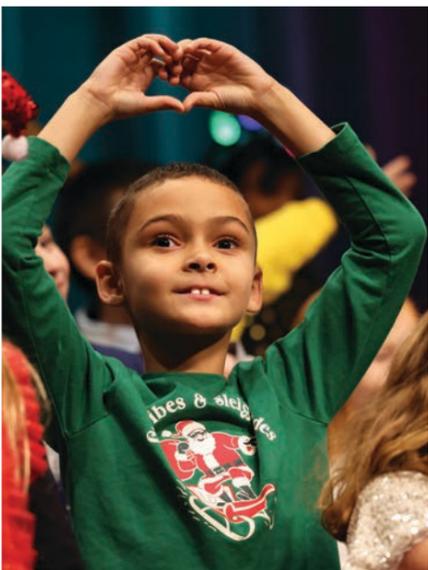
In confirming reaccreditation of the Missouri Botanical Garden, the AAM said: "We find the Missouri Botanical Garden to truly be a model institution. It operates thoughtfully and sustainably, continuing to play an exciting leadership role in its service to the local community, the region, the public garden and museum fields, and the world."

Of the nation's estimated 33,000 museum institutions, 1,106 are currently accredited. Botanical gardens make up only 3% of AAM accredited facilities.

"We are delighted to have achieved reaccreditation by the AAM and I am very proud of the outstanding Garden team that sustains such an extraordinary leader amongst the nation's museums and botanical gardens," said Garden President Dr. Peter Wyse Jackson.

The Missouri Botanical Garden's mission is "to discover and share knowledge about plants and their environment in order to preserve and enrich life." Today, 164 years after opening, the Missouri Botanical Garden is a National Historic Landmark and a center for science, conservation, education and horticultural display.

# HOLIDAY FUN IN BRENTWOOD



Our shining stars from Mark Twain West and McGrath left everyone in awe with their unforgettable performances, and we couldn't help but share even more of these joyous memories with you. Join us in celebrating the beautiful harmony of this holiday season together!



JK-4 has placed their shoes in front of our classroom 'fireplace' in hopes of an overnight visit from Saint Nicholas. Their fingers are crossed that Saint Nicholas leaves a special treat in each shoe!



Our Saint Mary Magdalen kindergarteners and their 6th grade buddies had fun baking, decorating then eating their Christmas cookies together

## SODA FOUNTAIN EXPRESS OPEN AT WESTPORT PLAZA

New Restaurant is Part of Extensive Redevelopment at Westport Plaza

St. Louis County and the Maryland Heights community can enjoy the Freak Shakes and elevated diner food the Soda Fountain restaurant at Union Station is known for now at an express location in Westport Plaza.



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

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

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

Soda Fountain Express is located at 147 West Port Plaza Dr. Parking is free at Westport Plaza. More information is available at [www.sodafountainexpress-stl.com](http://www.sodafountainexpress-stl.com). The new restaurant is open at 11 a.m. daily and closes at 8 p.m. Mondays through Saturdays and at 6 p.m. on Sundays.

A mixed-use destination in the center of St. Louis County, Westport Plaza offers commercial space, two on-site hotels, dining and entertainment. Home to WorldwideTechnology and many other employers, the site is poised for significant new business and entertainment developments in 2024 that include the opening of 360 Westport restaurant and rooftop bar in late January, the addition of St. Louis-based sporting goods giant Rawlings to Westport Plaza's gold tower, new outdoor concert space and luxury apartment living.

# GIVE A LIFELINE... Donate Your Old Cell Phone

## Cell Phones for Safe Homes program raises funds through phones

Drop off your used cell phones at the Gene-Del Printing/Pulse Newspaper office to be recycled through Lydia's 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](mailto:elorenz@lydiashouse.org).

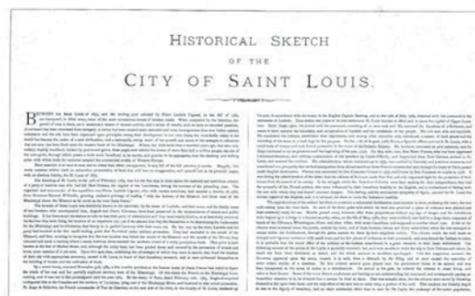
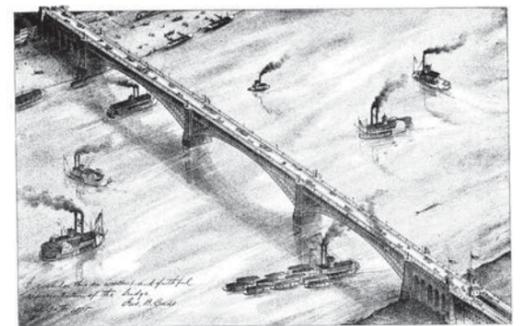
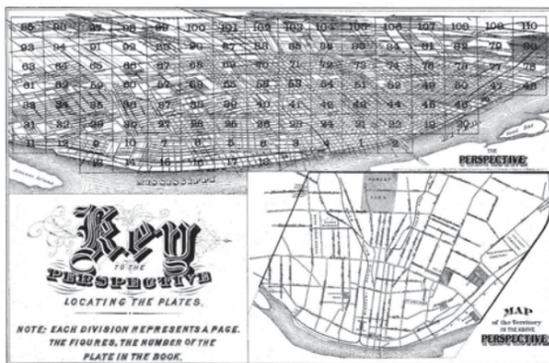
### About Lydia's House

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 to survivors of domestic violence.

Web: [www.lydiashouse.org](http://www.lydiashouse.org) Email: [info@lydiashouse.org](mailto:info@lydiashouse.org) Connect: Find us on Facebook, Follow us on Twitter

## Reminder from Brentwood Police Department: Leash Your Dog

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.



## 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](mailto:keith@genedel.com). You may also stop by our office at 9019 Manchester, 63144 in Brentwood to view the book.

# Brentwood Board of Aldermen Minutes

BOARD OF ALDERMEN REGULAR MEETING  
PARTIAL MINUTES, Monday, December 4, 2023  
CALL TO ORDER & PLEDGE OF ALLEGIANCE

## Roll Call – All Members were present

Alderman Plufka - Present  
Alderwoman Tice - Present  
Alderman Wegge - Present  
Alderwoman Sims - Present  
Alderman Gould - Present  
Alderman Lochmoeller - Present  
Alderwoman Harter – Present  
Alderman Erger - Present

Other staff members present for the meeting included:  
Joe Spiess (Police Chief), Ronnie Cottrell (Fire Chief),  
Kevin O’Keefe (City Attorney), Whitney Kelly  
(Planning and Development Director), Dan  
Gummersheimer (Public Works Director),  
Eric Gruenenfelder (Parks and Recreation Director),  
Michelle DePew (Finance Director), Michelle Boyer  
(Communications Manager), Tanguela Bell (Human  
Resources Manager), Bola Akande (City Administrator), and Kelle Silvey (Deputy City  
Clerk).



Mayor  
David Dimmitt

Ward 1



Alderwoman  
Nancy Parker Tice



Alderman  
David Plufka

Ward 2



Alderwoman  
Sunny Sims



Alderman  
Brandon Wegge



Municipal Judge  
Patrick Dignam

Ward 3



Alderman  
Jeff Gould



Alderman  
Steve Lochmoeller

Ward 4



Alderwoman  
Sharon Harter



Alderman  
Sullivan Erger

## ANNOUNCEMENTS, APPOINTMENTS, PROCLAMATIONS & RECOGNITIONS

A. 2023 Missouri American Planning Association Outstanding Planning Awards for Outstanding Implementation - Brentwood Bound

Members from PGAV (Andy Struckhoff, President and John Brancaglione, Senior Director) were in attendance to present the award to the city.

B. Proclamation - In Recognition of Kensington Curd - First Place, Missouri State High School Activities Association, (MSHSAA) Class 2 Cross Country Championships - Brentwood High School State Champion Mayor Dimmitt introduced Kensington and read the proclamation, citing her accolades. Members of the Board expressed their congratulations on her accomplishments.

## CITIZEN COMMENTS

Lois Truman shared her appreciation for the great job done on the holiday party. The mayor shared that this is a great asset for the city – and that our employees are the best, as they deliver the services.

## MAYOR AND ALDERMEN REPORTS

### A. Mayor David Dimmitt

Noted he is trying to come up with a stop gap - we have fallen behind in maintaining the 75th and 95th percentiles and we’d like to address that. The mayor noted that Alderman Plufka addressed speeding up the process for the 2024 compensation study at the last meeting. Due to inflation salaries are not keeping up and it is presenting some hardship for employees, and we are seeing turnover. The mayor would like to see us move non-uniformed employees up from the 75th to the 95th percentile - but stated that request will be addressed with the compensation study to determine the cost of doing this. But as a stop gap, would like to consider a one-time cost of living adjustment (COLA) of 3% for all. He is bringing this request to the Board tonight for consideration and has asked Director Gruenenfelder to present the information and the cost to do this.

Eric stated that Tanguela Bell and Michelle DePew helped in the preparation of the information. In looking at a one-time cost of living adjustment (COLA) of 3% for all, the cost would be \$264,000. The Bulk of the money would come from Fund 10 and rest would come from Fund 50. As of 2023, they still have additional money in the fund balance in both funds to cover this.

Mayor called for a motion to amend the 2023 adopted budget to allow the amendments necessary to make this cost-of-living adjustment. Motion was moved by Alderman Gould and seconded by Alderwoman Tice.

### Discussion:

Alderman Gould asked about the ripple effect – and what this will do to the 2024 budget; have we factored in enough to cover this.

The mayor responded this is a stop gap measure, and if approved, the adjustment in 2024 would be less when they look at the salary adjustment of compensation study (75th to the 95th percentile) as some of the dollar increase would already be there.

The Finance Director responded that this would be all COLA for now for all full-time employees. Then in 2024 a salary study (once completed) to consider the 95th percentile, and 2024 merit-based increases from evaluations.

Alderman Wegge confirmed this is a one-time COLA adjustment only, for now. He asked that if we stayed at the 75th percentile (could not move to the 95th) would this 3% COLA move salaries beyond the desired percentage, and the Finance Director indicated she did not think so. She did state that the merit increases for 2024 have already been built into the budget, so those allowable will be getting those in addition.

Alderman Gould asked when this will happen –

The Finance Director said that the last paycheck is December 22, and the 3% is based upon the 2023 base salary. There will be a second check that is for the COLA adjustment. This COLA adjusts the base wage, but the data for compensation study will not be adjusted, it will be evaluated based on 2023 wages.

Alderman Lochmoeller inquired if having two checks makes it look like a bonus. The Finance Director confirmed the two checks are not to be interpreted as a bonus – it will indicate COLA in two places.

As governmental employees we are not allowed to give bonuses, so we will make all necessary adjustments to show this. It could be done in one check, but preparation and tracking is better monitored by the new finance staff this way.

Roll call: Motion carried by a vote of 8 (Yes) to 0 (No).

## CITY ADMINISTRATOR REPORT

### A. Brentwood Bound Update

Craig Schluter (Navigate Building Solutions) gave the Brentwood Bound report (available in BoardDocs) and noted the soft costs, stating there were no other costs to report. There were no comments or questions for this report.

## OLD BUSINESS

A. Bill No. 6478 - An Ordinance Adopting The Annual Budget For The City Of Brentwood For The Calendar Year 2024; And Providing For The Effective Date Of This Ordinance. Second Reading

The City Attorney did the second reading of the Bill.

Motion was made by Alderman Gould and seconded by Alderwoman Tice to perfect Bill #6478 into Ordinance form.

The Director of Parks and Recreation gave an updated presentation on the requested proposed changes for an Electric Police Vehicle (Available in BoardDocs)

Staff was able to look at Electric Vehicles and Charging stations and shared that a Level 2 station would take about a 4 to 8 hours to charge and with the DCFC charger it would take about 30 Minutes (recommended) - however the cost increases by about \$60,000.

The examples given for one vehicle and one charger:

Chevy Blazer: including lights, decals etc. is \$90,000 (Level 2 charger) - \$158,000 (DCFC charger) Ford Mustang: including all accessories is \$77,000 (Level 2 charger) -- \$144,000 (DCFC charger)

We have \$165,000 in budget for 3 vehicles – so this would be budget consideration.

The mayor asked if any grants were available, and the Director stated that there were none he is aware of. He noted that the Ameren one is not available.

It was stated that the actual costs for upfitting decals and additional costs for EV’s will not be known until vehicle is taken to the manufacturer. Costs noted are estimates.

It was noted that this information is not a proposal but was in response to a request for information.

Alderwoman Tice asked about the lead time for ordering cars. Chief Spiess stated that they just had a car go down today (down 3 vehicles) and they need cars on the street, so they plan to order in January. The EV’s can’t be ordered until April to arrive in late Fall. Those months without a car is a challenge.

Alderman Wegge appreciated the information, and noted there are so many unknowns.

He made a motion to increase the capital fund line by \$25,000 (\$165K to \$190K) – the reason being he thinks there will be some fleet electrification incentives from the Ameren study and get us moving on the infrastructure necessary -with the objective to save money long term on the upfront one-time costs. Alderwoman Sims seconded the motion.

### Discussion:

Alderman Plufka not in favor of rushing this for 2024. Need 3 vehicles now (gas powered), and this motion would get us 2 vehicles and one charging station, which is not adequate.

Alderwoman Tice asked if this could be changed to a different part of budget – put money in Capital budget to set aside for a charging apparatus in 2024 and get EV car in whatever department (may not be Police) is determined by the study. Need to move toward this, but not sure pushing it for these three police vehicles is the answer.

Alderman Wegge wants to increase capital by \$25,000 – go ahead with gas powered vehicles but be ready and help mitigate risk. The intent is to have the budget when it is time to move forward.

Alderwoman Tice clarified that this is adding money, but not directing police to buy EV vehicles.

Alderman Lochmoeller asked if we anticipate the cost for this technology will come down over time – and to maybe wait a year or two to see what other municipalities do.

The Mayor asked where the \$25K would come from, and Alderman Wegge responded from reserves. The City Administrator noted the money would come from fund balance if the Board makes that request.

Alderman Gould stated we could make an adjustment later from fund balance and we can talk about that next fiscal year when the situation arises.

The mayor called for a voice vote on Alderman Wegge’s motion to increase the capital fund line by \$25K – and from the opinion of the Chairman, the Nay’s have it (1 yes – 7 No). Motion failed.

Roll call – (to perfect Bill #6478 into Ordinance form:

By a vote of 8 (Yes) to 0 (No), Bill #6478 will become Ordinance #5107.

## NEW BUSINESS

A. Bill No. 6480 - An Ordinance Approving A Purchase Agreement Between The City Of Brentwood And GS Brentwood Land Acquisition, LLC; Authorizing Certain Actions In Connection Therewith; And Containing A Severability Clause. First Reading

The mayor requested to table the motion until the early part of 2024.

Motion was made by Alderman Plufka and seconded by Alderwoman Tice to table the item and bring up in January 2024 for discussion.

Motion carried by unanimous voice vote.

## ADJOURN

The mayor stated that there was no further business and the meeting adjourned at 7:52PM This meeting was livestreamed on YouTube and recorded. The recording will be made available on the City’s YouTube channel.



Join the Yucandu After-School Art Club... with all new projects! The pace is relaxed, and the studio inspiring & creative. Art Club kids will experience artist studies, drawing lessons, a variety of projects & techniques, and a wonderful range of amazing artist-quality materials. Pastels, mosaics, paint, collage, clay and more.

Eight consecutive sessions encourage friendships, in-depth layered projects, and a stress free and open-ended schedule for young artistic minds.\*

Grades K-2nd  
Mondays, Jan 22-Mar 25, 4-5:30pm (no 2/19 & 3/18)  
Tuesdays, Jan 23-Mar 12, 4-5:30pm

Grades 3rd-6th  
Wednesdays, Jan 24-Mar 13, 4-5:30pm  
Thursdays, Jan 25-Mar 14, 4-5:30pm

Yucandu Art Club is an excellent value—sign up today! \$195\*

\*Important info: All sales are final. Missed days cannot be made up on another day. If a day is missed, we will do our best to catch up at next session. Pre-registration required. Please no pre-K. All sales final.



### “Lock It or Lose It”

The Brentwood Police Department reminds residents to lock their vehicles, even if nothing of value is in sight.

# Circus Harmony

## Spring 2023 Classes

at City Museum, 750 N 16th St. Saint Louis, MO, 63103  
Session Dates: February 5th-May 19th, 2024  
Registration Closes: January 22, 2024

**Monday**  
5:30-7 Youth Combo Aerial  
7- 8:30 - Adult Trapeze & Lyra

**Tuesday**  
4:30-5:30 - Beg. Mini Tramp & Tumbling  
5:00-6:30 - Int. Mini Tramp & Tumbling \*\*

**Wednesday**  
1:30-3 Homeschool  
6-7:30 Basic Circus Arts - Adults  
7:30-8:30- Wire (all ages)

**Thursday**  
5:30-6:30 Juggling Club  
5:30-7 Youth Combo Aerial  
6:30-7:30 - Unicycle Club  
7:15-8:45 - Adult Combo Aerial

**Friday**  
4:30-6:00 - Basic Circus Arts - Level 1  
6-7:30 - Basic Circus Arts - Level 1.5\*\*

**Saturday**  
9-10 Itty Bitty/ Preschool  
10:15-11:45 Basic Circus Arts - Level 1  
1:30-2:30- Unicycle Class  
1:45-2:45 - Beginner Contortion (all ages)  
3:30-4:30: Int/Adv. Contortion\*\*

**Sunday**  
9-10 Itty Bitty/Preschool  
4-5:30 Basic Circus Arts - Level 2\*\*  
5:30-7 Teen Aerial

\*\* requires instructor permission





Specialty classes (aerial, wire, tumbling, etc) cost \$375

Levels classes (Levels 1, 1.5, 2, and Homeschool) cost \$300

Clubs cost \$150 for semester or as a \$15 drop-in.



We have multiple payment plans available at checkout. Discounts for siblings and multiple registrations are applied automatically at checkout.

For more information, or to register, visit [www.circusharmony.org](http://www.circusharmony.org) or call 314.436.7676





## Brentwood Police Department

### Calls for Service Report

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

# 12-04-23 to 12-10-23

CFS for Person Crime		Notable CFS	
Murder / Manslaughter	0	Alarm Calls	7
Sex & Sexual Assaults CFS	2	Animal Related	1
Robbery /Car-Jack	0	Assist FD & etc ..	28
Assaults	2	Check Welfare/Notification	6
Peace Dist -Domestic- Misc	12	Contact Another Agency	17
Calls for Mental Health	0	Motor Assist	2
		Police Community Relations	1
CFS for Property Crime		FLOCK/LPR/RADAR-FTY	2
Arson/Bombing/Burning	0	Solicitors	0
Burglary - Residential	0	Suspicious Person/Vehicle	18
Burglary - Business	0	Traffic Control/Details	12
Destruction of Property	3	Traffic Stops	32
Frauds & ID Theft	2	Vacation Checks/Close Watch	0
Larceny - Shoplifting	14	Fireworks	0
Larceny - From Vehicle	0	<b>ARREST</b>	
Stolen Vehicles	2	Prisoner Conveyance	1
Trespassing	5	Adults	5
		Juvenile	1
Weapons Related		<b>ARREST TYPE</b>	
Utilized/Taken	0	FTA/Fugitive	1
Recovered	2	Original Non-Traffic	4
		Original Traffic	1
<b>Auto Accidents</b>	<b>14</b>	<b>Miscellaneous CFS</b>	<b>22</b>
		Minus Arrest/Types/Weapons	-14
Patrols		<b>Total Calls For Service</b>	<b>441</b>
Building & Business Check	138		
Schools	48		
Parks - Misc	50		



## Brentwood Police Department

### Calls for Service Report

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

# DECEMBER 2023

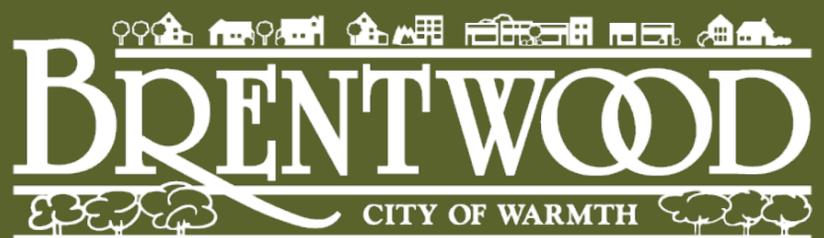
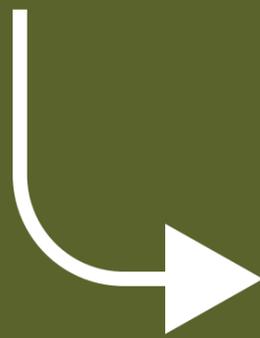
CFS for Person Crime		Notable CFS	
Murder / Manslaughter	0	Alarm Calls	44
Sex & Sexual Assaults CFS	2	Animal Related	8
Robbery /Car-Jack	0	Assist FD & etc ..	103
Assaults	4	Check Welfare/Notification	44
Peace Dist -Domestic- Misc	48	Contact Another Agency	82
Calls for Mental Health	4	Motor Assist	15
		Police Community Relations	2
CFS for Property Crime		FLOCK/LPR/RADAR-FTY	20
Arson/Bombing/Burning	0	Solicitors	1
Burglary - Residential	0	Suspicious Person/Vehicle	53
Burglary - Business	0	Traffic Control/Details	40
Destruction of Property	10	Traffic Stops	135
Frauds & ID Theft	6	Vacation Checks/Close Watch	44
Larceny - Shoplifting	67	Fireworks	1
Larceny - From Vehicle	6	<b>ARREST</b>	
Stolen Vehicles	14	Prisoner Conveyance	5
Trespassing	15	Adults	25
		Juvenile	5
Weapons Related		<b>ARREST TYPE</b>	
Utilized/Taken	4	FTA/Fugitive	7
Recovered	2	Original Non-Traffic	23
		Original Traffic	1
<b>Auto Accidents</b>	<b>74</b>	<b>Miscellaneous CFS</b>	<b>105</b>
		Minus Arrest/Types/Weapons	-67
Patrols		<b>Total Calls For Service</b>	<b>1913</b>
Building & Business Check	541		
Schools	193		
Parks - Misc	227		

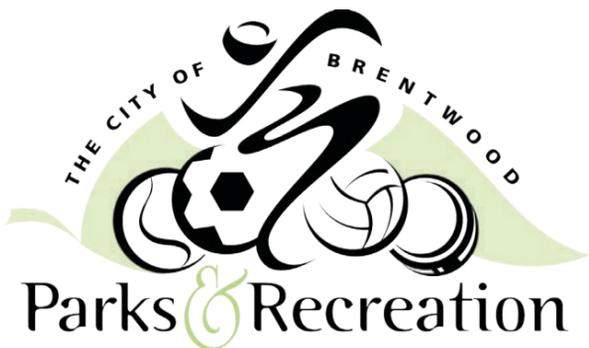
# Choose how to connect with the City of Brentwood.

*Hello, Brentwood Community Member!*

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

*Connect with City of Brentwood's communication channels here*





**Parent's Night Out**  
 Fridays, Jan. 12, Feb. 9, March 1, April 5  
 5:30-9:30pm

Drop off the kids and have a night out! Children will have the opportunity to eat dinner, watch movies, play games, and go ice skating. Each night has a unique theme.

Dates: Fridays, Dec. 1, Jan. 12, Feb. 9, March 1, April 5  
 Time: 5:30-9:30pm  
 Ages: 5-10  
 Location: Brentwood Community Center  
 Price: Res. \$25/Non-Res. \$30  
 Activity Number: 945100, 145100

**Crayola World of Design With Mad Science**  
 Wednesdays, Jan. 10-Feb. 14  
 5:30-6:30pm

Take a journey to the farthest reaches of the imagination while learning the rainforest, Mars, and a futuristic city! Use the design thinking process to solve real-world problems in these different environments. Experiment with Crayola® products and many art techniques like sculpting, collage, and mixed media. Discover design careers like graphic design, fashion design, urban design, and board game design.

Dates: Wednesdays, Jan. 10-Feb. 14, 5:30-6:30pm  
 Location: Brentwood Community Center  
 Ages: 6-10  
 Price: Res. \$100/Non-Res. \$125 for 6 weeks  
 Activity Number: 145106

**Puzzles, Pizza and Pilsners**  
 Friday, Feb. 2  
 6-8pm

Enjoy a night of pizza, pilsners and puzzles! Form a team of up to 4 people to compete against other teams to put together the same puzzle. Each team will have 2 hours to complete the same 500-piece puzzle. Prizes will be awarded for first, second and third place. Can your team put the puzzle together the fastest? Participants are encouraged to bring their own beer. Pizza and puzzles are provided. Only one person per team of 4 needs to register.

Friday, Feb. 2, 6-8pm  
 Location: Brentwood Community Center  
 Ages: 21+  
 Price: Res./Non-Res. \$40 per team  
 Activity Number: 145118

**Dr. Seuss Celebration**  
 Saturday, March 2  
 10-11:30am

Read a book, make a snack, celebrate the author of Cat in the Hat! This is a parent-child class. One adult can accompany more than one child. Only children need to register.

Saturday, March 2, 10-11:30am  
 Location: Brentwood Community Center  
 Ages: 3-6 with parent  
 Price: Res. \$15/Non-Res. \$22 per child  
 Activity Number: 145110



**314.645.4610**



**FERGUS**  
 MALE, NEUTERED, 2

Fergus is a shy, calm, sweet gentleman who loves pets and will drown you with kisses. He is doing well in his foster home and enjoys cuddling with the other dogs in the home! Call to meet Fergus today!



**TALIA**  
 FEMALE, SPAYED, 5

Meet Talia, a dog whose spirit is as vibrant as her personality. She's sweet, friendly, and has an energy that's absolutely infectious. Talia is the perfect companion for those seeking a fun-loving and energetic friend. Shes a sweet and active lady!



**PRINCESS**  
 FEMALE, SPAYED, 8 months

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



**TAYLOR**  
 MALE, NEUTERED, 4

Taylor is an all-around great cat: super playful, loves to snuggle, and enjoys making feline friends. He would benefit from an experienced cat owner, as he might take a little time to come out of his shell and build his confidence.

**Pancakes with Pirates and Princesses**  
 Saturday, Feb. 24  
 9-10:30am

A pirate has captured a princess and is headed to Brentwood Park. Come dressed as pirate or a princess and enjoy an afternoon of crafts, dance party, cooking and a light lunch. This is a parent-child class. Children should be registered. One parent can accompany more than one child. Meet at the Brentwood Park Pavilion.

Saturday, Feb. 24, 9-10:30am  
 Location: Brentwood Community Center  
 Ages: 3 and up  
 Price: Adults – Res. \$12/Non-Res. \$15 per person  
 Child – Res. \$6/Non-Res. \$9 per child  
 Activity Number: 145114

**Lucky Leprechaun**  
 Saturday, March 9  
 10am-12pm

It was the week before St. Patrick's Day and all the little kids were stirring around to build traps to catch the little green guys that come on March 17th! Will your participant find a pot of gold?

Saturday, March 9, 10am-12pm  
 Location: Brentwood Community Center  
 Ages: 5-10  
 Price: Res. \$25/Non-Res. \$37 per child  
 Activity Number: 145111

## Remembering Richard Gaddes Opera Theatre of Saint Louis

Dear Friends of Opera Theatre,

It is with a heavy heart that I share the news that Richard Gaddes, our dear friend and founding General Director of Opera Theatre of Saint Louis, died yesterday after a brief illness. On behalf of our board and staff, I offer my condolences to the many members of our OTSL, St. Louis, and opera communities who worked alongside Richard throughout his illustrious career, and my heart is with his family, his friend Robert Wysocki, and the many artists, colleagues, and friends across the world who had the great pleasure of knowing this brilliant, witty, and compassionate leader.

While Richard received many meaningful accolades during his career, I'd like to think that the founding of Opera Theatre of Saint Louis in 1976 was one of the accomplishments of which he was most proud. Working in partnership with a group of intrepid St. Louisans, he launched a grassroots effort to establish an opera company that was unlike any other in the country. Richard created a foundation that continues to guide our work — a dedication to young talent, an investment in new work, and a deep commitment to artistic excellence — all complemented by an experience at the theater that is warm, welcoming, and fun.

Richard was a legendary opera impresario whose career defies a brief summary, but we are honored to share some of the many highlights of his career here: Over the coming months, and especially as we plan OTSL's 50th anniversary celebration in 2025, we will find many occasions to celebrate the memory of our dear friend and founder. I hope that we can raise a glass together soon to celebrate Richard's extraordinary life, and the great legacy he has shared with us.

Sincerely,  
Andrew Jorgensen, General Director



## Leif Assurance Hires Construction Insurance Specialist

Gabe Smith brings extensive sales and management experience to the team.

Leif Assurance, a full-service insurance agency that exclusively handles construction insurance, recently hired Gabe Smith as a Construction Insurance Specialist. His responsibilities include selling multiple lines of insurance coverage to middle market and national accounts, generating new leads, and handling account renewals.



Smith has 10 years of sales and insurance experience. Prior to joining Leif Assurance, he was an insurance agency owner for five years. He previously served as a technology consultant, implementation specialist, and financial advisor for various national businesses. Smith holds certifications in Property & Casualty and Life & Health insurance and has a Bachelor of Business Management degree from the University of Texas at El Paso.

Leif Assurance, launched in 2022, offers actionable risk management, as well as data-driven pricing models to build the most accurate risk profiles so contractors are rewarded for safe job sites with earned insurance savings. Leif provides cost-effective and comprehensive insurance solutions for worker's compensation, general liability, builders' risk, inland marine, and commercial auto.

"Gabe has a diverse background that focuses on everything from management and digital marketing to communication and finance skills," said Leif Assurance CEO JD Powers. "He will serve as an integral asset on our team where he will help strategically position our organization on a continuously successful path."

Leif Assurance is the sister company of Powers Insurance & Risk Management and Valley Insurance Agency Alliance (VIAA), a cohesive family of more than 160 independent insurance agencies in Missouri and Illinois. Powers Insurance & Risk Management is one of the largest family owned and operated independent insurance agencies in the bi-state region. All three companies are located at 6825 Clayton Ave. For more information about Leif Assurance, call (314) 202-4200 or visit [www.leifassurance.com](http://www.leifassurance.com).

# WESTPORT PLAYHOUSE

Join the Mid-County Chamber of Commerce for our 14th Annual Trivia Night & Auction! From the Boob Tube to the Big Screen, our theme covers movies, sitcoms, and more!

The evening will include trivia, games, prizes, an auction, and more. Make sure to register early, by February 5th to receive a discount on registration!

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

February 24, 2024 at Sunnen Products Company (7910 Manchester Rd.)

Doors Open at 6:00 | Trivia Begins at 7

Trivia  
Door Prizes & Games  
Complimentary Wine & Beer  
Auction & Raffles  
Most Festive Table Award

Table of 8- \$250/Early Registration by February 9 or \$300 after 2/9/24.

Mulligans- \$20 (in advance) or \$25 at the door

For more information, please visit [www.midcountychamber.org](http://www.midcountychamber.org)

Dancing with the Stars Live 2024  
March 5, 2024 @ 8:00 pm  
Stifel Theatre | \$36.50 - \$76.50

Winter heats up with a brand-new live production of Dancing with the Stars.

Dazzling, sexy, high-energy – the stage show at Stifel Theatre will feature your favorite professional dancers from the hit television series performing glittering numbers.

Stifel Theatre  
1400 Market Street  
St. Louis, MO 63103  
(800) 745-3000

## Brentwood Community Blood Drive

Please participate in our Community Blood Drive on Friday January 26, 2024, from 2 pm to 7 pm at the Brentwood Rec Center.

This drive is made possible with the cooperation of: American Red Cross, The City of Brentwood & the Brentwood Parks & Recreation Department and all the donors

Six years ago, my son fought MML (Multiple Melanoma Leukemia) and during his 22 months of battling he needed transfusions to help him fight off infections. Because others donated blood and platelets, we had extra TIME with our son. This drive honors him and helps to makes blood supplies available for others that have such a need. It will make you feel good about yourself, and it will mean the world to someone in need.

We are asking for donors to sign up online at [redcrossblood.org](http://redcrossblood.org) sponsor code: BWParksRec

The average adult has eight to 12 pints of blood in their body. Making a blood donation uses about 1 pint, after which your body has an amazing capacity to replace all the cells and fluids that have been lost. Your body will replace the blood volume (plasma) within 48 hours. It will take four to eight weeks for your body to completely replace the red blood cells you donated.

Every two seconds someone in the U.S. needs blood. It is essential for surgeries, cancer treatment, chronic illnesses, and traumatic injuries. Whether a patient receives whole blood, red cells, platelets or plasma, this lifesaving care starts with one person making a generous donation. 1 donation can potentially save up to 3 lives. Blood and platelets cannot be manufactured; they can only come from volunteer donors. Nearly 21 million blood products are transfused each year. Platelets, critical for cancer patients, must be transfused within 5 days of donation. The Red Cross holds about 500 blood drives every day. January 22 is our day to help their effort.

### Facts About Blood Needs

Approximately 36,000 units of red blood cells are needed every day in the U.S.

Nearly 7,000 units of platelets and 10,000 units of plasma are needed daily in the U.S.

Nearly 21 million blood components are transfused each year in the U.S.

The average red blood cell transfusion is approximately 3 units.

The blood type most often requested by hospitals is type O.

Sickle cell disease affects 90,000 to 100,000 people in the U.S. About 1,000 babies are born with the disease each year. Sickle cell patients can require blood transfusions throughout their lives.

According to the American Cancer Society, more than 1.8 million people are expected to be diagnosed with cancer in 2020. Many of them will need blood, sometimes daily, during their chemotherapy treatment.

A single car accident victim can require as many as 100 units of blood.



### Blood Supply Statistics

The Red Cross provides about 40% of our nation's blood and blood components, all from generous volunteer donors. But supply can't always meet demand because only about 3% of age-eligible people donate blood yearly. Each new donor helps us meet patient needs.

Each year, an estimated 6.8 million people in the U.S. donate blood.

13.6 million units of whole blood and red blood cells are collected in the U.S. in a year.

About 45% of people in the U.S. have Group O (positive or negative) blood; the proportion is higher among Hispanics (57%) and African Americans (51%).

Type O negative red cells can be given to patients of all blood types. Because only 7% of people in the U.S. are type O negative, it's always in great demand and often in short supply.

Type AB positive plasma can be transfused to patients of all blood types. Since only 3% of people in the U.S. have AB positive blood, this plasma is usually in short supply.

Red blood cells must be used within 42 days (or less).

Platelets must be used within just 5 days.

Please check your social schedule and seriously consider joining our efforts to help others. Feel free to invite a friend to join you.

THANK YOU for considering our request.



## Dad's Cookie Company

*"Family Owned And Operated Since 1938"*

3854 Louisiana Avenue, St. Louis, MO 63118

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

**Dad's Cookie Company, the home of...**  
**Dad's Original Scotch Oatmeal Cookies™ and**  
**other fine treats**

**[www.dadscookies.com](http://www.dadscookies.com)**

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

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

Email: [calldad@dadscookies.com](mailto:calldad@dadscookies.com)  
 Website: [www.dadscookies.com](http://www.dadscookies.com)

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

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

Baumann's Fine Meats  
 Cafe Manhattan  
 Crown Candy Kitchen  
 Dierberg's Markets

Freddie's Market  
 Hanlen's Fine Meats & Catering  
 Hanneke's Market

Kenrick's Meats & Catering  
 Mateker's Meat & Seafood Shop  
 Mom's Deli

Schnuck's Markets  
 Straub's Markets  
 ...AND MANY MORE!

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

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



**THE PULSE IS PRINTED  
ON RECYCLED PAPER**

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

**314-962-4750**

**PULSE NEWS SERVICE**

**9019 Manchester, Brentwood, MO 63144**

**pulse@genedel.com**

**www.genedel.com**

**Gene-Del Publishing Co., Inc.**

Eugene & Delores Dodel - Founders

Joyce Dodel Locke - Editor

Joyce Dodel Locke - Design Director

Eric Dodel, Kim Phegley,

Keith Dodel, Joyce Dodel Locke - Photographers

— *Reporters* —

Sue McCarthy - Travel Destinations

Kevin McCarthy - Restaurant Reviews

Rob Rains - Sports

**AD PRICES ARE FOR CAMERA READY ONLY  
ADVERTISING RATES:**

**Full Page 10-1/4 x 16-1/4 \$235.00**

**1/2 Page 10-1/4 x 8-1/2 \$180.00**

**1/4 Page 5 x 8 \$125.00**

**1/8 Page 5 x 4 \$95.00**

**Business Card Size 2 x 3-1/2 \$55.00**

**For color add \$25 to ad price.**

**Inserts - Call for Price**

Member, Mid-County and Webster Groves  
Chambers of Commerce

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

# A Few Pulse Distribution Centers...

Carl's Drive-In  
Mount Calvary Church  
Trainwreck Saloon  
Rock Hill City Hall  
West Community Mortgage  
St. Louis Custard  
Steger Automotive  
Schiller's Camera  
Speedway Automotive  
St. Mary Magdalen School  
St. Mary Magdalen Church  
Farotto's Restaurant  
Rock Hill Library  
Bopp Chapel  
Laurie's Shoes  
Traintown  
Hacienda Mexican Restaurant  
UPS Store  
Brentwood City Hall  
Brentwood Public Library  
First Church Christ Scientist  
Brentwood Shoe Repair

Altair Travel & Cruises  
O.B. Clark's  
Brentwood Forest Condominiums  
White Building  
Drury Inn  
West Community Credit Union  
Brentwood Parks Department  
Enterprise Bank  
Refind Room  
All State Insurance  
Schafly Bottleworks  
Citizens Bank  
Richmond Heights City Hall  
Richmond Heights Library  
Telle Tire Service  
Maplewood City Hall  
Richmond Terrace  
Brentwood Police Department  
Brentwood School Admin. Building  
Dobb's Tire  
Mid-County YMCA  
Richmond Heights Library

## WRITE IN YOUR OWN CLASSIFIED AD

Mail Check or Money Order.  
*Ads must be received by  
first monday of the month.*

**20 WORDS FOR \$3.00!  
Each additional word or  
fraction thereof, 10¢ each.**

Telephone number equals two words.  
Address equals two to three words.  
**PLEASE TYPE OR PRINT CLEARLY.**

---



---



---



---

**Customer Information  
(will not be included in ad)**

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone No. \_\_\_\_\_

**Mail to:  
PULSE NEWSPAPER  
9019 Manchester  
Brentwood, MO 63144**

## Classifieds

### WARNING

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

### MARY'S PET SITTING

Loving professional pet care in your home. Bonded and insured.  
314-918-8629.

### KERI CARES PET SITTING

Pet Sitting and Dog Walking services. \$15 per visit or walk. \$40 for Overnights. Can provide references. Call or text 314-560-1016.

### HELPING HANDS FOR SENIORS

Offering compassionate personal care, errands, light housekeeping and companionship. Referrals upon request. 336-289-1555 or sherryhill143@gmail.com

**20 WORDS  
FOR \$3.00!**

the  
**pulse**  
314.962.4750  
www.genedel.com

**Deadline for  
next issue is  
February 5**

## GIVE A LIFELINE...

Donate Your  
Old Cell Phone

**Cell Phones for Safe Homes program  
raises funds through phones**

Drop off your used cell phones at the Gene-Del Printing/Pulse Newspaper office to be recycled through Lydia's 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 to survivors of domestic violence.

Web: www.lydiashouse.org Email: info@lydiashouse.org Connect: Find us on Facebook, Follow us on Twitter



# TRAVEL

By Sue McCarthy

## 2024 Travel and Adventure Show - Chicago

I normally write my articles about destinations we have traveled to all over the world. This time I am writing on how you can find places that you want to visit. This is sometimes referred to as a person's "bucket list." We have visited 44 countries and 50 states. We only need to visit Hawaii to make our 50 states and this will be the year we are planning to do this.

The Chicago Travel Show will be held January 13-14th at the Donald E Stephens Convention Center, 5555 North River Road, Rosemont, IL. Show Hours: January 13: 10am - 5pm. January 14: 11am - 4pm.

Other locations are: Denver January 20-21; New York, January 27-28; Los Angeles February 3-4; Phoenix February 17-18; Washington, DC February 24-25; San Francisco/Bay Area March 16 - 17; Atlanta March 9-10; and Dallas March 23 - 24.

Tickets are on sale now for all Travel & Adventure Shows. <https://travelshows.com> \$0 - \$20.

2.1 million travelers have attended and there will be 4,500 unique travel brands.

Listen to the Travel Speakers talk about where they have been and where you can go. Keynote Speakers will be Rick Steves, Pauline Frommer, Peter Greenburg, Phil Keoghan and Phil Rosenthal.

Be entertained at the Global Beats Stage.

If you are interested in water sport adventures, check out the scuba diving, snorkeling, paddleboarding and kayaking.

We would also like to take this time to announce Kevin and Sue have decided it is time for us after producing the Travel Planners Radio Show on 40 stations for 23 years to retire and spend some time traveling to places on our own "bucket list."

We will still be writing our column for the Pulse and we will be adding to our <http://www.youtube.com/kevinandsuetravel>.

We will also be adding to our [blogspot.com/kevinandsuetravel](http://blogspot.com/kevinandsuetravel)

### IF YOU GO – 2024 Chicago

Travel & Adventure Show - Donald E. Stephens Convention Center



Sue and Kevin McCarthy with Samantha Brown



Follow the Fire Department on Facebook! @BrentwoodMOFD now has an official Facebook page. So, click the follow button to stay up to date about all things Brentwood FD!

BANKING ON YOU™



Proudly committed  
to Brentwood!  
Thanks for your partnership 1936 to 2023.



 **ONLINE:** [westcommunitycu.org](http://westcommunitycu.org)

 **CALL:** 636.720.2400

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

Federally insured by NCUA for \$250,000.

\*\*Additional minimum coverage of \$750,000 provided by Excess Share Insurance Corporation, a licensed insurance company.

