



News

The Official Newsletter of the Southampton Neighborhood Association · May 2006

Next Southampton Neighborhood Association Meeting

Date: Wednesday, May 10, 2006
Time: 7:00 p.m.
Refreshments will be served
Location: Southampton Presbyterian Church
Lower level gymnasium
4716 Macklind Avenue (at Nottingham)

SNA Officers, Board Members & City Officials

Chad Stockel, *President*
752-9972 • chadstockel@yahoo.com

Ron Coleman, *Vice President*
832-3872 • SouthamptonVP@sbcglobal.net

Andrew Barrett, *Treasurer*
351-6343 • SouthamptonTr@sbcglobal.net

Mike DeVlieger, *Secretary*
352-4751 • mike@vincico.com

Pat Theodore, *Block Captain Chair*
352-7137 • pat_theodore@yahoo.com

Stephen Gregali, *14th Ward Alderman*
(includes Macklind to Kingshighway)
622-3287 • gregalis@stlouiscity.com

Donna Baringer, *16th Ward Alderman*
(includes Macklind to Hampton)
641-8377 • baringerd@stlouiscity.com

Sandy Colvin, *Neighborhood Stabilization Officer*
613-3169 • colvins@stlouiscity.com

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St. Louis Metropolitan Police Department
444-0168 ext. 1 • NMNocchiero@slmpd.org

Macklind Businesses Open House Kicks off "Walking Wednesdays"

Date Set for Wednesday, May 24

As the weather begins to warm this spring, the Southampton Neighborhood Association is announcing a neighborhood walking initiative. Besides being plain healthy, getting out increases your chances of meeting neighbors. We propose that Wednesdays in Southampton be known as "Walking Wednesdays" and suggest that residents include the Macklind Avenue Business District in their walking route. Go by yourself, with your spouse or friend, or grab a neighbor and a drink. Walk at any time that fits your schedule: morning, after work, or evening. "In our rushed, four-wheel lives, I think people have forgotten how little time it really takes to walk a mile," said Ron Coleman, Southampton Neighborhood's Vice-President. "I know that I have no excuse not to get out on foot more often. We hope this initiative will make walking habit-forming."

To kick off the initiative, Macklind District businesses will be holding an open house on May 24, from 5:00 p.m. to 7:30 p.m. Residents are invited into businesses just to look around or to meet the owners. Some of the businesses participating will be offering food samples or other small gifts during the walk, but residents who stop at all of the businesses on the provided map will be eligible for drawings at the end of the evening from a gift basket. The gift basket is currently on display in Manzo Importing Company's window. Prizes contributed so far include a trio of wines hand-picked by Pete Manzo, a gift certificate to the Mack Bar & Grill, a Tool Kit from Raineri Construction, a \$20 gift certificate courtesy of Home Eco, free dinner for two at Cafe Harry, three pounds of Kaldi's coffee from the Murdoch Perk and more.

A leisurely walk down the entire Macklind Business District takes only ten minutes and Southampton's "Main Street" is just a ten minute walk from Hampton or Kingshighway. To begin the evening, please stop by any of the open businesses at any time for a map, register if you wish, and stay for the drawing at 7:30 p.m. in front of Manzo Importing. So, bring your stroller, your pet, or your cane, and leave your excuses at home. Also consider grabbing a sandwich at Manzo's, a Gyro at Cafe Harry, or choose something from the extensive menu at The Mack Bar & Grill. We hope to see you May 24 for the open house, and indeed every Wednesday, walking the streets of Southampton, morning, noon and night.

Benefits of Walking Southampton any time!

- Easy way to increase blood circulation and physical energy for all ages.
- Activity encourages other residents to get out. (Some people need a good excuse!)
- More bodies on the street means more eyes and a safer neighborhood.
- Enjoy the diverse architecture in the neighborhood.
- Get landscaping and home improvement ideas.
- Opportunity to bump into your mystery neighbors.
- Happy babies and dogs.

Southampton Neighborhood Association to Hold Elections

The Southampton Neighborhood Association will be holding elections for the Executive Board at the May 10, 2006 General Membership Meeting. Any voting member of the Association is welcome to run for any of the positions, which include President, Vice-President, Treasurer, and Secretary.

At the time this article was written, President Chad Stockel, Vice-President Ron Coleman, and Treasurer Andrew Barrett are standing for re-election, however, such decisions have not been finalized. There will be an opening for a new Secretary, as Mike DeVlieger is stepping down to concentrate on the business he opened since being elected in 2004. The bylaws state that the Secretary's duties include keeping a record of all proceedings of the meetings of the Association and attending to all correspondence of the Association.

If anyone is interested in running for any Executive Board position, please contact Chad Stockel at 314/752-9972 so that he can answer any questions and, more importantly, add names to the ballots.

JOIN THE SNA AND MAKE A DIFFERENCE!

Join or renew your membership to the Southampton Neighborhood Association today.

Simply fill out this form and mail it with your annual membership dues of \$10 per household to the address below.

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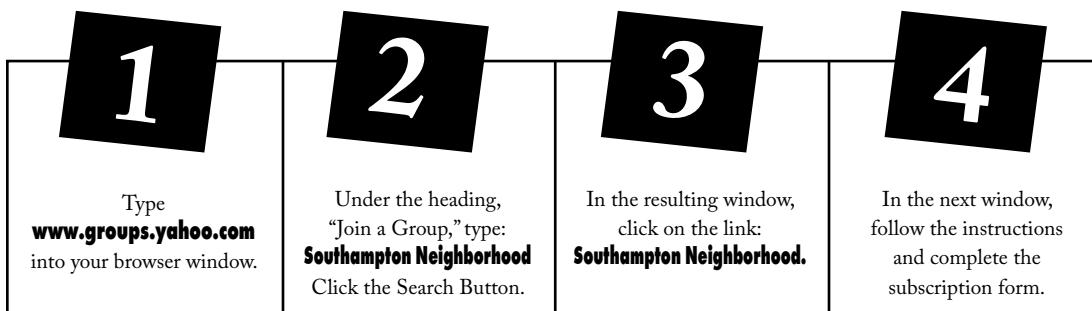
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PRESIDENT'S MESSAGE



Chad Stockel, President, Southampton Neighborhood Association

Hello all,

Well, spring is finally here. This is where normally one would mention how difficult the winter was, but who are we kidding? Why, when I was a kid the snowdrifts ... ahhh, forget it.

Thanks to everyone who helped with Project Blitz. The "Wherry wedges" look outstanding, and I love the flowers at the north tip of the north wedge (next to Buder School). It really is great to see our neighbors donate their time and effort to making

Southampton a better place.

Coincidentally enough, I'd like to focus on volunteers this month. We've been very lucky to have a number of people step up and accept a variety of roles, including our social chairs, block captain chairs, and newsletter writers, but we can always use more help. In May we'll be having our elections for the Executive Board. Right now the Secretary position will be open, and anyone is welcome to throw their hat in the ring for the other positions as well.

In addition, we are running short on block captains. A block captain is basically the "go to" person for their neighbors on their block. They help serve as a link between the Executive Board and the block, answer their neighbor's questions, and can (but don't have to) organize block parties. It's a great way to get to know your neighbors and get involved without having to devote too much time, as the block captain's committee meets quarterly, or four times a year. If you're interested, please contact myself, Ron Coleman, or Pat Theodore. Our numbers and email addresses are on the front of the Newsletter.

I'd like to close with a quick thanks to Mike DeVlieger for serving as Secretary for the past two years. He has done an outstanding job, and his enthusiasm and positive attitude have been very contagious. Mike is stepping down to focus on running his business, and we all wish him nothing but the very best in the future. Thanks again, Mike.

Take care, and see you at the May meeting,

Chad Stockel
President, Southampton Neighborhood Association

What is this man thinking?



1. Where's the dumpster?
2. If I had a magnetic crane I could get half of this stuff.
3. What don't they understand about "4th Monday of the Month"?
4. I could empty the dumpster but then it may fall over when I set it on the junk that just caved in.
5. I guess "place bulk items behind your own property and away from dumpsters" never soaked in.
6. I'm glad I don't live on this block.

Community Updates

Business and Commercial Development

The **Jubilee Church** of Webster Groves has signed a provisional contract on the former **Kriegshaus South Mortuary** building on Kingshighway just south of Chippewa. While the deal could still fall through, closing should be sometime in late summer or early fall. They are looking into options for expanding the chapel area. • The **White Castle** on Kingshighway (now with drive-thru) is open again after a complete tear-down and rebuild. • A group of city inspectors was recently seen at the **Avalon Theater**. The building is still for sale even as the city seeks eminent domain from owner **Greg Tsevis**. • Exterior structural items are complete on the **Chippewa Lofts Apartments** at Kingshighway and Chippewa but additional work has stopped. Neighborhood leaders are waiting to hear from owner **Gurpreet Padda** on his future plans. • **Spencer Auto Glass** at Brannon and Eichelberger has closed and the building has been sold. The new owner also recently purchased the **Hobby Shop** on Hampton south of Rhodes and is moving the business to that location. • The **Southtown Business Organization**, formerly known as the **South Kingshighway Business Association**, had a successful Mayor's Breakfast on March 21st and is continuing its reformation efforts through some general membership meetings and the annual barbecue fund-raiser scheduled this year for June 9th, 11:00 to 2:00 p.m. at Charles Schmitt Motor Car Co. Everyone is welcome to attend the barbecue. Sandwiches start at \$3.50 and full plates at \$5.00. Menu items are pork steaks, Manzo's salsicca, hamburgers, coleslaw and pork & beans. Mark your calendars.

Krekeler's Market, a neighborhood staple for twenty-two years, closed April 8 but plans to reopen in July as the **Macklind Avenue Deli**, a nice deli and restaurant with indoor and outdoor seating. The Krekelers, who also own the building and want to remain a part of the neighborhood, cite industry shifts to larger supermarkets as the reason for the change. Plans are not yet final for the new restaurant but it will feature a wide variety of sandwiches both hot and cold, as well as a variety of coffees and pastries every morning. They also plan to offer a selection of prepared take home meals along with a wide variety of beers and wines to purchase. To receive email updates about the deli please send an email to macklind_avenue_deli@yahoo.com. • **Royal Art Studio of Photography** at Nottingham and Macklind is leaving their decades old studio business due to industry change and decreased sittings. Although on-location shooting will continue, they plan to close the studio in the next few months. Hurry in if you need some professional pictures taken. The property owner is also selling the building if anyone would like to buy it. • The new coffee shop and café coming to Murdoch and Macklind (the former Major Dry Cleaner building) has settled on the name **Murdoch Perk**. Extensive interior work is in process and a fireplace was recently installed. The owners hope to be open by August for early breakfasts, lunch, and dinner. • **Home Eco**, the new "Green General Store" is now open at 4611 Macklind south of Devonshire. Who couldn't use a bushel basket, an electric lawn mower, or composting tumbler? They also have earth friendly clothing, items for decorating your home, materials for remodeling a room, and solar panels to install in your yard or roof.

Starbucks and **Lion's Choice** now hope to open in June at the former Steak 'n Shake/Taco Bell site on Chippewa at Lansdowne. Construction will begin once hazardous materials are removed. • **Spotlight Pet Service**, located at 5411 Hampton between Loran and Eichelberger has opened and offers grooming, obedience classes, back yard waste removal, some retail and much more. • A local resident has opened **Apple Tree Custom Sewing** at 5116 Hampton Avenue just south of Itaska Street. They specialize in custom-made indoor/outdoor coverings for items such as patio furniture, sling chairs, and tents. • **Lane Bryant** has opened in the remaining footage of the old Walgreen's store in Hampton Village.

We would like to stress here that it is so important for the well-being of our neighborhood to patronize area businesses. Sometimes it takes a while to seek-out and find businesses without mega advertising budgets, but residents who do will discover unique choices, quality service, and friendly business owners. Studies show that forty-five cents of every dollar spent goes back to the local community, revitalizing neighborhoods and building a vibrant local culture. Come to the next neighborhood meeting to get the latest updates.

Dog's Best Friend?

Think your dog is ready for stardom? Or that you could win on "Jeopardy" or "Who wants to be a Millionaire"? Well, the Southwest City Dog Park Committee, as part of the group's fundraising efforts to open a fenced off-leash dog park in Willmore Park, has a few events coming up for you!

Now through May 15th, a "**Best Buddies**" Photo Contest of your dog & their best buddy (human or other animal) is underway with the Southwest City Suburban Journal. The top three photos selected will be printed in the Suburban Journal and are eligible for various prizes including a free 11x14 photo and sitting fee with Royal Art Studio, Franimals cards, and gift certificates from Three Dog Bakery, Pets in the City & Tropical Moose Snow Cone/Canine Coolers. Mail your photos with a \$10 donation entry fee, and up to fifty words describing the buddies, to Southampton Neighborhood Association, Attn: Dog Park Photo Contest, P.O. Box 5183, St. Louis, MO 63139.

Subsequently, on Friday, June 16th, the group will be having its largest fund-raising event to date – a **Trivia Night** in partnership with Stray Rescue of St. Louis. The donation to attend the event is \$20 per person (up to 8 per table) which includes beer, wine and soda during the event. Please contact Arlene at 314/416-8081 or 314/387-4717 or email her at Kulade@earthlink.net to make your reservations for the Trivia Night. For additional information on both events visit www.swcitydogpark.org. The greater the participation in both these events the closer our community will be to having an open Dog Park!

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Southampton Neighborhood Association is a non-political, nonprofit, neighborhood group dedicated to improving the quality of life and promoting community spirit in Southampton Neighborhood. The Association exists solely for the benevolent and educational benefit of the Community and in no manner for financial gain or profit. Its objectives are to advance and promote the public interest of Southampton Neighborhood. The Association shall advocate zoning in land use that is proper and appropriate for the community and it shall oppose the action of any individual or institution which is detrimental to the community. Southampton's boundaries are Kingshighway on the east, Hampton on the West, Chippewa on the north and Rhodes on the south. As property owners and residents, we strongly advocate the preservation of real estate property values.

Street Name Snapshot

The man behind Goethe Avenue



Ever wonder "What's in a name?" In "The Streets of St. Louis," a history of St. Louis Street names, authors William Magnan and his wife Marcella, acquaint us with a historic narrative and comprehensive index of our city's street names. Magnan, a postal carrier for 33 years, had a natural curiosity about the names of streets and history of our city, leading him and his wife to record it for posterity.

Perhaps you too wonder, "Why is that street called Goethe Avenue?" Answer: It's named for Johann Wolfgang von Goethe (pronounced GER tuh), 1749-1832. Born in Frankfurt on the Main, Germany, Goethe embraced most fields of human endeavor. He was one of the great masters of world literature as a poet, dramatist and novelist.

The short epistolary novel, "The Sorrows of Young Werther," published in 1774, recounts an unhappy love affair that ends in suicide. The form of the novel and its ending in death represent longing for the unattainable. This type of novel was not uncommon in its day. However his manner of handling the climax set Goethe's work apart. His art and thought are epitomized in the great dramatic poem, "Faust," which is rich in contradictions and conflicts without resolving them. His hero, who yearns for experience and knowledge, created a type for the Romantic Age known as a "Faustian hero." His poetry would be set to music by almost every major German composer from Mozart to Mahler. Beethoven declared a "Faust" Symphony would be the greatest thing for Art. Goethe was widely quoted. Epigrams such as "Divide and rule, a sound motto; unite and lead, a better one" and "Enjoy when you can, and endure when you must" are still in usage or are paraphrased today.

In addition to his literary work, Goethe contributed significant work to the sciences, including a theory of optics and early work on evolution and linguistics. In biology, his theory of plant metamorphosis stipulated that all plant formation stems for a modification of the leaf. He inspired British naturalist Charles Darwin with his independent discovery of the human premaxilla jaw bones and focus on evolution. He was fascinated by minerals; the mineral goethite is named for him.

Goethe considered his "Theory of Colours" to be his most important contribution to science, and prized it above all his literary work. He saw darkness not as a mere absence of light, but standing in the same relation to light as the north and south poles of a magnet - with color arising from their interplay.

Psychologist Cathrine M. Cox, in her 1926 "Early Mental Traits of Three Hundred Geniuses," speculatively estimated Goethe's IQ at 210, the highest score she assigned.

Next month: "What's the history behind Rhodes Avenue?" and the reason why Wherry Avenue runs cattywampus through Southampton.

- Carol Keller, Milentz Avenue

Here's to Your Neighborhood Health

Future Health Starts Today, Don't Delay

Don't have time to worry about what's ahead down the road with your health? Think again. What you put into your body no matter how old you are will manifest itself in the future. Exercise and proper diet are key factors in how your body reacts to stress and how you age. Hereditary factors aside, you have control through a healthy lifestyle. How you eat and live have a direct effect on your health and aging.

Simple Changes You Can Make Right Now

A poor diet and a sedentary lifestyle have a huge negative impact on your organs and are responsible for many illnesses. They affect your liver, heart, lungs, kidneys, thyroid, pancreas, and even reproductive health. You can turn things around by changing your diet. Here are some proven suggestions:

1. Eat more fresh fruits, veggies, and lean meats.
2. Eat fish several times per week, i.e., white fish like cod, mahi-mahi, talapia, and wild Alaskan salmon.
3. Cook with good oils like canola, peanut, extra-virgin olive oil.
4. Drink 6-8, 8oz. glasses of water daily.
5. Eliminate fast food and junk food.
6. Eat 3 meals per day with 2 snacks in between.
7. And last but not least, exercise. Start with walking.

All of these things can lower cholesterol and triglycerides, reverse fatty liver, normalize blood sugar levels, lower blood pressure, facilitate weight loss and make you feel great.

So get out there on Walking Wednesdays! Choose to live and be healthy.

Tina Coleman, RN, Nottingham Avenue

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Southampton Neighborhood Association

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