

Volume 27, Number 3
Fall 2011

Town & Country *Times*



FALL FESTIVAL

Saturday, October 22

9-Noon

Longview Farm Park



**Pony Rides - Babaloo
Bubble Bus – Fire Truck
Pumpkin Decorating – Crafts
Wear Your Halloween Costume!
Event is FREE to the public.**

Pony rides are \$5/short ride and \$10/long ride. Pony rides and lunch are fundraisers by Equine Assisted Therapy to help feed the horses.

Info: 314-434-1215

www.town-and-country.org



2nd Annual Impressions of Town & Country Art Competition

A *Plein Air* Art Competition

OCTOBER 22, Longview Farm Park
One day only!

Observe -artists throughout the community creating a masterpiece in Town & Country's beautiful outdoors.

Celebrate with artists - at the evening reception. View works of art created that day. Most will be for sale!
For more information turn to page 15.



**Saturday
October 22
9 AM**

**Be a part of the first Town & Country/
Frontenac Chamber of Commerce
Clayton Road Classic bike ride.**

**The ride is 11 miles and starts and
finishes at Plaza Frontenac.
See page 15 for more info.**

*The mission of the City of Town & Country is to maintain a hospitable environment for our residents and other stakeholders and to foster a "sense of community" among ourselves through the following values:
Integrity, Respect, Fiscal Responsibility, Safety and Security, Quality of Life, Community, and Excellence!*

TOWN & COUNTRY BUSINESSES SERVE OUR COMMUNITY IN MORE WAYS THAN MEET THE EYE

Supporting our local businesses is vital to the continued strength of our community.



Nearly six years ago, I wrote a column entitled “Live, Work and Shop in Town & Country.” In that piece, I noted that beautiful neighborhoods, lovely homes, exceptional schools, vibrant parks and magnificent places of worship characterize Town & Country and make us proud of our extraordinary community. I further observed that all too often, however, we take for granted the many commercial and retail establishments that significantly elevate our quality of life by providing an impressive array of goods and services while making up the cornerstone of Town & Country’s economy. As challenges associated with the national recession linger on, it remains as important as ever to consider these establishments closest to home when making business and retail decisions. Ultimately, your doing so not only allows these businesses to remain viable, but the tax revenue your patronage generates helps to keep Town & Country viable, as well.



As you know, our City is fundamentally a commercial-based economy. What you may not realize, however, is unlike many other residents in the St. Louis metropolitan area, we do not pay any property taxes to our local government — the City of Town & Country. In fact, the budget I will submit to the Board of Aldermen for fiscal year 2012 proposes a continuation of our zero percent (0%) property tax for another year. Even with this very favorable tax position, the City is able to support a first-class, well-equipped police force; provide top-flight fire protection and emergency medical services; maintain an extensive system of roads, bridges, parks and public facilities; and deliver many other services of City government that make life enjoyable in Town & Country. Simply stated, funding of our vital City services would not be possible without the sales taxes, business license fees and utility taxes generated by our commercial and retail establishments.

Unfortunately, the cost of these vital government functions continues to rise year after year. In response, we have engaged in very careful fiscal planning by making cuts to discretionary spending whenever appropriate, and adopting a highly conservative approach to establishing our annual budget. Moreover, after comprehensive analysis and extensive negotiations, we proudly entered into a new contract with West County Fire and EMS, which will save the City well over \$500,000 annually. In addition, although this important public health, safety and welfare function will be delivered more cost effectively, there will be absolutely no effect on the high quality of services we have enjoyed for nearly 30 years.



While we have certainly accumulated substantial reserve funds and cut expenses significantly over the past three to four years, the strength of our business community is central to our continued strategic growth and planned development. This is especially true given three factors: (1) the rising cost of quality services mentioned above, (2) the relatively minimal area in our community dedicated to commercial activity, and (3) recent and ongoing consideration in the Missouri General Assembly regarding amendments to the decades-old law providing for the redistribution of sales tax revenue generated in certain areas of St. Louis County. Stated differently, our limited commercial and retail ventures play an enormously important role in the strength and stability of our City, and each and every one of them deserve our attention and support.

By patronizing our local businesses, we actively contribute to that all important sense of community that is the active ingredient in maintaining the highest quality of life in Town & Country. There is no better feeling to me than being greeted by name when dropping by Mike Duffy's for a quick dinner or having Tony Pietoso work out a reservation on a special occasion at Napoli 2 when his fine restaurant is nearly full. The unique experiences at Three Dog Bakery are always enhanced when friendly faces (both human and canine) meet. Speaking of our "furry friends," the folks at Town & Country Veterinary can make a stressful moment less stressful with a personal touch. From professional services to retail sales, doing business in Town & Country makes good sense.



In addition, supporting Town & Country businesses is about to get easier and more enjoyable. Just recently, our community reached a major milestone on a city-wide project that will truly make Town & Country a better place to live and work. On September 15th, we broke ground on the Clayton Road Trail,



which will bring our City together and enhance our sense of community in much the same way that a family transforms a house into a home. This federally funded trail will run along the backbone of Town & Country, providing pedestrian and recreational access to some of our most treasured assets, including our neighborhoods, parks, government centers and — significantly — local shops and businesses. Depending upon one's energy level, a family could start their journey at Ballas Road,



continue to Mason Woods Village for coffee at Starbucks and, ultimately, all the way to Town & Country Crossing for dinner at Wasabi Sushi Bar and dessert at Eugene's Custard. This exciting project, conceived as part of our 1998 Master Parks and Trails Plan, will be completed in multiple phases. Starting this fall and into the winter, we will tie in to the existing trail system at Longview Farm Park and continue this to just east of Topping. We will then complete the trail by extending it all the way to our eastern border at Bopp Road as well

as provide pedestrian access across HWY 141 in 2012 as a part of the final two phases of the project.

Town & Country is fortunate to have such a wide array of excellent businesses that offer quality goods and services at locations convenient for us all. New companies such as Swim, Bike Run and Mr. Goodcents, are regularly choosing to locate in our City, often at the very popular "lifestyle center" around



Lamp & Lantern Village and Town & Country Crossing. With its signature lake and fountain (which provides a temporary home to various forms of wildlife), this inviting area generates substantial commercial activity and assorted sales tax revenue for our City. Dollar Stop, The Bar Method and AJ Nails





are just a few of the new additions to the Crossing, while Merrily We Sew Along and ZPower Fitness just opened across the street at Lamp & Lantern. We are proud to have these and so many other fine establishments doing

business in Town & Country in not only these areas, but in our other fine commercial areas such as Manchester Meadows, Woods Mill Plaza and Mason Woods Village.

Finally, any discussion of the value and importance of doing business in Town & Country would be incomplete without expressing my sincere appreciation and gratitude for the fine work and tireless efforts of the Town & Country/Frontenac Chamber of Commerce. This dedicated group of professionals welcomes every new business and provides a forum for the exchange of commercial information and opportunities throughout our community. The Chamber's leadership and its dedicated staff have elevated the caliber of programming substantially over the last several years and their efforts are a direct investment in our overall success. In addition, their presence and participation at nearly all City events complements so much of what we do at City Hall. From "ribbon cuttings to Fire & Ice," the Chamber is always there for us.

* * *

My intent in mentioning some businesses by name in this letter is simply to cite examples of ways to enjoy doing business in Town & Country, but I could easily have named any of our trusted local establishments. Our community is home to an outstanding variety of restaurants, retail shops, service companies and other businesses that are essential to ensuring the fiscal soundness of our City. As we head into the holiday season, I hope that you will keep our local businesses at the top of your list and take advantage of all that they have to offer. It will truly make all the difference for them and for our beautiful City.



Best wishes to all, and I'll see you at the checkout counter!

All the best,

Jonathan F. Dalton
Mayor

CLAYTON ROAD TRAIL GROUNDBREAKING

On September 15, Mayor Dalton welcomed City officials and residents to the groundbreaking of the first phase of the Clayton Road Resurfacing and Trail Project. A crowd gathered to celebrate this exciting event that will offer pedestrian access along Clayton Road. The first phase will provide a trail from Longview Farm Park to Oak Springs. Phase two, which is scheduled to begin in 2012, will continue on to the City limits just east of Bopp Road.



Aldermen Tim Welby, Fred Meyland-Smith and Nancy Avioli joined Mayor Jon Dalton, Aldermen Lynn Wright and Al Gerber, Public Works Director Craig Wilde, City Administrator John Copeland, and Parks & Recreation Director Anne Nixon in the groundbreaking



All in attendance gathered for a group picture



CANDIDATE FILING OPENS IN DECEMBER FOR THE TUESDAY, APRIL 3, 2012 MUNICIPAL ELECTION

An election for a two year term to the office of Alderman, Ward 1; Alderman, Ward 2; Alderman, Ward 3; and Alderman, Ward 4, will be held on Tuesday, April 3, 2012.

Town and Country residents wishing to file for alderman in his/her respective ward may do so beginning at 8:00 a.m. on Tuesday, December 13, 2011 through 5:00 p.m. on Tuesday, January 17, 2012.

Qualifications for alderman include being at least twenty-one years of age, a citizen of the United States, a resident of the City at the time of and at least for one year preceding the election and a resident of the ward from which he/she is elected.

For additional information, please contact the City Clerk, Pamela Burdt at 314-587-2806.

As a reminder, the dispatch center for the Town and Country Police Department was consolidated into the West Central Dispatch Center on March 1st, of this year. Although the center is housed in the Town and Country Municipal Center the phone numbers for basic police service have changed. Please make a note of the new numbers below:

9-1-1

- Medical or fire emergencies
- For all incidents involving an ongoing threat to life or property
- "In-progress" calls - such as suspicious persons, suspicious vehicles
- Vehicle crashes
- Any incident in which a timely police response is necessary

314-737-4600

- To request non-emergency police services
- To report a crime or incident that is NOT "in-progress" or "just occurred"
- To report an incident in which there is not an imminent threat to life or property

314-432-4696

- Main telephone number for general inquiries
- To request police reports, vacation checks, or to speak to administrative staff

www.town-and-country.org

New Businesses in Town & Country

Crescent Home Health Agency
763 S. New Ballas, Suite 260

Dollar Stop
1268 Town & Country Crossing

First Source Laboratory
3023 N. Ballas Road, Suite 440

Merrily We Sew Along
262 Lamp & Lantern Village

Met Life
635 Maryville Centre Drive

Metro West Anesthesia Group
400 S. Woodsmill Road, Suite 140

Mr. Goodcents
1044 Town and Country Crossing

Speartip
1714 Deer Tracks Trail, Suite 260

Starcrest Cleansers
1032 Town & Country Crossing

Swim Bike Run
1030 Schnucks Woodsmill Plaza

Wasabi Sushi Bar
1066 Town & Country Crossing

Z Power Fitness
233 Lamp & Lantern Village



CITY CALENDAR ONLINE

The City of Town & Country is continuously updating the City calendar with meetings and events. For an accurate up-to-date schedule of what is going on in the City, please refer to www.town-and-country.org and click on CALENDAR from the left side menu, or click on the calendar icon on the right of the page.

Save The Date Art, Wine & Music Event

Friday, February 17, 2012
at Longview Farm House



Please check www.town-and-country.org for details and updates for this great event!! Tickets will be for sale after January 1. Call Mary Olsen at 314-587-2804 for info.



Volunteers Needed in St. Louis County

Would you like to find a “cause” near your home where you can contribute time and really help out? Are you a “people person” who enjoys interacting with others, especially individuals who will appreciate an interested listener? If so, you may be interested in a program offered by the Saint Louis County Department of Human Services’ County Older Resident Program (CORP). CORP’s Neighbor Driving Neighbor program matches volunteers with older adults living nearby and needing rides for medical appointments. Through the efforts of dedicated volunteers, CORP’s Neighbor Driving Neighbor program provides a vital link that enables seniors to stay healthy and remain living independently in the community.

MAKE AN IMPACT IN ST. LOUIS COUNTY!

National “Make a Difference Day” is October 22, 2011. Saint Louis County Department of Human Services’ County Older Resident Programs (CORP) invites individuals, families, businesses and groups to MAKE AN IMPACT in their community throughout the year! “MAKE AN IMPACT” options include: volunteering; “adopting” a needy family for the holidays; and informing relatives and neighbors that CORP offers a vast array of services that help seniors live independently at home.

To find out about the Neighbor Driving Neighbor program and “MAKE AN IMPACT” please contact CORP Coordinator, Terese Labovitz: (314) 615-4535; or email tlabovitz@stlouisco.com. Individuals with hearing impairments may call (314) 615-4425.

CHURCHILL CENTER & SCHOOL COMMEMORATES 9/11

Churchill Center & School invited the Town & Country Police and Fire Departments to a 9/11 Commemorative Picnic on Friday, Sept. 9. The Churchill community recognized and thanked the police and firemen for the work and risks they take everyday. Students Joshua Theus and Catherine Cleary presented Firefighter Kelly Grassmuck and Police Captain Gary Hoelzer with a plaque and letters of thanks.

From left to right: Kelley Grassmuck, Joshua Theus, Catherine Cleary and Captain Gary Hoelzer



2011-12 CONCERT SEASON SCHEDULE

October 30, 2011, 2:30 pm

Ridgway Auditorium, The Principia

Vivaldi’s “Fall” - Kirby Anne Kay
Strauss’s Burlesque
Rimsky-Korsakov’s *Scheherazade*
Arban’s *Carnival of Venice* - Bill Hershey

December 11, 2011, 2:30 pm

Ridgway Auditorium, The Principia

Vivaldi’s “Winter” - Kirby Anne Kay
Holiday Favorites

March 11, 2012, 2:30 pm

Parkway United Church of Christ

Amy Camie and Friends
Bruch's Violin *Concerto No 1* - John Li
List's *Magical Dreamscape*

May 6, 2012, 2:30 pm

Ridgway Auditorium, The Principia

Vivaldi’s “Spring” - Kirby Anne Kay
Brahms’ *Symphony #2*

WINGS OF HOPE

At the September 12th Board of Aldermen meeting, Mayor Dalton, along with Alderman Fred Meyland-Smith presented a proclamation to Wings of Hope Executive Director Doug Clements and Vice President Michele Rutledge.

Wing of Hope’s Medical Relief and Air Transport Program in the United States annually provides advanced medical services to hundreds of not only St. Louis children, but this past year to more than 500 persons across our entire Country.





NEW EMS & FIRE CONTRACT SIGNED

Chief Dave Frazier, and Rick Rognan, Chairman of the Board of Directors of West County EMS & Fire Protection District, joined Mayor Jon Dalton and City Administrator John Copeland to sign a new Emergency Medical Service & Fire Protection Agreement.

SERGEANT JOE LARRABEE RETIRES

Back in July of 1979, a young police officer formerly from the Sunset Hills Police Department joined the Town and Country Department of Public Safety. More than just a police department, the Department of Public Safety was also a fire department and a provider of first responder medical care. Lacking experience in the fire fighting and medical areas the young police officer eagerly awaited the training he would receive. He looked forward to learning how to fight a fire, how to breach a building, and most of all, how to drive the fire truck. But this was 1979 and training back then was not what it is today. The young officer was given an old pair of boots and an old raincoat and told to grab the hose and hang on. Eventually he was thrown the keys to the truck and told to drive, not on a parking lot mind you, but on the way to a fire call.



In 1983, Town and Country annexed a large block of land and at that time the City disbanded the Department of Public Safety. Employees were given the option of going to work for the then Manchester Fire District as firefighters or staying with the newly formed Town and Country Police Department as police officers. For the young officer the decision was easy. While many of his former co-workers left for the fire district he remained in police work. Many new officers were hired and because of his previous experience with the City, the young officer was promoted to the rank of Sergeant. The young officer was **Joe Larrabee**, and on July 1st of 2011, after 32 years with the City of Town and Country, he decided to hang up the gun belt and retire.

In his 32 years with the City Joe has seen many changes in police work and police equipment. The primary handgun changed from the 6-shot revolver to the semi-automatic pistol, and the shotgun in the police car was replaced with a patrol rifle. These changes sparked Joe's interest and he became the department's lead firearms instructor. During his time in this position Joe helped the department transition to the new weapons and helped many shooters improve their accuracy and techniques.

The Department held a luncheon for Joe on August 30th and he was joined by several co-workers from the past, including Leroy Volmert and Cleta Rosales, who both worked with Joe in both the Public Safety Department and the Police Department, and W.C. Conley, as well as many current police department employees. Chief Copeland presented Joe with his retired badge and ID card and all present wished him the best during his retirement.

CORPORAL MOORE MERITORIOUS SERVICE CITATION

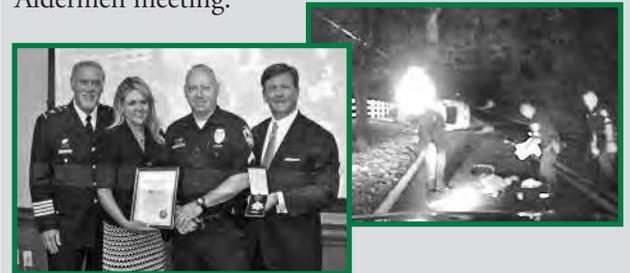
Corporal W. Christopher Moore distinguished himself in an extraordinary act of devotion to the mission of the Police Department to protect and serve the City of Town and Country. On June 24th Corporal Moore responded to an overturned vehicle on Mason Road; and, upon arrival discovered a vehicle on its side and fire coming from the engine compartment. A passenger and a passerby stated that the semi-conscious driver was pinned under the steering column and that their attempts to free him had failed.

With flames beginning to spread into the passenger compartment, Corporal Moore worked with determination to save the driver from the imminent risk of death. At great risk to himself, he worked until he was able to free the driver; and with assistance, moved him to safety just before the vehicle became completely engulfed in flames.

Fire Chief Dave Frazier stated,

There is no question that the actions of Corporal Moore prevented severe burn injuries and almost certainly saved the life of the trapped victim. Corporal Moore was operating without a "safety net" and the possibility, or even likelihood, of serious injury or death to himself and the victim. Corporal Moore acted quickly and decisively to mitigate certain tragedy and his actions should be considered heroic.

Corporal Moore received the Meritorious Service Citation from Mayor Dalton at the July 11th Board of Aldermen meeting.





Lisa O'Brien
12-13-79 – 7-18-11

Lisa O'Brien, a respected and beloved member of the Town and Country family died on July 18th due to complications from an illness. Lisa began her dispatching career with Town and Country in 2002 and developed into an outstanding communications specialist with her blend of technical and interpersonal skills.

She was a member of the newly formed West Central Dispatch Center, which is housed at the Town and Country Municipal Center, that provides public safety dispatching for Town and Country, Creve Coeur and Frontenac.

Lisa is survived by husband Kevin, a 5-year old son, Aiden, and a 10-month old daughter, Maddie.

Lisa was a dear friend to all who worked with her, and she will be greatly missed.



NEW POLICE OFFICER

Katie Exline joined the Town and Country Police Department on July 25th.



Katie comes with high recommendations from peers and supervisors alike at Creve Coeur, where she served as a police officer for four years. She was the Creve Coeur "POLICE OFFICER OF THE YEAR" in 2009 and has received recognition from Mothers Against Drunk Driving, the Mental Health Association of Greater St. Louis, and the St. Louis Area Crisis Intervention Team for outstanding performance.

Katie has a bachelors of science degree in criminal justice from the University of Missouri. She and her husband, who is a Creve Coeur police officer, reside in Arnold.

TOWN & COUNTRY GARDEN CLUB
Garden Tour

Garden tours are a source of inspiration and education and make us want to run back home and weave some magical creativity into our gardens. For the third year in a row the Town & Country Garden Club has provided just that source of inspiration. The July 9th garden tour featured eight beautiful and diversified gardens. Woodland gardens, water gardens, condominium gardens, Longview Park garden and a

garden inspired by the colors of Monet's Impressionistic paintings were all part of this fabulous and successful tour. The Town & Country Garden Club will have its next garden tour in 2013. People interested in participating in the future garden tour or attending the garden club's meetings should contact President, Ann Barron at 314-229-8686. Please visit the garden club's website: www.townandcountrygardenclub.com.



Williamson Garden



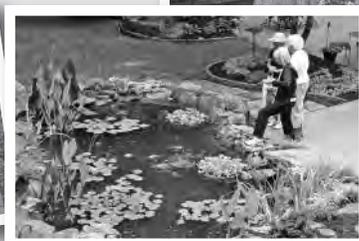
Hopmeier Garden



Wilhelm Garden



Alfeld Garden



Lenz Garden



Williams Garden



Berry Garden



Longview Farm Garden



TOWN & COUNTRY GARDEN CLUB'S Annual Dinner

Pink and fuchsia gladiolas, abundant hanging baskets of impatiens graced the lime green and hot pink table decorations for the Town & Country Garden Club's July 16th annual dinner. Members, friends and garden tour hosts gathered together at the Longview Farm House to celebrate a successful garden tour and to share a delicious dinner. The evening began with guitar music by Bill Ash of the St. Louis Classical Guitar Society and concluded with a program of colorful and exquisite costumes representing different plays from the Repertory Theatre of St. Louis. The tireless efforts of garden club members resulted in an evening of sheer elegance, which was enjoyed by all who attended.



Hera and Alderman Al Gerber



Sam & Pat Hopmeier



*William Ash, President
St. Louis Classical Guitar Society*



*Anna Siromas, Joan Williams,
Kathy Rutter*



*Participants enjoying the
fashion show*



*Front: Pat Hopmeier, Ruth
Alfeld, Jan Miller, Jeanie Scott
Back: Dick Alfeld*



*Frank Gilman, Debbie Gilman,
Diane Hertlein*



*Repertory Theatre Backers Board
Fashion Show*



Jan Boehm, Michael Barron

Fire & Ice

This was the most spectacular year for the City's annual Fire & Ice event. Thank you to all the community sponsors for making this event possible, especially Mari de Villa Retirement Community. Not only did Mari de Villa agree to be the Community Sponsor of the event, they also passed out free water and commemorative T-shirts to all in attendance! Families and friends flocked to Town & Country Crossing to enjoy the food, music, games and fireworks. Town & Country restaurants offered a wide array of delicious food and drinks. Music by the Town & Country Symphony Orchestra and the Featherstone Drive Band filled the air throughout the evening. The weather was unseasonably cool providing for a great, festive atmosphere. As the evening progressed, a storm began to threaten the area. And so, the fireworks were shot off early. This early show against the gray sky pleased young and old alike!





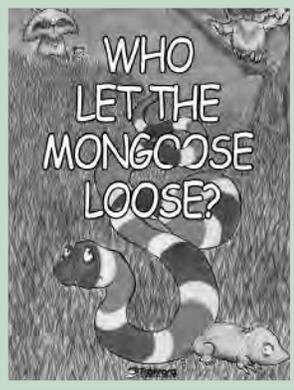
Thank you Sponsors!

**Mari de Villa
Retirement Community**

**Cotton Babies
Clarkson Eyecare
Maryville University
Missouri Baptist Medical Center
Scottrade
UMB**

**Coldwell Banker Gundaker
Commerce Bank
JW Terrill
Town & Country Crossing
Town & Country/Frontenac
Chamber of Commerce
Town & Country Symphony Orchestra
Whole Foods Market**

**Photos generously donated by David Bentley,
Bentley Studio Ltd.**



“Read Me A Story” – The Favorite Words of Town & Country Children’s Book Author

Local author William Tyler writes stories in playful verse to inspire preschoolers to read early and read often. The books are whimsically illustrated by Dan Tyler, the author’s son. “To really engage a child in learning to read, I believe a story should be fun to read aloud,” says Tyler. “It should introduce new words and have an intriguing storyline that prompts questions and interaction. That’s why the Dr. Seuss books are so popular.”

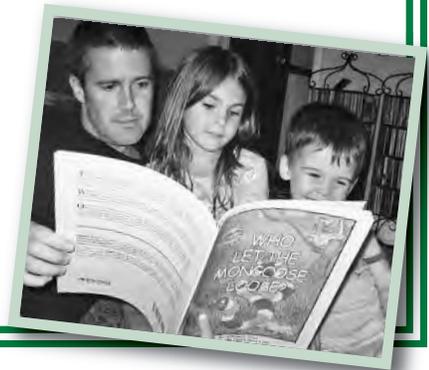
In “*Who Let The Mongoose Loose?*” an unexpected visitor upsets the lives of a forest full of skittish animals, leading them to believe that “the earth is turning inside out.”

Their newest book, “*The Little Wolf Cubs’ Christmas Gift,*” features four playful wolf cubs, their very concerned friend WorryBird, and a menacing giant bear - all positively influenced by a magical little Christmas tree.

William Tyler is a Saint Louis University professor of communication who believes learning should be fun for all ages. He and his wife Margery and miniature Schnauzer “Captain Murphy” are residents of Town & Country.

Dan Tyler is an artist whose sense of humor is especially suited to stories that appeal to young children. He and his wife Jill and their two lively little human creatures (both early readers) live in Leawood, Kansas.

“*Who Let The Mongoose Loose?*” and “*The Little Wolf Cub’s Christmas Gift*” can be found online at amazon.com and barnesandnoble.com bookstores.



Dan Tyler reading to Clover and Owen

Save the Date



St. Nicholas Philoptochos Women’s Society
the Women’s Auxiliary for St. Nicholas Greek Church



Invites you to join us for our
“Grecian Kitchen” Holiday Open House

Saturday, November 5, 2011 • 11:00 a.m. - 2:00 p.m.

St. Nicholas Family Life Center
12550 South Outer Forty Road
Town & Country

Lunch, Greek Pastries, & Holiday Specialty Items for Sale

Please come and place your home-made “Grecian Specialties” order for the holidays.

For advanced orders, please contact Georgia at 636.675.0329 or
Helen at 314.750.0745

P

Parks and Recreation

Outdoor Education

Two excellent pre-school programs were held at Drace Park this summer. The first was Turtles for Tots (pictured) and the second was Poisonous & Venomous Things. Both programs were very informative and fun. They included educational information, hand-on crafts, and live animals! Both classes were taught by naturalists from the Missouri Department of Conservation.



YOGA FOR EVERY BODY

Yoga has been practiced for more than 5,000 years, and currently, close to 11 million Americans are enjoying its health benefits. Take the Fall and Winter to improve your flexibility, your strength, and your posture. Each class will close with a relaxing, calming pose. Suitable for all levels.



Day: Tuesdays

Time: 10-11:15 AM

Location: Longview Farm House (13525 Clayton Road)

Dates: 11/1, 11/8, 11/15, 11/22, 11/29, 12/6

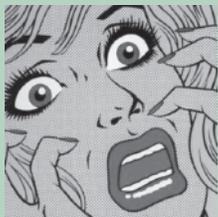
Fee: \$69 per six-week session

Instructor: Suzanne Fischer

Participants need to provide own yoga mat and blanket.
To register over the phone with a credit card call 314-434-1215

Take the **STRESS** out of holiday party planning in your own **HOME!**

Host your holiday event at the **Longview Farm House!**



- Family Parties
- Corporate/Company Dinners & Lunches
- Showers, Anniversaries & Birthdays

Delicious food with exclusive caterer



Call or email today! Lindsey Hodge
314-434-1215 • hodgelf@town-and-country.org

Breakfast with Santa!

Longview Farm House



Saturday
December 10

9AM to 11AM

Take a break from the holiday rush to see Santa!

- Visit Santa—bring your own camera to take a picture
- Enjoy holiday crafts and games
- Continental breakfast provided

\$5.00 p/person; 2 and under free

Call 314-434-1215
Pre-registration required.
Tickets are limited!



P

Parks and Recreation

Turkey Trot for TREES!



NOVEMBER 25
Family Fun Run/Walk

The Friday after Thanksgiving
November 25, Longview Farm Park
Start Times:

5k Family Fun Run/Walk 9AM
½ mile Fun Run for Kids 10AM
(Parents may accompany children.)

The Turkey Trot proceeds will be used to help reestablish the woodland understory at Longview Farm Park.

What is a family fun run/walk?

A family fun run/walk is an opportunity for all ages and abilities to participate in an active, family event with friends and neighbors while raising money for a worthy cause. You will be timed with a stopwatch, not a professional timing system. All participants will receive a technical T-shirt, plus post-race refreshments.

How do I sign up?

PRE-REGISTRATION \$20
(Fun Run for Kids \$10)

This option guarantees your technical T-shirt and size. Call 314-434-1215 to pre-register over the phone with a credit card.

Cash and check are accepted by mail or in person.

Pre-registrations deadline is November 17th.

RACE-DAY REGISTRATION-\$30
(Fun Run for Kids \$15)

Arrive at the Longview Farm House 30 minutes before your event. T-shirts will be first-come, first-served with this option.

How do I volunteer?

Volunteers are needed along the course. This event qualifies for high-school community service hours. Volunteers must contact Anne Nixon at 314-434-2128 or nixona@town-and-country.org by November 10th.



CUT BUSH HONEYSUCKLE - NOW!

If you are interested in removing invasive bush honeysuckle from your property, this is the time to cut it down. Bush honeysuckle stems can be cut at the base with brush-cutters, chainsaws or hand tools. After cutting, a 20-percent solution of glyphosate should be applied to the cut stump either by spraying the stump with a low pressure hand-held sprayer or wiping the herbicide on the stump with a sponge applicator to prevent re-sprouting. Glyphosate is available under the trade names Roundup and Rodeo, products manufactured by Monsanto. While the Roundup and Rodeo labels recommend a 50- to 100-percent concentration of herbicide for stump treatment, a 20-percent concentration of Roundup has proven effective. It is not known if this lesser concentration is effective for Rodeo also. Rodeo can be used in wetlands and over open water, but Roundup is only labeled for use in non-wetlands. Herbicides should be applied to the cut stump immediately after cutting for best results. Application in late summer, early fall or the dormant season has proven effective. Some re-sprouting may occur with a follow up treatment being necessary. Glyphosate is non-selective so care should be taken to avoid contacting non-target plants. The wood of bush honeysuckles is very tough and easily dulls power tool blades. Planting of native species following honeysuckle removal may be necessary to reestablish a desirable composition of ground cover, shrubs and understory trees. This may also minimize the risk of reinvasion by shrub honeysuckles and other exotics.



Impressions of Town & Country

A Plein Air ART COMPETITION

October 22, 2011

Longview Farm Park

The Town & Country Public Art Commission is pleased to present its 2nd annual Art Competition. "En plein air", French for "outdoors", describes the style in which artists will paint scenes of Town & Country in this one day competition, with all art being created entirely outdoors!

Artists: Cash prizes of \$1000 will be divided among the 1st, 2nd and 3rd place winners. There will also be non-monetary prizes for the "Peoples Choice" and the High School category.

Reception: All are welcome to our post competition reception and Art Sale. Come admire the artists' creations, enjoy a glass of wine, and a light snack. Please RSVP for this event by Wednesday October 19th by calling 314-434-1215, or emailing hodgelf@town-and-country.org.

Competition art gallery DISPLAY: Art will remain on display at the Longview Farm House, Monday - Fridays, from Monday, October 24th through Friday, November 4th from 8:00AM - 11:00AM, or by appointment.

COMPLETE RULES AND ARTIST REGISTRATION: Can be found on the City's website: <http://www.town-and-country.org> (In The News menu on right of page.) You can also call Lindsey Hodge at 314-434-1215.



Impressions of Town & Country, schedule of events:

- 7:30AM** Artist Registration. Artists report to Longview Farm House with a blank canvas.
- 8:30AM** Competition begins! Artists will draw from inspiration anywhere within the City's limits.
- 4:00PM** Artists will return to Longview to have their work judged by a professional panel.
- 5:00PM** RECEPTION and ART SALE begins. All are welcome!



Saturday October 22

**9:00 am start
11 mile ride**

**On-line registration:
tcfchamber.com**

PRE-REGISTRATION: \$25
Includes a dri-fit t-shirt,
stainless steel water
bottle and goodie bag

**RACE DAY
REGISTRATION: \$30**
*Race Day Registration
begins at 8:00 am*

**The on-road, self-
supported ride starts
and ends at
Plaza Frontenac**

*This is your chance to ride
Clayton Road with a rolling enclosure!*

**DOOR PRIZES WILL BE
AWARDED AFTER THE RIDE!**

At Plaza Frontenac
During the ride the
whole family can enjoy:

- ▶ Food
- ▶ Shopping
- ▶ Entertainment

The ride and event benefit the
Town & Country-Frontenac
Chamber of Commerce.

For more information, please call 314.469.3335

Missouri Baptist Medical Center Community Outreach

All programs are free-of-charge and reservations are required. Please call 314-996-5433 for reservations and specific locations.

Free Health Screenings

Cholesterol & Glucose Screenings at Your Neighborhood Dierbergs.

Cardiologists recommend that you monitor your cholesterol and glucose on a regular basis. To make it easy, Missouri Baptist will provide FREE screenings in the pharmacy department at your neighborhood Dierbergs Markets. This screening is FREE and measures your glucose, total cholesterol and HDL. No fasting is required – appointments are recommended.

Dierbergs Heritage,

Wednesday, Nov. 2, 1:30-5 PM.

Dierbergs Market Place,

Wednesday, Nov. 9, 1:30-5 PM

Lunch And Learn

Shunning Shingles: How to Protect Yourself from this Painful Virus

Aunita Hill, MD, MPH, internal medicine

Shingles is a painful, burning skin rash that is caused by the same virus that causes chickenpox. Approximately one out of three

people in the U.S. will develop shingles in their lifetimes. Join Dr. Hill for lunch and a discussion about your risk for shingles, what you can do to prevent it, symptoms to look for and what treatments are available. Box lunches will be provided.

Wednesday, Oct. 26, 11:30 AM-1 PM,
Sunset Hills Community Center, 3915 South Lindbergh Blvd.

Straight Talk About the Warning Signs of Cancer

Paul Schultz, MD, oncologist

Warning signs are meant to protect us. It is our body telling us as adults that something is not quite right. Join Dr. Schultz for lunch and to learn more about these warning signs and what you can do to lower your risk for cancer. Box lunches will be provided

Thursday, Nov. 10, 11:30 AM.-1 PM,
Longview Farm,
13525 Clayton Road

Physician Presentations

Arthritis Update: Diagnosis and Treatment

Steven Lauter, MD, rheumatologist
Richard Johnston, MD, orthopedic surgeon
Sara Wilhite, MPT, physical therapist

According to the CDC, arthritis is one of the most common causes of disability in the

United States and limits the activities of nearly 21 million adults. This prevalence is expected to rise as the baby boomer generation ages. Join our panel of medical specialists as they discuss the latest research in the treatment and management of various forms of arthritis. Refreshments will be served.

Tuesday, Oct. 4, 6:30-8:30 PM, The Hilton
St. Louis Frontenac, 1335 South Lindbergh Blvd.

Medicare Update 2012

OASIS program

Shelley Miller, CLAIM Representative

Have you made your health care decisions for 2012? This class, offered by OASIS, will cover the changes in Medicare for 2012, provide a synopsis of the CLAIM program and how to access their services, plus information on Medicare Parts A, B, C and D (Prescription Drug Coverage). Don't let changes catch you by surprise. Space is limited and registration is required. Call 314-996-LIFE (314-996-5433) to register.

Thursday, Oct 13, 10:00-11:30 AM,
Kirkwood Community Center.
111 S. Geyer, Kirkwood, MO 63122

Thursday, Oct 13, 1:00-2:30 PM ,
Kirkwood Community Center,
111 S. Geyer, Kirkwood, MO 63122

Deck Your Holiday with the Trends of the Season!

Sherri Hoyt, RD, and Michelle Pasia, RD, registered dietitians

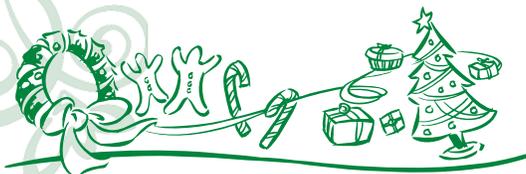
Karen Conant, Missouri Baptist floral designer and owner of "All about Flowers"

Claire Closid, Mason Ridge Garden Club

Celebrate the season in good taste (and good health!) when you bring today's trendiest foods to your holiday table! Our dietitians have taken their top 10 food picks and dressed them up for the season! They will share festive menus from a cookie exchange brunch, to casual tapas-style entertaining to an elegant dinner party – even a few in-between! Learn how to make a festive, holiday swag, tree trimmings and tablescapes that are sure to have your house dazzling from Thanksgiving through the New Year.

Please call 314-996-5433 for reservations.

Thursday, Oct. 6
6 – 8 PM
Longview Farm
13525 Clayton Road



Flu Shots: Avoiding the "Flu Blues"

Flu shots are FREE and limited to the first 1,000 individuals. Appointments are required. Please call 314-996-LIFE (314-996-5433) to register. Flu shots are recommended for all individuals 50 years of age or older, especially those with a chronic illness.



Tuesday, Oct. 11, 10 AM-1 PM, Longview Farm,
13525 Clayton Road

Saturday, Oct. 15, 8 AM-noon, Missouri Baptist
Clinical Nursing Institute Room 100

Tuesday, Oct. 18, 4-7 PM, Town and Country
Municipal Center, 1011 Municipal Center Drive

Tuesday, Oct. 25, 2-7 PM, Missouri Baptist
Outpatient Center-Sunset Hill, 3844 South
Lindbergh Blvd. (South of I-44 and Watson Road)

Longview Farm Gardens Master Gardener Location



In the St. Louis Master Gardeners 2010 Annual Report, a Town & Country Master Gardener site was listed under highlights of some of the notable Master Gardener Projects of 2010. The following was written about the gardens at Longview Farm Park which are skillfully planted and cared for by the Mason Ridge Garden Club:

The Longview Farm Park garden project had an exceptional year in 2010. After hand digging the entire front bed of some really invasive groundcover the previous fall, the volunteers began a total transformation of the front gardens. Five Master Gardeners and six volunteers worked together and created a stunning landscape design incorporating trees, shrubs, annuals and perennials. By fall 2010, the beds filled in creating a serene oasis in the park. It was rewarding for everyone concerned to be able to work together, let each opinion be heard, and attain a design that lets each volunteer's personality show.

In creating memorable gardens on the park property, the resulting display became the backdrop for numerous weddings and other celebrations. A sense of satisfaction is derived from observing families having their portraits taken in the gardens. The Master Gardeners' education has been put to good use on a daily basis in identifying and eradicating pests, selecting the best plants for a specific location, and answering the many questions from home gardeners. This is an example of Master Gardeners doing what they were meant to do...teach by doing, beautifying where they live and engaging the public through the gardening.



FEMA

Community Emergency Response Team

West County EMS & Fire Protective District and other professional responders need your help. Should there be a large earthquake, tornado, or other major disaster, the professional responders may be overwhelmed and cannot come to your aid immediately. It may take hours, days, or even weeks depending upon the scope of the event. That means citizens (you, your family and neighbors) will be on their own to help each other.

West County EMS & Fire PD will be conducting CERT (Community Emergency Response Team) classes to teach citizens how to prepare for large events and how to SAFELY conduct light search and rescue missions in your neighborhood and/or work place. FEMA (Federal Emergency Management Agency) has developed this course and has provided course materials. These classes total approximately twenty-two hours and will be held one night a week for six weeks plus one Saturday for a simulated exercise. **Classes Begin Wednesday, October 19 And End On Saturday, December 3.**

Most of the classes will be held at the West County EMS & Fire headquarters at 223 Henry Avenue, Manchester, MO 63011. THERE IS NO CHARGE FOR THE CLASSES.

Class size will be limited to twenty participants. Please RSVP as soon as possible to reserve your seat in the class. To RSVP, contact Kim Bacon, email: kabacon@wescofire.org, or phone 636 227-9350 x3581, OR contact Cliff Smith, email: cert_php@yahoo.com, or phone 314 956-4573. Web sites: FEMA: <http://www.citizencorps.gov/cert/>. Local www.mvccc.us.

West County EMS & Fire
Protection District invites you to:

FALL FESTIVAL

A FREE SAFETY EVENT

**Saturday, October 15th, 2011
from 12 p.m. until 5 p.m.**

**West County Station 1, 223 Henry Avenue
(next to Kohl's)**

GREAT FREE FOOD

**KETTLE CORN - CARAMEL APPLES - FIREHOUSE CHILI
HOT DOGS - COOKIES - HOT APPLE CIDER - HOT CHOCOLATE
LOTS OF CANDY!**

Free Pumpkins while they last!

Green Speaker Series at Longview Farm Park

The Green Team Commission is sponsoring an exciting speaker series. In June, Dan Hellmuth spoke about green architecture and his recent work with Washington University on a "living building" at the Tyson Research Center. In July, Dane Glueck provided information regarding the benefits of generating electrical power with solar arrays and their application to residential properties. Recent topics have included a panel discussion regarding energy audits and the St. Louis County SAVES program (see the article about the program below.) A screening of the movie "Bag It" which promotes a lifestyle that minimizes the use of disposable plastics as well as their impact on the environment will be on November 10 at Maryville University.

Keep an eye on the City Calendar at www.town-and-country.org/calendar.aspx for dates and times. The presentations are usually at Longview Farm Park on the 3rd Thursday evening of the month. All of these events are free of charge and open to the public. If you would like to suggest a topic or speaker, or be added to the email list announcing each presentation, please email Craig Wilde at wildecj@town-and-country.org.

Town & Country Joins St. Louis County Program For Residential Energy Efficiency Upgrades

Recently, the City of Town & Country approved a partnership agreement with St. Louis County allowing our residents to participate in a program offering low interest loans for energy efficiency upgrades to their homes. The Sustainable and Verifiable Energy Savings (SAVES) loan program provides approximately \$10.4 Million in funding for prequalified eligible home improvements. These upgrades are targeted at making homes in St. Louis County more energy efficient and comfortable.

Basic program requirements are as follows:

- Make energy efficiency upgrades, including replacing HVAC and water heaters
- Interest rate fixed at 3.5% for unsecured personal loan; APR will vary based on 3% loan fee and term
- Owner-occupied, single-family homes are eligible
- Borrower requirements set at FICO score 660; Debt-to-income ratio < 45%
- Borrow \$2,500-\$15,000
- Combine with utility rebates and federal tax credits for more savings

Go to the St. Louis County Saves website at www.stlouiscountysaves.com for additional information. If you would like to contact the program directly, you can reach Anne Klein - Director of Energy Sustainability in the County Executive's Office at (314)-332-2156 or info@stlouiscountysaves.com.

City of Town & Country Receives Water Stewardship Award

Missouri American Water presented its second annual Water Stewardship awards to the City of Town & Country and five other local governments that are members of the International Council for Local Environmental Initiatives (ICLEI). The awards recognize outstanding contributions to protecting Missouri's water resources.

As an ICLEI member, the City of Town & Country commits to achieving significant reductions in greenhouse gas emissions and achieving tangible improvements in local sustainability.

The Water Stewardship awards were presented by Missouri Department of Natural Resources Director Sarah Parker Pauley

and Missouri American Water President Frank Kartmann on May 24, 2011.

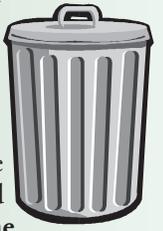
"The St. Louis area is defined by our rivers – the Mississippi, the Missouri, the Meramec," said Missouri American Water President Frank Kartmann. "We believe that every environmental improvement that we make – as cities, businesses and nonprofits – represents a promise that we're making to protect the future of our water resources."



MO American Water President Frank Kartmann presenting award to Mayor Dalton

LET'S TALK TRASH!

In an effort to preserve the right of each resident to choose their trash hauler while also maintaining control of the impact of this service on our infrastructure, a finite number of haulers are licensed to provide residential solid waste services in the City.



The minimum level of service required under ordinance insures that haulers provide each of their residential customers, once weekly trash and recyclables pick-up as a part of their base services. However, the licensed haulers all provide varying degrees of service for different rates. Additional services for additional fees are not regulated nor does the City mandate any specific rate. You are encouraged to contact these companies to insure your services are consistent with your needs as well as budget. Haulers currently licensed in Town & Country include:

▷ Allied Waste (636-947-5959)

▷ Meridian Waste (314-291-3131)

▷ Waste Management (314-506-4700)

An additional facet of the Solid Waste Regulations provides the ability of individual neighborhoods to select the manner in which trash collection is performed within their boundaries. **The general requirement of the Town & Country Municipal Code is that all trash and recyclables (excluding yard waste) must be stored and retrieved from behind the front building line of the property.** This service generally referred to as rear-yard or valet pick-up has consistently been the standard throughout the community. In certain instances, where allowed by the Subdivision, curb side pickup of these items has been implemented. If you have any additional questions about residential solid waste service please contact Craig Wilde at wildecj@town-and-country.org.

WHOLE FOODS FALL EVENT

Town & Country Chili Cook Off

**Saturday, October 29,
Noon - 3 pm, Free**

Cast your vote for the best chili recipe prepared by our very own team members! All 10 of our store's teams will compete for first and second place prizes, plus the first place team will be awarded \$250 to donate to their favorite charity. Your votes, along with the votes of our celebrity judges (see list below) will determine the fate of the winners. Additionally, Schlafly Beer will be passing out free samples of their fine brew as will Kaldi's Coffee, two of our finest local vendors. And, to sweeten the pot, anyone who submits a completed voting ticket will be entered to win a \$100 Whole Foods Market gift card. We are very excited to have the support of the following judges who will also determine which chili has the best flavor, best texture and utilizes the most unique recipe. Join Catherine Neville, Editor and Publisher of Feast Magazine, Patti and Mark Whisnant, our local grass fed beef producers and owners of the Whisnant Family Farm, who have been kind enough to donate all of the beef for the chili recipes, Smash, St. Louis radio, television and Smash Band, Rich Gould, Sports Director News 11, and Laura Mattlock, Town & Country/Frontenac Chamber President. We would also like to thank Match Meat who is donating their vegan meat alternative so that all of our non-meat eating customers can also participate. Live music will be presented by the 2 Star Final with all activities taking place outside on our sidewalk and our parking lot. We're hoping Mother Nature will cooperate, but bring an umbrella just in case!

Whole Foods Market Halloween Costume Contest and Trick-R-Treating

**Saturday, October 29, Noon - 3 pm,
Free, Reservations not required.**

With Diane Van Booven, Kids Club Coordinator

Kids, arrive anytime during the above hours dressed in your favorite Halloween costume! Diane will choose the three best costumes. The winners will receive a bag full of Halloween prizes. There will also be plenty of treats for the kids from every department.

VAN COURTLAND PLACE FOURTH FRIDAY GATHERINGS

Van Courtland Place Subdivision is a small neighborhood of just 31 homes located off Mason

Road across from the Queeny Park Dog Museum. They enjoy an annual picnic each September at the common ground where

food, beverages and games are enjoyed by all ages. This summer they decided to add to their social activities an adult gathering called "Fourth Friday". Pictured here are those neighbors that gathered under the street lights and stars on a nice June evening at the Armstead Drive island.



FIELD DAY AT THE PRINCIPIA

By Jane Harrison, Lower School PE Teacher



The students at the Principia School, grades 1-5, held their annual field day this past Memorial Day! This year was a bit different than any other field day. The students all participated in a triathlon. The triathlon was a participation event that all students in grades 1-5 took part in. Principia High School Senior, Becca DeNicholas, also helped in the organization and preparation as a part of her Senior May Project.

The three weeks prior to the triathlon were focused on practicing bike riding skills, learning about bike safety, running and swimming during their PE class period. The students were divided in grade levels and began the triathlon by swimming laps in the school's indoor pool. Then they transitioned onto their bikes and rode around the Principia campus. The students finished by completing a run on the school track. Each class was given a challenge distance for each event. Parents, teachers, alumni and staff members all supported the event by volunteering to ride with the students, drive lead vehicles for the bike ride, lifeguard, direct traffic and most of all cheer on the fine effort of the students.

Following the run, the students were able to show their parents the field events they were also working on in their spring PE track unit. Parents also helped in these events as well as cheering on all of the students! A highlight of the day was the arrival of the West County EMS & Fire Protection District fire truck. Coach Harrison surprised the students by giving them a cool down after their hard work on a hot day! The fire trucks came on campus and sprayed the students with their fire hoses.

The Principia Pre-school Early Childhood students also joined in the fun. Following the wonderful cool down, the morning concluded with the whole community walking the track with the Pre-School Early Childhood students. They walked one lap of the track for their blue marble project, a program to raise funds and awareness of acts of kindness for the Earth.

What was most exciting was the way the whole community embraced this activity for the students. Parents, teachers, staff, and alumni volunteers all came together to help. Students challenged themselves to overcome obstacles, break limitations, and helped and supported the person next to them. We all had a great time! This is what it is all about!



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www.town-and-country.org

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The Town & Country Community
 Relations Commission is proud to
 present the:

**TOWN & COUNTRY
 TALENTS AND TREASURES**

Holiday Boutique

Saturday, November 12
Longview Farm House
9:00 AM – 3:00 PM

Spend an enjoyable day shopping with some of your favorite vendors from the past two years, and some new, exciting ones too! There will be something for everyone!

Complimentary coffee, tea and cookies will be served.

For more information, please go to www.town-and-country.org, click on Holiday Boutique in the right side column, or contact Mary Olsen at olsenm@town-and-country.org or 314-587-2804

MAYOR JON DALTON

12801 Tundra Court 63131
 314-989-0270 • mayor@town-and-country.org

WARD 1

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AL GERBER
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