



Volume 29, Number 1  
Spring 2013

# Town & Country Times

## TOWN & COUNTRY — A Reflection on Progress Made and a View towards the Future

### THE STATE OF OUR CITY



Dear Friends and Neighbors,

As mayor, each year it is my duty and privilege to report on the State of our City. I take this responsibility very seriously and firmly believe that government exists to serve and not to surprise, so the extended length of

this message is in keeping with my commitment to provide a transparent and communicative administration. Ultimately, I hope you will agree that by diligently addressing today's needs while constantly planning for tomorrow, we have successfully safeguarded our wonderful community for the future.

As we begin another year of service to the community, I am proud to report that the State of our city is exceptional and unequalled across the region.

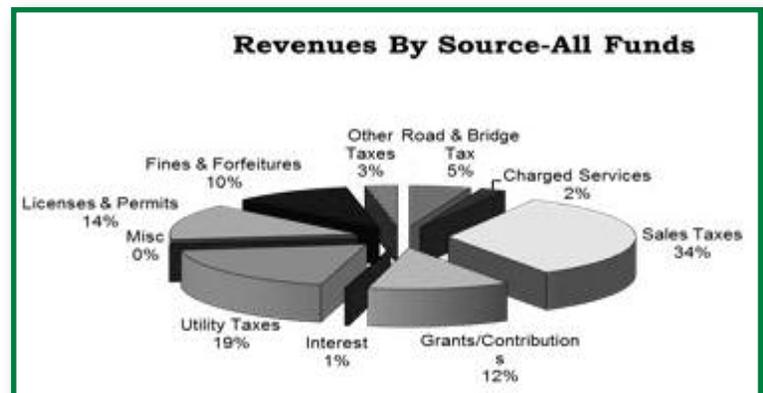
#### Another Balanced Budget: Our Fiscal Position Remains Rock-Solid

The City of Town & Country enjoys a level of fiscal strength not seen in many communities across the state. The fiscally conservative approach practiced by the city continues to accomplish our goal of maintaining a zero percent (0%) real and personal property tax rate. Moreover, the reserve balance in our General Fund (the city's principal operating account) increased again last fiscal year and remains at a level more than six times that required by ordinance. The benefits of this position are evidenced by our continued AAA Credit Rating and consistent lack of outstanding debt.

Despite this solid footing, it is our duty to constantly analyze our current obligations and future opportunities to ensure that they remain in balance and aligned with the interests and expectations of our residents. Each budget cycle, every city department leader submits a carefully crafted program for operations to me, which reflects current planning and future investment in the services we provide, along with any advancements we hope to achieve in the future. The priorities

reflected in each program budget proposal are developed over time with substantial input from individual members of the Board of Aldermen and the citizen commissions that each member leads. Every year, although the "wish list" greatly exceeds our resources, we must make difficult choices in order to keep our commitment to operate our city government within its means.

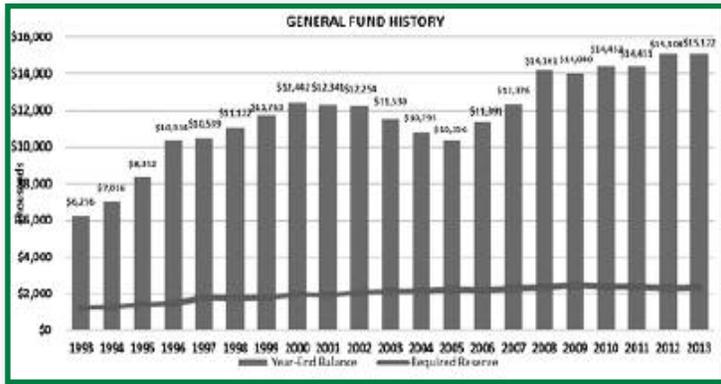
Moreover, unlike many other cities in the region, Town & Country provides all of its basic services without any specialized property taxes, such as a dedicated revenue source for public safety as is often the case for fire protection and emergency medical services. Instead, the cost of these and other vital services is paid for by the city from our general operating revenues. The chart below should provide a clearer picture of the various revenue sources and their magnitude.



As is the case with many family budgets during these challenging economic times, the City of Town & Country has prioritized the reduction of expenses in all facets of our operations. Through such efforts, we currently estimate that the General Fund will *add approximately \$650,000 to its 2012 ending reserve balance*. The anticipated General Fund balance will approach \$15.1 million or 164% of annual operating expenditures. Further protecting this favorable position, another balanced, revenue positive, General

*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!*

Fund budget was approved by the Board of Aldermen for 2013, which will again increase our fund's reserves. The resulting year-end balance is projected to be greater than six times the minimum required by ordinance, which is currently set at 25% of annual operating fund expenditures, or \$2.3 million based upon the 2013 budget. This is illustrated in the chart below.



As you can see, through careful prioritization and consistent fiscal restraint, our General Fund reserve balance has more than doubled over the last twenty years from \$6.3 million to \$15.1 million with an increase of \$8.8 million and a compound annual growth rate of 6.3%.

The other city account funds are designated for roads, capital items, stormwater improvements, and parks. Accordingly, revenue in those accounts is used for such things as the resurfacing of Clayton Road, including the addition of pedestrian enhancements, the substantial renovation of our fire house, road maintenance and improvements, snow removal, stormwater mitigation, and the operation and maintenance of our city parks. While annual expenditures from these particular funds might exceed the amount of revenue collected in that same year, we never spend more money than we have "saved." This is why our budget remains in balance even though a snap-shot analysis may reflect up or down movement associated with planned programming.

### Public Infrastructure Investment Being Analyzed and Planned

Accordingly, our efforts to preserve our financial integrity have necessarily resulted in a highly managed maintenance-based roadway and infrastructure program. Although we have continued to provide safe and functional roads throughout our community, the standards of service have been driven more by function than by form. In this regard, our residents have been speaking out about their expectations, and we have listened.

**Investment and Programming Task Force Established.** Given the many complexities and disciplines involved in this critical area of public safety and service, I have appointed a Task Force comprised of residents who have distinguished themselves in the areas of finance (most notably fund accounting), engineering, public programming and neighborhood leadership to evaluate our resources and needs. With the creation of the Public Infrastructure Investment Task Force, it is our goal to evaluate the variables impacting our largest asset and implement a sustainable plan for the future.

This group of dedicated individuals is building upon the work of both our Finance and Public Works and Storm Water Commissions

to complete detailed analysis of all relevant considerations, including:

- Roadway and storm water project requirements
- Cost benefit of current and future programming
- Revenue and expenditure projections over certain periods
- Operating fund reserve requirements and credit ratings
- Funding opportunities to bring current and maintain infrastructure planning and development

We will rely heavily on the Task Force's knowledge and expertise for input regarding what level of our existing resources can be dedicated to meet our "brick and mortar" infrastructure needs without compromising our solid financial footing. Clearly, this will be an incredibly substantial and vital responsibility, since the city maintains over 100 road miles of streets and faces millions of dollars in storm water challenges every year. In the end, we are committed to establishing a comprehensive plan that addresses both deferred maintenance and current needs and meets or exceeds the reasonable expectations of our citizens.

**Significant Investment in this Year's Budget.** Even in the early stages of this process, it is evident that we are faced with a rare opportunity to make a major impact on our community. The path we choose from this point forward can ultimately provide long-term benefits with short-term impact on our bottom line. In short, the fortuitous concurrence of our substantial reserves, depressed interest rates and favorable pricing from contractors indicates that an aggressive investment in our infrastructure will return great value. Conversely, continuing with minimal measures will not allow us to keep pace with the ongoing declines from age and use, providing for exponentially more costly repairs later. The one notable exception to this general proposition is the intentional deferral of much needed repairs to Clayton Road. In light of upcoming major disturbances associated with the continued development of Phase II of the Clayton Road Trail, which is from east of Topping Road to Bopp Road, we have postponed the complete resurfacing of Clayton Road until the Trail is completed.



Currently, the Board of Aldermen has included approximately \$2 million in the 2013 budget for capital roadway resurfacing projects. This work, along with the scheduled completion of the final two phases of the Clayton Road resurfacing and pedestrian enhancements projects, makes 2013 one of the most active program years in our history. The Department of Public Works has already started to prepare for the implementation of these projects while the Public Infrastructure Investment Task Force completes its analysis and recommendations. Obtaining a balance between financial security for the future and physical stability of the present is something that we all address as a part of running our own households. It is a difficult task under

the best of circumstances, but accomplishing this same goal in a manner that is sensitive to the needs of almost 11,000 additional family members can generate its own unique set of challenges.

As it receives feedback from all areas of our community, the Task Force continues to evaluate the needs of our infrastructure as a whole. Every effort is being made to maintain a consistent, value-based level of service throughout the city, as well as provide uniform applications that are consistent with existing conditions within individual neighborhoods. In this regard, the Task Force is weighing the options and analyzing priorities associated with an additional \$3.5 million worth of projects identified by the Public Works & Storm Water Commission.

As mentioned earlier, implementation of the budgeted portion of these improvements has begun. The first stage of the 2013 Pavement Program is moving forward for a summer/fall implementation. The Department of Public Works is soliciting contracts for a myriad of activities, which include the resurfacing of worn pavement in numerous neighborhoods and the application of treatments that will ensure the extended life of our newer roadways throughout the city. Further details concerning these planned work areas may be found in this edition of the *Town & Country Times*.

## Responsible Planning and Development Consistent With Our Comprehensive Plan

**Town & Country Continues to Enhance its Surroundings.** An important part of the Town & Country story has always been our community's favorable location in the St. Louis metropolitan region. It has been both comforting and gratifying that despite the lingering downturn in the national and regional economy, Town & Country has continued to see positive growth in both our residential and commercial sectors. As an example, the value of new construction in Town & Country in 2012 was approximately 33% higher than last year, building permit fees alone contributing more than half a million dollars to the city last year. During 2012, we issued 300 building permits, including 104 non-residential permits with a construction value of \$46,574,579 and permit fees of \$396,951, as well as 196 residential permits with a construction value of \$19,275,155 and permit fees of \$148,393. In 2011, Town & Country issued 297 building permits. Of these, 131 permits were for non-residential construction with value of \$24,590,027 and permit fees of \$151,049, and 166 permits were for residential construction, with a value of \$24,524,913 and permit fees of \$216,932. This represents significant evidence that our city remains attractive and competitive in the region.

**Collaborative Efforts Produce More for Less.** Despite our stability in construction and permits, the City of Town & Country, like so many other public and private institutions, has learned to do more with less by maximizing the time and expertise of our staff. As an example, we have partnered with the Cities of Rock Hill and Crystal Lake Park to provide construction plan review and inspection services, using our Town & Country Code Official/Building Inspector and being fully reimbursed for all related expenses. In cooperation with West County EMS & Fire Protection District, we expect within the next two months to

automate our permitting and inspection services, allowing those seeking permits to use both on-site and remote terminals to apply for and track permit applications, creating new efficiencies for them and our Development Department staff. This will in no way affect the city's friendly, personal service to residents and contractors, for which we are well known throughout the region.

**Committed to Revitalization.** Despite our successes, we remain eager to seek out new opportunities that will add value to our community and our residents. Several years ago, I challenged our Planning Director and Finance Commission to actively investigate appropriate additions to our existing commercial areas that would bring desirable goods and services to our town, and we are beginning to see the results. In fact, we are in regular contact with the new owners of Town & Country Crossing Shopping Center, and we have been informed that by the end of this year, we will be welcoming a unique and exciting new restaurant to the Center. Cooper's Hawk, which will be a 9,000 square foot restaurant, winery and gourmet gift shop adjacent to the shopping center lake, has chosen Town & Country as its only location in the region. Of course, revitalization efforts in Manchester Meadows Shopping Center have been challenging, although much effort has certainly been put forth to improve this retail area. Recently, we have had a number of discussions with the owners of Manchester Meadows aimed at developing a mutually beneficial solution to the retail vacancies. Among the possibilities discussed are creating a new "streetscape" at the center of the development, with buildings more accessible and visible from Manchester Road, developing additional uses on less visible portions of the site, creating better connectivity to adjacent properties, and even exploring more novel retail concepts. Generally speaking, all options will be considered.

**Institutional Advances.** As we concentrate on residential and commercial components of our city, it is important not to overlook the significant institutions that have been longstanding and important members of our community. As an example, Maryville University continues to be a significant presence in Town & Country, providing both local and regional resources. During 2012, Maryville University presented plans to the city for a new and sophisticated School of Health Professions, in place of the existing Duchesne Residence Hall. The new building will consolidate existing health professions programs into a single structure designed for collaborative learning. The Moog Center for Deaf Education, serving the region with testing, education and other programs for hearing impaired children and their families, recently developed a new addition of 1200 square feet to keep up with the demand for its specialized and invaluable services. Missouri Baptist Medical Center continues an aggressive construction program to facilitate its delivery of world-class medicine to our community and region. In 2012, Missouri Baptist received approval from the city to build 92,000 square feet of medical office space on top of the parking garage in the northwest portion of the 64.84 acre medical center site. This square footage was eliminated from a medical office building previously approved for the northern portion of the medical center site, and will not affect green space or traffic at the hospital.

**Code Reviews to Stay Current and User Friendly.** I firmly believe that to best serve our residential, commercial and institutional sectors,

we must constantly look forward even when discharging our day-to-day operations. To that end, the City of Town & Country's staff and elected officials are in the final stages of considering revisions to our Municipal Code regarding standards for solar energy systems. Our goal in these revisions is to advance the interests of energy efficiency and a "green" community, while managing and respecting divergent interests. In addition, we are reviewing drafts of a new set of sign regulations to respond to new sign technology and the needs of our retail and office community. As an example, the attractive and functional signs at Town & Country Crossing Shopping Center are the product of collaboration between the city and the owners of the Center, and can serve as a model for changes to our sign regulations to reflect new technology and the needs of our commercial sector.

## Community Spirit at an All-Time High with Events for All Ages and Interests

While much of my time and attention is necessarily devoted to financial planning, infrastructure development and public safety matters, thanks to the contributions of countless volunteers and the leadership of the Board of Alderman, the fabric of our community is regularly strengthened by a full array of opportunities for friends and families to get together. Below is a summary of just a few of the gatherings that took place over the last year, demonstrating that Town & Country is at its best when we come together as a community.



### Arbor Day and Easter Egg Hunt.

Our annual Arbor Day celebration saw a dramatic increase in participation last year. Residents gathered at Longview Park to select free native seedlings, while children enjoyed creating their own reusable canvas bags and enjoyed a yoga class. The beautiful morning was capped off with a wildly energetic egg hunt that had the hillside around the Longview House speckled in pastel colors.

**Fire and Ice.** Each year, leading members of our business community provide invaluable support for our most popular Town & Country tradition, the Fire & Ice event, and this year, their generosity exceeded our expectations. More local restaurants than ever participated in the "Taste of Town & Country," offering a wide variety of delicious food and drinks. Our very own Town & Country Symphony welcomed visitors, and the bouncing houses kept children busy while friends and neighbors socialized. The record sized crowd finished the event with an exciting fireworks display and musical entertainment from Treehouse. Please mark your calendar for June 22nd for this year's event.



### Fall Festival and Impressions of Town & Country.

The Fall Festival and Impressions of Town & Country competition occurred on a delightful autumn morning as residents came together for a wide variety of outdoor activities. The options seemed endless this year and included Mad Science, Mother Goose, pumpkin decorating and digging for treasure. Children dressed in costumes from super heroes to princesses swarmed the park and enjoyed the many activities. A full crew of volunteers was required to carry the day, and I want to recognize members from the Parks & Trails Commission, the Conservation Commission, and the



Community Relations Commission who gave their time so generously to ensure the success of this event. The impressions of Town & Country competition had artists of all ages spread across town capturing the most beautiful images on their canvases. After the artists finished their work, community members joined them to view their masterpieces at a delightful reception where the art was judged and available for purchase.

**Turkey Trot.** One of my favorite community traditions began six years ago on the day after Thanksgiving. Since then, the Turkey Trot runners and walkers of all ages and species (yes, dogs are welcome participants) have experienced all kinds of weather over the years including rain and snow, but enthusiasm is always high. A record number of Turkey Trotters were out in force this year, with the Fun Run for Kids experiencing the largest increase in participation. If you missed the Turkey Trot this year, plan to bring your whole family to Longview the day after Thanksgiving next year to experience this wonderful event for yourself.





**Holiday Boutique.** The Longview Farm House had a capacity group of talented local vendors for this year's Holiday Boutique. Shoppers selected from countless handmade goods, such as puppets, jewelry, chocolates, clothing, pottery and more. The local artisans enjoyed their most successful year to date, and a good time was had by all.

**Breakfast with Santa.** Back by popular demand, Breakfast with Santa sold out within two weeks this year. Families keep coming back for the "best Santa event ever" as one local mother put it. The event boasts a wonderful catered meal, unlimited photo ops with St. Nick, and arts and crafts, all close to home at the Longview Farm Park House. Long lasting-memories are created as well as many perfect holiday card photos.



**Art, Wine & Music.** Just last month, we hosted the third annual Art, Wine & Music Event. This delightful evening is a social fundraiser supporting a diverse collection of local artists. Such artists showed their works to a capacity crowd. Villa

Farotto donated delicious appetizers to help make this event a success again this year. The tireless work of the Community Relations Commission and the Public Art Commission is to be commended for presenting such a lovely cultural event in our community.

**Dog Park Task Force.** A group of committed residents has been assessing if we should create an off-leash "dog park" area near the west entrance of Preservation Park. Similar facilities in neighboring communities have enjoyed wide-spread support. Before we proceed with this project, we need to gauge the level of interest to ensure the maintenance costs can be recovered. Watch for a letter and post card requesting your input on the project very soon. Project construction would be contingent upon 90% grant funding from the Municipal Park Grant Commission of St. Louis County, with

the maintenance costs being covered through an annual fee paid only by those who use the area. No new taxes will be levied to create or operate this potential new park feature.

**Community Wellness Trail.** A new, but not yet well-known, asset in town is nestled along I-270 between Clayton Road and Missouri Baptist Medical Center. The meandering wellness trail is the wonderful product of the city's collaboration with Missouri Baptist, which has committed eight acres of green space and entered into a valuable partnership with our city. The trail will connect to the future Clayton Road Trail and intersects the Drace Park trail. Funded by Missouri Baptist, the trail is an asset for both the Medical Center and our residents.

**Public Art Planning.** The Public Art Commission is working on selecting an artist's sculpture for the corner of Clayton and Mason Roads, at the Firehouse trailhead. Fundraising will be the next phase of the project. Details of the sculpture and artist will be forthcoming, and I fully expect the sculpture to become a treasured focal point at the center of our community.

### To Serve and Protect – Law Enforcement and Public Safety Remain Top Priorities

**Crime Overview.** Public safety rightfully comprises the largest percentage of our city budget. Feeling secure in our homes and businesses and being provided with fire and EMS services that are second to none are things we rightfully deserve and expect in our community. While we proudly point to a 28% decline in criminal offenses and a 44% decline in residential burglaries in 2012, all of our crime statistics involve real persons in serious situations that occur in our neighborhoods. For example, Mrs. Doe (naturally, not her real name) has lived in the same house for nearly 45 years and is now widowed. One day while she was enjoying lunch out with friends someone broke into her home and stole not only some family heirlooms, but her sense of security. Suddenly, the neighborhood that had been her home for over four decades no longer felt safe to her. In this case, our officers were persistent in their investigation and eventually obtained an indictment against the suspect who is now awaiting trial. But our goal as a city is not to just lock up criminals, but to ensure that Mrs. Doe and every single resident can live, work and fully experience the richness of community life in Town & Country without the fear of victimization.

Achieving this vision for our community does not occur through mere happenstance. You have likely read recent headlines about innovative strategies in other police agencies, but rest assured that your police department, while not garnering the headlines, has been involved in some of these same innovations for several years. Town and Country has been highlighted nationally in law enforcement management magazines on a number of policing topics, which underscores that we are on the cutting edge of "service and protection."

Nevertheless, public safety is not just the responsibility of a professional police agency, but a collaborative effort with the community. Town and Country has over 500 residents who have participated in the Citizens Police Academy and the Community Emergency Response Team (CERT). These residents are actively engaged in the mission of

ensuring Town and Country remains a safe and vibrant community for all. Even in the daily issues of patrol, our 800 members of the email alert network are monitoring our various neighborhoods and alerting



police to suspicious circumstances, taking Neighborhood Watch to the next “cyber” level.



These community partnerships are illustrated by the participation of our neighborhoods in National Night Out, which is celebrated in the St. Louis area in the fall. On October 2nd, I visited a number of neighborhood gatherings, along with police and fire officials and Aldermen Tim Welby and Skip Mange. The enthusiasm demonstrated that evening at Greenwich Green, Wheatfield Farm, Mari de Villa, and the Topping Road neighborhoods of Timmor, Taunton and Tundra demonstrate that the community values the quality of life in our city. This year, even our business community was involved, as one of our stops was at the Target Store in Town and Country Crossing.

**School Violence.** Weighing heavily on our hearts is the violence that continues to pervade our nation, invading even our sacred educational institutions. This past year you may have noticed the regular presence of police vehicles from numerous agencies at the old Troop C building at Mason and 64. This was part of a comprehensive regional plan to prepare first responding police officers to quickly end any outbreak of violence like that seen in Newtown, Connecticut. Advanced training is continuing in 2013 with the goal of training 3,000 police officers in St. Louis County in advanced tactics. One of our own sergeants is an instructor for the initiative. In addition, our officers have been meeting with the schools in Town & Country to assist them with crisis plans that provide the framework for the best possible protection for our children, our most vulnerable citizens.

**Deer Management.** Another ongoing project central to public safety is our city’s deer herd management program. As you know, our program was designed and implemented following exhaustive community input and expert advice and adopted overwhelmingly by the Board of Aldermen (including a unanimous vote for the latest phase of the plan). We have witnessed two consecutive years of successful programming, but the substantial size of our deer herd was not created overnight, and an acceptable long-term comprehensive management plan will similarly not be implemented instantaneously. The number of traffic crashes related to the overpopulation of deer is still at an unacceptable level and your elected representatives are working diligently to address the issue. It is our expectation that, as in the past, future efforts will be respectful of the interests of our community while fulfilling our duty to improve the safety of our roadways and the traveling public.

\* \* \* \* \*

Throughout the year, we dedicate our resources, talents and time at City Hall to providing all residents, businesses, and visitors to our community the highest level of core government functions—most notably with respect to public safety and infrastructure services—while supporting responsible growth and development that are consistent with our comprehensive plan and the protection of the residential nature of our peaceful city. By all measurable criteria, I am proud to say 2012 was a record year in Town & Country, and we are positioned for even greater success in 2013.

In order to continue building on last year’s accomplishments, I remain committed to maintaining our city’s strong fiscal health and its high standards of excellence, while continually seeking opportunities to bring our community together throughout the year. I sincerely appreciate your ongoing support, and I am hopeful that you share my enthusiasm for our city’s exciting progress and plans for the future. Town & Country is a beautiful place to live and work, but it is the people who live and work here that make it a truly special community.

All the best,

Jonathan F. Dalton  
Mayor

# Candidates for Mayor - Spring 2013



**JON  
DALTON**

Serving Town & Country as mayor has been a true honor, and I am proud of the outstanding progress we have made together as a community. Thanks to this spirit of cooperation and your unwavering support, Town & Country remains an exceptional example of how a community can successfully manage its fiscal responsibilities, provide extraordinary public safety, and enhance its physical resources, while preserving its precious heritage and greenspace. Undoubtedly, collaboration on the critical issues facing our community has been key to our success over the past eight years and has established Town & Country as a regional leader in the promotion of a healthy business climate and the responsible stewardship of our environment.

*My record reflects my strong commitment to:*

- Support the strict enforcement of our city's Master Plan and Zoning Ordinances to maintain the beauty and character of our community
- Promote fiscally responsible budgeting to deliver the highest quality city services while preserving our property values and quality of life
- Oppose reinstatement of a residential property tax in Town & Country, while working to revitalize existing commercial areas such as Manchester Meadows
- Enhance our community assets by improving our infrastructure and facilities, such as our public roadways, city trail system and park amenities
- Strengthen community spirit by enhancing well-established traditions and creating more city-wide events

As an attorney, I have gained skills enabling me to fully evaluate all sides of an issue, establish common ground among conflicting parties, and work collaboratively to build consensus on important matters in our city. If re-elected, I will continue providing professional, respectful and effective leadership in Town & Country. Our community's future is extremely promising, and I am confident that by continuing to work together, we will make Town & Country an even better place to live.



**BARBARA ANN  
HUGHES**

I respectfully announce my candidacy for Mayor and ask for your vote on April 2nd. I do not take this decision lightly; in fact, it is based upon countless discussions with fellow residents and their concerns regarding the current political culture.

We moved to Town and Country in 1996 and several months later the Mayor appointed me to the Parks and Trails Commission. Based upon my professional background, the City Administrator invited me to work with a City attorney to develop the Town and Country Parks and Trails Foundation. I was elected the Foundation's first President; later resigning to run for Alderman in Ward One. During my two terms in office I spent the majority of my tenure as Chairman of both the Parks and Trails and Public Relations Commissions. Working in cooperation with the Board, the Commissions were closely involved in the development of Longview Farm, Drace and Preservation Parks. The Commissions worked diligently to secure citizen input in the form of City-wide surveys and public forums. During the process, I appealed to the Board of Aldermen to save the Estill log cabin securing the five votes required for its preservation and relocation to Drace Park.

My 17 years of experience in Town and Country, combined with my years of citizen involvement collectively influence my Mayoral goals:

- Secure citizen input that results in resident-driven public policy,
- Manage City finances with an emphasis on long-term, fiscal stability that results in value-added City services,
- Establish a long-term, cost-effective plan for controlling deer that ensures public safety, and
- Evaluate the current level of reserves required for our City and make any excess available for projects to improve infrastructure and enhance property values.

I would appreciate your vote on Tuesday, April 2, 2013 and invite you to visit [www.ElectBarbaraAnn.com](http://www.ElectBarbaraAnn.com).

# MUNICIPAL ELECTION – TUESDAY, APRIL 2

The following Candidates are running unopposed for the April 2, 2013 Municipal Election.

**LYNN WRIGHT  
WARD 1**



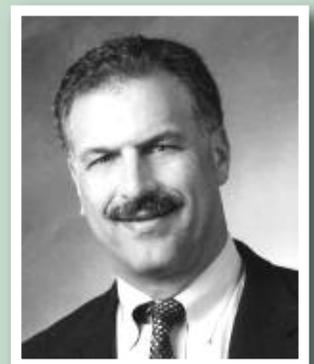
**TIM WELBY  
WARD 2**



**FRED MEYLAND-SMITH  
WARD 3**



**JON BENIGAS  
WARD 4**



## *In Memoriam* **JAMIE CANNON**

An extremely valuable member of our Town & Country community, Jamie Cannon, recently passed away. Jamie served on the Planning & Zoning Commission, Strategic Planning Committee, Highway 141 Corridor Enhancement Committee, in addition to sharing his most professional expertise on the renovation of the Longview Farm House. Jamie's generous service to the community and his cheerful spirit will be deeply missed.

## **New Businesses** *in Town & Country*

**Byron Cade**  
13474 Clayton Road

**CBIZ Benefits &  
Insurance Services**  
625 Maryville Centre Drive  
Suite 200

**F&B Acquisition Group**  
555 Maryville University  
Drive, Suite 225

**First Command Financial**  
12813 Flushing Meadows  
Suite 270

**Millennium Corp**  
763 S. New Ballas Road  
Suite 100

**New Leaf Café**  
777 S. New Ballas Road  
Suite 2

**Packaging Corp of  
America**  
247 Lamp & Lantern  
Village

**Patriot National Insurance  
Group**  
555 Maryville University  
Drive, Suite 650

**The Quinn Group**  
12935 N Forty Drive  
Suite 201

**Secure Automation**  
14408-14410 S. Outer 40

**Sheer Trans Solutions**  
530 Maryville Centre Drive  
Suite 220

**Thrivent Financial**  
625 Maryville Centre Drive  
Suite 100

**US Institutional Corp.**  
530 Maryville Centre Drive  
Suite 230

# NEWLY RENOVATED FIRE HOUSE

This past fall, the City coordinated a major renovation of the interior of the Town & Country Fire Station at Clayton Road / Mason Road. The goal of the project was to maintain the 20+ year old structure as a first class facility while staying true to its architectural integrity. Through the cooperative efforts of the City of Town & Country, the West County EMS & Fire Protection District, Horner & Shifrin Engineers, Powers Bowersox Architects and HOF Construction, a first class center of operations was developed for those serving our community. Key components of the project included

- Reconfiguration of the living quarters to provide proper accommodations for personnel of both genders
- Expansion of the fitness facilities making them consistent with current personnel wellness standards
- Upgrade and reconfiguration of the mechanical systems and controls
- Numerous architectural and mechanical energy efficiency modifications
- Replacement and upgrade of the back up power system for the facility to insure the facility will remain online in the event of a long-term power loss

In December, an open house was held to unveil the changes to the community. Members of all the partnering organizations as well as a number of residents gathered to view the facility and learn more about the services provided. The combination of this asset along with the long term commitment between The City of Town & Country and the West County EMS & Fire Protection District in place, we as a community are afforded ample stability in our public safety services going forward.



## COME SEE A PIECE OF HISTORY

Fire Box #6427 was recently donated to the City of Town & Country by Alderman Chuck Lenz and his wife Karen. Originally stationed at the corner of Cleveland Ave and Maury Ave in The Hill neighborhood of St. Louis, this fire box became obsolete when the 911 telephone system became operational. Many fire call boxes, including this one, were declared surplus property by the City of St. Louis in 1976. At that time Chuck and Karen purchased the box for \$36.66. Upon completing its restoration, the Lenz family repurposed the fire box as a telephone stand in their home.

After serving the Lenz family for more than 30 years and the advent of wireless phones yet again made it obsolete, the box was relocated to the Town & Country Fire House at 13443 Clayton Road to commemorate our most recent renovation. Unveiled during the December 8, 2012 open house, it begins its third life as a treasured artifact and can be viewed by the entire community as it holds station in the entry foyer of the Fire House. When asked of the reason for the donation, Aldermen Lenz stated “We, our children and now our grandchildren have enjoyed it and now we decided it needed a home where its beauty and history could be enjoyed and appreciated by the residents and firefighters of Town & Country.”



# CLAYTON ROAD IMPROVEMENTS

Over the past year, we have worked diligently to complete the first phase of the Clayton Road Resurfacing and Pedestrian Enhancements Project. The trail/walkway has been very well received, and residents immediately began enjoying the convenience of safely traveling by feet or wheels through our beautiful City. Through the continued efforts of the Clayton Road Task Force, the next two phases (Phase II – Oaks Spring Lane to Bopp Road and Phase III – Crossing of HWY 141) are ready for implementation. Once completed, pedestrian access will be accomplished along Clayton Road across our entire City.

Over the next five months, contractors will implement the plans for both remaining phases. Gershenson Construction is tasked with the efforts on Phase II while JM Marschuetz Construction will be completing Phase III. Both projects are slated for completion by the end of June. The main components of the combined projects are as follows:

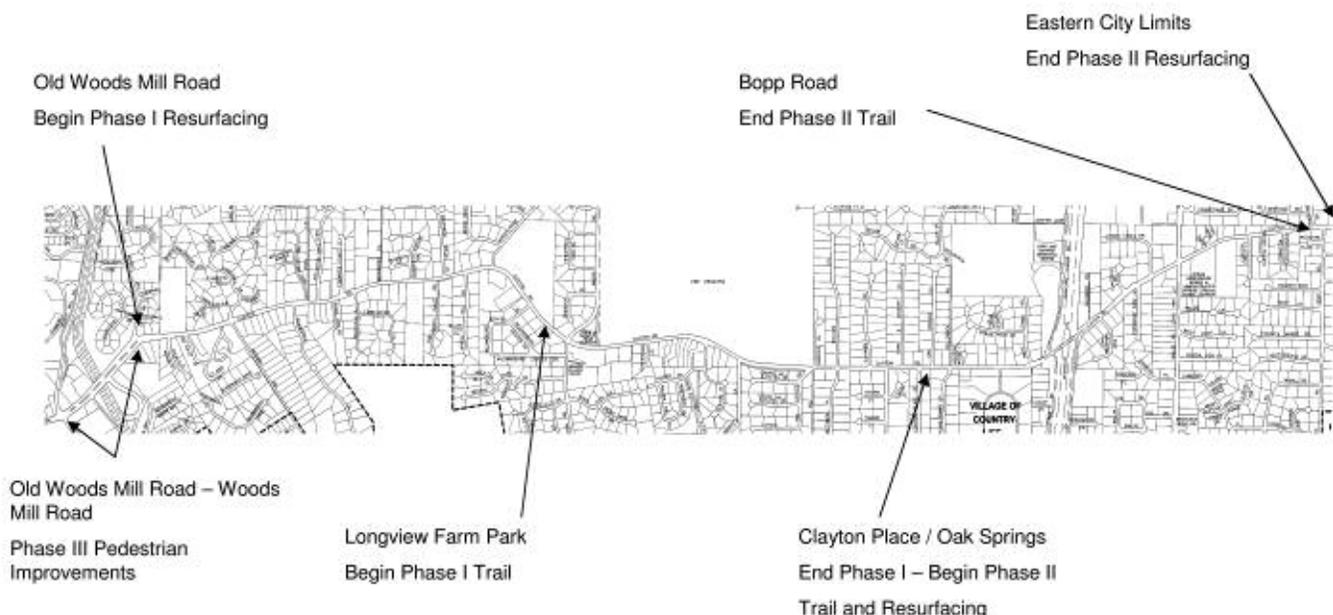
- Resurfacing of Clayton Road in its current configuration from Oak Springs Lane to our Eastern City Limits just East of Bopp Road
- Continuation / Installation of an 8' wide asphalt multi-use pedestrian facility from its current terminus at Oaks Springs Lane and connecting to the existing sidewalk on Bopp Road.
- Upgrade of the existing pedestrian facility on the north side of Clayton Road west of HWY 141
- Installation of a pedestrian facility connecting the existing sidewalk at Old Woods Mill Road continuing across HWY 141 and finally connecting to the existing pedestrian crossings at Woods Mill Road

More information on these projects is available through the City of Town & Country website at: [www.town-and-country.org/PublicWorksCapitalProjects.aspx](http://www.town-and-country.org/PublicWorksCapitalProjects.aspx)

You can receive periodic updates on your Facebook news feed by “liking” our page at: <https://www.facebook.com/ClaytonResurfacing>

We also will send out more substantive updates via email. If you would like to receive these updates, please contact Craig Wilde - Director of Public Works at: [wildecj@town-and-country.org](mailto:wildecj@town-and-country.org).

## Phase II Implementation 2012 - 2013 Phase III Implementation 2013



## RESURFACING OF STREETS COMING THIS SUMMER

Although we continue to have discussions regarding the full magnitude of the 2013 Capital Roadway Program, several projects are moving forward to implementation. Later this spring and into the summer, the Department of Public Works will be completing a surface treatment of several of our major roadways and a mill and overlay of numerous residential streets throughout the City. We are currently in the contract approval stage and will be reaching out to the affected neighborhoods as the construction approaches. The locations currently programmed are as follows:

### Mill and Overlay

Street Name	Subdivision
Bopp Ln	Bopp Lane
Bramblewood Acres Ln	Bramblewood Acres
Cheshire Farm Ct	Cheshire Farm
Cheshire Farm Ln	Cheshire Farm
Conway Est Dr	Conway Mason Estates
Killearn Ln	Killearn
Long Meadows Lane	Long Meadows
Featherstone Dr	Mason Valley Estates
Foxleigh Ct	Mason Valley Estates
Mason Hill Ct	Mason Valley Estates
Mason Valley Ct	Mason Valley Estates
Mason Valley Rd	Mason Valley Estates
Peacock Farm Rd	Mason Valley Estates
Mason Wood Dr	Mason Wood Estates
Babler Rd	None
Old Woods Mill Rd	None
Woods Mill Road South (A)	None
Summerhill Ln	Summerhill
Fairfield Oaks Road	Wheatfield Road
Starbuck Rd	Wheatfield Road
Wheatfield Farm	Wheatfield Road

### Surface Treatment

Street Name
Bopp Rd
Mason Ridge Rd
South Outer Rd
Topping Rd

Please contact Craig Wilde – Director of Public Works at 314-587-2824 or at [wildecj@town-and-country.org](mailto:wildecj@town-and-country.org).

## SOCIAL NETWORKING & IDENTITY THEFT - NEVER DIVULGE TOO MUCH INFORMATION ONLINE

With the proliferation of Web-enabled devices that grant us instant, if not almost constant, access to the Internet we are able to send and retrieve emails, text, pay bills, and manage our bank and credit card accounts anytime and anywhere. Today's "E-thieves" have become extremely skillful with the use of technology. These predators continually comb the Web, adapting their methods to develop ingenious schemes in order to trick you into divulging personal information which can be used to steal your identity and then your money.

Most people realize this and are very cautious about revealing their sensitive personal and financial information on the internet. However, what many people do not realize is how they put themselves at risk for identity theft everyday when using social media sites such as Facebook, Twitter, LinkedIn and Google Plus.

By following the simple steps listed below you can to protect your identity from being stolen when socializing online.

- Use the least amount of information when registering for the site.
- Create a strong password and change it often.
- Use the highest level privacy settings the site allows.
- Be careful what you post. Do not announce when you are leaving town.
- Never post your home address, phone number, social security number, or home town.

- Only connect to people you already know and trust.
- Verify emails and links in emails you supposedly get from your social networking site. These are very often scams used to gain access to your username and password.
- Install a firewall or anti-virus software to protect your information.
- USE COMMON SENSE! When in doubt, don't open it, download it, add it or give your information if you have doubts about sharing.
- Always use caution when opening emails, clicking on links, or providing personal information over the internet or the phone.

If you do become a victim of Identity Theft:

- Contact the security or fraud departments of each company where an account was opened or charged without your okay to dispute the matter.
- File a police report. File a report with law enforcement officials to help you correct your credit report and deal with creditors who may want proof of the crime.
- Report the theft to the Federal Trade Commission. Your report helps law enforcement officials across the country in their investigations.

For more information on how to protect yourself against identity theft or what to do if you become a victim go to [www.ftc.gov/idtheft](http://www.ftc.gov/idtheft) for free resources.

# FUN FALL & WINTER EVENTS



## Turkey Trot





# Breakfast with Santa!



# TOWN & COUNTRY TALENTS AND TREASURES Holiday Boutique



Art, Wine & Music

# 3rd Annual Impressions of Town & Country Art Competition



## BOYS HOPE GIRLS HOPE AWARDED CHECK FROM RONALD MCDONALD HOUSE CHARITIES



Boys Hope Girls Hope, located in Town & Country, is a non-profit residential and educational children's services agency that provides academically capable children from disadvantaged backgrounds with an education in top-rated private schools, safe and secure home environments, and academic, financial, and psychological support through college. A 501(c)(3) charitable organization, BHGH is privately funded through individual, corporate and foundation giving.

Boys Hope Girls Hope recently was awarded a check from the Ronald McDonald House Charities of St. Louis. Presenting the check to Brian Hipp, Executive Director of Boys Hope Girls Hope St. Louis were Ronald McDonald House Charities Grants Committee member Rachel Eilbott and Colleen Schoendienst, owner and operator of the Lamp & Lantern McDonald's restaurant and member of the Ronald McDonald House Charities grant committee.

## CHURCHILL BECOMES EIGHTH SCHOOL IN THE NATION TO ATTAIN COVETED WILSON® ACCREDITATION

Wilson® Language Training is considered the gold standard for teaching reading to children and adults with learning disabilities such as dyslexia. Until now, only seven schools in the country had attained this status - Churchill Center & School, located in Town & Country, officially becomes the eighth.



Since 1978, Churchill has provided individualized, remedial education for high-potential children with learning disabilities, enabling them to successfully return to traditional classrooms. Now more than ever, being a Wilson® Accredited Partner, with two certified trainers on staff, affirms that students attending Churchill benefit from the most up-to-date strategies and teaching techniques and that those techniques are carried out in accordance with rigorous Wilson® standards.

Churchill has implemented the Wilson Reading System® (WRS) and has been putting teachers through the certification process since 2005. WRS is a highly structured remedial program that directly teaches the structure of the language to students and adults who have been unable to learn with other teaching strategies, or who may require multisensory language instruction.

Appropriate for students in grade 2 and beyond, WRS "closes the gap" for struggling readers and is widely used with notable success in public and private schools, clinics, adult education classes, family literacy programs, and correctional facilities. WRS gives teachers the tools and confidence they need to work with even the most challenged readers.

## CITIZEN POLICE ACADEMY BEGINS MARCH 5

The Town and Country Police Department will again join Creve Coeur, Des Peres, Frontenac, and the Olivette Police Departments to present the West County Citizens Police Academy. The Academy will give citizens the opportunity to learn about law enforcement through practical training and exercises.

The Citizens Police Academy is to promote understanding between residents and their police officers regarding their respective goals. By promoting this relationship, citizens and law enforcement can work together to make the community a safer place to live.

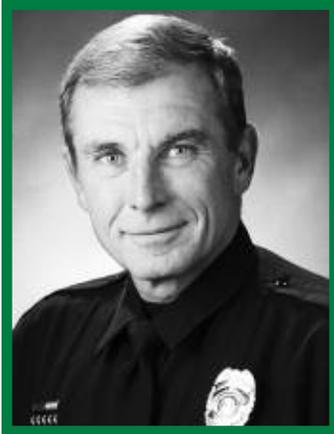
Topics covered in the Academy will include Constitutional and Criminal Law, the "Use of Force", a Taser demonstration, criminal investigations, traffic safety, pursuits, D.W.I. Enforcement, patrol tactics, victim/witness responses to criminal activity, 911 dispatch operations, and much more.

Participants will have the opportunity to fire a department issued firearm under the close supervision of a Firearms Instructor. Participants will also experience real life, role play scenarios.

The Citizens Police Academy will begin March 5th from 7:00 PM - 9:00 PM, and will meet on Tuesdays for nine weeks with a graduation ceremony on April 30th. The Academy is open to all residents, as well as non residents providing that space is available, who are 21 years of age or older.

**The Citizens Police Academy is free of charge.** For more information or to enroll in the Citizens Police Academy contact Officer Katie Exline at [exlinek@town-and-country.org](mailto:exlinek@town-and-country.org) or 314-587-2892.

**CERT (Citizen Emergency Response Team) will be offered in the Fall. Check the Town & Country Times this summer for details, or contact Officer Exline.**



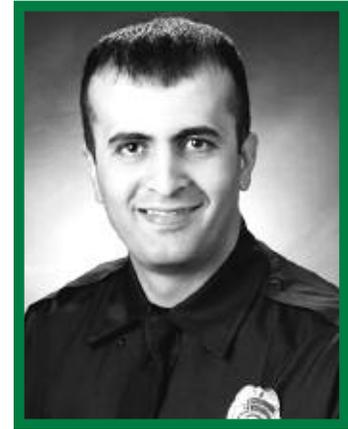
**Sergeant Dan Wagener** retiring - Dan started his career as a patrol officer with Town & Country on November 28, 1983, just a couple of days before the city's 1983 annexation became a reality on December 1, 1983. It was also that day that Town & Country dissolved its Department of Public Safety in favor of a full-time police department and the beginning of a long-time service contract with West County EMS & Fire (formerly

the Manchester Fire Protection District) for fire and EMS services.

Dan is one of the three remaining officers hired on that same day in November of '83 when our City more than doubled its size. The other two officers are Chief John Copeland and Officer John Nienhaus.

Throughout his career, Dan has consistently and unwaveringly demonstrated his commitment to all through his hard work and caring manner.

Our hats are off to Dan for all he has done for our great community and wish him and his wife Debbie the very best!



**Officer Masood Khan** hired - We would like to announce the hiring of our newest police officer, Masood Khan. Masood comes to us from the St. Louis City Police Department where he served for approximately three years. Masood, his wife Nikhed, and their two children currently reside in St. Louis City. Masood, who was born in India, first came to the United States in 2003, later receiving his U.S. Citizenship on April 12, 2007. He speaks five languages in addition to English. Welcome to Town & Country, Masood.

## FIT FOR DUTY

The Town and Country Police Department has joined with 22 other police departments and the St. Louis Area Police Chiefs Association (SLAPCA) to participate in a validation project for physical abilities testing for police officers.

The St. Louis Area Police Chiefs Association has approved an agreement with Stanard & Associates to develop clearly defined, job-related, validated physical performance standards by which agencies can measure the ability of a police officer to safely and effectively perform the essential physical functions of the job. Stanard has successfully performed this service for law enforcement agencies all across the nation for several decades.

The project will include a comprehensive job task analysis, identification of the essential physical functions, the development of a field test, and training for test proctors. The project will be completed in 2013 with the first assessment in the Fall. The developed physical abilities standards will become mandatory in two years to give officers training time to meet the new standards. This project should have a profound impact on agencies and their ability to deliver effective policing services to those they have sworn to serve and protect.

The project is being supported with a grant by SLAPCA and a \$5,000 grant by the St. Louis Area Insurance Trust (SLAIT), the risk management agency for a number of St. Louis municipalities.





# 74th SENIOR PGA CHAMPIONSHIP TRAFFIC ROUTES AND PARKING

This spring the 2013 Senior PGA Championship will be played at Bellerive Country Club. The tournament, which will be contested May 21st through May 26th, is the most historic and prestigious event in senior golf.

One of the biggest challenges of bringing a major golf tournament to Bellerive is designing an effective and quality traffic and parking plan. The tournament's Traffic and Parking Committee, composed of local, county and state law enforcement officials and county and state transportation department representatives, has been meeting regularly to develop a plan that will expedite traffic flow while minimizing congestion.

At the time of this writing the location of spectator parking has not been confirmed, but we know that it will be off-site with spectators riding a shuttle bus to Bellerive Country Club.

During the Championship week, Tuesday May 21st through Sunday May 26th, two roads surrounding Bellerive Country Club will be closed from 6:00 a.m. to approximately 8:00 p.m. Ladue Road from the Mason Road intersection to Highway 141 will be closed and Mason Road from Ladue Road to West Walling Drive will be closed. Additional information will be forthcoming for resident affected by the road closures. Be sure to check the city website for updates ([www.town-and-country.org](http://www.town-and-country.org)).

## DEER MANAGEMENT IN TOWN AND COUNTRY

Ordinance 3708, passed unanimously by the Board of Aldermen in November, appropriated \$57,000 to cull up to 125 deer by White Buffalo, Inc. This latest phase of our long term deer management program, completed on December 29, 2012, was successful in further reducing the size of our herd; and a corresponding reduction in deer/vehicle collisions is anticipated. The estimated population when the program began in 2009 was 65 deer / mi<sup>2</sup>. That number has been reduced to an estimated 33 to 38 deer / mi<sup>2</sup>.

Here is a quick summary of the major findings of the final reports (available on the city website at [www.town-and-country.org](http://www.town-and-country.org)) and the current status of deer management in Town and Country:

- With 115 deer culled between December 14 and December 29, significant progress was achieved in addressing the overpopulation of deer in Town and Country, specifically on the borders of Queeny Park and in the Thornhill neighborhood, with Ward 2 accounting for 59% of the deer culled. However, the distance sampling study indicates a continued higher density of deer due to the proximity to Queeny Park.
- The previous efforts last December and January along Conway

Road have proved effective in maintaining a lower density of deer. Two sites in Ward 4 were closed early due to a lack of deer activity. The low density was supported by observations during the distance sampling study.

- The latest effort was successful in addressing the density of deer near the Muirfield neighborhood in the northern section of Town and Country.
- Deer densities are still an issue along the Clayton Road corridor west of Mason Road (contiguous to the north side of Queeny Park).
- All of the affected animals were donated to the Share the Harvest program. Sponsored by the Missouri Department of Conservation, this program disseminates the meat to the area food pantries where it is distributed to those in need.
- The recreational feeding of deer, while not substantiated, does significantly impact the effectiveness of the management program. This practice is not only discouraged by conservation and wildlife organizations, it is prohibited by ordinance.

Comments or concerns involving deer can be directed to [deer@town-and-country.org](mailto:deer@town-and-country.org).

## ELECTRONICS RECYCLING - Saturday, March 23, 2013 - 9:00AM to 2:00PM sponsored by the Town & Country Green Team Commission

**Who:** The City of Town & Country is partnering with RNA Worldwide Computer and Electronic Recycling to collect home electronics and appliances from anyone. No need to be a resident to participate.

**What:** All manner of items are eligible for recycling at no charge to the individual. For more information regarding this company and their services you can go to their website at: [www.rnaworldwide.com/faq.html](http://www.rnaworldwide.com/faq.html).

**When:** Saturday, March 23, 2013 - 9:00AM to 2:00PM

**Where:** Town & Country Municipal Center  
1011 Municipal Center Drive  
Town & Country, MO 63131

**Why:** Recycling e-waste not only makes environmental sense but economic sense as well. By recycling electronics you are keeping them out of the landfills and allowing for the proper disposal of electronics that may contain hazardous or toxic substances. Recycling valuable elements and raw materials from end-of-life electronics, or recycling, is one of the most effective solutions to the growing e-waste problem.



# CONWAY ROAD LOG CABIN TO BE MOVED TO DRACE PARK



The City of Town & Country became aware of the fact that a house located at 13348 Conway Road containing a historic log cabin was about to be torn down for the construction of a new home. The log cabin is not visible from the outside, but is totally exposed on the inside of the home. Upon learning this, the Town & Country Historical Society, along with the Town & Country Conservation and Historical Preservation Commission, started an effort to save the log cabin.

A plan was developed to first separate the log cabin from all of the additions and strip off the modern siding, and then disassemble it, saving all the logs, support beams, and foundation stones. These items would then be moved and stored at Drace Park. The cost of this initial effort is around \$12,000.

raise the required initial \$12,000. The Town & Country Parks & Trails Foundation, a 501c3 non-profit tax-exempt entity, donated \$4,000 to the effort. Individual citizens donated another \$6,150 either directly to the city or to the Town & Country Historical Society, both of which are also tax exempt, making all of the donations tax deductible. Bob Brinkman with Brinkman Constructors, a strong supporter of preserving historic structures in the region, donated \$3,000 to the project. A total of \$13,150 was raised which allowed the city to sign a contract to save the log cabin. The Historical Society will hold funds that are not used for this initial phase in a restricted fund to be put towards reconstruction of the cabin.



The log cabin dates back to the mid 1800's and has a well-documented history. It is unclear who actually built the log cabin, but it is clear that George Oge, who was born in the Alsace region in Europe, purchased land on Conway Road in 1857 and became the first postmaster of the area referred to as New Alsace. He was an early farmer in the area, used the log cabin as a general store, and raised his family of 11 children in the cabin. Many descendants currently living in St. Louis region have contacted the Historical Society about the log cabin. The Society will be gathering as much information as possible to reconstruct the history of the families living in the cabin before and after the several additions were added to the home.

The Town & Country Historical Society, along with the Town & Country Parks and Trails Foundation, will be seeking grant funds to reassemble the log cabin. The City of Town & Country's Conservation and Historical Preservation Commission and the Parks & Trails Commission will participate in the effort. Public input sessions will be held to obtain citizen input about how to combine this log cabin with the other two that are currently located in Drace Park. One concept under consideration at this time is to create a demonstration area of what life was like in the mid 1800's for the enjoyment of our residents, our neighbors, and our schools.



Anyone interested in supporting this project, either by physical help or a monetary contribution, may contact Alderman Skip Mange at 314-401-6129. These tax deductible contributions can be made out to the Town & Country Historical Society, and mailed to 13525 Clayton Road, Town & Country, MO. 63141.



*Heather Roth Photography*

## LONGVIEW FARM HOUSE EVENTS

Three unique sections of the Historic Longview Farm House are available for rental. The perfect place for an unforgettable event!

### **Celebrate**

Mark an anniversary, birthday, engagement or graduation.

### **Shower**

Honor a mother-to-be or bride.

### **Wed**

Hold an intimate ceremony, rehearsal dinner or reception.

### **Meet**

Plan a business meeting, lecture or company retreat.

**314-434-1215**

**[www.town-and-country.org](http://www.town-and-country.org)**

## TOWN & COUNTRY PUBLIC ART COMMISSION PRESENTS LONGVIEW FARM HOUSE ART GALLERY

**Opening Reception for Jodie Maurer**  
**Featuring collaborating artist Veronica Greene**  
**Friday, March 29 6PM – 8PM**



Landscape painter Jodie Maurer will display her paintings at Longview Farm House during the months of February, March & April. Jodie was the winner of best in show in the City's 2011 Impressions of Town & Country Plein Air art competition. She received a B.A. in Fine Arts from the Principia College. (<http://jodielemaurer.wix.com/art>)



Special for the Opening! Award winning artist Veronica Greene is a juried member of the Best of Missouri Hands. She interprets the soft blends of nature with the vibrant palette of her hometown Mexico City with her original designs hand-painted and dyed on silks.

**Gallery hours at Longview Farm House M, W & Friday  
8AM – 12N, or by appointment.**

**Contact Lindsey Hodge 314-434-1215 with any questions!**

## TRIBUTE TREES

*Dedicate a Tree for Mother's Day or Father's Day!*

Do you need a special Mother's Day or Father's Day gift? Why not honor a parent with a tree in a Town & Country park? Tree gifts include a customized plaque to honor your special person. You can surprise your loved one by taking a family walk and revealing the personalized tree. The tree and plaque will outlast other gifts, and you can watch it grow year after year! Tree donations are \$275 for a 1 1/2-inch caliper and \$350 for a 2-inch caliper tree. Call Anne Nixon for more information at 314-434-2128.

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## SPRING AND SUMMER PRESERVATION CADET PARK FIELD USAGE

To reserve a Spring/Summer field permit, contact Tony Kosciolek at Kosciolekt@cbchs.org or 314-985-6046.

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## SAVE THE DATE! FIRE & ICE JUNE 22

*Taste of Town & Country • Live Music • Fireworks!*

More details on [www.town-and-country.org](http://www.town-and-country.org) and in the Summer edition of the Town & Country Times newsletter.

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## IT'S PICNIC PLANNING SEASON!

We are accepting pavilion rentals for the 2013 season. Picnic Pavilions are located adjacent to the playground and restrooms in each park. The pricing and capacity are as follows:

	Seating Capacity	Fee
<b>Preservation Park</b>	<b>30</b>	<b>\$30</b>
<b>Drace Park</b>	<b>40</b>	<b>\$40</b>
<b>Longview Farm Park</b>	<b>50</b>	<b>\$50</b>

To reserve a pavilion call the Parks and Recreation Department at 314-434-1215.

Due to popular demand, two rental times are available per day!



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## YOGA AT LONGVIEW

Stretch, strengthen and center yourself in the beautiful setting of Longview Farm Park. This vinyasa yoga class is suitable to all levels. From the complete novice to an experienced yogi, this class will be tailored to accommodate multiple levels.



**Location:** Longview Farm House  
13525 Clayton Rd.

**Tuesdays:** 9:30-10:45 AM

**Thursdays:** 8:30-9:45

**Instructor:** Sara Clem - Sara is a Town & Country resident and has been practicing yoga for 18 years. She is Yoga Alliance certified.

**Fee:** \$15/class; \$60/5-class package; \$100/10-class package

To register over the phone with a credit card, call the Parks and Recreation Department at 314-434-1215.

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# PLANT SALE

**Mason Ridge Garden Club will hold its 11th Annual Plant Sale at Longview Farm Park on Saturday, May 11 – 9AM to NOON**

Perennials from members' gardens, as well as the Longview Farm gardens will be for sale at reasonable prices. In addition, a select group of annuals will be for sale as well. Arrive early, rain or shine, for the best selection. Please - cash or check, ONLY. Profits from the sale directly benefit the Longview Farm gardens and various local charities. Questions? Contact Claire Chosid at [ckc@conversource.com](mailto:ckc@conversource.com) or 314-579-9876.



## FREE FISHING DERBY

Saturday, April 20, 2013

Town & Country Crossing

Located at the intersection of Clayton and Woods Mill Road

Join us from 9:00am-12:00pm as we celebrate EARTH DAY!.....Bring the entire family for a day of activities and fun. Catch and Release Fishing Derby from 9:00am-10:30am. For youth ages 4-15! Participants must provide pole and bait. PRIZES AWARDED!

PRE-REGISTRATION REQUIRED!

Call 636.220.7827 to register.

visit [www.townandcountrycrossing.com](http://www.townandcountrycrossing.com) for event updates!

# SPRING IS RIGHT AROUND THE CORNER — SO LET'S GET GARDENING!

## PANEL OF EXPERTS Q & A SESSION

**THURSDAY, MARCH 21, 7PM - 9PM, LONGVIEW FARM PARK**

The Town & Country Garden Club is hosting a "Panel of Experts" question and answer discussion on various aspects of preparing your plants and garden for spring on Thursday evening, March 21, from 7pm to 9pm. This program is free and open to the public. The event will be held at Longview Farm Park, 13525 Clayton Road. Light refreshments will be served and there will be door prizes awarded. The topics and presenters are:

*"Perennial Care Now That Spring is Here" by Kim Reiss of Sugar Creek Gardens*

*"St. Louis Soil - Making the Most of It" by Roy Gross of St. Louis Composting*

*"Getting Tropical and Indoor Plants Ready for the Great Outdoors" by Staff of Greenscape Gardens*

Our club members look forward to sharing good gardening principles and useful knowledge of gardening techniques with the residents of Town & Country and the St. Louis community at large. Please bring your questions, and we hope to see you there!

Please visit us at [www.townandcountrygardenclub.com](http://www.townandcountrygardenclub.com) to view our calendar of events and a listing of our monthly speaker programs or contact Ann Barron at [mobarron@charter.net](mailto:mobarron@charter.net) or 314-229-8686 for additional information. We also have a link on the [www.town-and-country.org](http://www.town-and-country.org) calendar.

## GARDEN TOUR UPDATE:

The Town & Country Garden Club will be rescheduling the 2013 Garden Tour for the Spring/Summer of 2014 as a result of a scheduling conflict with a major national garden tour being held here in St. Louis on the same date.

# 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 – advance appointments are recommended.

**Lafayette Center Dierbergs –  
Wednesday, March 6,  
10 a.m.-1:30 p.m.**

**Heritage Place Dierbergs – Wednesday,  
April 17, 3-6 p.m.**

**Market Place Dierbergs – Wednesday,  
June 12, 10 a.m.-1:30 p.m.**

### *Bone Density Screening*

Heart disease is the number one killer of both men and women, followed by cancer. Stay on top of your health with regular screenings. To make it easy, Missouri Baptist will provide FREE screenings, including cholesterol, glucose, blood pressure and bone density.

**Saturday, March 9, 10 a.m.-2 p.m.,  
South County Center, 18 South  
County Centerway**

## Evening Programs

*The Link Between Diabetes and  
Congestive Heart Failure*

*Aunita Hill, MD, internal medicine  
David Sewall, MD, interventional  
cardiologist*

Statistics are clear – adults with diabetes have a higher risk for heart disease and are two to four times more likely to die from heart disease than adults without diabetes. Join our medical experts for a discussion on diagnosis and successful treatment options for congestive heart failure. Participants also will learn why diabetics have a higher risk for heart disease and why controlling blood glucose levels is critical to preventing heart disease.

**Tuesday, March 5, 6:30-8:30 p.m.,  
South County Holiday Inn,  
6921 South Lindbergh Blvd.**

*On the Move: Learn More About Your  
Hips and Knees*

*Robert Kramer, MD, orthopedic surgeon  
Robert Lander, MD, orthopedic surgeon*

Remember all the things that you used to do so easily, until your hip or knee started slowing you down? Well, imagine doing all those things again. Join us and learn what you can do to reduce your joint pain, as well as hear about the latest procedures in joint replacement surgery.

**Thursday, March 14, 6:30-8:30 p.m.,  
Doubletree by Hilton,  
16625 Swingley Ridge Road**

## Lunch and Learn

*Palliative Care: Transitional  
Comfort Care*

*Gary Ratkin, MD, oncologist  
Vicki Boehmer, RN, palliative care  
specialist*

Palliative care, specialized medical care for people with serious illnesses, provides an extra layer of support for people diagnosed with a life-threatening disease. Join our panel of palliative care experts as they discuss the difference between palliative care and hospice, as well as how this team approach can improve the quality of life.

**Tuesday, March 19, 11:30 a.m.-  
1 p.m., Longview Farm, 13525  
Clayton Road**

## Oasis Programs

*Fit for Function: Preventing Age-  
Related Muscle Loss*

*Jane Overall, OASIS Community Health  
Facilitator*

Learn about new research proving basic strength training can reverse age-related muscle loss.

Experience this screening and presentation to learn what it means to be functionally fit and whether or not you pass the test based on national norms. This program and screening is specifically designed for those ages 60 and older.

**Wednesday, April 17, 1-3 p.m.  
Wednesday, June 19, 10 a.m. - noon  
Longview Farm,  
13525 Clayton Road**

## AARP DRIVERS SAFETY COURSE

*Mike Callahan, certified AARP instructor*

This four-hour training will help you tune up your driving skills, update your knowledge of the rules of the road, learn about normal age-related physical changes and ways to adjust for these changes and reduce traffic violations, crashes and chances for injuries. Some insurance companies also offer a discount to participants! Space is limited. Call 314.966.5433 to register.

**Town and Country Municipal Center  
1011 Municipal Center Drive  
Tuesday, May 7, 9 a.m.-1 p.m.**

**Fee: \$12 for AARP Members; \$14 for non-AARP members, payable to AARP the day of training.**

## SAFE AND ACCESSIBLE ARCH AND PUBLIC PARKS INITIATIVE

The April 2013 ballot will include a measure referred to as Proposition P (Safe and Accessible Arch and Public Parks Initiative) that will ask voters whether to increase the sales tax by 3/16 of one cent (19 cents on a \$100.00 purchase) for the following purposes:

- Provide for safety and accessibility improvements at the Gateway Arch grounds and environs for all visitors, including families and people with disabilities, and provide expanded activities and facilities at the Arch.
- Provide for public access, availability, safety and other improvements to regional parks and trails through Great Rivers Greenway, and county and municipal parks.

It is estimated that this tax will result in annual revenue to provide for the following: Approximately \$11.5 million to be combined with other federal, state, and private funds to make substantial improvements to the Arch grounds and museum. Another \$11.5 million will go the Great Rivers Greenway to continue their program of building regional trails. On a

more local level, \$6.0 million will go to the St. Louis County Parks Department for improvements to County parks such as Queeny Park. An additional \$4.0 million will go into the Municipal Parks Grant Commission funds, which the City of Town & Country has used several times for a total of \$311,000 for improvements to our parks.

These are all restricted funds that cannot be used for anything other than parks. The purchases of food and prescription drugs will be exempt from the proposed increase. The use of the funds will be subject to an independent annual public audit, and voters must approve continuation of the tax after 20 years.

If approved by the voters, the City will have the opportunity to access increased funding for new and improved parks and trails in our City. Please carefully examine this initiative and the improvements to parks and trails in our City and region that it is designed to support.

*By Alderman Skip Mange*

## 2013 CHAMBER OF COMMERCE EVENTS & ANNOUNCEMENTS

The Town & Country – Frontenac Chamber of Commerce has announced their special events for 2013. “We are so excited to offer a variety of opportunities for our Members to showcase their products/services to other businesses and to the communities that we serve,” said Chamber Chairperson, Jean Ahsmuhs. Our 2013 events will include the Business Showcase, Clayton Road Classic, Fire & Ice, the Frontenac Festival and our 3rd Annual Golf Tournament that will take place June 21 at Spirit Landings.

The TCF Chamber is currently seeking event sponsors and participants for the golf tournament and you don't have to be a member of the Chamber to attend! Entry is \$150 per golfer and includes greens fees, range balls, box lunch, refreshments, prizing plus a cocktail reception provided by Flemings. You can find out more information regarding these events by visiting the Chamber website at [tcfchamber.com](http://tcfchamber.com) or by calling 314.469.3335.



CHAMBER OF COMMERCE

The Chamber also elected the following people to fill the 7 vacant 2013 Board of Director positions:

Susan Levko– Frontenac Surgery Center and Aaron Schober– Wellbridge Athletic Club–  
**Members At Large.** Leslie Melton– Town &

Country Crossings, Doug Peden– Edward Jones, Gayle Messmann– Garden Villas, Charles Wallace– Curt Parker Jewelers and Mike Schmerold– Mason Ridge Elementary were elected to the **Advisory Board.** 2013 City Liaisons are Bob Shelton, City Administrator- City of Frontenac and Skip Mange, Alderman, Ward 1- City of Town and Country.

The Chamber board and committees continuously acknowledge community needs and strive to find solutions and develop benefits to member businesses. Joining the Chamber will provide business representation and access to information only granted to members. Check us out for yourself! Call us or visit our website. *When a Chamber gains and retains members, we can make a greater difference in our community.*

# CONVERSATIONS WITH A GREEN COMMUNITY

By Ellen Maas, Green Team Commission Member

The new *Town & Country Times* feature series “Conversations with a Green Community” will focus on Town & Country community members who are taking action to live more sustainably and reduce their personal carbon footprints. Their stories will be shared here to encourage and inspire others with their perspectives and choices.

Know someone who lives, works, or attends school in Town & Country and is making a significant effort to live sustainably? Let us know – we would love to have a “conversation” with them! Send an email to Town & Country Green Team Commission Member, Ellen Maas, at [greentc.conversations@gmail.com](mailto:greentc.conversations@gmail.com).

The first of our series is with Susan Benigas, an informed green advocate, and the wife of the Green Team Commission Chairman, Alderman Jon Benigas.

## Introducing: Susan Benigas

Susan is a resident of Town & Country and has been an entrepreneur and marketing professional, covering the gamut from politics, sports, media, real estate, publishing and technology, to her passion of health promotion and sustainability. She was most recently serving as president of AMP It Up for Life, a worksite wellness company.

## Susan, what “green” issue(s) interests you most right now?

Through my work in recent years, I’ve come to realize that the #1 cause of many of the global sustainability issues we’re facing AND the #1 cause of the alarming chronic disease trends in this country and around the world are one in the same: our toxic western diet, often referred to as the Standard American Diet.

From my vantage point, “green” lifestyle choices are what lead to “sustainability” of our personal health and, quite frankly, the health of the entire human race. While the conversation about “green” typically only focuses on the health of our planet, I believe we need to dramatically expand the focus.

Also, we all need to tune-in and increase our awareness about sustainability issues, including those highlighted in the movies *Bag It* and *Fresh* that have been featured as part of the Green Commission Speakers Series.

## What active steps have you taken to address these challenges?

According to J. Morris Hicks, author of *Healthy Eating, Healthy World*, “Our typical western diet is simply unsustainable for three primary reasons: water, land and fossil fuel energy... If we made an aggressive move in the direction of plant-based eating,

we could soon eliminate over half the consumption of fresh water around the world. At the same time, we could feed over twice as many people on less than half as much land, thereby reducing the need to grow food crops in drought-prone areas.”

Because a plant-based, whole foods lifestyle is so contrary to our Standard American Diet, it took some time to wrap my head around it and make the shift. In our own home, we now consume a diet that’s predominately plant-based. What does this mean? The vast majority of the food we consume in our own home falls into five categories: fruit, vegetables, whole grains (really whole grain, not just something that says “whole grain” on the front of the package), beans and legumes, and raw nuts and seeds. The closer your food selection is to being in nature’s package, the more healthful it is.

## What are some other green actions you have taken?

Taking re-usable bags into the grocery store and making healthful food choices. We installed a high-efficiency water heater, high efficiency HVAC systems, and Energy Star-rated windows. These were rather expensive choices, but we knew they’d pay off in the long run. And recycling! We’re big on recycling. This is one of the easiest things each of us can do as a “green” action step.

## If someone asked you, “How can I start going green?” what would be your advice?

I’d urge them to do what’s necessary to increase their awareness of the food=health vs. food=disease relationship as it relates to personal health and global sustainability. If anyone is interested, I have a comprehensive list of reading materials and video resources to help someone on their journey of discovery!



## GREEN THOUGHTS by Green Team Commissioner Bob May

Approximately 95% of the electricity consumed by an incandescent light bulb is emitted as heat and 5% is emitted as visible light. Conversely, CFL bulbs (compact fluorescent lights) consume about 75% less electricity, emit a comparable amount of visible light and by comparison, very little heat.

The effect of this unnecessary energy usage is compounded in the summer months while your air conditioning system must use more electricity to overcome the heat generated from the light bulbs. A direct impact is made to your bottom line when you consider that residential electrical rates are traditionally higher in the summer months when the utilities are attempting to perform at their peak capacity.

The obvious conclusion is that if every home owner considered this

simple concept and its broader impact while attempting to satisfy their lighting needs, large amounts of energy can be conserved. The reduction in carbon emissions from power production can be achieved and as you can see, benefit is not only provided to our environment, but also to your wallet.

*Bob May is a self proclaimed life long energy miser and currently serves on the Town & Country Green Team Commission. The goal of the Commission is to provide the community with the education and resources necessary to implement sustainable practices as a part of daily life. Additional information regarding the comparison of energy usage and cost of incandescent versus compact fluorescent bulbs can be found on Ameren UE’s Website at:*

[www.ameren.com/sites/AUE/UEEfficiency/ForYourHome/Pages/LightingCFLS.aspx](http://www.ameren.com/sites/AUE/UEEfficiency/ForYourHome/Pages/LightingCFLS.aspx)



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 314-432-6606  
[www.town-and-country.org](http://www.town-and-country.org)

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## ARBOR DAY CELEBRATION & EGG HUNT

Saturday, March 23 • Longview Farm Park • 9AM - Noon • Egg Hunt at Noon

*Help protect the future of this planet by engaging your children in nature!*

- Participate in a nature scavenger hunt for all ages!
- Create a craft to take home!
- Enjoy the Bubble Bus
- Select free seedling trees and shrubs to plant at home!
- Bring a basket for the Egg Hunt! Registration for the Egg Hunt is on-site beginning at 11 AM and the hunt begins at Noon. Cost for the Egg Hunt is \$10/participant. The Egg Hunt is a fundraiser for Equine Assisted Therapy horses. The eggs are counted at the end of the hunt and exchanged for prizes, not candy!

**Town & Country  
 Parks & Recreation**  
 Like us on Facebook for  
 events and parks news!



TREE CITY USA

### Community Honeysuckle Removal 1-3 PM

Join the war against bush honeysuckle by working with Parks staff to remove bush honeysuckle at Longview Farm Park. To volunteer, contact Anne Nixon at [nixona@town-and-country.org](mailto:nixona@town-and-country.org) or **314-434-2128**.

### MAYOR JON DALTON

12801 Tundra Court 63131  
 314-989-0270 • [mayor@town-and-country.org](mailto:mayor@town-and-country.org)

**WARD 1**  
**LYNN WRIGHT**  
 2478 White Stable Road  
 63131 314-993-5850  
[wrightlh@town-and-country.org](mailto:wrightlh@town-and-country.org)

**SKIP MANGE**  
 20 Roclare Lane  
 63131 314-567-4869  
[manges@town-and-country.org](mailto:manges@town-and-country.org)

**WARD 2**  
**TIM WELBY**  
 1856 Nettlecreek Dr.  
 63131 314-966-8751  
[welbytj@town-and-country.org](mailto:welbytj@town-and-country.org)

**CHUCK LENZ**  
 1706 Mason Knoll Road  
 63131 314-822-8227  
[lenzrc@town-and-country.org](mailto:lenzrc@town-and-country.org)

**WARD 3**  
**FRED MEYLAND-SMITH**  
 1032 Woodfield Estates Dr.  
 63017 314-878-0220  
[meylandsmithfj@town-and-country.org](mailto:meylandsmithfj@town-and-country.org)

**GUSSIE CRAWFORD**  
 900 Weidman Road  
 63017 314-434-2191  
[crawfordgb@town-and-country.org](mailto:crawfordgb@town-and-country.org)

**WARD 4**  
**PHIL BEHNEN**  
 322 Sunway Lane  
 63141 314-323-4728  
[behnenpj@town-and-country.org](mailto:behnenpj@town-and-country.org)

**JONATHAN BENIGAS**  
 14288 Cedar Springs Drive  
 63017 314-434-6011  
[benigasj@town-and-country.org](mailto:benigasj@town-and-country.org)