



Volume 25, Number 4
Winter 2009

Town & Country *Times*

LONGVIEW FARM HOUSE

Town & Country's exciting, new venue for private parties & meetings!

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After only a few months of taking rentals at the Longview Farm House, residents are excited about this new space, and beginning to make plans for the upcoming holidays and 2010. The feedback has been very positive about the Longview Farm House space and the delicious fare offered by our exclusive caterer, Villa Farotto. Town & Country residents who have taken advantage of the rentals, have been thrilled about the new venue

and enjoy hosting a party in a park their family has enjoyed for years. Renters are happy to have the choice of the three different spaces as rental options. One resident, planning her extended family Christmas party, is pleased to rent the Historic House for her party - she likes the feel of the Historic House and commented that it was like the best of both worlds, as she could offer a cozy, homey environment, without opening up her own home.

Local businesses, too, are taking advantage of this excellent space for off-site business meeting and trainings. Villa Farotto offers excellent gourmet boxed lunches which fit very well with the budget and time constraints of businesses today.

The House has recently played a role in hosting several exciting City-wide events. The Longview Farm House was a perfect space for Fall Festival, Holiday Boutique, and a great place to stay warm before and after Turkey Trot. See inside this newsletter for some fabulous pictures of all events.

Call Lindsey Hodge, Longview Farm House Facility Steward, at 314-434-1215 for more information, or to book your event. Click on the City's website, www.town-and-country.org to find more information, a rental application and FAQ's. Or come by and see the House for yourself - the Longview Farm House is open to the public Monday-Wednesday from 8AM to 5 PM, as well as Thursday and Friday from 8AM to 10AM.



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!

See page 14 for Longview Farm House Kids Birthday Packages!

www.town-and-country.org

WITH VIGILANT FISCAL ANALYSIS AND BUDGETING, TOWN & COUNTRY REMAINS ON SOLID FINANCIAL GROUND



After months of careful analysis and forecasting, we have presented a budget to the Board of Aldermen that ensures we remain in a position to deliver all necessary core city services at the same high level you have come to enjoy and expect. Of course, in these challenging times, the City of Town & Country must do more with less, but as a direct result of years of conservative planning, we are well situated to meet (and hopefully exceed) our obligations and responsibilities. There are those who look backward and “second-guess” the past, while others look forward and express doubt about the future. I, on the other hand, believe both of these approaches are unproductive. Rather, I believe the city operates at its best when well-intentioned local leaders collaborate with our professional staff and other advisors to make the best possible decisions for the benefit of the greater good after first considering all relevant facts and circumstances. This approach enables us, as a community, to look forward knowing that we have prepared well in order to ensure a bright future for Town & Country.

Even solidified by substantial reserve funds (as discussed below), our city must proceed cautiously in this uncertain financial climate by constantly testing and retesting our financial assumptions, projections and priorities. These goals and obligations are communicated each year in our city’s annual budget, which identifies our needs, quantifies what we can afford, and puts into place a financial roadmap that will keep us on course.

1. The Budget Preparation Process.

Department managers began preparing their budget requests in early August. City revenue and expenditure estimates were formulated based on historical data, essential obligations and contractual commitments, operational needs, demographic and economic trends, input from outside sources and many other factors. In the face of negative revenue projections across the board, reductions in all operations were considered with the strict rule that no impact on the quality of service (most notably public safety) would be tolerated to any degree. Over the course of several months, our estimates were updated and modified as the latest data became available.

Thereafter, the Finance Commission provided its independent review and analysis. This dedicated, longstanding and talented group of residents always offers a fresh and independent perspective, which is particularly valuable to those of us who spend months in the details of assembling this multi-million dollar budget. While the Finance Commission voted unanimously to approve the proposed 2010 budget, in doing so, it committed to working with me and city staff throughout the coming year on a series of workshops that separately analyze all segments of our local economy and its impact on future city budgets. For example, separate studies will be conducted of our business license fees, annexation options and redevelopment potential for Manchester Meadows, which has recently experienced the loss of several major tenants. This major undertaking will ensure we are properly positioned to maximize benefits and opportunities for our residents consistent with our comprehensive plan and commitment as a premier residential community.

In any event, following review and approval by the Finance Commission, the Board of Aldermen considered the entire budget at two separate work sessions. The proposed ordinance that enacts the budget, co-sponsored by all but one Alderman, was introduced and submitted to a public hearing during which interested individuals had the opportunity to address the Board and provide detailed comments on the record. Thereafter, and at a separate meeting of the Board of Alderman, the budget may still be amended before final passage by the Board, and at the time of this writing, that is where we are in the process.

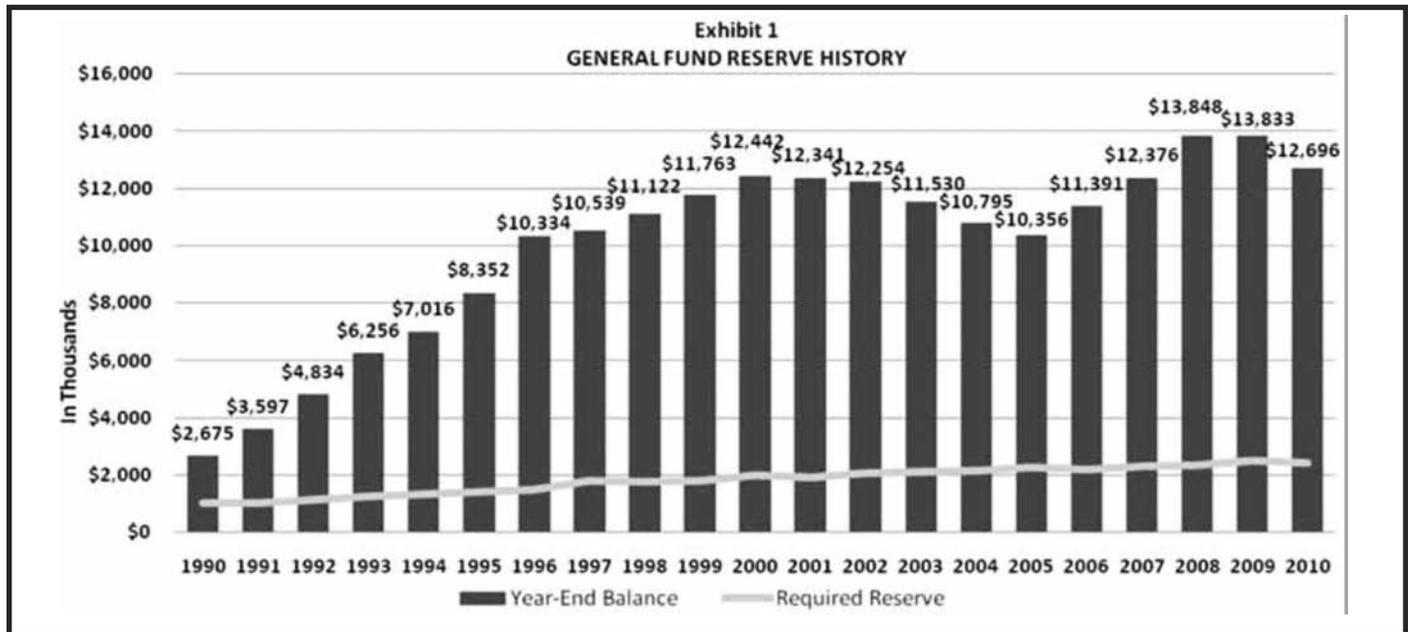


2. General Fund Reserves Remain at Historic Levels.

Although all accounts are analyzed to ensure that our priorities are properly set and implemented in a fiscally responsible manner, the General Fund receives extraordinary attention since it is the chief operating fund of the city. Revenues, expenditures and the resulting impact on reserve balance are measured against the established reserve requirement,

historical data and future projections to calculate trends and facilitate long-range planning while ensuring financial stability.

In the proposed 2010 budget, General Fund expenditures are projected to exceed revenues by \$1.2 million, resulting in an ending reserve balance of \$12.7 million. Although this projected ending fund balance is still more than five times the city's required reserve level of \$2.4 million, as shown on the graph in Exhibit 1, it is important to take steps now to address the deficit and be prudent going forward to ensure that the decline in revenue and reserves does not continue. To that end, we have proposed some dramatic changes in preparing the 2010 budget and in doing so have minimized the anticipated reduction in the general fund reserves.



3. Responsible Decisions to Protect our Future.

Some of the reductions that were made in the 2010 budget included modifications to the employees' health plans to achieve a net zero increase in costs, reductions in city funding for a number of popular yet non-essential programs such as the annual Fire & Ice event, branch chipping services, the deer herd management program (see update article later in this newsletter), the Town & Country Symphony and the Beautification Grant programs, our Public Relations and Green Team/environmental expenditures, removal of the funding for dredging the Longview Farm Park pond, elimination of funding to install a sidewalk between the Municipal Center and Churchill School (as this was tied to another development that has been delayed), removal of spending on any out-of-state conferences and meetings and more. All of these proposed reductions, while responsible and prudent under the circumstances, do not amount to savings sufficient to offset projected reductions in reserve balances caused by declining revenues during this economic downturn. Given that 49% of our general fund annual budget is comprised of personnel costs (82% if you extract fire and ambulance services, which are provided under a long-term contract), a close examination of our organizational structure and overall efficiency was performed in order to combat projected losses and best prepare us for the future. As a result of this review, we concluded that certain positions could be eliminated (or combined) without jeopardizing our high standard of service delivery. Such proposals included in the 2010 budget, even after adding back in a 2% cost-of-living adjustment for all employees generates in excess of \$300,000 in annual savings for the city in its General Fund.

Another important decision made in 2009 was to retire our outstanding bond debt, saving the city \$84,000 in future interest expense and leaving us with no outstanding debt for the first time since 1998. To account for the resulting drain on reserve funds that this caused, we have deferred several capital projects until 2011 and later. For example, the five year road program was adjusted by shifting the non-critical resurfacing of selected asphalt streets to later years. This along with deferring updates to the City owned fire house allowed approximately \$1.2 million in relief to be achieved. While disappointing, such deferrals have no impact on our existing infrastructure and asset quality.

With the above additional reductions and adjustments, we were able to cut an additional \$256,290 out of the general fund budget and reduce overall city expenditures by \$5,397,958 from 2009 to the 2010 budget. These changes in expenditures are shown in Exhibit 2 and Exhibit 3.

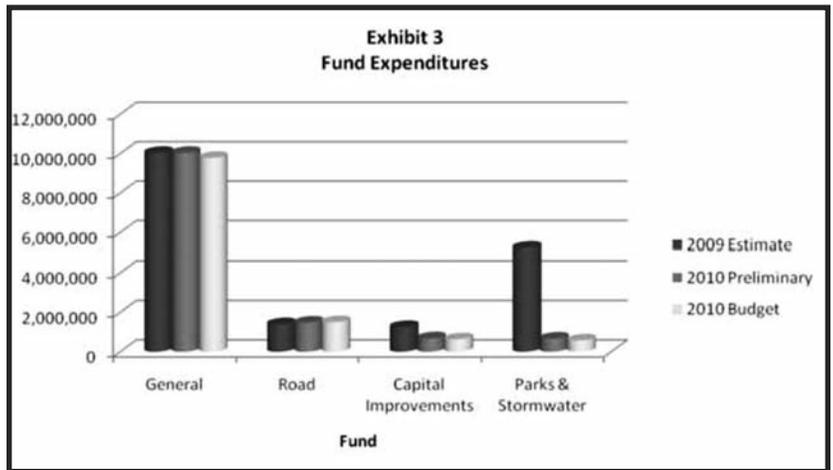
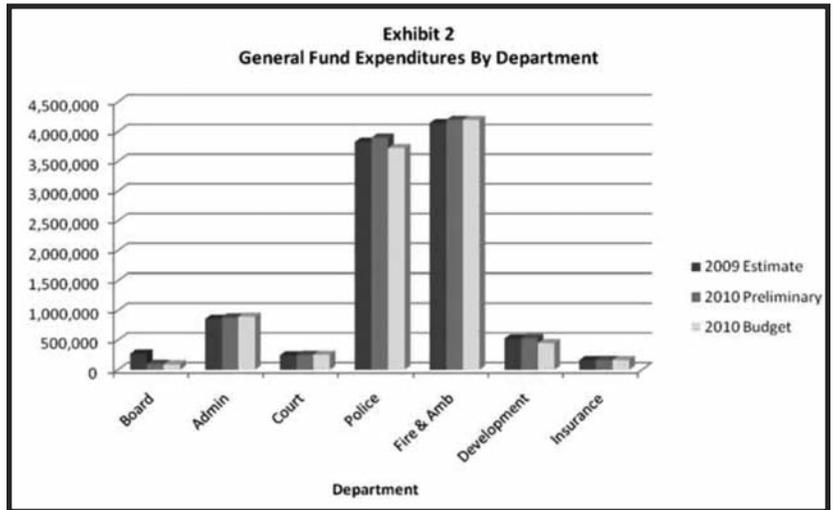
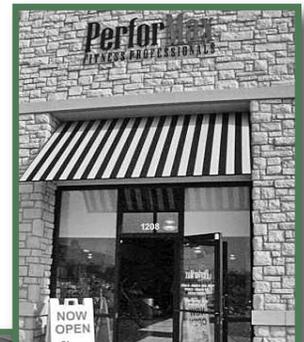
4. Town & Country Remains an Attractive Location.



General Fund revenues are expected to decline by \$1.4 million in 2010, mainly due to a reduction in sales tax revenues. Since Town & Country has a zero

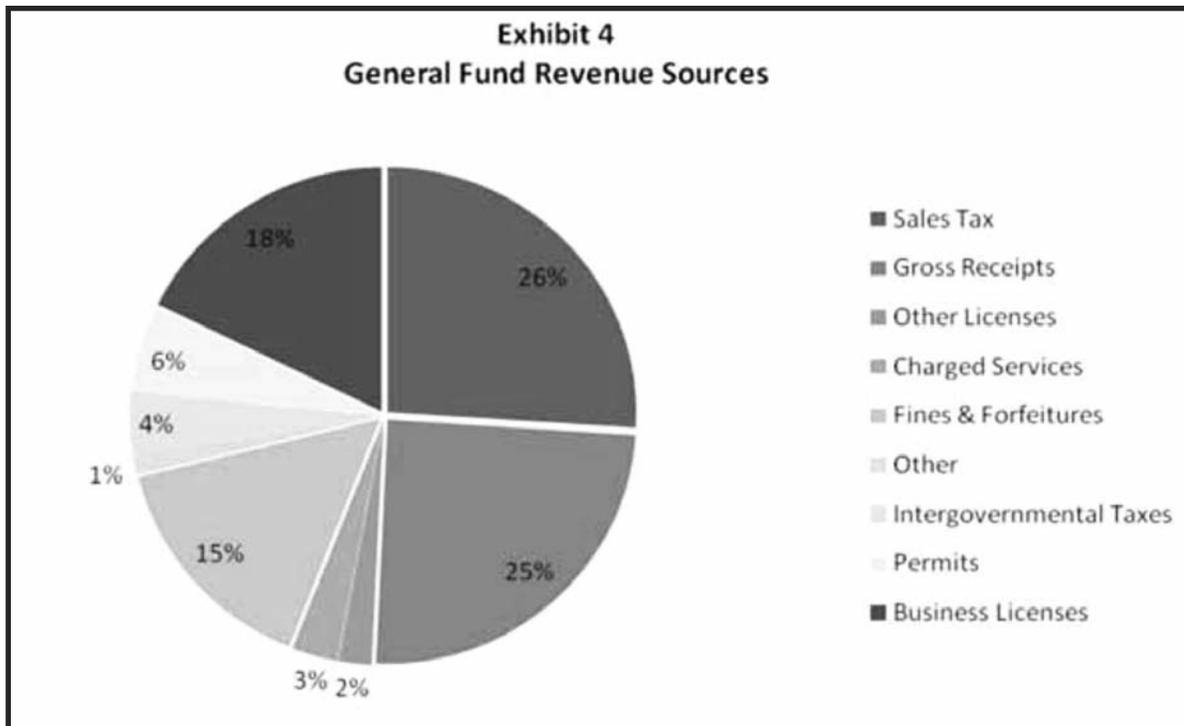
percent property tax, sales tax revenue is the largest revenue source for the General Fund, as shown in Exhibit 4. With the current recession, sales tax revenues have declined about 7% countywide. In addition to the negative economic impact, the city lost several major retailers in 2009, which had previously generated a significant amount of revenue to the city.

Although these reductions in revenues are expected to be temporary, they are anticipated to continue through 2010; hence, the budget has been adjusted accordingly. Nonetheless, in light of positive development trends across all of our existing commercial areas, we believe these projected revenue declines are extremely conservative. In fact, numerous existing and anticipated new openings at Town & Country Crossing not only complete the plan from several years ago to diversify our tax base, but also enhance the shopping, recreational and service experience of our residents. Moreover, several of the “big box” stores that were vacated in Manchester Meadows are being filled after months of work by many interests, including the city that has endeavored over the last few years to support desirable and measured development to bring value to our community.



5. Focus on Core Services and Future Opportunities.

With the adjustments and modifications that were made to the 2010 budget, we have refocused our attention on providing core services and meeting the essential financial obligations of the city. We believe this puts our city on the right course to take us into the future. Despite these prudent and necessary adjustments during the economic downturn, we must not lose focus of the good news for Town & Country: we have been careful stewards of our public resources (such that even after spending down in 2010, we will have the third highest general fund reserve balance in the history of the city), and we are planning to do more with less going forward. To that end, I have established a Task Force on



City Services, lead by the Chairs of both our Finance Commission and Public Works Commission, that will explore new ways to deliver and pay for services residents have enjoyed in the past as well as to explore opportunities to provide new services. Without a property tax, we are limited as to what we can afford out of general revenues. Even the annual branch chipping program has grown far beyond its origins such that we needed to enact a supplemental appropriation of \$21,000 to cover the 39% increase in utilization.

In addition to doing more with less through innovative thinking and collaboration, our 2010 and future budgets will also likely be supported by progressive advancements in planned developments, such as the possibility of collecting a so-called “PILOT” (payment in lieu of taxes) and additional revenue-sharing or rebate opportunities with contract vendors. With respect to the latter, I have established a Task Force to explore all of our options over the next 12 months in connection with the provision of fire and emergency medical services. This vital city service accounts for approximately 43% of our general fund annual budget; hence, just as all other areas of operation, it is and will continue to be the subject of intense review and fiscal planning.



* * * * *

As predicted at the start, this message has delved far deeper into detail than any of my prior communications on the subject; however, in these challenging times, the details count, and so do the figures comprising our 2010 budget. Taking everything into consideration, I am confident that careful and thoughtful planning have left the City of Town & Country on solid financial ground, and I am hopeful you have come to the same conclusion.

Best wishes to you and your family for a joyous holiday season and a wonderful new year!

Jon Dalton
Mayor

DEER MANAGEMENT IMPLEMENTATION TASK FORCE UPDATE

By Alderman Fred Meyland-Smith, Chairman of the Deer Herd Management Program Implementation Task Force

This will provide an update on the work of the Deer Management Implementation Task Force since our report in the Fall Newsletter. The Task Force met in open session in September and again in November with a number of interested residents in attendance at both meetings. This project is proceeding well as a partnership effort between three key participants – White Buffalo Inc., the wildlife management professionals who have been contracted to do the field work; The Missouri Department of Conservation (MDC), the government agency with regulatory authority for all wildlife in the State; and the City of Town & Country. The City is responsible for providing the overall supervision of the entire project.

As previously reported, there are two primary elements of the project. The first is the sterilization of a number of does. This work is being performed by a qualified and experienced team of veterinarians. This element of the project is accomplished by first either trapping the animals under large nets or tranquilizing them with a dart. The surgical procedure is brief and the animal is then released. Sterilized deer will be marked with an ear tag to avoid having it included in the sharpshooting phase. The number of does to be sterilized as authorized by the MDC has recently been increased from the original figure of 100 to allow additional sterilization and ultimately more productive herd control while staying within the amount budgeted for the project.

The second element of the deer management effort is sharpshooting. This phase involves professionals using specialized equipment and the sharpshooting IS BEING PERFORMED ONLY ON TRACTS OF UNDEVELOPED LAND OF 10 ACRES OR GREATER IN SIZE. Approximately 12 sites evenly distributed across the City have

been volunteered by the property owners for this effort. This portion of the project is under the strict supervision of our police department which has inspected and approved each of the participating sites as well as the provision of daily oversight during the sharpshooting. MDC has also, similar to the limit on sterilization, increased the authorized limit on sharpshooting. Each of the animals taken by sharpshooting being donated to Share The Harvest Program promoted and authorized by MDC.

It is essential to underscore the importance of the decision of MDC to raise the limit on both sterilization and sharpshooting. This was done without the City increasing the 2009 budget for this project. The facts are: a) the City will have a reduced budget for 2010 due to decreased sales tax revenue stemming from the economic downturn and therefore may not be in the position to fund a substantive deer management effort next year; b) field observations by the experts have led them to conclude that our City's deer herd is larger than initially estimated. Therefore, the City petitioned MDC and received approval to make this year's expenditure more cost efficient by increasing the productivity of what we do now without increasing the 2009 expense. This cooperative effort between the City and MDC makes even greater use of the public funds.

Note that when this message arrives in your home, the deer management activities should be well underway or completed.

The program timetable was established as follows:

First three weeks of November – bait sites.

Late November – place nets to trap.

Early December – begin sterilization, followed by sharpshooting.

April 15, 2010 – final report of project to MDC.

PERVEZ MUSHARRAF VISITS TOWN & COUNTRY

By Dr. Junaid Syed

On October 1, Dr. Junaid Syed and Dr. Kulsoom Junaid had the honor of hosting the former President of Pakistan, Pervez Musharraf and his wife, Former First Lady, Sahiba Musharraf to their home in Town & Country on Summerhill Lane. President Musharraf was in St. Louis for a speaking engagement and came to the Syed home to meet friends and local dignitaries from the St. Louis area.

Dr. Kulsoom Junaid and President Musharraf are family friends, and thanks to much orchestration from The State Department, Town & Country Police, and St. Louis County Police, this luncheon was made possible.

Among those that were able to join Dr. Junaid and Dr. Syed

were: Jon Dalton, Mayor of Town & Country, Rachel Storch, Missouri State Representative, Jamilah Nasheed, Missouri State Representative, and John Embree from Mayor Francis Slay's office.

The President spoke of his time in office and efforts since leaving office. He also discussed issues currently challenging Pakistan such as education, terrorism, and relations with India and the role of US in the current world scenario. The President then welcomed questions from guests.



TEXT AND EMAIL CRIME ALERTS FROM THE TOWN & COUNTRY POLICE DEPARTMENT NOW AVAILABLE

**CRIME
ALERTS**



In addition to the CPSN (Crime Prevention Safety Network) updates that the Police Department sends to citizens that have signed up for the email service, interested residents may now receive crime alerts and other time-sensitive information via text messages delivered directly to cell phones.

The Town & Country Police Department is now using NIXLE messaging service to keep you informed with what is happening in your neighborhoods, schools and on your roadways. Once registered for the service, you will receive trusted, up-to-date neighborhood public safety information directly from the Town & Country Police Department by text message and/or email. The service will be used to alert you about events ranging from a lost child last seen on a nearby street, a traffic crash blocking an intersection or major roadway, or an alert for a suspicious subject seen going door to door on your street. You have control over what type of messages you receive and can customize the alert area to best suit your needs. NIXLE is a nationwide service and once enrolled, you can opt to receive messages from municipalities all over the country. For example, a resident can sign up for the alerts sent by Town & Country (for their

home), a township in California (where their kids go to college), or a neighboring community in St. Louis where their place of work may be located.

The service is easy to use, and there is no spam or advertisements included in the messages. NIXLE is completely free (standard text message rates apply for cell phone subscribers who do not have text plans).

If you are currently receiving the CPSN emails, and you are not interested in getting text message alerts sent to your cell phone, you need not do anything.

Whether you are currently receiving the CPSN or not, and would like to receive both the text alerts and the CPSN emails via the new service, please visit www.NIXLE.com and register. After subscribing you will begin to receive both messaging services.

Stay connected to Town & Country through public safety alerts that are relevant to you and your specific neighborhood. Register now and learn more at www.NIXLE.com. Spread the word with friends, family and neighbors! Enroll today and keep Town & Country a strong and safe premier community.

If you have questions after visiting the NIXLE website, you may contact Sgt. Chip Unterberg 314-587-2858 for further information.

Detective Messmer Honored



Detective Greg Messmer was honored at the Midwest Anti-Auto Crime Association's officer recognition luncheon on October 21st for his investigation into a major criminal ring involving the theft of expensive construction equipment (bobcats, back hoes, etc.). The Midwest Anti-Auto Crime Association recognized Detective Greg Messmer for his investigation into the theft of a BOBCAT valued at \$50,000. His long and thorough investigation led to the arrest and charging of the suspect, as well as information that linked the suspect to other thefts of high valued construction equipment in the metro area. The recovery of the BOBCAT was in Florida as it was about to be exported. Construction equipment has been recovered in northern Missouri, southern Missouri, South Dakota, and Iowa.

The investigation of this theft ring continues to this day.



IN MEMORIAM

CARL PETTY, JR.

Carl Petty, Jr., a valued member of the City's Benefits & Insurance Commission, passed away October 29. Carl's contribution of knowledge, professionalism and expertise will be missed on the Commission. The City extends condolences to Carl's family.

CLAYTON ROAD PROJECT



Recently, the City hosted a Town Hall Meeting to discuss the upcoming Clayton Road Improvements Project. The proposed project has two components: one is the resurfacing of the existing roadway pavement, and the other is the installation of a pedestrian multi-use trail. The intent of the project is to provide a safe and family-friendly means of travel to parks, schools and retail centers along Clayton Road, accessible by car, foot, bike or rollerblade, for all to enjoy.

Over the past two years, we have been successful in obtaining grants for the majority of the costs associated with the project through the Federal Highway Administration. Combined with resources derived from an arrangement with St. Louis County for their temporary use of Clayton Road during the "New I-64" project, **the City will be responsible for less than 15% of the total cost of the project.**

- ✓ The first phase of the project is slated for construction in 2011. This phase begins with the installation of a new roadway pavement surface from Highway 141 to east of Topping Road, and the trail will connect at Longview Farm Park and continue eastward.

- ✓ The second phase is scheduled for implementation in 2012, and will extend the resurfacing and multi-use trail further eastbound to the city limits near Bopp Road.



Community input is valuable in determining the most effective long-term use of Clayton Road. With your input and assistance, we will continue to work toward the successful implementation of this milestone project. In the coming weeks, all residents will receive a survey regarding the long term configuration of Clayton Road. Please look for this postcard in the mail, and return your valued input to us at your soonest convenience.

If you did not have a chance to attend the Town Hall Meeting and would like to review the proposed project or share your input on the future use or configuration of Clayton Road, please contact the Director of Public Works, Craig Wilde at 314-587-2824, or wildecj@town-and-country.org.

Notice Of Candidate Filing For April 2010 Municipal Election



Notice is hereby given that 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 6, 2010. Residents wishing to file for candidacy may do so in the office of the City Clerk beginning at 8:00 a.m. on Tuesday, December 15, 2009 through 5:00 p.m. on Tuesday, January 19, 2010.

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 314-432-6606 or 314-587-2806.

New Businesses in Town & Country

Appraisal Research Group
14323 S. Outer 40, #207M

Center Ethanol Company
600 Mason Ridge Center, #110

China Garden
229 Lamp & Lantern Village

Enterprise Growth Partners
14500 S. Outer 40

Global Quesadilla
187 Lamp & Lantern Village

Klutch LLC
11216 Town & Country Crossing Drive

Laurie Solet
1176 Town & Country Crossing Drive

Management Performance Association
14323 S. Outer 40

Metro-Amateur Golf Association
555 Maryville University Drive

Prevention First, LLC
763 S. New Ballas Road, Ste. 350

Verizon Wireless
13965 Manchester Road

TOWN & COUNTRY PUBLIC ART COMMISSION LOOKING FOR PEOPLE AND ART

In April of 2009, the Board of Aldermen created an Art Commission for Town & Country to increase the awareness, knowledge and appreciation of local art. The Mission Statement of the Public Art Commission is as follows:

To promote the arts throughout the community of Town & Country through education, exhibits, events and partnership with local educational institutions; and to investigate the establishment of funding for public art to enhance the cultural fabric of our community.

Mayor Dalton has been appointing interested members to the commission since this summer, but the commission is in need of members from Wards 1, 3 and 4. If you are interested in sharing your time to help bring more art to the citizens, please contact City Clerk Pam Burdt at City Hall, at 314-587-2806, or burdtps@town-and-country.org.

Currently the newly appointed commissioners have discussed holding a number of events including:

- * A week-long show of Town and Country residents' artwork held at the Longview Farm House
- * A Plein Air Paint-Out in the fall of 2010 where painters would paint scenes in Town & Country from 9am to 3pm and have their work judged at 4pm at the Longview Farm House and then displayed.
- * Art shows featuring local St. Louis artists
- * Art competition between art students at Town & Country's Maryville University and art students from other local colleges. Have similar competitions between art students at local Town & Country high schools.

If you have any suggestions please pass them along to Lindsey Hodge, at the Longview Farm House at 314-434-1215, or at hodgelf@town-and-country.org.

ATTENTION GARDENERS

The Town & Country Garden Club's first Garden Tour was such a success - they're going to do it again next year! They are looking now for residents who would like to have their gardens be part of the tour. If you have a special garden, here is your opportunity to demonstrate to the community the enjoyment and pleasure found in gardening. A variety of gardens is preferred for the tour, so please consider volunteering your garden. No garden is too large or too small!



SAVE THE DATE
2010 TOWN & COUNTRY GARDEN TOUR
Date: Saturday, June 12, 2010

If you want more information about volunteering your garden for the tour, contact Mary Olsen at 314-587-2804 or e-mail at olsenm@town-and-country.org

Watch for further details in the spring issue of the Town & Country Times.

TALENTS & TREASURES HOLIDAY BOUTIQUE A BIG SUCCESS!

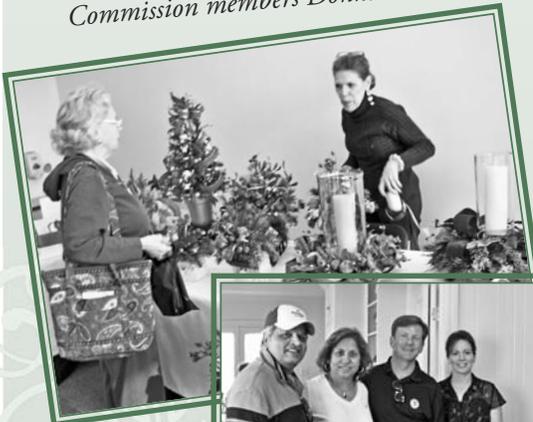
The Community Relations Commission came up with a great idea when they proposed having a Holiday Boutique at the Longview Farm House earlier this year. After much brainstorming and planning by the members, a successful and fun event was born! On November 14th, the beautiful Longview Farm House was the perfect venue for the twenty-four vendors who filled every room, while showcasing their “talents and treasures.” Made by local artisans, the items for sale went from jewelry, hand painted art, cute baby items, purses, centerpieces, holiday décor and much, much more while the aroma of roasted nuts filled the air. The roasted nuts were delicious and also for sale. Vendors and shoppers alike had a great time and declared it a fabulous community event!



Co-chairs of the event, Community Relations Commission members Donna Block & Lori Griffin.



The Kiczenski Family with their “red nosed reindeers”



Mayor Dalton and Nan & Saatish Kulkarni sampled some of those irresistible roasted nuts





Parks and Recreation

Preservation / Cadet Park Field Lottery

Wednesday, January 27, 2010, 4 PM

At the Longview Farm House

13525 Clayton Rd.

Please Note-New Time-New Location

It's field lottery time! Save the date! Permit applications are available on the City's web site www.town-and-country.org. Click on "Forms and Applications" on the left, then "Parks and Recreation."

Field Permit Times

- The CBC practice schedule is set first. The times not used by CBC are available for field permits.
- One field for one, 2-hour time slot can be reserved on a weekly basis.

Fields

- Three lacrosse fields and one baseball field are available. The three lacrosse fields may be used for soccer, but there will be no goals. The baseball fields may only be used by teams who play 90' bases and a 60' 6" pitching mound.

Resident Status

- At least one player or coach of each team must be a resident of Town & Country or Creve Coeur. A recent utility bill verifying player or coach residency must be brought to the lottery and accompany each application. One permit application per utility bill. The parent/coach team representative at the lottery does not need to be a resident. One team representative per permit application.

Lottery Procedures

- Each team with a parent/coach representative present AND a resident utility bill of any team member may submit one application for Lottery "A." Sport organizations/clubs may submit a maximum of 5 permit applications in Lottery A.

- After Lottery "A" is complete, a Lottery "B" may be held if there are time slots available. Each team representative will be allowed to submit one additional permit application for Lottery "B."

Fees

- \$150 maintenance fee per season for each field permit.
- Cash or checks accepted.
- Address maintenance fee checks to "CBC High School."
- All organized teams MUST present their valid permit upon request.
- Field Status Hotline: (314) 991-1435

For further questions call Anne Nixon at 314-434-2128.

NEW WILDFLOWER GARDEN AT LONGVIEW FARM PARK

Mason Ridge Garden Club members, with the assistance of Park Technician Matt Broderick, take a break after installing the new native wildflower garden at Longview Farm Park.



Pictured from left to right are: Ginny Bangert, Claire Chosid, Jessie Krafcik (kneeling), Matt Broderick and Linda Hultgren

Photo taken by Cindy Gilberg

LONGVIEW FARM HOUSE ARCHITECTURE AWARD

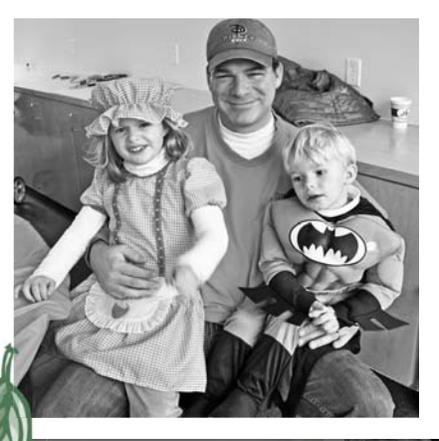


The American Institute of Architecture awarded the Longview Farm House addition an award for "Distinctive Architecture". The architectural firm for the addition was Powers Bowersox Associates Inc., and the general contractor was Diestelkamp Construction Co. The jury's comment was as follows: *"The design responds to, rather than derives from, the earlier building, a sensibility which we applaud."*

Fall Festival



The Fall Festival of 2009 will be remembered for years to come. After two weeks of rain, the sun shone through just in time to save the day! New surprises were around every corner of the Longview Farm House with the additions of Nitro Joe and The Reptile Experience. Nitro Joe demonstrated many science experiments such as bubbling dry ice and suspending a ball in mid-air. The children even made their own slime! The Reptile Experience provided LIVE reptiles for children to pet and hold, including an anaconda snake, an alligator, a tarantula, and other smaller reptiles. These creeping critters made people squirm - children and parents alike! Villa Farotto provided a caramel apple making booth with many delicious candy toppings. In addition to all this fun was fabulous storytelling by Marcia Ollinger, pumpkin painting, a tattoo booth, the Town & Country Symphony Orchestra, the Missouri Wildlife Rescue Center, Town & Country Police Department, West County EMS & Fire, and the Town & Country/Frontenac Chamber of Commerce. The Conservation Commission organized an archeological dig and geode smashing while visitors to the Parks & Trails Commission booth were sent on an adventurous scavenger hunt throughout the park. And last but not least, what would a Fall Festival be without pony rides given by Equine Assisted Therapy? The pony rides were a huge success again this year. Thank you to all the Equine Assisted Therapy volunteers for the pony rides and the concession stand - especially the secret recipe chili! Thank you to all the volunteers it took to make this event possible. You provided a wonderful experience and built memories for your community!



Turkey Trot

THE CITY OF
**TOWN &
COUNTRY**



The day after Thanksgiving's Turkey Trot brought out almost 200 of Town & Country's residents, families and friends looking for a great community event and a little exercise. They were not disappointed! For the first time, racers enjoyed sunshine during the Trot around Longview Farm Park. There were adults and children alike battling for first place and having a good time. Santa was also on-hand passing out candy to those who have been good this year. Thank you to Wellbridge Athletic Club and Spa, Missouri Baptist Medical Center, Aqua Systems, Straubs, and Whole Foods Market for sponsoring the event.

Congratulations to all the winners, finishers, and participants!

The kids' race was won by
Nathan Clem



The race winners were:
5K-
1st Place Andrew Joggerst
2nd Place Peter Carnesciali
3rd Place Amelia Reynolds

P

Parks and Recreation

ADVENTURE CHALLENGE



The second annual St. Louis Adventure Challenge took place on October 3rd. Teams clamored across West County following clues and competing in challenges.

Thank you to our Town & Country sponsors Whole Foods

Market and Mike Duffy's Pub & Grill! Whole Foods Market sponsored a challenge at their store. Once teams unscrambled their word challenges in Queeny Park, they were off to the first destination of Whole Foods Market. Upon arrival they were



given instructions on how to manipulate and toss a ball of pizza dough to fit a 16 inch pan. Let's just say there's more than one way to make a crust! Teammates gave

each other tips, cheered each other on, and planned the route to their next destination. This challenge was great fun for all involved and

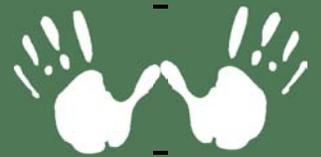


more of a challenge than the Whole Foods staff expected - they make it look so easy! In addition to being a challenge sponsor, Whole Foods Market also donated the paper race bags and gave gift certificates to the winners of each race category!

At the end of the day racers were excited, tired and everyone had a "battle story" to tell. Mike Duffy's Pub & Grill provided a great location for the racers to gather together and talk about their adventures of the day and to enjoy some great food and drinks. Mike Duffy's sponsored the race with a private room and a generous spread of delicious appetizers and drinks for the racers at the end of a hard-fought day of competition.

Thank you to both Town & Country sponsors! The Adventure Challenge was better because of both of you!!!

Introducing Longview Farm House Kids Birthday Packages!



Kids will love the adjacent playground and fun party themes. Adults will love the exclusive event space, serene setting of Longview Farm Park, and best of all, NO clean up in your own home!

*Pizza Party

Includes assorted pizzas and toasted ravioli with soda and water. All paper products also included for meal service. \$7 per person

*Tea Party

Includes tea sandwiches (choice of two), fresh

fruit, and juice served in tea cups. All paper products included for meals service. \$8 per person

*Celebration Party

Includes assorted cup cakes and one additional dessert of choice with soda and water. \$5 per person

A \$200 Birthday Party Rental fee includes the room rental, catering delivery, setup and cleanup for a 1½-hour party, with a minimum of 15 people, maximum of 40.

TOWN & COUNTRY Symphony Orchestra

2009-10 CONCERT SEASON*

When	Where	What
Sunday, January 17, 2010, 2:30 pm	Parkway United Church of Christ	Winter Concert: Beethoven <i>Symphony #7</i>
Sunday February 14, 2010, 2:30 pm	Parkway United Church of Christ	Valentine's Day Concert: Grieg <i>Heart Wounds</i> , Beethoven/Saint-Saëns/Dvorak <i>Romance</i> , Jeff Lindhorst, Violin; and Piazzola Character Piece
Sunday, March 14, 2010, 2:30 pm	Ladue High School	Education Youth Concert: Mozart <i>Overture</i> ; Bruch <i>Kol Nidrei</i> , Daniel Kopp-Cello; Wieniawski <i>Concerto #2</i> , Haohang Xu-Violin
Sunday, May 2, 2010, 2:30 pm	The Principia, Ridgway Auditorium	May Concert: Brahms <i>Symphony #1</i>

*Schedule and soloists subject to modification.

Please visit www.tcsomo.org, send an email to tcsomo@tcsomo.org
or call 314-878-8783 for confirmation.

WHOLE FOODS TOWN & COUNTRY DECEMBER EVENTS

Saturday, December 19
Live Music in our Café
1 - 3:00 pm, Free

Local musician, Bridgette Kossor, will be singing and playing guitar in our café to uplift your spirit.

Sunday, December 20
Live Music in our Café
Saturday, December 13
1 - 3:00 pm, Free

Local musician, Elliott Ranney will be performing his relaxed and soothing

finger style classical guitar and singing. Please join us for this ever popular and very talented musician.

Holiday Tasting
1 - 4:00 pm, Free

Sample your way through the store to discover the best that the entertaining and gift-giving season has to offer. Don't miss this chance to try several items from our holiday catering menu.

Make Your Own Christmas Gift for Mom
1 - 4:00 pm, Free

With Diane Van Booven, Kids Club Coordinator

Dads and other caregivers, bring your little ones to our café this afternoon to make their own spa-inspired creations to wrap up for mom. Kids will have fun making the gifts and moms will surely be delighted to receive them. Each participant will leave with a gift bag of goodies ready to place under the tree.

RECYCLE YOUR CORKS

More than 15 billion wine corks end up in landfills each year. Help save the cork forests by recycling your corks in our wine department. Rewind Your Wine is a St. Louis regional wine cork recycling program aimed at collecting natural and synthetic wine corks from area residents so that they can be made into building materials.

FREE Community Health Opportunities - Missouri Baptist Medical Center

To register for any of the following, please call 314-996-LIFE (314-996-5433), or register online at www.missouribaptist.org and click on Community Programs/Wellness Event or classes

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 not required – advance appointments are recommended..

• JANUARY

Telegraph Dierbergs – Tuesday, Jan. 19, 10 a.m.-1:30 p.m.

Manchester Place Dierbergs – Wednesday, Jan. 27, 10 a.m.-1:30 p.m.

• FEBRUARY

Brentwood Pointe Dierbergs – Tuesday, Feb. 9, 10 a.m.-1:30 p.m.

Fenton Dierbergs – Wednesday, Feb. 17, 1:30-5 p.m.

• MARCH

West Oaks Dierbergs – Wednesday, March 24, 1:30-5 p.m.

94 Crossing Dierbergs – Wednesday, March 31, 3-6 p.m.

Bone Density Screening

Osteoporosis affects approximately 10 million people in the U.S. – eight million women and two million men. More importantly, nearly 34 million people have low bone mass, which can lead to osteoporosis. This FREE bone density screening can help determine your risk for osteoporosis. This screening is only available to post-menopausal women, who are not currently being treated for the disease. Appointments are recommended.

Tuesday, March 9, 4-7 p.m.

Missouri Baptist Outpatient – Sunset Hills
3844 South Lindbergh Blvd.
(South of I-44 and Watson Road)

FREE PHYSICIAN PRESENTATIONS

Lunch and Learn...

Put an End to Those Sleepless Nights

Nat Levy, MD, pulmonologist

A good night's sleep is critical to your health. Today, millions of Americans are dealing with various sleep disorders, including snoring, sleep apnea and insomnia that affect the length and quality of sleep. Join Dr. Nat Levy for lunch and a presentation on how you too can enjoy a good night's sleep. Box lunches will be provided.

Tuesday, March 2, 11:30 a.m.-1 p.m.

Longview Farm House
13525 Clayton Road (Located in Longview Farm Park just west of Mason Road)

Evening Programs

Identifying the Root of the Problem: Spinal Stenosis

Paul Matz, MD, neurosurgeon

Spinal stenosis, a condition that causes narrowing of the spine, is a growing concern among baby boomers as they try and stay active. Spinal stenosis generally affects people over 50; however, it also can affect younger people, especially those with arthritis or a spinal injury. Join us for a discussion, including how to diagnose and treat spinal stenosis. Refreshments will be served.

Wednesday, Feb. 24, 6:30-8 p.m.

Missouri Baptist auditorium

New "Weights" To Diet

Sherrri Hoyt, RD, registered dietitian

Claudia Humphrey, RD, registered dietitian

Deanna Miller, RD, registered dietitian

Overwhelmed by the constant barrage of food trends and diet crazes? We'll talk about real food, real people and real answers, and examine the importance of the scale. What about BMI (body mass index)? We'll help clarify the mixed

messages you're hearing and recommend new 'weights' to approach your diet. And, enjoy some delicious, healthy food samples while learning something new.

Wednesday, March 10, 6:30-8:30 p.m.
Missouri Baptist auditorium

What You Should Know About Colon, Rectal and Pancreatic Cancers

Paul Buse, MD, gastroenterologist
Krishnavel Chathadi, MD, gastroenterologist

Todd Howard, MD, hepatobiliary surgeon

Lawrence Mendelow, MD, colorectal surgeon

Gastrointestinal cancer accounts for nearly 250,000 of all newly diagnosed cancers every year in the United States. Learn about what you can do to improve your digestive health, including lifestyle habits, such as choosing the right foods and exercising. Each of our physicians will give a brief presentation and, then they will host a Q&A panel, which will focus mainly on pancreatic, liver and colorectal concerns. Participants will be able to take a colorectal risk assessment. Refreshments will be served.

Tuesday, March 16, 6:30-8:30 p.m.

St. Louis Marriott West
660 Maryville Centre Drive
St. Louis, Mo 63141

FREE ANNUAL EVENT

Heart of the Family Event

Saturday, Feb. 6, 9 a.m.-1 p.m.

Missouri Baptist Medical Center

In celebration of American Heart Month, Missouri Baptist is hosting its FREE annual 'Heart of the Family Event.' Bring the entire family and learn more about heart health, including the latest treatments available and the best ways to reduce your risk for heart disease. Learn invaluable information about atrial fibrillation, irregular heart rates and heart attacks. Explore the educational exhibits that promote healthy eating, regular exercise and other preventive measures. Participate in our health screenings,

continued on page 19

FREE Community Health Opportunities - Missouri Baptist Medical Center

including glucose, cholesterol and blood pressure. Take a guided tour of our state-of-the-art Heart Center. You and your family will learn something new, which could save your life or the life of someone you love. We hope you'll join us!

PHYSICIAN PRESENTATIONS

9:15-10:15 a.m.

The Clock is Ticking: The First 90 Minutes after a Heart Attack

Linda Stronach, MD, cardiologist

10:30-11:30 a.m.

Is There a Link? Irregular Heart Rate and Atrial Fibrillation

J. Mauricio Sanchez, MD, cardiologist

Michael Mauney, MD, cardiothoracic surgeon

Food Demonstrations

11:45 a.m.-12:45 p.m.

Fast, Fresh Cooking for Your Family

Corporate Chef Melissa's Produce

Ed Goodman, KEZK 102.5 FM

Taste-A-Rama

Delicious, heart-healthy food samples for both kids and adults. Sponsored by Dierbergs Markets, Morrisons and Missouri Baptist.

Behind-the Scenes: Members of our expert heart team will take you behind the scenes of our high-tech heart center.

Interactive Kids Activities

St. Louis Children's Hospital and Missouri Baptist will provide fun, educational exhibits, including:

- Bike helmet checks
- Design your own heart-healthy poster
- Make your own heart-healthy trail mix

Stories for a Healthy and Stronger Heart

Join Bobby Norfolk, internationally known story performer and learn how to keep your heart healthy. This is a great activity for kids of all ages.



If you have news to share, let us know. We will be featuring small articles about exciting activities involving our residents in the NEIGHBORHOOD NEWS column. Send your news and photos to Mary Olsen at olsenm@town-and-country.org, and we will print as space allows.

Scouts At Board of Aldermen Meeting

Cub Scouts from Christ Prince of Peace performed a flag ceremony on September 14 to open the Town & Country Board of Aldermen Meeting. Performing the flag ceremony was a great opportunity for the boys to support their community while promoting the values of scouting.



Cub Scouts From Pack 630

(From Left to Right):

Christopher Wetzel (T&C Resident), Chase Ancell, Mitchell Griffin (T&C Resident), Stephen Fuglsang, Pierce Hasting (T&C Resident), Chris Jacob (T&C Resident), and Luke Alonso.

(Back row) Mike Griffin – Cubmaster (T&C Resident), Mayor Jon Dalton

Assistance League Receives Funds

Assistance League of St. Louis, located in Town & Country, has recently been the recipient of two local charitable donations.

Whole Foods Market presented a \$6,664.75 check to Assistance League when they were the selected charity to benefit from the August 6th Whole Foods Market Community 5% Support Day. The check reflected five per cent of the sales from both the Town & Country and Brentwood stores on that date.



From left to right: Lynette Rocca, Barbara Schieller, Assistance League President Janet Schmidt, Carolann Sternberg, Town & Country Whole Foods Marketing Team Leader Marcia Whelan, and Brentwood Whole Foods Store Team Leader Brian Gourley

Also, Assistance League of St. Louis has received a \$10,000 grant from Edward Jones for their Operation School Bell® program. Through Operation School Bell, Assistance League provides uniform-type clothing to children in need attending St. Louis area schools that have an established uniform program. Having appropriate clothing enables these children to focus on learning.

Assistance League of St. Louis is a nonprofit volunteer service organization whose members identify, develop, implement and fund ongoing community programs to serve specific needs of children and adults in the St. Louis community. Assistance League of St. Louis was organized in 1987 and chartered as the 80th chapter of National Assistance League in 1990. All funds raised are returned to the St. Louis community. For more information, please visit www.stlouis.assistanceleague.org.

Van Courtland Subdivision Halloween Party

Every year, the neighbors of Van Courtland Place gather for their annual Halloween Party and Chili Cookoff at one of the residents' garage. The kids and some adults dress up ready for trick or treating early on Halloween, and enjoy chili, food and fun before dusk arrives and everyone heads home to welcome the little goblins at the door. Each year there is a vote for the best chili and a traveling trophy gets passed on. Van Courtland Place also has a September picnic at their common ground. The residents in this 29 household subdivision enjoy these well-attended annual events and everyone has a great time!



Mason Valley Annual Labor Day Picnic

Photos are from another well-attended Labor Day picnic on Sunday, September 6, 2009. Activities enjoyed by all included: tennis tournament, bike parade, visits from the Town & Country Police and West County EMS & Fire, giant slip 'n' slide, football, food, fireworks and bonfire.



Lichtenstein Leadership Remembered at MoBap's Historic Time Capsule Ceremony



A world-class, top heart hospital is located in the neighborhood in which David and Doris Lichtenstein's live – a constant reminder of their father's vision and leadership at Missouri Baptist Medical Center. Their father, David B. Lichtenstein, was honored this summer in a historic ceremony.

It was 1965. David B. Lichtenstein was a member of the board of trustees. There were two challenges facing the board. The original building could no longer accommodate the increased number of patients, so they made a decision to explore an expansion. When the vote was cast, without hesitation, his father said, "let it be done." Then the trustees needed to decide how they would fund the expansion.

Once again, David's father came forth with a solution. He stated that his Foundation would make up the difference of whatever

dollar amount could not be funded. That amount turned out to be millions of dollars.

In 1967, before David B. Lichtenstein's brick – the cornerstone – was laid, a time capsule was buried beneath the stone. That time capsule, filled with photos and historic papers, was opened at this year's dedication. In addition, David and Doris Lichtenstein unveiled a specially created bronze plaque, which now hangs next to their father's color portrait near the new Missouri Baptist Medical Center entrance. At the dedication, David and Doris were joined by family – children and grandchildren – as they witnessed the unveiling and dedication of this plaque. The plaque reads:

This plaque and portrait is displayed in tribute to the community leader and trustee board member who made possible The David B. Lichtenstein Foundation Rehabilitation Hospital at Missouri Baptist Medical Center, opening in 1965. This building, dedicated to patient care, extended the ability of Missouri Baptist Medical to live our mission of improving the health of the people and communities we

serve. It is with gratitude and honor that we acknowledge David B. Lichtenstein.

David B. Lichtenstein would be proud to learn that since the beginning of this year alone, Missouri Baptist Medical Center has been named America's Safest Hospital by Forbes, Top 100 Hospital by Thomson Reuters, Top 125 Hospital by the AARP's Consumers' Guide to Hospitals and accredited as a Level IIIA NICU (neonatal intensive care unit), by the American Academy of Pediatrics and the National Association of Neonatal Nurses (NANN). He would be proud also to know that within the 125th anniversary of the Hospital, that this historic plaque is displayed for all to see when entering the Hospital's new main entrance.

Thanks to the generous leadership and vision of David B. Lichtenstein, thousands of people annually come to find world-class medicine and extraordinary, compassionate care – close to the home of David and Doris – in Town & County.



Pictured on 11/7: Maureen Niemeyer, Jackie Harper, C.B. Harper, Mike Krenning, Walter Plefka, Suzy Gunter, Laura LaRocca, Cynthia Pavelka, Bob Hoffmann, Abby Behlmann, Mary Whaley, Lynn Gunter

Not pictured: Mike and Luc LaRocca, David Jenkins, Lloyd Brunkhorst, Fauzia Javed, Chris Krenning, Kay Humphrey, Dick Travers, Jim Whaley, James and Pat Buehler, Wing-Hong and Agnes Lee



Mason Valley Beautification of Common Grounds

Mason Valley Subdivision is known for having neighborhood traditions such as Christmas Eve Luminarias and the Labor Day Picnic. New traditional gatherings in both the spring and fall seasons called "Common Ground Beautification Days" have emerged with the leadership of "horticultural project manager" and resident Cynthia Pavelka. This is not a tradition where you plant a few annuals or when rogue teenagers TP the trees. This event is one where shovels get digging and chain saws roar. Beautification Day at Mason Valley is a grass roots effort to preserve and protect Town & Country native forests and green space!

Established around 1970, Mason Valley is not a typical subdivision with one acre lots situated back to back. Mason Valley lots average 3/4 acres with large 5 to 15 acre common ground areas surrounding the properties. The common ground areas consist of grassland, mixed hardwood forests, and are interleaved with several creeks and springs. The bush honeysuckle has overtaken the forests and prevented native decorative trees (e.g. redbud, dogwood, service berry) as well as wildflowers to grow. Euonymus vines climb the trees and upon time will kill 20 to 100 yr old trees. To preserve the forests, a primary goal has been to remove invasive species such as bush honeysuckle and vines. In addition, trees and other vegetation are planted to slow down stream erosion, resulting in positive aesthetic and environmental impact.

On Saturday, November 7, Mason Valley neighbors gathered to plant over 30 Missouri native trees and shrubs to help stabilize stream bank erosion. Major invasive vine and bush removal was carried out as well. Special thanks to the Forest ReLeaf of Missouri Organization (www.moreleaf.org) who provided us with FREE Witch Hazel, Nine Bark bushes and Deciduous Holly trees. Several cul-de-sac islands were also given a grooming.

While the work continues to remove more invasive species from our cherished natural common ground areas, after each event all involved look back at what has been accomplished and see the forest coming back alive! If you would like to start a program in your neighborhood, Mason Valley would be happy to help get you started.

Town & Country Author Visits Village On Conway Book Club

At their October 19th meeting, the Book Club of Village on Conway was fortunate to have Town & Country resident and author Carol Ferring Shepley attend, speak and sign her very successful book about Bellefontaine Cemetery. Carol gave a wonderful presentation on her book, *Movers and Shakers, Scalawags and Suffragettes*, which is in its third printing and has been overwhelmingly successful. The stories of some of the 87,000 people who are buried there are so diverse and virtually present an overall history of St. Louis. The members of the club had an excellent evening and thoroughly endorse Carol and her book.



Front row: Patti Hull, the author Carol Ferring Shepley, Phyllis O'Donnell, Mona Swedroe

Back row: Beverly Blitz, Sue Mattern, Judy Weber, Joan Walsh, Sandy Mathews, Sandi Fowler, Debbie Van Ryn

THINK GREEN THIS HOLIDAY SEASON

Did you know that each year between Thanksgiving and New Year's one million tons of extra household trash is generated every week? Now that St. Louis County has single-stream recycling, it is even easier to be green during the holidays, since the majority of waste in your house can go into the recycling cart. Here are some quick recycling ideas for this holiday season.



Wrapping and Packaging:

- * Plan for recycling! All non-foil wrapping paper and gift boxes can be recycled in your curbside bin.
- * Save large pieces of wrapping paper, bows, ribbons, and tissues for reuse or craft projects
- * Think beyond rolls of gift-wrapping and bags of bows. Be creative while reducing waste! Use scarves, handkerchiefs, or bandanas as wrappers, and wrap two gifts together!
- * Use original wrapping such as old maps, kids colored pages, newsprint, comics, or a decorated brown paper shopping bag



Seasonal tips:

Traditional brick fireplaces create an atmosphere of warmth but don't effectively heat your home, though radiant heat is felt directly in front of fireplace. Why? Consider the physics of fire. It needs oxygen to burn. As the fire builds in strength, it draws in more oxygen. That oxygen is coming from air in your home. If your home's heating system is on (or has been on and the home is warm), your fire will draw that heat literally right up the chimney. With heat escaping and the home cooling, your thermostat will trigger your heater to come on. It will continue trying to keep up with the heat escaping up your chimney and eventually you'll see it reflected in your next utility bill. So if you are going to have a fireplace fire this season, try this to keep costs and pollution to a minimum.

- * Turn your heating system down, (or off), while the fire is burning.
- * Shut interior doors of the room where the fireplace is located – this will limit warm air being drawn from the rest of the home.
- * Open the closest window to the fireplace a crack and that will supply plenty of oxygen for your fire.
- * Use manufactured logs made from mill by-products; they have the advantage of burning cleaner and polluting less.
- * When your fire is completely out, remember to close your fireplace flu, or warm air from your house will continue escaping up the chimney.
- * If you never use your fireplace (or only occasionally use it), consider purchasing a chimney plug to limit conditioned air from escaping around flues that don't seal well.



Christmas Trees:

- * Consider buying a potted Norfolk pine, fig tree, or indoor houseplant that can be used every holiday season as your evergreen tree
- * Consider buying an artificial tree that can be reused every year
- * Real Christmas trees are considered yard waste
- * If you don't have yard waste as part of your trash service, trees can be taken to a compost facility - a list of facilities is provided in the Holiday Recycling Guide at www.RecycleSaintLouis.com
- * For more environmentally-friendly ideas such as reusing live trees, visit the website of the Missouri Department of Conservation at www.mdc.mo.gov

PHANTOM POWER



Do you leave your computer powered on all the time, even when you are sleeping? What about that old VCR or DVD player that's plugged in, but is rarely used? The current economic struggles and concerns about rising energy prices have renewed our awareness about energy conservation. One of the easiest ways to reduce energy use at home and start saving money immediately, is to be aware of something called "phantom power." As our access to technology has increased, so too has our consumption of electricity. Phantom power occurs when something is consuming energy, but the item is not in use or is even powered off. For example, when a cell phone charger is left plugged into the outlet without the phone attached to it, the charger is still drawing power, but the phone isn't being charged, and that is a waste of money and resources. Home entertainment systems are another example of where phantom power might be lurking. Often times the CD player, receiver, and speakers are turned off but if you see a light on then it's drawing power and costing you money. Look for the phantom lurking in the dark. If you see a light on an appliance or an electronic that has been shut-off, then it is drawing power and costing you money.

Phantom power can account for up to 10% of your energy use. The average household spends \$2,000 a year on energy bills. That means that you could be wasting \$200 a year on phantom power. Devices like a SmartStrip can help reduce phantom power and put money back in your pocket. The SmartStrip enables you to plug all of your devices into one power source and when you shut off one thing everything else will also power down as if they are unplugged. In addition to being a surge protector the SmartStrip has a control outlet. The power going to the appliance plugged into the control outlet controls all of the other outlets (except two that act independently). For instance, if you have a computer, fax machine, printer and shredder on one SmartStrip, you would plug the device that you want on all the time into one of the "always on" outlets, plug your computer into the "control" outlet, and plug the other devices into the other outlets. Then when you power down the computer, everything shuts down as if they've been unplugged, except for the devices you have in the "always on" outlet. The SmartStrip eliminates the need to remember to power off everything and therefore helps save money and energy.

GREEN HOLIDAY GIFT IDEAS

Are you looking for a gift idea that is inexpensive and meaningful? How about putting together a gift basket filled with energy and water conservation items. With today's economic problems and environmental issues becoming more of a reality, people are making changes in their lives. We are spending less and looking for ways to save more. The current state of our lives has helped us slow down and evaluate what's important to us. We have realized that conserving resources like energy and water makes sense not only from an environmental perspective, but also from an economic perspective. So this year when you're trying to come up with gift ideas, why not think about a gift that keeps giving. Items like low-flow showerheads and compact fluorescent bulbs (CFLs) will help save money the second they are installed.

By switching your lighting to compact fluorescent bulbs (CFLs), you reduce the amount of energy you are using by 75% - 80%. For example, if you are using a 60 watt incandescent bulb and you switch it to a 15 watt (60 watt

equivalent) CFL, you have reduced your energy use by 75%, so if you pay \$100 a month for your lighting portion of your bill, you will pay \$25 instead. In addition to your energy savings, you also save money on the number of bulbs you will need to purchase. An incandescent lasts about 1,500 hours and a CFL lasts a minimum of 8,000 hours. Switching your lighting today will start saving you money today!

Another area where you can see immediate results is water conservation. By changing your shower head to an ultra low-flow shower head, with ShowerStart Technology the typical family of 3 will save over 8,000 gallons of water and over \$245 in energy for not having to heat as much water. Shower heads installed prior to 1992 can be using more than 5 gallons per minute of water. Whereas, newer technology that is low-flow or ultra-low flow uses 2.2 - 1.5 gallons per minute. Again, switching your shower heads to low-flow are a great way to start saving money today!

What better gift then the gift of money saved.

For more money-saving ideas, go to www.greenit101.com and look for the workbook, *ECOnomic\$ 101 - Simple and inexpensive solutions for greening your home and lifestyle!* This workbook is a way for the homeowner to do their own interactive inspection, without hiring an Eco Consultant to come to their home. This is not your typical book of paragraph after paragraph of information. Instead, this is a "Call to Action," guide that will help you take a good look at your lifestyle habits and offer simple, inexpensive suggestions to help you live a greener lifestyle and save money.

CARBON PRODUCTION IN THE HOME

In the United States, approximately 4 metric tons of carbon dioxide (CO₂) equivalent (almost 9,000 pounds) per person per year (about 17% of total U.S. emissions) are emitted from people's homes. The two main sources of greenhouse gas emissions from homes are electricity / heating and solid waste. Emissions from electricity generation occur at the power plants that supply your electricity. The greenhouse gases associated with waste from your home occur at the landfill that receives your garbage.

Electricity Use / Home Heating

Home owners use electricity for lighting, operating appliances, producing hot water and in some cases heating and cooling. When coal and other fossil fuels are burned to create electricity, greenhouse gases are emitted into the atmosphere. During the winter, many people rely upon furnaces or boilers to heat their homes. Most furnaces and boilers burn fossil fuels such as heating oil or natural gas, which emit greenhouse gases. The amount of emissions can vary by fuel, furnace or boiler efficiency and by the temperature setting in the home.

Solid Waste

Most people don't realize that the trash they throw away leads to emissions of greenhouse gases. Each pound of trash you throw away will emit approximately 0.94 pounds of carbon dioxide equivalent in the form of methane, and the average person in the U.S. throws away over 1,130 pounds of waste per year which is the equivalent of about 1,060 pounds of CO₂ or almost 8.5% of our annual production.

The goods we throw away require energy to create and by recycling some of those goods you can save energy and minimize emissions. In most cases it takes more energy to create a new product than it takes to produce something from a recycled good. By recycling more we can minimize the waste we send to landfills and reduce greenhouse gas emissions.

Information for this article was obtained from the United States Environmental Protection Agency (US-EPA). For more information on actions you can take to reduce your emissions in the home, explore the "What You Can Do" section of the US-EPA website at www.epa.gov/climatechange/wycd/.

PAPER OR PLASTIC?

Paper or plastic? is a common question in the grocery store, and plastic is a popular choice. But a number of cities and countries have banned or restricted plastic shopping bags, including Rwanda, China, London, France, Italy, Ireland, South Australia, Taiwan, and San Francisco. Why are these convenient totes being banned?

- As a single-use disposable form of packaging, plastic bags are typically used for a short period of time but take hundreds of years to break down in a landfill.
- When disposed of improperly, they are unsightly and endanger many forms of wildlife.
- They are made from petrochemicals which are not renewable.
- Only 7% of them are recycled.
- Because the plastic takes so long to break down, much of it eventually makes its way to the Great Pacific Garbage Patch, a gyre of marine litter in the Pacific Ocean, about twice the size of Texas. The patch has exceptionally high concentrations of suspended plastic. Some of the plastic is mistaken for food by marine birds and animals and eaten, often causing death.

Since paper bags are detrimental to the environment in other ways, get into the habit of carrying your own reusable bags into the store with you, and help dispose of a disposable society



MEETINGS & EVENTS

**All meetings subject to change*

DECEMBER 2009

DATE	DAY	TIME	MEETING (LOCATION)
Dec 17	Thu	7:00PM	Court (Municipal Center)
Dec 21	Mon	6:00PM	Board of Adjustment (Municipal Center)
Dec 21	Mon	6:30PM	Parks & Trails Commission (Longview Farm)
Dec 25	Fri	HOLIDAY – CITY OFFICES CLOSED	
Dec 28	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Dec 28	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)

JANUARY 2010

DATE	DAY	TIME	MEETING (LOCATION)
Jan 01	Fri	HOLIDAY – CITY OFFICES CLOSED	
Jan 05	Tue	6:30PM	Conservation Commission (Longview Farm)
Jan 07	Thu	7:00PM	Court (Municipal Center)
Jan 11	Mon	4:00PM	Architectural Review Board – Staff Review (Municipal Center)
Jan 11	Mon	4:30PM	Architectural Review Board (Municipal Center)
Jan 11	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Jan 11	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Jan 12	Tue	7:00PM	Green Team Commission (Municipal Center)
Jan 14	Thu	7:00PM	Community Relations Commission (Longview Farm)
Jan 18	Mon	6:00PM	Board of Adjustment (Municipal Center)
Jan 18	Mon	6:30PM	Parks & Trails Commission (Longview Farm)
Jan 18	Mon	7:00PM	Public Works & Stormwater Commission (Longview Farm)
Jan 19	Tue	7:00PM	Police Commission (Municipal Center)
Jan 21	Thu	7:00PM	Court (Municipal Center)
Jan 25	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Jan 25	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Jan 27	Wed	4:00PM	CBC CADET FIELD LOTTERY (Longview Farm House)
Jan 27	Wed	7:00PM	Planning & Zoning Commission-Staff Review (Municipal Center)
Jan 27	Wed	7:30PM	Planning & Zoning Commission Regular Meeting (Municipal Center)

FEBRUARY 2010

DATE	DAY	TIME	MEETING (LOCATION)
Feb 02	Tue	6:30PM	Conservation Commission (Longview Farm)
Feb 04	Thu	7:00PM	Court (Municipal Center)
Feb 08	Mon	4:00PM	Architectural Review Board – Staff Review (Municipal Center)
Feb 08	Mon	4:30PM	Architectural Review Board (Municipal Center)
Feb 08	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Feb 08	Mon	7:00 PM	Board of Aldermen Regular Meeting (Municipal Center)
Feb 11	Thu	7:00PM	Community Relations Commission (Longview Farm)

Feb 15	Mon	HOLIDAY – CITY OFFICES CLOSED	
Feb 16	Tue	7:00PM	Police Commission (Municipal Center)
Feb 18	Thu	7:00PM	Court (Municipal Center)
Feb 22	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Feb 22	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Feb 24	Wed	7:00PM	Planning & Zoning Commission-Staff Review (Municipal Center)
Feb 24	Wed	7:30PM	Planning & Zoning Commission Regular Meeting (Municipal Center)

MARCH 2010

DATE	DAY	TIME	MEETING (LOCATION)
Mar 02	Tue	6:30PM	Conservation Commission (Longview Farm)
Mar 04	Thu	7:00PM	Court (Municipal Center)
Mar 08	Mon	4:00PM	Architectural Review Board – Staff Review (Municipal Center)
Mar 08	Mon	4:30PM	Architectural Review Board (Municipal Center)
Mar 08	Mon	6:00PM	Board of Aldermen Work Session (Municipal Center)
Mar 08	Mon	7:00PM	Board of Aldermen Regular Meeting (Municipal Center)
Mar 09	Tue	7:00PM	Green Team Commission (Municipal Center)
Mar 11	Thu	7:00PM	Community Relations Commission (Longview Farm)
Mar 15	Mon	6:00PM	Board of Adjustment (Municipal Center)
Mar 15	Mon	6:30PM	Parks & Trails Commission (Longview Farm)
Mar 15	Mon	7:00PM	Public Works & Stormwater Commission (Longview Farm)

COMMUNITY EVENTS

DATE	DAY	TIME	MEETING (LOCATION)
Jan 13	Wed	12:00PM	Town & Country/Frontenac Chamber of Commerce Lunch Meeting (Marriott West)
Feb 10	Wed	12:00PM	Town & Country/Frontenac Chamber of Commerce Lunch Meeting (Marriott West)
Mar 10	Wed	12:00PM	Town & Country/Frontenac Chamber of Commerce Lunch Meeting (Marriott West)



SAVE THE DATE!

Town & Country Arbor Day

Saturday, April 10th
Longview Farm Park
9-Noon



1011 Municipal Center Drive
 Town & Country, MO 63131-1101
 314-432-6606
www.town-and-country.org

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AWARD OF DISTINCTION



Each year, the Gateway Affiliate of Mothers Against Drunk Driving (MADD) holds a banquet to recognize those courageous men and women of law enforcement who sacrifice their lives daily to make our roadways safe. These officers who are honored go above and beyond the call of duty to stop the crime of drunk driving, and by doing so, they spare more families the pain of losing someone they love. Among the 2009 “Heroes” was **Officer Scott Schlager**, who has arrested 622 drunk drivers over the past seven years. Other officers recognized for their outstanding contribution in making our roadways safer were **Corporal Mike DeFoe, Officer Jordan Fowle, Corporal Jeff Wolfe, Officer Julius Edwards, and Officer Kent Berry**.

Chief John Copeland also received the prestigious Award of Distinction for his regional leadership in making our roadways safer. Chief Copeland’s passion to reduce impaired driving came years ago when he was called to the scene of a tragic motor vehicle accident on Clayton Road. One of our young residents



was intoxicated and drove off of the roadway and died instantly when she struck an embankment. That became the watershed moment in which he dedicated himself and his resources to spare other families the grief that resulted from that senseless death.

In presenting the award, MADD’s Mike Boland stated:

“If I have learned anything in my almost 20 years with MADD and working with law enforcement is that leadership comes from the top down and that direction comes to Town and Country, through the tireless dedication of Chief John Copeland. If it’s new and innovative, it’s happening in Town and Country; if it’s cutting edge for law enforcement it’s happening in Town and Country; if it’s new safety initiatives it’s happening in Town and Country. Those are some of the many reasons we at MADD are proud and honored to bestow on Chief Copeland our highest award for excellence in law enforcement, “the Band With Blue Award,” for his endless commitment to the men and women under his command and for the safety of the residents of the city he proudly serves.”

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