

NORMANDY NEWS

FALL/WINTER 2010

EXPERIENCING THE
FBI ACADEMY
FIRST HAND

WINTER & CLEARING OUT THE CLUTTER



WHEN TO CALL THE POLICE

It is **very important** that You, our citizens feel safe and secure in your own neighborhood. The job of a Police Officer is to Protect and Serve. If you see suspicious activity in your area please "DO" report this. If it is never reported then we cannot do our jobs to the fullest of our potential.

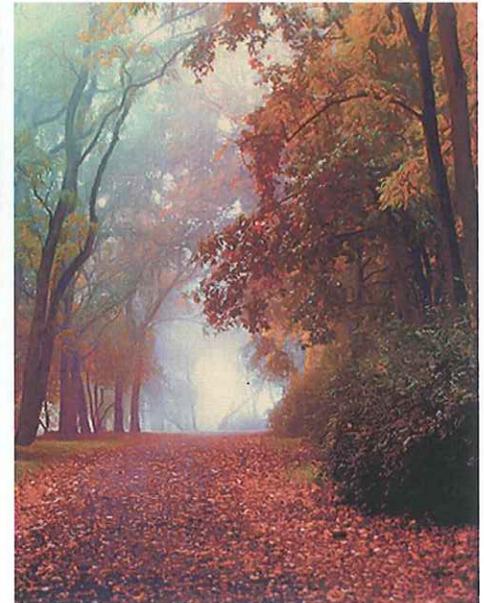
When it is an EMERGENCY or SUSPICIOUS please call 9-1-1

For reporting suspicious activity please contact Dispatch at 314-889-2341. You always reserve the right to remain anonymous.

Office Number: (314) 385-3300

Detective Lou Porzelt: (ext 3020)
 Detective Steve Whitwoth (ext 3021)
 Confidential Tip Line (ext. 3099)
 Non-Emergency Dispatch: 314-889-2341

~ Normandy P.D.



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DID YOU KNOW?

WE ARE NOW ON THE WEB!
www.cityofnormandy.gov

twitter 





IMPORTANT PHONE NUMBERS

**EMERGENCIES
DIAL 9-1-1**

CITY HALL 314-385-3300
 PUBLIC WORKS 314-385-3300
 POLICE - NON-EMERGENCY 314-889-2341
 NORTHEAST FIRE DISTRICT - NON-EMERGENCY - 314-382-1501

IMPORTANT DATES

CITY MEETINGS & MUNICIPAL COURT

COUNCIL MEETING 7:30 P.M. 1ST TUESDAY
 MUNICIPAL COURT 6:00 P.M. 1ST WEDNESDAY & 3RD WEDNESDAY
 HOUSING COURT 6:30 P.M. 2ND MONDAY
 VILLAGE OF BELLERIVE MUNICIPAL COURT 6:00 P.M. 2ND MONDAY

YOUR ELECTED OFFICIALS

MAYOR PATRICK GREEN 314-385-3300, Extension 3017
 Email: mayorpgreen@cityofnormandy.gov

WARD 1	KIMBERLY BLAKLEY	314-524--0334	LELIA MARTIN	314-524-7171
WARD 2	TONY EVANS	314-385-0766	DELRITA FUTRELL	314-522-0430
WARD 3	MARK BECKMANN	314-383-9705	VINCENT WALLACE, SR	314-385-2859
WARD 4	ERMA RATLIF	314-385-1148	BOB REID	314-599-8433

CITY HALL INFORMATION - PHONE EXTENSIONS & EMAIL ADDRESSES

Pamela Rogers, City Administrator/City Clerk
 314-385-3300, extension 3010
 Email: progers@cityofnormandy.gov

Jean Spurlock, Deputy Clerk/ Sanitation
 314-385-3300, extension 3014
 Email: jspurlock@cityofnormandy.gov

Lori Hartman, Court/ Police Clerk
 314-385-3300, extension 3015
 Email: lhartman@cityofnormandy.gov

Frank Mininni, Police Chief
 314-385-3300, extension 3018
 Email: fmininni@cityofnormandy.gov

Anthony Madigan, Police Major
 314-385-3300, extension 3023
 Email: amadigan@cityofnormandy.gov

Demtra Mosby, Accounting Clerk
 314-385-3300, extension 3016
 Email: dmosby@cityofnormandy.gov

REPORT ANONYMOUS VIOLATIONS: 314-385-3300, Extension 3099
 REPORT MOSQUITO/ BUG INFESTATIONS: 314-615-4BUG (314-615-4284)

MAYOR GREEN'S COMMENTARY

Summer is over, Autumn has arrived with beautiful color, and Winter is just around the corner. As a picturesque Fall moves in, the City is finishing street repairs in order to prepare for Winter.

AmerenUE has been in your neighborhoods assessing and removing branches and trees that are dangerous to their power lines. AmerenUE also donated a bucket truck to the City and made a gift of new trees to be planted on Bermuda Road in the Spring. For the first time ever, the City of Normandy won a \$10,000 conservation grant from the State.

Autumn is clean up time. Here are some services provided by the City:

- Leaf removal
- Limb chipping
- Garden waste pickup
- Free mulch

The City would like to encourage citizens to prepare their homes for Winter by:

- Painting
- Caulking
- Weatherizing doors and windows
- Cleaning out gutters
- Conducting wood and concrete repairs

Also, have your heating system and hot water tank professionally checked. Change the batteries in your smoke and carbon monoxide detectors or replace



them. Check your outside faucets for leaks or turn them off from the inside for the Winter. Have your chimney checked before using your fireplace. Have salt on hand for sidewalks.

Don't forget to winterize your car by having your radiator flushed and having your car's battery, starter

and brakes checked. Also, keep a safety kit ready in your trunk with emergency supplies such as flashlight, jumper cables, blanket, fix-a-flat, hand warmers, first-aid kit, and flare (or warning light).

~ Mayor Patrick Green



Want to be notified about upcoming news, events and more regarding your city?

The City of Normandy will send you informative news about our city.

Go to www.cityofnormandy.gov > Visitors > Public Information > Notify Me.

There you will be able to subscribe to receive news about Normandy.

Please note that your e-mail address is kept confidential and will not be sold, disclosed to others, or used for unsolicited mass mailings aka SPAM. Please remember to set your spam blocker to allow mail from listserv@civicplus.com.

For more Information about the City of Normandy please visit

www.cityofnormandy.gov With our brand new website you will find links to social media sites like Facebook, Twitter, and our Blog.

There are also links to pay our Sanitation online as well as traffic tickets. Please note if paying online these must be paid in full. Be sure to check out our new website as it is chock full of information!!



EXPERIENCING THE FBI ACADEMY.....FIRST-HAND.

by Chief Frank Mininni



A professional milestone for me began this year on April 12. In the 10 weeks that followed, I had the distinct honor of attending the FBI National Academy in Quantico, Virginia. This academically and physically challenging executive development program is one that less than one half of one percent of law enforcement officers in the World are selected to attend. My class, the 241st session, was a melting pot of experience and geography – comprised of 260 law enforcement professionals spanning 49 states, The District of Columbia, and 25 countries.

So now that you know some of the biographical information, let me share a more personal perspective. The FBI Academy is located deep within a U.S. Marine base in Quantico VA. When I pulled up to the gate for the first time, I was greeted by heavily armed military police officers who closely checked my identification and asked several questions, giving me the immediate impression that I was entering a place where serious business was being conducted. As I drove through the middle of the base, Marines running down the side of the road in formation, and the heavy presence of military vehicles made it abundantly clear that I was not in Normandy – anymore.

As I made my way through the 385 wooded acres that would be my 'home' for the next 10 weeks I was filled with anticipation, and a little anxiety. After being greeted by Academy staff, I was given my room number and a map. The FBI Academy consists of three large, seven-story dorms, and a series of classroom and multi-purpose buildings, all connected by tunnels referred to as gerbil tubes. It was unusual and a little confusing to walk, quite possibly, miles every day – all without ever stepping foot outside.

After getting off of the elevator on the fifth floor, I made my way down a long hall and opened the door to my new home; a very small, and very institutional-like room. There were two single beds, two desks, and one small wardrobe I shared with my roommate. A 'Jack and Jill' bathroom, with two small sinks, one shower, and one toilet connected our room to the room next door, and was the morning meeting place where four strangers came to be very well acquainted.

My first meal in the cafeteria was a comforting experience. It is where I realized that everyone else sitting in that huge dining room was just as excited, and just as nervous, as I was. It was also where I realized that I was going to be eating mass-produced institutional food for the next 10 weeks. Intermingled with National Academy students and FBI new agent trainees, the cafeteria was, without a doubt, the noisiest room on campus, where hundreds, even upwards of a thousand men and women sat together three times a day.

A wide range of criminal justice, law, computer forensics, marketing, media, and terrorism classes – all fully accredited by the University of Virginia — were offered at the Bachelor's and Master's level. Classes were held from 8:30 in the morning until 5:30 at night, and came with plenty of homework to take us well into the late evening hours of academia. Term papers, persuasive speeches, and group presentations

When I pulled up to the gate for the first time, I was greeted by heavily armed military police officers...

on tough topics were all carefully evaluated and graded by FBI instructors. Each assignment was designed to help students grow essential skills, as individuals and as dynamic members of a team.

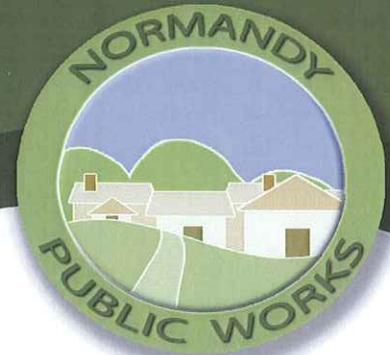
Day one of physical training began with an assessment where things like height, weight, blood pressure, pulse, and body fat of every student were recorded. That was the easy part, and was quickly followed by a maximum pushup test, plank test, grip strength test and time-restricted 1.5-mile run. Day one of PT, however, was by far the easiest! Intensive sessions that included aerobic and anaerobic drills occurred four times a week. The first hour of each two-hour session was spent in the classroom where we were immersed in the latest on nutrition and exercise by highly skilled FBI trainers. The second hour was filled with what the instructors sarcastically referred to as "nice, easy workouts." Why did they

always laugh when they said that?

Wednesdays were appropriately referred to as "Challenge Days." On each of these days, students were faced with tough physical challenges that included high intensity, outdoor aerobic sessions where we were pushed to our limits. The weather was irrelevant – hot, cold, rain or shine (and we experienced them all), we knew that on those mornings we were going outside. Each week tougher than the last, as the distance and intensity were ramped up. Over those 10 weeks, our runs progressively increased from 1.5 miles to 2, 3, 4, and 5 miles. The challenges, with names themed after "The Wizard of Oz" included "The Tin Man Trot," "The Winged Monkey Assault," and "Journey to Oz," to name a few. The culmination of it all came in a 6.1-mile obstacle course and run called "The Yellow Brick Road" where we climbed up, climbed down, ran, crawled, and jumped in, around, and over obstacles on the Marine obstacle course. I'll never forget being bused into the woods in the pouring rain, dropped off, and told to "follow the yellow brick road." We did just that, and crossing the finish line that day was a memorable experience that I'll never forget. Graduation day was June 18. At graduation I had the distinct honor of receiving my diploma from the Director of the FBI, Robert Mueller.

The office walls of National Academy graduates hold diplomas, and yellow bricks that are proudly displayed on each of our desks. Our minds hold new knowledge, taught not only by FBI instructors, but shared through the sound experiences of fellow law enforcement professionals from across the globe. In our hearts is a 10-week experience where lifelong relationships were born and a new standard of excellence was accomplished, along with a renewed appreciation for the place to which we were glad to return, and are truly blessed to call home.

PUBLICWORKS



TIPS FOR HOUSEHOLD GARBAGE COLLECTION

- Lids **MUST** be kept closed on rollout trash carts. {Object is to keep animals, birds, and insects and rain water out of rollout cart and to keep trash & debris inside of cart.}
- Plastic bags may be used for household garbage but **ONLY** when used inside of your rollout cart or trash can.
- Roll-out carts **MUST** be used for your regular trash collection and trash cans must be used for heavy-pick-up collection. Trash cans will not be collected on your regular trash day, only roll-out carts. Carts and cans must be placed out for collection by 7:00 a.m. on proper collection day.
- The new rollout carts have serial numbers, but you may mark your address and/or name on your trash containers for identification in case carts, cans, or bins get lost.
- Residents should keep their old trashcan(s) for use heavy-pick-up collection days. Residents wishing to dispose of their old trashcan may do so by placing their unwanted trashcan at curb on heavy-pick-up Wednesday. Please place a note on unwanted can and our sanitation crew will dispose of your can.
- Reminder about Trashcans: Normandy City Code Section 235.100 states "Solid waste containers which are not approved will be collected, together with their contents, and disposed of".
- Limit items placed in recycle bin to recycling items. Please do not store food, household trash or cardboard in your recycling bin

Our Public Works and Sanitation employee's normal starting schedule is at 7:00 a.m. Monday through Friday. Please have all items to be collected set out by 7:00 a.m. on your collection day. Please place all roll-out trash carts, trash cans, bundles of limbs and yard-waste bag(s) to be collected at the curb on proper day.

HOLIDAYS: There are 8 weeks in a calendar year that contain 9 holidays; New Year's Day, Martin Luther

King Birthday, President's Birthday, Memorial Day, Independence Day, Labor Day, Thanksgiving Day together with the Friday after Thanksgiving Day and Christmas Day. During a week containing one of the above Holidays, our crew will work a four-day week. Regardless of what day of the week the holiday falls on, the collection procedure is the same:

- The first work day of that week, our crew will provide service to Ward 1...

- The second work day of that week, our crew will provide service to Ward 2...
- The third work day of that week, our crew will provide service to Wards 3 and to Ward 4...
- The fourth work day of that week, our crew will provide recycling collection to all four Wards.

The exception to the rule will be Thanksgiving Holiday when there will be NO recycling collection on the Friday after Thanksgiving. Crews will provide service to Ward 1 on Monday, Ward 2 on Tuesday & Wards 3 & 4 on Wednesday providing NO heavy-pick-up service or recycling service for that holiday week.

APPLIANCE COLLECTION: Appliances will be collected on Wednesday of every week that does not contain a holiday. Please set items out for collection by 7:00 a.m. There is a \$10.00 charge for each appliance set out for collection. These items must be pre-paid at City Hall. Residents will receive a collection tag/sticker to be placed on each appliance to be collected. Material set out for collection without tag/sticker is subject to receive a summons. Missouri Senate Bill 530 prohibits the disposal of appliances in landfills.

YARD WASTE COLLECTION: Yard waste will be collected on your regular trash collection day. Yard waste (in paper yard waste bags only) may not be set out any other day of the week. Normandy residents may set out yard waste to be collected at curb in biodegradable Kraft paper yard waste bag(s) or piles of bundled limbs only. For smaller items or piles, residents may use brown paper grocery bags for disposal. Trashcans are no longer accepted for yard waste. These Kraft bags are readily available from vendors everywhere. Limbs that are set out for yard waste must be bundled into piles that are 12 inches maximum in diameter and 4 ft maximum in length. Yard waste is defined as berries, grass, gumballs, leaves, twigs, small branches and weeds. Please do not co-mingle yard waste & household garbage in same container. Due to tight Environmental Protec-

tion Agency & the Missouri Department of Natural Resource regulations, yard waste in plastic bags, plastic of any kind, and/or any items that are not yard waste will not be collected as yard waste. Missouri Senate Bill 530 prohibits the disposal of yard waste in landfills. Please keep yard waste and household trash separate.

LIMB-CHIPPING SERVICE: During winter months all material for disposal must be cut into 4 ft. lengths and tied into bundles and placed at curb for collection. During the spring and summer months (after April 4th, 2011), residents having limbs and branches for disposal may set their material at curbside for our weekly collection. Crew will begin the collection on Monday and chip limbs until the entire city has been serviced. There will be no charge for Normandy limb chipping service which is designed to assist Normandy residents that service their own trees. All limbs and branches for disposal may be placed at curb for the limb chipper. Limb chipping service will not operate after October 14th, 2011.

LEAF-VACUUM SERVICE: There will be no charge for Normandy's leaf-vacuum service which operates during the fall and spring months and is designed to assist Normandy residents with leaf disposal. Residents may rake leaves to be collected to the curb, but not into the street. Our leaf-vacuum service will provide leaf collection on a regular basis until April 2nd, 2011 when it will stop until October.

WOOD CHIPS/MULCH: Wood chips from our limb-chipper and mulch materials are available free of charge to all Normandy residents that wish chips or mulch. Bring a container or pick-up truck to the City's Public Works Facility 5800 Bermuda Road between 7:00 a.m. and 3:00 p.m. Monday through Friday.

TRASH DUMPSTER: The City offers a 2-cubic yard trash dumpster for large household clean-ups. Residents having a need for a trash dumpster may apply in person at Normandy City Hall. Payment is due at time of application. Dumpsters are issued for a 7-day period on a "first-come, first-served" basis. This service has a fee of \$14.00 for each dumpster empty. Please call the Sanitation crew at (314) 486-2182 if you finish with the dumpster prior to the seven-day time period. This will assist our sanitation department in more efficiently delivering trash dumpsters to other residents. The Environmental Protection Agency & the Missouri Department of Natural Resources regulate collection of items discarded into dumpsters, see application for details. Please do not place items that we do not collect into the dumpster.

11 FANTASTIC USES FOR BAKING SODA

Most of us know that baking soda can be used for more than just making homemade cookies and other dough rise. It's not uncommon to see an open box of this leavening agent deodorizing refrigerators, for example. But did you know that there are at least 40 different ways to use baking soda?

Baking soda makes a perfect stand-in for many personal care, cleaning, and deodorizing products. The list of benefits is long: It is inexpensive, free of toxic chemicals, versatile, and effective.

Wondering how baking soda, aka sodium bicarbonate, works its magic? It helps regulate pH — keeping a substance neither too acidic nor too alkaline. When baking soda comes in contact with either an acidic or an alkaline substance, its natural effect is to neutralize that pH. Beyond that, baking soda has the ability to retard further changes in the pH balance, known as buffering.

This dual capability of neutralizing and buffering allows baking soda to do things such as neutralize acidic odors (like in the refrigerator) as well as maintain neutral pH (like in your laundry water, which helps boost your detergent's power). It's a simple reaction, but one that has far-reaching effects for a number of cleaning and deodorizing tasks.

And so without further ado, here are some of the many creative ways you can use baking soda.

PERSONAL CARE

1. MAKE TOOTHPASTE

A paste made from baking soda and a 3 percent hydrogen peroxide solution can be used as an alternative to commercial non-fluoride toothpastes. (Or here's a formula for a minty version.) You can also just dip your toothbrush with toothpaste into baking soda for an extra boost.

2. FRESHEN YOUR MOUTH

Put one teaspoon in half a glass of water, swish, spit, and rinse. Odors are neutralized, not just covered up.

3. SOAK ORAL APPLIANCE

Soak oral appliances (like retainers, mouthpieces, and dentures) in a solution of 2 teaspoons baking soda dissolved in a glass or small bowl of warm water. The baking soda loosens food particles and neutralizes odors to keep appliances fresh. You can also brush appliances clean using baking soda.

4. USE AS A FACIAL SCRUB AND BODY EXFOLIANT

Give yourself an invigorating facial and body scrub. Make a paste of 3 parts baking soda to 1 part water. Rub in a gentle circular motion to exfoliate the skin. Rinse clean. This is gentle enough for daily use.

5. SKIP HARSH DEODORANT

Pat baking soda onto your underarms to neutralize body odor.

6. USE AS AN ANTACID

Baking soda is a safe and effective antacid to re-

lieve heartburn, sour stomach, and/or acid indigestion. Refer to baking soda package for instructions.

7. TREAT INSECT BITES AND ITCHY SKIN

For insect bites, make a paste out of baking soda and water, and apply as a salve onto affected skin. To ease the itch, shake some baking soda into your hand and rub it into damp skin after bath or shower.

8. MAKE A HAND CLEANSER AND SOFTENER

Skip harsh soaps and gently scrub away ground-in dirt and neutralize odors on hands with a paste of 3 parts baking soda to 1 part water or 3 parts baking soda with gentle liquid hand soap. Then rinse clean.

9. HELP YOUR HAIR

Vinegar is amazing for your hair, but baking soda has its place in the shower too. Sprinkle a small amount of baking soda into your palm along with your favorite shampoo. Shampoo as usual and rinse thoroughly — baking soda helps remove the residue that styling products leave behind so your hair is cleaner and more manageable.

10. CLEAN BRUSHES AND COMBS

For lustrous hair with more shine, keep brushes and combs clean. Remove natural oil build-up and hair product residue by soaking combs and brushes in a solution of 1 teaspoon of baking soda in a small basin of warm water. Rinse and allow to dry.

11. MAKE A BATH SOAK

Add 1/2 cup of baking soda to your bath to neutralize acids on the skin and help wash away oil and perspiration. It also makes your skin feel very soft. Or just focus on soothing your feet. Dissolve 3 tablespoons of baking soda in a tub of warm water and soak feet. Gently scrub.

CANDIDATE FILING DATES

Candidate Filing for Councilpersons for all Wards will be open from Tuesday, December 14, 2010 at 8 a.m. through Tuesday, January 18, 2011 at 5 p.m. for the April 5, 2011 General Election.

You must be a minimum of a one year resident of the Ward that you are declaring candidacy for and must not be in arrears for any City taxes or user fees (real estate, personal property, sanitation/trash bill or dog license tax, etc.) on the last filing day. For More Information contact us at (314) 385-3300

FROM THE DESK OF THE CITY CLERK by Pam Rogers

New Ordinances passed since January 2010 that affect residents of the City include:

- Agreement with St. Louis County to collect nuisance abatement fees
- Requirements and procedures for issuance of Administrative Search Warrants by the Municipal Court Judge
- Prohibiting the parking of a vehicle for over 2 weeks on a public street
- Parking and placement of storage trailers, portable on demand storage units (PODS) and other similar devices
- Eviction of tenants and the placement of evictee's property
- Ordinance pertaining to the exterior collection units, donation boxes and other similar devices
- Amending ordinance relating to nuisance abatement costs
- Providing for additional regulations to aid the general health, safety and welfare
- Amending the code pertaining to curfew for minors under 17 years of age

- Pertaining to the consumption of food and beverages in the park
- Ordering the levy and establishment of the rate of annual taxes for Municipal purposes in the City for the year of 2010
- Unlawful to remove or deface public notices posted on properties in the City
- Sewer Lateral policy has changed. Effective January 1, 2011 homeowners will now pay 15% of the repair bill



HARDY HOUSE AT WAYSIDE RESTORATION PROJECT



Thomas Walter Hardy, founded the Hardy Salt Company in St. Louis in 1914. He and wife, Jane Smith Tillman had three children which they raised on the property at 415 Bermuda Road at the intersection of Bermuda and Florissant roads. In 1965, after the death of her husband, Jane Hardy donated the family's home "Wayside" to the Normandy School District. The district converted the home into a remedial reading clinic. In August 1986, the clinic became the Early Childhood Education Center. Later it was used for offices of the Normandy School District until March of 2006. After that it was vacated and fell into disrepair.

When the Hardy Family donated the property to the School District, they specified that the building had to be used for educational purposes. If it was not used for education, the property would revert back to the Hardy Family.

Cozy Marks, President of the Normandy School Board says the board had decided to raze the building because "Renovating the house with district funds is not feasible". After members of CAN (Citizens for the Advancement of Normandy) spoke at a school board meeting it was decided to allow the group to devise a plan to restore the building so it can once again be a vital part of the Normandy School District community. CAN and the Normandy School District reached an agreement on a lease of the property to CAN. Immediately after the lease was signed, Wayside Community Garden was established.

The Garden officially opened in March, 2009. In just 2 years, Wayside membership doubled, as over 80 beds were cultivated. Close to 2,000 pounds of produce were harvested, and the educational events continued. Because Wayside Community Garden is sponsored by volunteers with track record of success, it was chosen to become one of the first of Gateway Greening's Hub Gardens. Hub Gardens support other area community gardens through education, tool lending, mentoring and volunteerism. CAN is very interested in leveraging our Hub Garden status into a more active community role for our organization.

CAN has applied for grants for restoration of this building and property. They believe it will encourage pride in the community and encourage growth and economic development. It will enhance the entrance to the community for the University of Mo. St. Louis and Express Scripts. It will be the focal point of 2 arterial roads that lead to the Natural Bridge Great Streets project. It has direct access to the St Vincent's Greenway Trail and Ted Jones Trail and bike paths.

Anyone interested in joining us in this endeavor or Citizens for the Advancement of Normandy can either call Terry Gannon at 314-372-3401 or email: canormandy@sbcglobal.net.

LA FÊTE DE LUMIÈRES

by Terry Gannon



As we all know, Normandy was named by the Lucas and Hunt Families because it reminded them of their home in Normandy France. Since we have a French heritage, members of the Normandy Historical Commission have researched French Christmas Traditions. Nearly every French home at Christmastime displays a Nativity scene or creche, which serves as the focus for the Christmas celebration. French children put their shoes in front of the fireplace, in the hopes that Père Noël (aka Papa Noël) will fill them with gifts. Candy, fruit, nuts, and small toys will also be hung on the tree overnight.

The Christmas tree has never been particularly popular in France, and though the use of the Yule log has faded, the French make a traditional Yule log-shaped cake called the buche de Nôl, which means "Christmas Log." The cake, among other food in great abundance is served at the grand feast of the season, which is called Reveillon. Le Reveillon is a very late supper held after midnight mass on Christmas Eve.

In Lyon, France December 8th is la Fête de lumières, when Lyonnais put candles in their windows to light up the city. This year the City of Normandy would like to encourage our citizens to put candles in their windows along with their other holiday decorations. Then next year we would like begin the Christmas Season with our own la Fête de lumières. We plan to encourage shop owners in our business district to participate in a candle lighting, lighting of our City Christmas Tree in the Wedge, followed by a little Christmas get-together with Hot Chocolate and Cookies at the City Hall.

Here is wishing everyone a very Merry Christmas and Happy New Year!



DO YOU HAVE THE BEST DECORATED HOUSE OF THE HOLIDAY SEASON? OFFICIAL JUDGING IS FROM 12/13 TO 12/17. WINNER WILL BE ANNOUNCED IN THE NEXT ISSUE.

THE OFFICIAL CHRISTMAS TREE LIGHTING AT THE WEDGE (FLORISSANT ROAD AND NATURAL BRIDGE) WILL TAKE PLACE ON DECEMBER 11TH AT 5:30PM.

SEASONAL MAINTENANCE FOR YOUR HOME

Baby, it's cold outside. Sure, the cold weather season offers plenty of reasons to stay close by the fire with a good book (preferably a home improvement title), but you can get a lot done around the house if you put your mind to it... and put on your long johns. Tackle small jobs on a witer afternoon, and you'll be repaid with more time for big jobs.

OUTDOORS

Bundle up and get outside to tackle a variety of rough and ready projects.

1. Clear brush. Take advantage of firmly-frozen ground to get out there and deal with unwanted shrubs, saplings and the like. Just cut 'em flush.
2. Cut and stack firewood. Put in next year's supply this winter, and you'll be guaranteed dry, properly-seasoned firewood next fall.
3. Make small repairs when the weather permits. If need be, work on the sunny side of the house to nail down loose siding or refasten downspout brackets.
4. Inspect the crawlspace. It's amazing what you can see in a crawlspace on a bright winter morning. Without summer foliage casting shadows, winter sunlight reveals every heat-wasting, vermin-admitting gap in your home's shell.
5. Refasten loose fence rails, gates and latches. You may have to leave a rotten post where it is until next spring, but many fence repairs can be made in cold weather.
6. Take down anything that's old and dilapidated, such as a rusty old metal shed, an unused swing set, laundry pole or light pole, that vine-choked arbor leaning to one side, metal fencing that's past its prime.
7. Hit the roof. Or at least scan it closely with binoculars. Look for damaged, loose or missing shingles that may leak during winter's storms or from melting snow. If need be, hire a handyman to repair a few shingles (\$95 to \$125, according to www.costhelper.com) or a roofer for a larger section (\$100 to \$350 for a 10-by-10-square-foot area). Check and repair breaks in the flashing seals around vent stacks and chimneys, too.
8. If your roof is flat and surfaced with asphalt and pebbles, as many are in the Southwest, rake or blow off fall leaves and pine needles, which hold moisture, says Bill Richardson, president of the American Society of Home Inspectors, in Albuquerque. (Don't sweep aside the pebbles; that will expose the asphalt to damaging sunlight.)

Because the roof is vital in keeping rain out of your house, it is also important that the covering on your of is secure and in good condition. The number one cause of a leaky roof is damaged or loose shingles. It is not too late to inspect them and make the necessary adjustments before winter sets in. In addition to inspecting your roof, take a look at any tree limbs that might be hanging over your roof and trim them back to prevent potential damage during a snowstorm.

10. Caulk around windows and doors. Richardson says that if the gap is bigger than the width of a nickel, you need to reapply exterior caulk. Check window glazing putty, too (which seals glass into the window frame). Add weatherstripping as needed around doors, making sure you cannot see any daylight from inside your home. It is believed that energy savings of up to 15 per cent can be realized when all doors and

windows are properly weatherstripped. One way to check the efficiency of your current windows and doors is by means of a 'paper test'. This involves shutting the door or window on a piece of paper. If you can then pull the paper out without tearing it, you will need to replace faulty weatherstripping.

12. Clean the gutters. A service charges \$70 to \$200 for a single-story house, depending on its size. If your gutters are full of detritus, water can back up against the house and damage roofing, siding and wood trim, plus cause leaks and ice dams. Also look for missing or damaged components that need repair. Make sure all leaves and other debris are removed from your gutters before the rains return. Consider taking a garden hose and washing down both the gutter and downspouts. Also make sure the water is properly draining away from the foundation. Once winter returns, any water held back in your gutters by a plugged downspout could freeze and place an unnecessary strain on the gutters themselves.

13. Divert water. Add extensions to downspouts so water runs at least 3 to 4 feet away from the foundation, says David Lupberger, home-improvement expert for ServiceMagic (www.servicemagic.com), which connects consumers with service providers. For example, HomeDepot.com sells Amerimax Flex-a-Spout extension (25 to 55 inches) for \$10.

14. Turn off exterior faucets. Undrained water that freezes in pipes will expand and can burst. Start by disconnecting all garden hoses and draining water still in faucets. If you don't have frost-proof faucets (homes built before ten to 12 years ago typically do not), turn off the shut-off valve inside your home.

16. Clean Out Your Stove Or Fireplace Before striking that match for the first fire of the season, perform a thorough cleaning of the flue area of your chimney. It is advised that you have a professional check the condition of your chimney to minimize potential chimney fires.

17. Make Room In The Garage Unless you have a storage building to put your lawn furniture, bicycles and gardening tools in, now would be a good time to clean out the garage to make room for these items. It is also a good idea to make enough room to store what the garage was meant for: your vehicles!

INDOORS

Tackle small jobs on a winter afternoon, and you'll be repaid with more time for big jobs next spring.

1. Fix kitchen drawers that are either loose or stick.
2. Replace old, unattractive door knobs, drawer knobs, light switch and outlet covers, window latches—and anything else too out-of-date.
3. Tighten and repair loose hand rails.
4. Oil door hinges.
5. Recaulk the bathtub.

PROPERTY MAINTENANCE CODE CHECKLIST

This checklist is not intended to include all maintenance items you may need to address, but it is intended to guide you through an interior and exterior inspection of your property. Please remember that some repairs require building permits, such as structural repairs or renovation of existing space involving plumbing, electrical, or mechanical installations.

For electrical, plumbing or mechanical permits, call St. Louis County Department of Public Works at (314) 615-5184. For information on which repairs or code corrections require a permit, please contact City Hall at (314) 385-3300, ext. 3014.

Exterior Property Areas

Sanitation

* Accumulation of litter, garbage or waste

Grading/ Drainage

* Areas of erosion

* Low areas allowg ponding of stagnat water

* Discharging stormwater directly o public sidewalks, streets or neighboring property.

Sidewalks/ Driveways

* Significant cracks in pavement

* Broken areas

* Uneven slabs creating a possible trip hazard

Weeds

* Weeds or tall grass growth greater tha 6" in height

Accessory Structures

(fences, detached garages, sheds, retaining walls)

* Structurally sound

* Peeling or flaking paint

* Rusting surfaces

* Missing or unsecured components

Street Numbers

* Visible from street and at least 3" in height

Life Safety

* Smoke detectors in sleeping areas and on each floor level

Interior Surfaces

* Pooling Paint

* Cracked or loose plaster

* Defective surfaces

Sanitary

* Accumulation of rubbish or garbage

Windows & Doors

* Tight fitting, weatherproof

* Easily opened

* Hardware

Stairs, Railings, Hadrails, Guardrails

* Deteriorated or unsecured components

Heating Facilities

* Capable of maintaining a room temperature of 65 degrees fahrenheit

* Accumulation of debris around fumace

* Proper flue installation

Electrical system

* Adequately sized - min. 100 amp

* Switches & outlets working order, coverplates

* Lighting fixtures working order, secure

* Loose or frayed wires

* Extension cords used in lieu of permanent wiring

Plumbing System

* Plumbing fixtures - working order, free of obstructions and leaks, properly installed

* Sanitary drainage system in working order

GETTING RID OF THE CLUTTER & ORGANIZING YOUR LIFE



Why downsize? Here are 20 great and simple reasons to declutter:

1. You'll lose hundreds of pounds without having to take a single trip to the gym.
2. You'll gain living space without having to move to a bigger house or apartment.
3. If you ever need to move somewhere smaller, you'll be able to do it with confidence.
4. Your next move will be less stressful and less expensive.
5. You'll never have to run out and buy something because you can't find the original.
6. You won't be fooled into thinking something's a bargain just because it's on a sale rack.
7. When you're bored, you won't automatically go shopping. Instead, you'll meet a friend for coffee, start gardening or volunteering, or go hiking.
8. You'll learn to say no to people who want you to buy something from them.
9. You'll think twice about paying someone else to store stuff you don't use.
10. Taking inventory can be a really good wake-up call. When you discover you own 10 pairs of jeans and three hammers, you'll realize you don't need more of either.
11. Instead of buying stuff you don't need, you'll be able to pay off debt, invest in something more important, or travel.
12. Getting rid of clutter is like exercising a muscle. The more you do it, the easier it gets. You'll also get less attached to stuff in general, and become a stronger and smarter consumer.
13. Enough, want and need will take on new meanings.

14. Dusting is easier when you have fewer knick-knacks.

15. People will give you wine and chocolate-covered bacon as gifts instead of knick-knacks.

16. Coming home will be more relaxing and less stressful.

17. You'll spend less time cleaning and more time enjoying your space.

18. Your children (or other loved ones) will have less to worry about when the time comes.

19. When you open your closet door, nothing there will make you feel guilty. That pair of jeans taunting you since you lost your college waistline? Those heels that hurt your feet too much to wear but cost too much to donate? Gone. Instead, you'll have a wardrobe that fits you.

20. You'll appreciate what you do have that much more.

More in-depth tips include this lovely article to follow.

Are sheets 'clutter'? What about the contents of kitchen cabinets and bedroom closets? Over time, our homes accumulate keepsakes and everyday items also known as junk. Learn to be discerning, ditch clutter, and organize your life. Over time our homes, especially if they are smaller homes, have a tendency to accumulate and collect all kinds of treasures, gems and keepsakes, otherwise referred to as "junk". Now we all know that one person's trash is another person's treasures, but our homes can only hold so much!!!

Listed below are several ways of going about the process of decluttering or decontamination, whichever term you prefer. Of course, this process will not be done in one day, after all it took years (or if we are really good, months) to make it this way. Start slow and take the time needed to follow through. You will find that decluttering is not as hard as you thought it would be.

1. Cupboards - Go through all you kitchen cupboards, one at a time of course, and you will be amazed at what you find that can be thrown out. When I cleaned mine out not too long ago, I had four coffee maker decanters, that I could not even use anymore because I had a different coffee maker! I also found spices that were about 10 years old!!

2. Bedroom Closets - The saying goes - If you haven't worn it in a year, get rid of it. I am not sure I agree with that statement totally, but it is a good guideline to follow. I am always amazed at the clothes I get rid of (and how many I still have) when I clean out my closets!

3. Bookcases - Now, I don't know about you, but I have a tendency to gather books. At last count, I had well over 200 and definitely had to get rid of some of them. I looked them all over and got rid of the ones that didn't sound interesting. Also, go through their clothes, toys, video games, etc and out goes anything they are no longer interested in.

4. Kids Room - This is something that needs to be done about twice a year in my house. My boys go through their clothes, toys, video games, etc and out goes anything they are no longer interested in.

5. Bathroom - We know how cluttered and overflowing those vanities and medicine chests can get. Go through all those goodies and if it has hardened, softened or changed color, get rid of it!

6. Linen Closet - Towels, sheets, curtains, etc, are also things that need to be periodically sorted and tossed. I just recently discovered that we had almost 100 towels! Who knew?? I removed all the semi worn out ones and was left with about 30 or so. That should suffice.

7. Under Your Bed - This part of the decluttering can be quite scary. Proceed with caution and always have a weapon, such as broom, vacuum cleaner or bug spray with you! Who the heck knows what you will find under there, but I can bet a lot of it can go.

8. Organize - There are so many great products these days that hold everything. Get some inexpensive plastic boxes and neatly store all your items that are not in display or not used daily. You can get small ones in the dollar stores to organize your CDs, use them in your pantry or cupboards, store odd and ends, letters, papers, you name it!

9. Throw Out the Old - One thing you must absolutely remember when decluttering is you have to THROW AWAY the NOT USED or WANTED. DO NOT just take everything out and rearrange!!! That is a temporary solution and is not sufficient!!!!

10. Everything in its Place - Once you have everything decluttered and organized, get everyone to keep everything in its place and your home will remain organized and clutter free forever! Yea, right - nice dream, but we will be doing this very same thing in the not too distant future!

We have a fairly small home, so I go through this process about once a year. Decluttering and organizing gives me a sense of control and achievement. This might not mean much to some folks, but think a moment..... if you can get control over this part of your life, maybe taking control of the big things will not be so hard!

Sources: Naomi Seldin and Lifeorganizers.com

5 PICK ME UP RECIPES



A FRUIT SMOOTHIE

The fruit's carbs and yogurt's protein keep blood sugar steady for a lasting lift. Blend 1/2 c fat-free milk, 3 Tbsp low-fat vanilla yogurt, and 1/2 c frozen raspberries. 210 cal, 7 g protein, 45 g carb, 5 g fiber, 1 g fat, 0.5 g sat fat, 85 mg sodium

A CUP O' JOE

Coffee delivers at least as much caffeine as Red Bull but with antioxidants and anti-inflammatory compounds too. And if you drink it black, you avoid the calories and fat from sugar and cream. For extra kick, think Italian and order the double espresso. Per 6 oz serving of coffee: 2 cal, 4 mg sodium; per 2 oz double espresso: 1 cal, 8 mg sodium

YERBA MATE TEA

This doesn't only come in prepared drinks—you can buy the tea leaves loose or bagged. The longer you brew a cup, the more caffeine you'll get. About 5 minutes will give you a pep in your step. Per tea bag: 5 cal, 1 g carb, 1 g fiber

DOVE RICH DARK CHOCOLATE COVERED ALMONDS

They'll provide the same filling combo of carbs and protein, plus a heap of healthy fats from the nuts. Per 13 pieces: 210 cal, 3 g pro, 19 g carb, 3 g fiber, 15 g fat, 6 g sat fat, 10 mg sodium

A BANANA AND PEANUT BUTTER

Carbs in the banana (1 medium) provide energy, while the protein in the peanut butter (2 tsp) digests slowly to keep you feeling satisfied and energized longer. 170 cal, 4 g pro, 29 g carb, 4 g fiber, 6 g fat, 1.5 g sat fat, 50 mg sodium

Enjoy!

CRIME HAS DECREASED IN NORMANDY

by Chief Frank Mininni



As the Chief Law Enforcement official of the city I wanted to inform you that crime has decreased. The officers of this department are committed to providing the highest level of service possible and any increase in crime that we see is immediately studied and a plan is put into place to address the problem.

Currently the Police Department is seeking State Accreditation through the Police Chief's Missouri State Certification program. There are only four (4) cities with this accreditation. One of my duties as your Chief of Police is to prepare crime reports, analyze these reports with the City Administrator and the Mayor and implement strategies to reduce crime in the city. As some of you are aware, the Normandy Police Department is moving to a more Community Oriented Policing style. This will require that officers are assigned to certain areas of the city for prolonged periods. This will increase officer citizen relationships and also give the officers a sense of ownership for the areas they are assigned. Officers will be more familiar with who and what should be in the neighborhoods and who doesn't fit. This in turn will give the officer the opportunity to identify problem individuals and areas of concern. You as a citizen will also benefit by knowing who your neighborhood police officer is, and to expect an officer you are familiar with should the need for police service arise.

Code Enforcement is another impact on crime. How other people feel about our community is how people will behave in our community. Criminals usually burglarize communities that they do not care about or take interest in. Daily visibility in neighborhoods by the Code Enforcement Officer deters youth from community crime and encourages residents to be more interested and sends the message that we care where we live. This is also exhibited through enforcement of Occupancy Permits. I have recently compared crime statistics from 2009 against 2010 beginning in January and ending in July. The City of Normandy has had a great year, so far violent crime is down, property crime has had a minimal increase, however, the faulty economy has much to do with the increase in property

crime. A major contributing factor to the increase has been the calls for service the officers are handling. In June of 2010 the Normandy Police Department had 34% more calls for service than in June of 2009. Of course if we are investigating 34% more calls for service the law of averages states that we will see an increase in reports and statistics. The second reason for the increase can only logically be explained by the confidence the citizens' we are encountering have with their police department. We can attribute this confidence to the town hall meetings where Normandy Police Department Major Tony Madigan and I have spoken about our beliefs, our plans, and our commitment to the citizens of this community, and how we all as a team can continue to keep Normandy a safe community for all of us to enjoy the high standard of living that we are accustomed to.

In closing, as the holiday months approach I wish all of you and your families a safe and happy rest of the year. As always, in January I will complete the Normandy Police Department Annual Report. This report will be available on our internet site www.cityofnormandy.gov or www.cityofnormandy.com. Should you ever have any questions regarding your police service, feel free to contact me at fmininni@cityofnormandy.gov or Major Tony Madigan at amadigan@cityofnormandy.gov. You can also call city hall at 385-3300 and ask for either one of us.

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SANITATION SCHEDULE ANY QUESTIONS? CONTACT 314-385-3300 XT 3014

DECEMBER 2010		CHRISTMAS DAY HOLIDAY				NO HEAVY PICK-UP	
DECEMBER SUN 19	DECEMBER MON 20 WARD 1 COLLECTION	DECEMBER TUE 21 WARD 2 COLLECTION	DECEMBER WED 22 WARD 3 & 4 COLLECTION	DECEMBER THURS 23 RECYCLING ALL WARDS	DECEMBER FRI 24 NO TRASH SERVICE	DECEMBER SAT 25	
DECEMBER 2010 /JANUARY 2011		NEW YEARS HOLIDAY				NO HEAVY PICK-UP	
DECEMBER SUN 26	DECEMBER MON 27 WARD 1 COLLECTION	DECEMBER TUES 28 WARD 2 COLLECTION	DECEMBER WED 29 WARD 3 & 4 COLLECTION	DECEMBER THURS 30 RECYCLING ALL WARDS	DECEMBER FRI 31 NO TRASH SERVICE	JANUARY SAT 1	
JANUARY 2011		MARTIN LUTHER KING, JR. HOLIDAY				NO HEAVY PICK-UP	
JANUARY SUN 16	JANUARY MON 17 NO TRASH SERVICE	JANUARY TUES 18 WARD 1 COLLECTION	JANUARY WED 19 WARD 2 COLLECTION	JANUARY THURS 19 WARD 3 & 4 COLLECTION	JANUARY FRI 20 RECYCLING ALL WARDS	JANUARY SAT 21	

PAY YOUR BILL ONLINE! GO TO WWW.CITYOFNORMANDY.GOV FOR INFORMATION