

The Tower Grove Heights Neighborhood Association (TGHNA) meeting was chaired by President Jim Zakibe. New residents were introduced. The Tower Grove South neighborhood yard sale is scheduled for Saturday, September 28, 2013. Contact Laura Lincoln (LLincoln61@aol.com) for more information.

Christopher Bellers and Michelle Hatfield from the [Zombie Squad](#) spoke on disaster preparedness. Using zombies as a metaphor brings in young people who usually haven't considered this topic. Preparing for zombies utilizes the same techniques as preparing for real natural disasters. The Zombie Squad deals not with strategies to prepare for the end of the world but for coping with emergencies such as fires, earthquakes, floods or extended power outages. This non-profit organization has over 50 chapters in the U.S. and other countries with over 5,000 members and a large [Web site](#). The goal is to prepare people for real world disasters. For example, if you can't stay in your home during an emergency, Chris and Michelle displayed the contents of a go bag packed with essentials that you should have ready if you must leave. Include your prescriptions as well as extra clothes that you can grab on your way out of the house. Include only items you know how to use in your emergency first aid kit such as gauze, tape, dust masks (to avoid breathing debris), gloves, and Band-Aids. Take food for three days such as Luna bars, military rations, peanut butter, tuna, etc. as well as personal hygiene items like a toothbrush. Include a pad of paper and markers for notes for first responders, water for three days or a water filter such as a bandana and iodine tablets. Toilet paper, a rain poncho, head lamps, glasses and copies of important documents like homeowners' insurance papers and your drivers' license should also be included. They distributed a hand-out titled "Winter Survival When Things Go Wrong: A How-To for Riding out Winter Disasters". There are several warming shelters in our area such as all the public library branches. The hand-out described sanitizing water and recommended having emergency supplies of bottled water. Water bottles can be pre-filled and frozen to be used in an emergency both to cool things and then to drink. Brochures covering an emergency kit checklist and emergency preparedness information from the Missouri Department of Health and Senior Services were distributed. In addition, Chris described the Web site [ready.gov](#) which is a national public service advertising (PSA) campaign designed to educate and empower Americans to prepare for and respond to emergencies including natural and man-made disasters and that includes lists of emergency items.

Officer Joseph Calabro, Community Outreach Officer of the 3rd District ([314-444-0169](tel:314-444-0169)), invited everyone to the South Patrol Picnic on Saturday, September 28, 2013, in Willmore Park from noon - 7 p.m. There will also be a [golf tournament](#) on October 15, 2013 to benefit the Police Department's 3rd District. Officer Amber Gottschall, St. Louis Police Dept. Neighborhood Liaison, reported that overall crime is down year-to-date, including robberies and burglaries, although larcenies are up a little due to items stolen from cars. She recommended buying the club at the 5 Star Senior Center as well as getting a lock box that you can have locked under your seat in the car. Officer Calabro described a new criminal technique called [sliding](#). Sliding can happen when you are filling up with gas and your car is unlocked. A person then pulls up next to your car from the opposite direction, slides out of their car, ducking out of view below the car, and grabs your purse or valuables before you see them. Be sure to lock your car when you are pumping gas.

Marilyn Browning, organizer of Autumn Fest, reminded us that this year's Autumn Fest will be on Saturday, October 12, 2013, starting at 5 p.m. The event will be held at three locations with appetizers, desserts and a party site. The registration form for the event can be found on the [TGHNA website](#) or there is a brochure holder on the northwest corner of Spring and Utah. Since Autumn Fest is scheduled for October, we will not have a Heights Nights in October.

The next TGHNA meeting will be on October 22, 2013.

The meeting concluded at 8:20 p.m.

Claudia Seifert,
Secretary