



On The Cover.....Barbara Blanchar

Barbara Blanchar played golf for the *University of Missouri – Columbia* from 1986-1990. She graduated from Mizzou with a BSBA – Operations Management, 1990.

Hobbies/Interests:

Barbara likes to work out at 20 Minutes to Fitness (a division of 20 Minutes to Par) to help maintain strength for her golf game. She also enjoys rollerblading, yoga, traveling, going to the beach, and spending time with her family.

Here are some highlights of her golfing career:

- 5-time Missouri State Champion; 2 Junior Titles, 2 High School State Titles, and 1 Women's Title,
- 3-time All Big 8 Golfer,
- 1990 Runner-up U.S. Women's Public Links Championship
- Played the Future's Tour, part-time, 1993 - 1995,
- 5-Time Gateway PGA Lady Player of the Year (2001-2005).

Work Background:

Barbara is the **PGA Director of Instruction** at *Crystal Springs Quarry Golf Center*. She served her PGA Apprenticeship at the exclusive *Isle Country Club* in Orlando, FL.

Swimsuits Made Just for You

By Blakelee Loft

What women's swimsuit fashion is best for your body type?



- 1. Ample Bust:**
Use a solid color top with a pattern bottom to draw the eye downward
- 2. Slender, Athletic:**
Try a two-piece suit with detailing around the waist and a halter top to help create more of an hour-glass shape
- 3. Small Bust:**
Try a halter bikini that has a seam just under the bust line and bright colors and prints to visually enhance your chest
- 4. Apple Shaped:**
Use color blocking and busy designs to divert the eye from the midriff
- 5. Fuller Bottom:**
Look for suits that feature a bright color or pattern at the chest and a darker color below to draw attention away from the lower body

*All suits on this page found at Splash located in the Saint Louis Galleria 314.721.6442

Check these websites for great swimsuit selections:

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Photos by Michael Green Emerald Photography

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20 MINUTES TO PAR

* Casey is talking about Jim Hoke, 60, of St. Louis, a member at Glen Echo Country Club. For the past 10 months, Jim has trained at 20 Minutes to Par in Clayton using equipment and approaches recommended by professional golfers and golf trainers. During that time, his handicap has dropped from an eight to a five.

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“Push Your Point and Be Happy Stay Young System” Yoga For Your Face

by Maria Sokolovskaya

Everything in the universe is composed of energy and everything has energy fields around it. If we continue to be active when we are tired, then we deplete our energy resources and disturb the body's capacity to heal itself.

Every eight seconds one person in the United States turns 50 – a phenomenon of the post war baby boom worldwide. It is an unprecedented time in human history.

At the beginning of our lives: we are busy growing up, learning to please our parents, trying very hard to make them proud of us. We want to find out who we are and why we are here. God always gives us choices and it is up to us to decide which way to go. We are creators; we build our destiny, our houses of life: love, marriage, careers and bank accounts. The next chapter of our lives is the golden years; only then we can see our face in the mirror. And we see the face we deserve.

From the first wrinkle on our face we become intensely preoccupied with the question: “How can I stop this?” We panic, we apply different creams and lotions with hope that this terrible “thing” will disappear.

The problem is not in the skin itself, but the weakening of the underlying muscles and tissues. Scores of tiny muscles shape our expressions. Aging is caused by a change in the genetic code of these muscles. As we age, the *regenerating process* becomes less than perfect. We actually have genes that cause the regeneration to slow down. But as long as we are alive, regeneration never stops.

Most modern exercise programs dismiss the *face* as a bony, unchangeable part of the body. *It is not.* This book is about a new method developed over many years that allows each of us to recapture a more youthful look. It is a comprehensive system called Stayoung©. The system relies on *pressure points* and *resistance movements* to help restore the skin's resiliency and improve subcutaneous muscle tone. Stayoung© helps us feel and look better *as long as we wish.* The specific techniques will leave us feeling refreshed, relaxed and energized.

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Good skin care regiments, aerobics, in shower steam, pressure point therapy, deep breathing, stretching – all of these will give a healthy glow. Gentle flowing motion of aerobics synchronized with deep breathing improves circulation and coordination. Rhythmic movement increase mobility of limbs and create a supple, flexible spine.

Taking good care of ourselves is a necessity, not a luxury, because our physical well-being is connected with the health of our mind and our spirit.

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A Destination Wedding



Key to a successful Destination Wedding is a creative Wedding Planner, an experienced Travel Agent, and a cooperative Wedding Coordinator at the wedding destination. Here's the story of one destination wedding from St. Louis Wedding Planner, Renee Joshu, of Weddings By Renee.

By Renee Joshu

Photos by Kristi Foster

Destination Weddings can take place anywhere from an Aspen Resort or a Mediterranean Cruise to an African Safari or an exotic island paradise. And, they can take many forms. Family and friends can accompany the Bride and Groom on a vacation for all. Or the Bride and Groom can go off on their own for a romantic ceremony and honeymoon followed by a wedding celebration with family and friends upon returning home.

Sheila Long, a senior manager at Verizon Business, and Edward Hellm, an aircraft mechanic at Boeing, chose the latter. Second marriage for both, Sheila and Edward wanted a stress-free, intimate wedding ceremony and a romantic tropical honeymoon adventure. After much exploration with The Travel Company, they decided on the Grand Lido Resort, an award-winning resort with miles of silver sand, in Negril, Jamaica. And, they chose August 16,

2005, the second anniversary of the day they met, as their wedding date.

With the wedding ceremony and honeymoon taken care of, Sheila and Edward enlisted the help of Weddings By Renee to coordinate aspects of the Jamaica Wedding and to plan and implement the wedding celebration for family and friends in St. Louis upon their return from their honeymoon. Other than a ceremony site and officiant, all the many components of a wedding remained to be planned ... reception site, caterer, music, florist, photographer, videographer, invitations.

Arrangements were made with the Grand Lido wedding coordinator to schedule the ceremony and assure all legalities were handled. Steps were taken to secure copyrights for the photos and video that would be taken in Jamaica so they could be incorporated with those being taken by Kristi Foster Photography and Creative Video Services at the reception in St. Louis.

And, plans were made to have Sheila's wedding dress expertly and quickly cleaned upon her return from Jamaica.

On August 16, after a short rain delay, Sheila and Edward exchanged vows in a beautiful, oceanside ceremony at the Jamaican resort. On September 3, after a romantic honeymoon in paradise, the happy couple welcomed 150 friends and family for dinner and dancing at the Heart of St. Charles. Close family, including Sheila's two daughters and Edward's three sons, gathered for formal photos before making their grand entrance and greeting their guests. The champagne fountain flowed, guests wined and dined and danced the night away.

Sheila and Edward had the best of both worlds ... the wedding of their dreams in paradise and a hometown celebration with family and friends.

For more information, contact Renee at 314-616-4600 or visit www.stlweddingsbyrenee.com



Tips for Planning a Destination Wedding

Whether the Bride & Groom are eloping alone on a wedding adventure or taking friends and family along, there are many details to attend to. Here are some key things to consider and keep in mind:

TIMING ... Consult a Travel Agent experienced in planning travel to the country you've chosen. They'll be able to advise you on the best month for weather and price.

GIVE GUESTS ADVANCE NOTICE ... Give guests plenty of time to arrange their schedules and make vacation plans by sending out a Save-The-Date Card with date and place information at least 6 months ahead of time.

GROUP RATES ... Start early and coordinate flights and hotel accommodations through a Travel Agent to secure the best group rates for your guests.

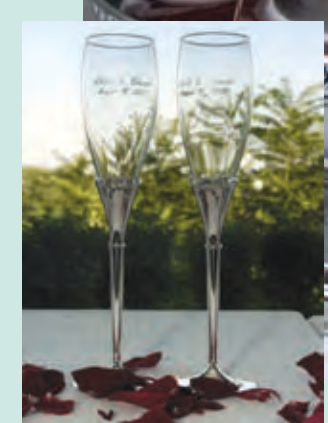
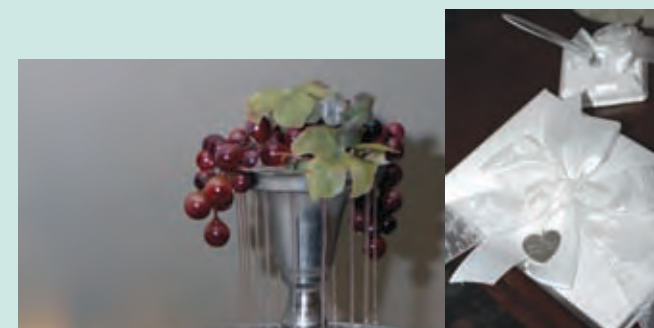
LEGALITIES ... Work closely with the Destination Wedding Coordinator to have all the paperwork in order and on-hand to ensure a legal wedding.

PHOTOS ... Destination resorts offer photo and video packages to capture the wedding experience. Be sure to secure negatives and copyright privileges to allow you to make copies upon your return home.

WEDDING DRESS ... If you plan to carry your wedding dress on the plane, check to be sure it will fit in the carry-on compartments. Otherwise, consider insuring it and shipping it to the wedding coordinator at the destination.

GUEST ACTIVITIES ... Work with the destination coordinator to plan activities that will delight your guests and give them lots of choices all week long. To suit everyone, plan both relaxing and adventurous activities.

WEDDING WEB SITE ... Create a web site to allow guests to track all the news of your wedding. Work with the Destination Wedding Coordinator and Travel Agent to include information about the resort, activities, schedules, rooms and flights.



Destination Honeymoons

by Theresa Allen and Dennis Rubin

What's your honeymoon dream? Sun, sand and surf; snow capped mountains with incredible powder skiing, total seclusion in a mountain hideaway, an overwater bungalow surrounded by an azure sea? Everyone has some idea of his or her ideal honeymoon. The job of your honeymoon specialist is to make that dream a reality. The only limiting factors will be time and money. For those for whom money is no object, Tahiti is a destination of choice. If you

want to be a little closer to home, the Caribbean Island of Nevis with the amazing Four Seasons Resort, is a wonderful choice. For those who want luxury in an all-inclusive setting, the Royal Plantation in Jamaica is heaven. And for those on a more modest



budget who still want to have a memorable trip, the Riviera Maya region of Mexico is for you. Wherever you decide, there are packages available for every budget.

Many consider the islands of Bora Bora and Moorea the most beautiful in the world.

You will fly from Los Angeles non-stop into Papeete, and then catch a short hop to Moorea. There you will spend 3 nights at the Intercontinental Resort and Spa in an overwater bungalow. You will then fly to Bora Bora where you will stay at the Bora Bora Sofitel Motu in an overwater bungalow. Lastly you will fly back to Papeete where you will enjoy a day room at the Intercontinental Resort Tahiti until your evening departure. The cost

for such an itinerary is approximately \$3873 per person.

If you would like something as luxurious as Tahiti but closer to home and a bit more exotic, consider Nevis and the Four Seasons Resort. From St. Louis you will change planes twice in

both directions in order to arrive, but the trip is worth it. On Nevis you will find the deserted beach you dreamed of with the superlative service of the Four Seasons Resorts. The cost of 7 nights at this hideaway is approximately \$2754 per person.



If you would prefer not to spend your first day as man and wife on an airplane, you might consider Jamaica and the Royal Plantation. You will be able to use one of the charter services to fly non-stop into Montego Bay. The Royal Plantation is a small intimate luxury hotel with an all-inclusive option and an 18-hole championship golf course. 7 nights here is approximately \$2362 per person.

For those with a more modest budget look no further than the Dreams Tulum Resort and Spa in Riviera Maya, Mexico. You will also fly non-stop into Cancun. A 4-night trip with all meals and beverages included is approximately \$1123 per person.

You want your honeymoon to be a respite from the pressure of the wedding day, to relax and enjoy your time together. Take the time to call Denmark Travels honeymoon and destination specialists to ensure the perfect ending to your perfect day.



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Ahoy There, First Time Homebuyers!



Should You Set Sail?

By Susan Brooker, GRI

There is nothing in real estate that I enjoy more than working with first-time homebuyers. They are usually so excited and motivated. But before they begin the journey of buying, they must decide if homeownership is right is for them. It is not for everyone!

What are the reasons for buying rather than renting?

Pride of ownership is a huge reason to get started on the course toward buying. Most people think their homes are the best around; otherwise they wouldn't have bought that home in the first place. Once a homeowner actually lives in a house, it becomes his home and he adds his personal touch.

Another gigantic reason to purchase rather than rent is that there are no tax advantages to renting. The interest on a primary residence is deductible! It is like getting a lollipop from the government. Once one has a lick, he doesn't want to go back to no deductions. Any American over 50 will remember when all kinds of taxes were

deductible, including automobile tax. One by one the lollipops have been taken away and the tax advantage of homeownership is the last sweet treat left.

With renting a house, there are no guarantees that the amount of rent paid will not go up and go up substantially. If a buyer locks into a fixed interest rate for his mortgage, he may be sure that the principal and interest will never change for the life of the loan. Of course, taxes and insurance may skyrocket, but that is the chance taken by all. After all, someone has to pay for all those new schools. Our insurance rates also accelerate with each disaster that afflicts the area.

Another positive for buying rather than renting is the lure of most probably building

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equity. Historically home prices go up. When one can sell his property for more than he bought it, he should build equity. Of course, most housing goes up at the same time, so he would have to pay more for whatever he chose to buy. Generally, the more expensive of a home owned, the more equity will build up. Many folks today are experiencing a comfortable retirement because they bought a home and paid it off. Now they have some equity to invest and live on. Such a deal! Very basic reasoning.

What might be the reasons for not buying a home? These reasons are just as valid.

Perhaps a person will have to move around quite a bit for his employment. We Americans have become nomads. If a company needs special talents in another City or State, the company may request an employee move. If they don't comply, their chances for advancement will dwindle. If a worker is on the fast track, he may be asked to relocate to gain more experience.

Then there is the nasty problem of a bad credit rating. It is like the monster under the bed in that you never know when it will pop up its ugly head. Several young people, and a few old (excuse me, "more mature") people, also get into credit problems and ruin their credit rating. They most likely can still get a loan, but at exorbitant prices. Hey, the banks and mortgage companies have to make a buck too!

Perhaps what is holding a buyer back is that he cannot afford the home he wants? I, personally, always wanted to live in a mansion with a permanent cleaning person. As I have found out in life, I cannot always get what I want, darn it. I still have to clean my own floors and scrub my own toilets. Some people feel that if they cannot get the home that they want, they would rather rent and

try to save a larger down payment to get their "mansion". Hopefully, the maid will come later.

Perhaps the interest rates are the reason for not buying a home at this time. This past 5 year period has been, historically, the lowest 45 year rates in mortgage history.

Home ownership is a responsibility. There will always be that tree that needs cutting down or that plumber that needs to be called. When the furnace goes out, the homeowner is ultimately himself responsible. There are small added expenses that go along with the game such as lawnmowers and ladders.

A few things to remember when thinking about buying a home are: do not rush into it; stop; step back; educate yourself about real estate in your area, and consider all the pros and cons.

When the ship sails for home ownership, I hope you are on it because it is quite a ride!

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Get In The Swing Where To Golf In St. Louis

by Mike Fromuth

With the on-coming of another summer here in St. Louis for many of us the focus will return to warm, humid days and back on the many fairways that the area has to offer. In this article we would like to touch on three areas that are in the minds of many golfers as we head into the summer golf season; area golf courses, golf equipment and apparel.

Golf Courses in St. Louis:

Compared to where we were 15 years ago, public golfers now have a huge choice of courses in which to choose to play in the St. Louis area. In addition to a large number of courses, golfers have a wide variety of type and cost of course they would like to play. Within a 50 mile radius of downtown there are well over 50 quality public courses in which to tee it up for your next round.

Prices can range anywhere from around \$20 for 18 holes upwards to \$75.00 plus for a round. There are a few reasons for the wide range of prices for golf; however the two biggest factors are quality of course in reference to the condition you will find the course and the services and/or amenities you may find at each course. Course conditions are usually dictated by each courses budget so it only makes sense that the higher the green fee the better condition you should expect and even demand to find that particular golf course. In referring to amenities, here at the higher price courses you should expect to find a competent starter/marshal staff to help you and fellow players around the course in a timely manner. You should also expect to find other services such as bag drop personnel to help you load and unload your bags, beverage cart(s) on the course to quench your thirst and hunger needs and a full service Pro Shop and Restaurant to cater to your needs before and after your round.

Due to the various array of topography you will find in and around the St. Louis area this help gives the golfer a wide range of type of course they can choose to play ranging from some true links type courses to courses cut out off the wood and hills, offering some dramatic elevation changes. This

allows the golfer to test their skills on some very different types of courses without having to travel long distances to get a taste of how a links course plays versus a parkland type layout to one that mimics a mountain or Ozark type course.

As many have said for years, St. Louis is very much a golfers market at this time. With the wide variety of courses and price ranges to choose from you can pretty much have your pick on any given day during the summer on where, how much to spend and what type of course you would like to experience.

Golf Equipment:

With the advent of technology there are numerous equipment options available to all levels of golfers today. From gloves, balls, shoes, bags and clubs technology seems to have taken over in helping the golfer better prepare for their next round of golf. However, as with most anything else, technology comes with a price in many instances.

Clubs have probably experienced the greatest benefit when it comes to advances to technology. The problem that the average golfer faces today is trying to determine the right set of clubs for them to help them take advantage of these advances in technology without emptying their bank account or taking hours out of their days at demo days and the range trying all this new equipment.





Buying the Right House

By Gene Reuther
 Owner of The Builder Resource Center

The thrill of buying a new home is present on each new home we purchase. It could be our first new home, a second or third move-up as our family grows and we need more space. To answer the question, is this the right house for us? We need to explore our goals. After we have the big decision as to where to build, what type of home and how much we are willing to spend a series of smaller decisions determine how our lifestyle and floor plan meets our expectations. As the process begins with positioning of the home on the site, exposing the majority of the windows to the east and south, bring in early morning sun and offer the highest energy gain through its solar power.

A Green & Healthy evolution is taking place across the nation and has reached homes in our area. The building practices implemented is more sustainable, energy efficient and environmentally-friendly materials and features into the construction of the homes. Just how Green & Healthy your new luxury home will be, is determined by your needs, desires and budget. Do you have asthma or allergies? Then air quality is of paramount importance. Are you concerned about energy costs? Energy efficient heating & cooling systems, water heaters and appliances will rank high on their list of must haves. Is concern for the environment and good stewardship of the planet an important factor

in building their new home? Sustainable building materials and techniques then become a large part of the building equation.

Today's lifestyles of homebuyers desire more comfort and entertaining areas. The utilization of the hearth room has combined the family room, breakfast room and kitchen area to create a great area to entertain while the chef is preparing the days meal. These amazing spaces can have many twists but usually have comfortable furniture, like a couch and upholstered chairs, large plasma T.V. and plenty of natural light. All of this

comfortable space highlights the showplace kitchen. Plenty of quartz countertop space, raised panel maple cabinets with chocolate glazed finish, stainless steel appliances and large gourmet island with sitting area make for the entertaining area all visitors will find.


A safe, comfortable and draft-free home provides many years of enjoyment. With the latest insulation packages available, air infiltration has been reduced which creates less drafts from windows, recess ceiling lights & outside wall penetrations. To achieve the highest quality of indoor air quality, you need to incorporate an Ultimate Air RecoupAerator, a mechanical ventilation system that consistently exchanges stale air for fresh air year round and can filter air impurities.

Enhanced indoor air quality will protect your family's health. Installing humidifiers, media air cleaners and ultra violet lights reduces the air borne contaminants and kills bacteria. By choosing an adhesive, types of paint and carpet pad that have low VOC's, helps filter out dust, odors, dangerous chemicals and airborne particles that trigger asthma and allergies.

Improved home durability and reduced maintenance costs. Warm tone oversized bricks and stone accents create the new exterior architectural style requested for the latest look and trends. Interesting roof lines abound and arched windows give the home a Welcome Home feel. Using siding and trims that require less maintenance now have the look of wood but not the expense. Fibre-cement siding has great architectural appeal, long lasting finish and 50 year warranties. Simulated shake shingles made of asphalt offer 30 to 50 years of reliability and the look of shakes.


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-  Do you have land and need a building plan? At Builder Resource Center, you can pick up Anton Jacobs Architects 2006 Award Winning Portfolio of Plans.
-  Go where the builders go, Builder Resource Center.
-  Visit the newly opened Builder Resource Center (BRC), a workspace/showroom designed to bring together small custom home builders, trade partners and custom homebuyers in a one-stop shopping environment.




What is Plantar Fasciitis/ Heel Spurs?

In order to avoid plantar fasciitis, which may lead to a heel spur, it is very important to make sure your calf muscles are properly stretched after working out or taking long walks. A heel spur is a bony overgrowth on the bottom of your heel. A heel spur is usually a result of an inflamed ligament (plantar fascia) on the bottom of the foot that attaches to the heel of the bone. Where there is consistent abnormal pulling of this ligament, it irritates the heel of the bone and the body produces a bone spur as a protective mechanism. Complaints normally consist of pain with the first step in the morning, some relief following activity, but returning after extended amounts of time standing or walking. This condition can be created by the causes; being overweight, ill fitting shoes, bio-mechanical problems (mal-alignment of the heel), gout, pronation (a complex motion including outward



rotation of the heel and inward rotation of the ankle) and rheumatoid arthritis, running/walking without proper stretching afterwards are some of the causes of heel pain. If you have pain in the bottom of your foot and you do not have diabetes or a vascular problem, some of the over-the-counter anti-inflammatory products such as Advil or Ibuprofen are helpful in eradicating the pain. Ice compresses, soaking the foot in warm Epsom salt water, stretching exercises, a night splint for traction of the leg muscles to stretch the muscle in the back of the leg, and Massage of the back of the leg (calf), along with padding are also things that you can do at home. Another important aspect of heel pain or any painful condition of the foot, is wearing good shoe wear. Good shoe gear usually consists of a sturdy, solid shoe. Heel pain is not relieved by a soft, ill supported shoe.

Many times arch supports are helpful when treating this condition. An easy over the counter arch support can give you a good idea in determining if you need an arch support. If the pain is relieved, then most likely, an arch support or orthotic will provide a solution. Keeping the foot elevated and taped are beneficial techniques as well. It is necessary to stay off the foot as much as possible. Ice packs, muscle stimulation, ultra sound, Therabath, and the new Plantar Fasciitis Night Splint are also helpful. If all of these conservative measures fail to relieve the pain, then cortisone shots or surgery may be necessary.

by Carey Stubblefield, owner of Hands on Therapies

Notre ville s'appelle "Creve Coeur"mais nous sommes "Le Coeur de St. Louis"

*"Our Town is Called Creve Coeur
.....But We Are The Heart of St. Louis".*

Many years ago an Indian Princess named Memetonwish fell in love with a French trapper, but when that love was not returned, she threw herself from a rocky ledge into the murky waters of a lake. Legend has it

that, to this day, the tears of the Princess continue to flow over that rocky ledge and into the lake that reshaped itself into a broken heart. That lake is Creve Coeur (broken heart) Lake. Of course, there are other stories as to how the name Creve Coeur emanated - but the romance and tragedy of this legend remain.....and as you walk around the lake today, you will still see visitors eager to view the tears of the Princess at the very spot where she jumped to her untimely death.

Following the French settlers, Creve Coeur became home to a large German population. Creve Coeur has preserved several historic buildings from that era and these can be seen in one of the many parks that enhance the city's quiet, country-like neighborhoods. A one-room school house



New Olive Boulevard bridge over I-270

can be found in Lake School Park, while the Hackmann and Clester log cabins are in Conway Park and the Tappmeyer farmhouse, currently undergoing renovations, is located in Millennium Park, off Mason Road.

In 1949, with a population of 1,878, Creve Coeur officially became a city and today more than 18,000 residents call Creve Coeur their home, as well as more than forty thousand daytime residents who own or work for a company located in the city.

Owning a home in this prestigious city offers many surprises; quiet and tranquil subdivisions with tree-lined streets, beautiful homes and an abundance of green spaces in park-like settings, offer a warm welcome and respite from the hustle and bustle of the business district along Olive Boulevard. Creve Coeur is also one of a very few cities left in the St. Louis region where trash, recycling, lawn and leaf pickup and limb chipping for residents is provided by the city. The city's lucra-

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tive tax base can be credited to the estimated eighty percent of its budget that is generated by the daytime residents and commercial businesses that call Creve Coeur their home.

The Creve Coeur Fire Protection District, one of the leading organizations in St. Louis County, is recognized nationally as one of the best equipped and trained emergency response units for hazardous materials and terrorism in the country, while the outstanding services provided by the Creve Coeur Police Department is rated No. 1 in satisfaction in a recent residential survey.

Although Creve Coeur comprises only eleven square miles, it is an educational haven where res-



Residential Neighborhood

idents and businesses can cherry-pick from seventeen of the region's finest and most prestigious private and parochial educational institutions, as well as the AAA rated Ladue and Parkway Public School Districts.

In keeping with the lifestyles of its citizens, Creve Coeur offers a wide range of well appointed single and multi-family homes. For the young professionals, luxury condominiums and apartments offer carefree living, while developers of tear-down \$1 million plus custom built homes on one-acre sites are entering the market for the most discerning of buyers. Creve Coeur is now the city of choice for many of the area's physicians, medical and research professionals and high tech business owners who enjoy a short drive to the Monsanto Company, St. John's Mercy Medical Center or Barnes-Jewish West County Hospital.

While many other municipalities in the area scramble to offer tax incentives for companies to relocate to their cities, Creve Coeur continues to thrive on its natural attraction as a place to do business. The Vibrant Commercial district, home to several Fortune 500 Companies, as well as the Donald Danforth Plant Life Science Center, is convenient to all major highways and boasts professionally land-



Creve Coeur Municipal Golf Course



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The recently completed \$25 million single-point diamond intersection of Olive Boulevard and highway I-270, is the most elaborately designed landscaped bridge in the region, with its enhancements funded in part by city of Creve Coeur taxpayers.

There is little doubt that when the founding fathers and mothers of Creve Coeur designed their city, they took great pride in preserving its integrity, its wealth, its quality of life and its appeal to businesses.

Vi Smith, a native of London, England, has served as the Executive Vice President of the Creve Coeur-Olivette Chamber of Commerce for 21 years. Smith is a former Correspondent with the Warwick Advertiser/Photo News in New York and has lived in Creve Coeur with her husband and children for 25 years.

By Vi Smith

Photographs by McCarty Photographic Studios



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