

Fashionable Fitness Wear

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By Blakelee Loft

All items
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Photos by Michael Green
Emerald Photography

Sports Massage

Sports massage is becoming a popular component in the training routines of professional and amateur athletes. Sports massage enriches the strength and conditioning process, helps athletes prepare for competition, and enhances recovery. Ultimately, massage improves the athlete's performance.

The five major applications of sports massage are:

1. **Recovery**- To enhance the athlete's physical and mental recovery from strenuous activity.
2. **Remedial**- To improve a debilitating condition.
3. **Rehabilitation**- To facilitate healing after a disabling injury.
4. **Maintenance**- To enhance recovery from strenuous exertion to treat debilitating conditions, and to help the athlete maintain optimal health.
5. **Event**- To help the athlete prepare for and recover from a specific competitive event.

Purpose of Sports massage:

The main purpose of sports massage therapy is to help alleviate the stress and tension which builds up in the body's soft tissues during physical activity, when this occurs, minor injuries and lesions may occur, due to overexertion and overuse.



Massage can break them down quickly and effectively. Sports massage will help prepare the athlete for peak performance, drain away fatigue, relieve swelling, reduce muscle tension, promote flexibility, and prevent injuries.

Benefits of Sports massage:

Sports massage has many benefits in addition to feeling good, such as reducing the heart rate and blood pressure, increase blood circulation and lymph flow, reducing muscle tension, improving flexibility, and relieving pain. Sports massage can also include pre-event, post-event and maintenance techniques that promote greater athletic endurance and performance; also lessens the chances of injury, and reduces recovery time.

Sports massage techniques:

Each sport and athletic event uses muscle groups in a different way. Sports massage therapists must be familiar with each muscle, the muscle groups, and how they are affected by specific movements and stresses of each point. Swedish massage is currently the most common approach used for conditioning programs. It's frequently supplemented by other massage therapy techniques including deep tissue, trigger point work, and acupressure. Stretching the athlete out is also part of sports massage. Stretching loosens the major joints, and increases range of motion so the athlete has full flexibility and performs at their very best.

By Kamren Holbert, L.M.T.

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Suffering from 'Boomeritis?'

Then it's time to rethink the way you look at exercise

What's a baby boomer to do?

For years, boomers have been told that to slow the aging process – and prevent a long list of ailments – they need to stay physically fit.

And they listened. Boomers engaged in exercises like running and aerobics – just like they did in their 20s and 30s. And their bodies took a toll in the process.

According to a recent *New York Times* article, in fact, the number of boomers needing knee and hip replacements, or suffering from arthritis, torn ligaments and other sports injuries is skyrocketing. Philadelphia orthopedic surgeon Dr. Nicholas DiNubile has even coined a term for the phenomenon. He calls it 'boomeritis.'

For those of us trained in physical therapy, the growth in 'boomeritis' comes as no surprise. As Dr. DiNubile told the *New York Times*, "Physically, you can't do at 50 what you did at 25. We've worn out the warranty on some body parts. That's why so many boomers are breaking down."

Which brings us back to my original question: What's a boomer to do?

The answer is not to *stop* exercising, but to exercise *smarter*. That means exercising in ways that deliver health and fitness benefits – but without causing further damage to a body that is also demonstrating signs of wear and tear.

For some of us, that may also mean changing the way we think about exercise. Many people think of exercise as a form of recreation. We do what we enjoy or what we're good at, whether it's golf, biking, tennis or something else.

While there's certainly nothing wrong with recreation, boomers should also think of exercise as a systematic way to strengthen their muscular system, without compromising the integrity of their joints. They should think about exercise the same way they think about brushing their teeth: it may not be great fun, but it's something that must be done.

20 minutes that will change your life

The good news: there are ways to prevent 'boomeritis.' One of the safest and most effective is through an exercise approach that most boomers have never tried. It's called slow cadence resistance training.

The exercise technique is a scientifically based way of exercising that involves working out on specially designed physical therapy machines in ultra slow motion. The approach traces its roots to a 1982 University of Florida School of Medicine study that

showed that extremely slow weight lifting improved strength, bone density and overall function.

"It's an experience that's unlike what most people associate with exercise," explains Laura Miller, R.N., co-owner of 20 Minutes to Fitness, St. Louis' first slow-cadence fitness center with locations in Clayton and Chesterfield.

A typical *20 Minutes to Fitness* workout takes only about 20 minutes – and is completed just once or twice a week. This small time commitment makes reaching health goals more achievable.

During these sessions, a personal trainer guides you through exercises engaging all major muscle groups.

"Instead of completing reps at a normal pace, you lift and lower the weights in ultra slow motion – eliminating momentum and forcing your muscles to do all the work," says Miller. "Because the work is done by your muscles, you don't have to worry about wearing out bones, joints, ligaments or tendons. The workout progresses only as you become stronger, so there is no overdoing it."

"Not only do slow-cadence workouts stimulate lean muscle formation far more efficiently and safely than regular weight lifting or aerobics, they cut the risk

of exercise-related injuries to almost nil," says Miller. "They increase bone density, helping prevent osteoporosis. Perhaps most importantly, these workouts are safe for all fitness levels – from professional athletes to senior citizens to people recovering from injuries."

Miller adds, "This way of exercising is more than just a resistance program, it's a philosophy of health that takes into account the value of proper nutrition."

Once an obscure practice, slow-cadence techniques have grown in popularity in recent years. They've been featured on CBS' 48 Hours by slow-cadence enthusiast Leslie Stahl and have been endorsed by athletic trainers, fitness experts and doctors, including Fulton C. Kornack, M.D., who is on the clinical faculty of Orthopedic Surgery at Harvard Medical School.

20 Minutes to Fitness' roster of clients includes more than a dozen St. Louis area doctors. These doctors – like the rest of today's boomers – grew up exercising. Slow cadence may just be the "extended care warranty" they need to keep their bodies in good repair for years to come. □

(see page 3 for display ad)

by Casey Schulte, P.T.

"Boomers should think about exercise the same way they think about brushing their teeth: it may not be great fun, but it's something that must be done."

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- Dennis N.

YOGA -

Is This
The New Wave of Fitness...

AND Will it Take Over The World?

According to Bikram Choudhury, it is and it will. Bikram's "Hot Yoga" caused a heated controversy by becoming the first copyrighted yoga practice, reports US Today in the Money section. Nevertheless, hundreds of students can be found in a single Bikram class, which is taught in 105° heated studio and uses a patented formula of a 26-posture sequence. Bikram's personal students include the rich and famous, while folks with less glitz but just as much desire to sweat fill Bikram franchise studios across the country.

Meanwhile, Entertainment Today recently featured a piece on yoga, and one can hardly walk into a grocery store without seeing at least one magazine specifically devoted to yoga. People spend \$3 billion a year on classes and yoga-related products, and there are an estimated 16.5 million people practicing this discipline. It seems that everyone has tried yoga, plans to try it, or knows someone who does it. Initially made popular by stars such as Sting, Madonna, and Woody Harrelson, yoga continues to flourish across the country.

Not to be left behind, St. Louis has seen a noticeable growth in yoga studios and classes offered in community centers, gyms, and fitness centers. Just in case you are as yet unfamiliar with Yoga, here is some information on this ancient yet trendy practice:

Most Americans practice Hatha Yoga, which consists of eight parts or limbs ranging from rules of personal and social conduct, physical postures, breathing disciplines, to inward focus of the senses, one-pointed concentration, meditation, and an elevated state of total peace. Yoga comes from India's Hindu philosophy; the first written description

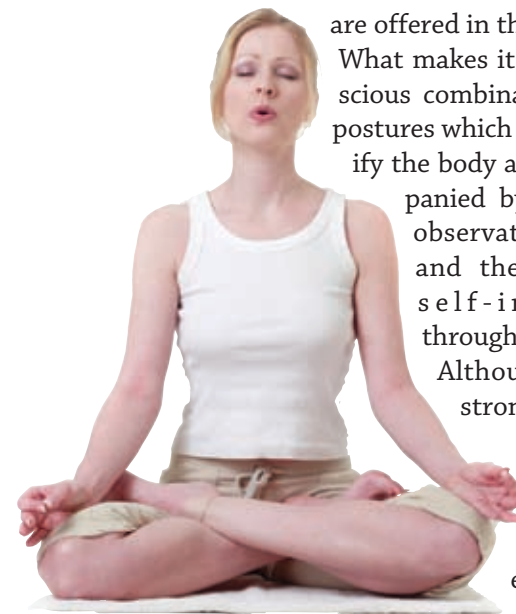


by Lucy T. Holmes

was Patanjali's Yoga Sutra, dated 700 BC, with Sanskrit the oral and written language of the practice. Hatha Yoga as practiced in this country often focuses exclusively on the third limb, physical postures, but commonly Hatha Yoga classes will also include one or all of the following: breathing exercises, philosophy, chanting and meditation.

The word Hatha literally means "adamant, strong, and powerful". "Hatha" can be split into two components ("Ha" meaning sun and "Tha" meaning moon) to promote the concept of opposing yet complimentary energies, with a balance created between them. The word "Yoga" means to yoke or unite, so Yoga encompasses many practices of self-control, physical health, breathing and meditation, with the intention of creating a union of body, mind, and spirit in each individual, as well as with all beings. Other types of yoga include Bhakti, Jnana, and Karma yoga; Bhakti yoga is devotional yoga which generally focuses on chanting and meditation; Jnana yoga is philosophic and focuses on gaining knowledge, especially knowledge of the True Self; Karma yoga is the yoga of service and action.

Some styles of Hatha Yoga are very specific about the order and the means of practicing the postures, while others vary the routines or even combine them with other forms of therapeutic exercise (Yogalates, for example, is a combination of Yoga poses and Mat Pilates exercises). Some classes are very physically demanding while others focus on relaxation and restoration. There are specialty classes for children, for moms-to-be, for those with physical or mental challenges, for weight loss, for those with addictions, etc. (See next page for descriptions of types of Hatha Yoga which



are offered in the St. Louis area). What makes it Yoga is the conscious combination of physical postures which balance and clarify the body and mind, accompanied by the consistent observation of breath, and the philosophy of self-improvement through self-acceptance. Although there are strong spiritual overtones in many Hatha Yoga classes, Yoga is not considered a religion, but rather a systematic approach to realizing one's full potential.

Styles of Hatha Yoga which can be found in St. Louis area studios:

Anusara – Created by John Friend, the name means "Opening to Grace" and it is a heart-centered approach to the practice of postures, breath, and philosophy. There is a strong emphasis on alignment principles and the spirit of the postures. This style appeals to those in good physical condition who desire empowerment for body and spirit.

Astanga (Ashtanga) – Created by Sri K. Pattabi Jois, the name is the Sanskrit word meaning "eight limbs" and it comes from the tradition of vinyasa or flow yoga and is a very physically challenging practice. There are five series in ascending order of difficulty; each consists of a set group of postures, beginning with a challenging warm-up of sun salutations and including a connecting trio of postures between every held pose. This practice strongly emphasizes breath, energy retention, and gaze points.

Bikram – Bikram Choudhury designed a set series of 26 classical postures based on the style of Hatha Yoga taught at the Yoga College of India. Taught in a 105°F room, the series begins with breathing exercises (pranayama) and each posture is held for a count of ten and repeated. This style of yoga is extremely cleansing for the body and supports the endocrine system. (Synergy is Perri Ness' version of the Yoga College of India's posture sequence and is very similar to Bikram).

Iyengar – named for B.K.S. Iyengar, who has wielded tremendous influence on Hatha Yoga as it is practiced in this country. It has a very strong emphasis on alignment and precision in the postures with support from the breath. Iyengar yoga introduced the use of props such as belts, blocks, blankets, etc. It is extremely therapeutic and disciplined and is appropriate for all types of physical capacities.

Kripalu – Yogi Amrit Desai named his style of Hatha Yoga after his Indian Swami, after going into a spontaneous posture flow while teaching. Kripalu Yoga is extremely user-friendly and usually focuses on basic postures. It is ideal for beginners or those wanting a gentle, more relaxed approach. This style can include holding postures for long periods and going into an individualized spontaneous flow.

Kundalini – This style of yoga is designed to bring a higher level of consciousness through practices of breathing, simple postures, chanting, and meditation; a combination called *kriya*. The focus is on raising the Kundalini (core or serpent power),

People love Yoga. Ask any regular partaker and they'll tell you how good it makes them feel: they discover increased vigor and mental concentration, strength through flexibility, and they are more relaxed. The discipline creates a sense of empowerment, while de-emphasizing competition. Yoga practitioners find themselves kinder and more compassionate towards others, while gaining a deeper appreciation for their own innate worthiness. Yoga can have a profound effect on the individual, which in turn affects the world in which we live. While the initial attraction of Hatha Yoga may be to the physical benefits, in the end practitioners feel that they can change their world, one breath, one OM, one down dog at a time.

-Lucy T. Holmes, E-RYT (Experienced Registered Yoga Teacher). For more information you can contact Lucy at YogaSource, 1500 S. Big Bend Blvd., 2nd Fl Richmond Heights, MO 63117 www.stlouisyogasource.com 314.645.9642 ext. 2 expyoga@juno.com

and the breathing is done in a particular manner to bring about this effect. It is an active practice that creates health in the body while building a connection to inner wisdom.

Power/Vinyasa – These are American adaptations of Astanga yoga. There is a strong emphasis on the work-out aspect of this yoga, and it appeals to athletes or those who like consistent movement in their practice. A Power or Vinyasa class will always include Sun Salutations (Surya Namaskar) and connecting, breath-oriented posture flows. Some Power classes are held in a heated studio; this movement-oriented yoga can be challenging and fun.

Sivananda – This practice consists of twelve basic postures, plus instruction in a yogic lifestyle of positive thinking (Vedanta), breathing, diet, and meditation/relaxation. The emphasis is less on performance of postures but rather on a holistic approach to all aspects of Hatha Yoga. Sivananda is named after an Indian guru.

Viniyoga - This style links breathing, movement and postures that are adapted to each student's individual needs. There is less emphasis on precision or performance of the postures in a particular manner than the use of breath to take the student both into and out of the postures. Viniyoga often incorporates meditation, chanting, and ritual to create balance in body, mind (emotions) and spirit. Rod Stryker's version is called "Pure Yoga".

Restorative, Pre-Natal, Kids – Restorative can be very healing for those with chronic fatigue, post-traumatic stress disorder, etc; it requires the practitioner maintain stillness in supported postures. Pre-Natal is a modified approach that builds a community for pregnant moms-to-be. YogaKids™ uses postures as games for children to improve balance and general body awareness, while also touching on basic positive social and personal behavior.

NOTE: Many teachers blend a number of the above styles to create an eclectic approach to teaching. Each of the above styles has its own particular teaching methodology and a yoga instructor may study several of them with the result of a blended or multi-layered approach to teaching. Drawing on some of best aspects of these styles can make for a more flexibility in guiding students through a yoga practice. For information on where to find yoga classes and yoga-related activities in the St. Louis Metro area, please contact Spirit of Yoga in St. Louis (SOY) www.spiritofyogastlouis.com

Clayton ■ Chic, Convenient and Cosmopolitan

By Sheila Frayne Rhoades
and Judy Kekich

Big Boom in Business District

In just 2.5 square miles, Clayton is currently home to 75 restaurants and approximately 225 retail businesses. Nestled among the fifty-plus high-rise office buildings, chic boutiques, galleries and personal services set up shop in charming 1 or 2 story buildings.

To add to this remarkable mix, developers now see downtown Clayton as a fabulous place for residential spaces. High-rise condo buildings like Clayton on the Park, the Plaza in Clayton, and the

soon-to-be completed Maryland Walk account for 309 condominium units within the central business district. The \$73 million mixed-use development known as The Crescent will add 72 condos to the upscale housing stock in late 2007 in Clayton's central business district. In addition to all the new construction, the Clayton condo boom includes the hundreds of older apartments being renovated and converted into contemporary condominiums.

With its central location and accessibility via several major thoroughfares, convenience is one of Clayton's main attractions. Its convenience will be enhanced when the new Cross County MetroLink Extension opens. The route, which traverses downtown Clayton, and its two passenger stations will facilitate travel to and from Clayton for visitors and for the 35,000 individuals who come to work in Clayton every day.

As the seat of St. Louis County government, and with a preponderance of law offices and professional services, a growing downtown residential community, an outstanding school system, award-winning restaurants, charming boutiques and its impressive calendar of nationally recognized cultural events, Clayton amenities provide an extraordinary quality of life. These amenities are augmented by Clayton's cultural image.

Public Art in Clayton - Traffic Stoppers

Clayton is a treasure trove of fine art sculptures. The City's emphasis on culture is demonstrated by its world-class public art collection. The process began in the mid-1990's when City officials realized that quality public art would enhance its emerging cosmopolitan profile. Sculptures, some permanent and some on indefinite loan from foundations, museums and universities, have since become regional as well as nationally famous landmarks. The Clayton Art Commission, which was established in 1998, works to ensure that public spaces are enhanced with high quality art. Clayton's public art collection includes Man on a Horse, a rotund 6000 pound bronze by Columbian sculptor Fernando Botero, which stands in the median at the intersection of Wydown and Hanley. One of Clayton's most enduring works of public art is the FM6 Walking Jackman by St. Louis artist Ernest Trova. This imposing sculpture with 6 radiating figures stands in front of Cardwell's Restaurant at Brentwood Boulevard and Maryland Avenue. Last

summer, Howard Ben Tre's Clayton Caryatid was installed at the Plaza in Clayton. This conical shaped sculpture is a modern take on the classical Greek female figure. On loan from the Saint Louis Art Museum, the menacing Folke Filbyter sculpture by Carl Milles stands at the corner of Forsyth Boulevard and Bemiston Avenue in front of Clayton City Hall. A yet-to-be-named piece is being created by internationally recognized artist Alice Aycock to be installed in front of The Center of Clayton. Contributions from the City, the Chamber of Commerce, Clayton businesses and private individuals were raised to fund this project. A testament to Clayton's exciting artistic milieu, these sculptures are both powerful and whimsical.

To add to Clayton's art scene, Clayton is also home to the St. Louis Artists' Guild, a nonprofit organization dedicated to exhibiting local artists in its headquarters, a renovated stone mansion in Oak Knoll Park. Clayton is definitely a destination for the arts, especially in early September.

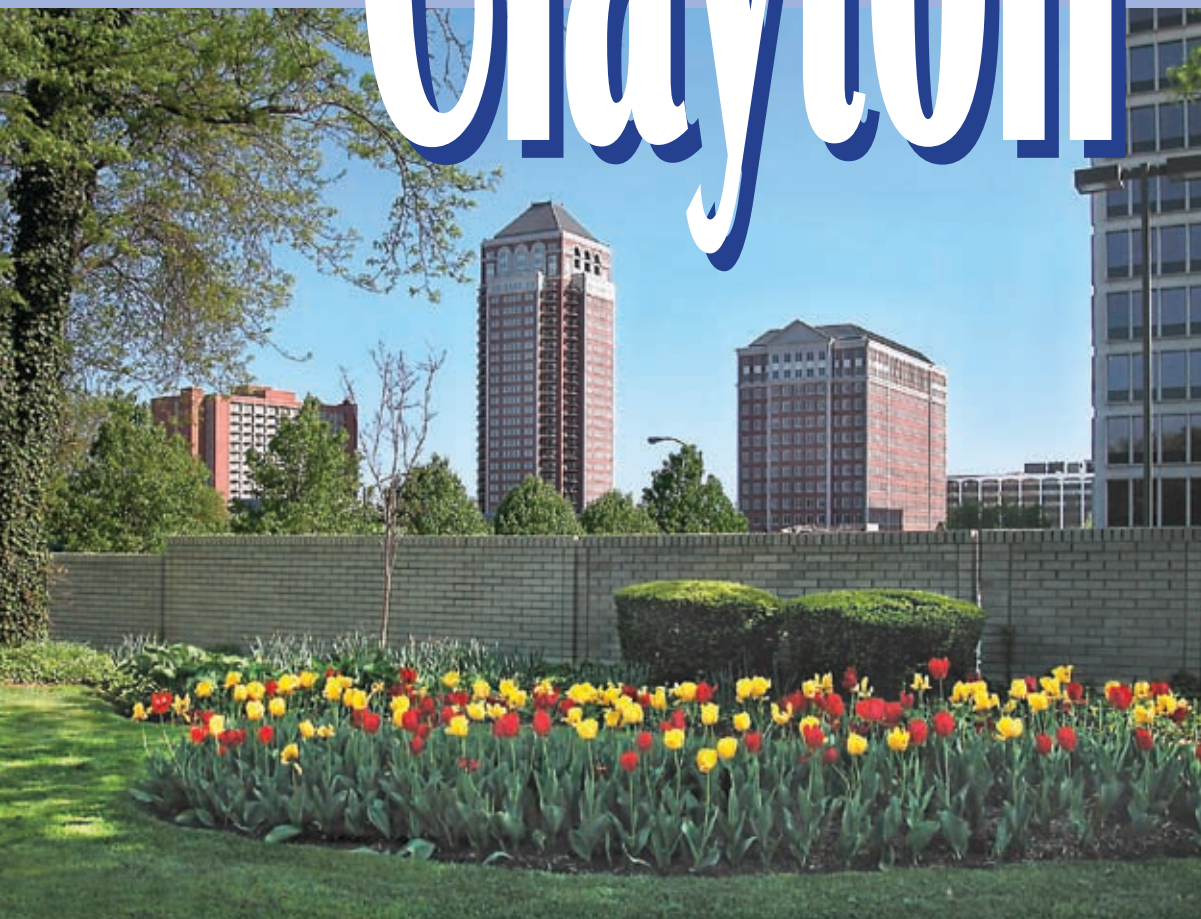


Photo by Bob Srenco

The Plaza in Clayton

In the Beginning -

In 1876, when Ralph Clayton looked out over his farm land, he could never have imaged what would emerge there 130 years later. Mr. Clayton combined his property with that of another Virginia farmer, Martin Hanley. A year later, Messrs. Clayton and Hanley donated the land to help establish the new County Seat of St. Louis. The courthouse was built, and over the next 25 years, the area evolved from rural farmland into a small town. In 1913, it was formally incorporated as a city, and the 104 acre track of farmland would become what is the heart of present day Clayton. Soon it became chic for prominent St. Louisans to escape the crowded city and travel to the upscale countryside known as Clayton.



Photo by Reese Kekich

Shops on Maryland Avenue

Artists In St. Louis

Cindy Tower

The workplace series started in '99 after having had three solo installation-art shows in one season in NYC and consequently getting in debt from building them. At the same time, I was becoming uncomfortable with the huge economic gap between classes I saw developing. Finally, I've been distressed because everything I love is disappearing, not just in New York, but all over the country as well.

Neighborhoods are getting cleaned up with factories being torn down or transformed into luxury housing. And, jobs in which people make things with their hands are disappearing. I've always loved being around workplaces, tools and machinery. It is important to see the fruits of one's labor directly and to actually see how things work. I'm tired of the virtual world. I personally get bored clicking buttons, and sitting confined in an air-conditioned cubicle. It is weird to just have all these consumer goods appear in our stores as if from outer space.

I prefer to know where things come from and see how they are made. Luckily for me I like to work. I like to sweat, have adventures and experiences, feel textures and surfaces. As an artist, I try and communicate these experiences with paint on canvas by recording gestures.

The workplace series has been an ongoing project of mine ever since. During this time I've been frantically painting industrial environments as they are being demolished. The first painting of this series was Nutmeg Steel in 2000. Nutmeg Steel was in Branford, Connecticut. It had been locked up for decades and I only got access when workers appeared dismantling everything. I thought I'd have a couple years to paint there, but cutting torches are fast and everything disappeared before the public even knew. I'd say it took four months. One hundred and fifty years' worth of antique, hand-carved, wooden patterns were burnt overnight in the field out back. The field was bulldozed and turned into a parking lot in just days. Machines were transformed to scrap metal and hauled away—grand old machines—artworks in themselves some operative from 1864-1965, even. The men that worked there lost their jobs, some their extremities and fingers



Cindy in her element

and even their pensions. No-one has followed up on what became of those workers. People don't want to know.

Basically I do as many paintings as time allows. I get upset when winter rolls around and the paint will no longer flow off the brush or when I'm denied access to a site. I have been known to trespass. Often security guards look the other way. Sometimes I barter with them, giving them a drawing or a watercolor. I've returned to a site to work on a painting only to find the entire room gone or sometimes the incomplete painting itself has been taken. If I'm working on a large painting I have to leave it hidden on location. I've been known to bury paintings under piles of leaves for several weeks at a time, or I'll place them high on rafters or in dark cellars. One worker actually took a five by six foot painting off the stretcher, rolled it up and was caught walking away with it under his arm. I was actually flattered that he liked it.

These paintings are tragic and speak about the demise of American manufacturing.

Although my paintings depict these condemned places devoid of people, I regard them as portraits of a sort. Compositions are constructed out of discarded tools and raw materials. Views are often composites. I paint what is left behind, considering the debris to signify cultural detritus.

Compositions are visually overloaded in an attempt to mirror the exhausted expired settings. I paint directly from life, usually without light, heat or water. Often I paint under pressure since I usually don't gain access to sites until the bitter end, when the salvage companies armed with cutting torches arrive. Often I've returned to work on a painting, only to find machines gone or that the place itself no longer exists.

I always go out painting equipped with at least two easels. I carry my cell phone, pepper spray (in case I encounter wild dogs), a flashlight, and bug spray. I wear my bike helmet as a hard hat. If I'm painting in a dangerous spot as I am now, I sometimes hire a body guard who sits and reads while I paint.

I come to painting via installation art. Instead of making installations from scratch, I now find and paint ones that already exist. Past installations have included "Westward Expansion Inwards" in which I recreated a National Park out of refuse at the New Museum for Contemporary Art in Soho, "Pirate Cindy" at Trans-Hudson in which I transformed my broken down pick-up truck into a pirate ship, using all the pieces from the truck. There was "Tank", a 25' tall tower built out of appliances from a Texas landfill on the Southwest College of Arts and Crafts' campus. Most recently was, "LawnTree", at the Sun Valley Center for

the Arts in Ketchum, ID, built out of the community's discarded laundry detergent bottles and laundry.

I'm trying to get works from each type of industry. So far I've painted steel factories, saw mills, oyster boats, brick factories, cattle auction houses and ranches, general stores, silver plating shops, metal works, engine repair shops, utility companies, wire factories, steam ship engine rooms, dry docks, quarries, and in North Saint Louis the original Metropolitan Life Insurance Building and a Meat Processing Plant. I have no idea how many paintings I've done. I know I can never do them again. Soon I'll have to travel to China to find factories. The big ones I've been selling without showing them in galleries or anywhere for \$4,500.00. They are like an endangered species from an anthropomorphic point of view I guess. I make a living teaching painting right now at Washington University in St. Louis.

Cindy Tower
ctower@wustl.edu

In a recent e-mail a friend wrote: "For the first time today, I had the chance to see one of your paintings. Incredible - hauntingly beautiful. I don't know if you're familiar with the work of Thomas Hart Benton, but your work reminds me a bit of his, sort of in a more subdued, cool sort of way. If you don't like Benton, who, if I remembered right, spent his career chronicling the demise of the Midwestern agrarian economy, then I apologize. He happens to be one of my favorites."

Brooklyn in Armour 64' x 96' by Cindy Tower Photo by Red Elf

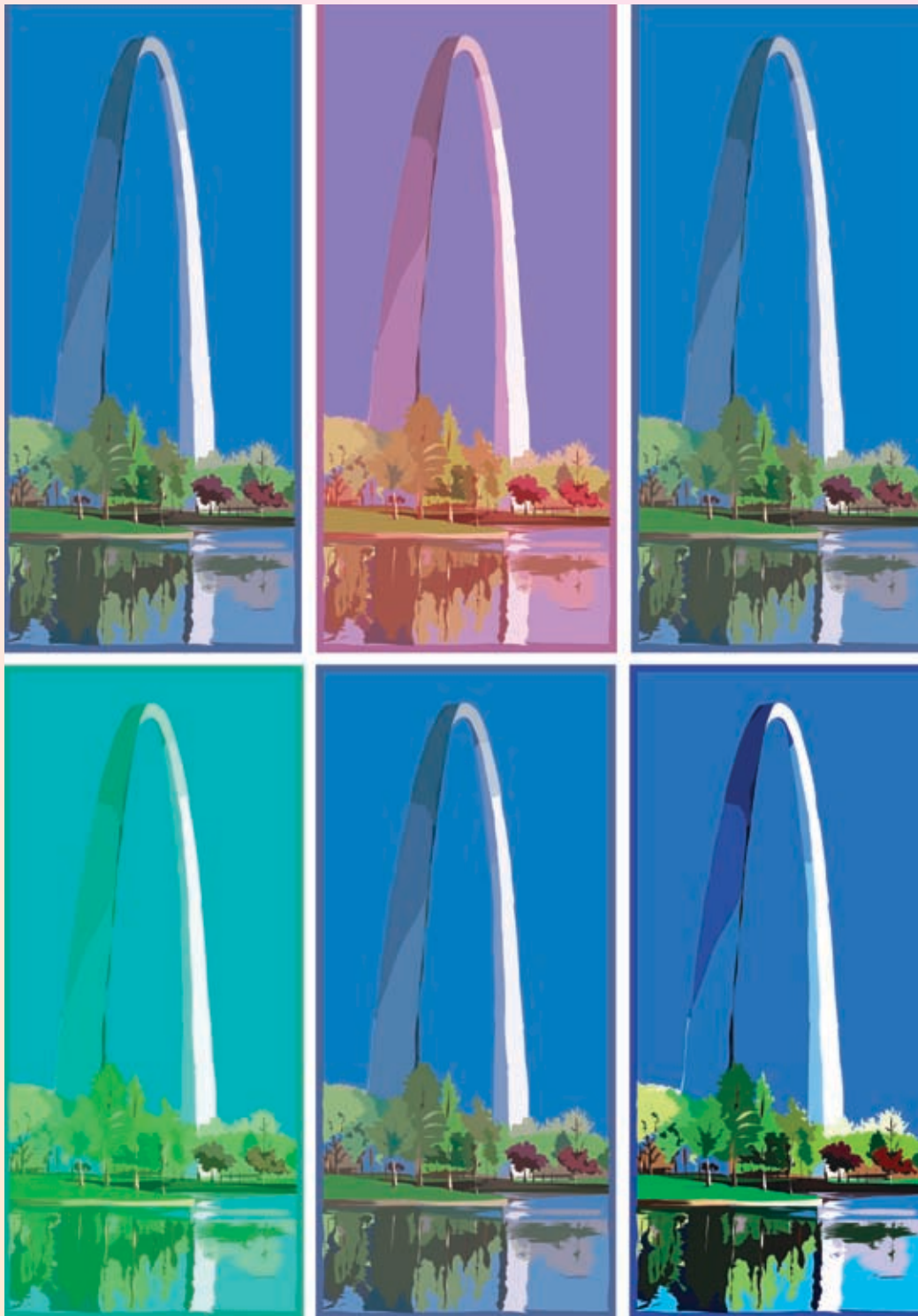


Mark Hurd

I was born March 13, 1963 and raised in St. Charles, Missouri. I received a BFA from Washington University in 1985 with a major in Graphic Communications. I currently live in Afton with my two children, Ian, 11 and Emily, 9 and his 2 cats, Bear and Dakota. I started working after college at Famous Barr in 1986 and became an Art Director in 1990. Currently I work for Macys Midwest as a Direct Mail Art Director, frequently traveling to New York on fashion photo shoots.

In 1998 I was fiddling around with Macintosh Illustrator on my computer at work, working with a photograph of an old building that was being restored and I started drawing shapes of flat color over the photo and realized that, after removing the photo, I was left with an image that had a silkscreen, wood block effect that fascinated me. I have always had a strong interest in architecture and simple flat planes of bright color. One of my professors at Washington University was Bill Kohn, and I vividly recalled his wonderful paintings of Machu Pichu. I think that his influence shows in my work. I am also influenced by Edward Hopper and his simple darker architectural subjects. You can see that in "Tivoli, Wonderful Life". I call my technique a combination of photography, drawing and painting. It all starts with taking the right photograph, at the right time. My favorite time is either dawn or sunset. The sky and solid planes of color can become vivid and saturated. When I have taken a photo I love, the process involves drawing shapes of color, using a computer, over the photo and coloring each shape, layering the shapes together, then deleting the photo.

In the summer starting when I was about 6, my family would spend the summer in a small cottage at a place along the Mississippi in Illinois called Chautauqua.



Arch in St. Louis, Missouri

It was an idyllic wooded valley, with time spent swimming, boating, and building life long friendships. In a cottage nearby to ours lived a man named Ralph Osborn, a retired gentleman who was a gifted oil painter, a man I would often see painting. I often think that watching him paint had a profound influence on my direction in terms of getting involved in art. In 1998 I was asked to donate several renderings to the Chautauqua Historical Society to raise money to restore an older building. They were the first prints that I had ever created. Chautauqua has continued to be a favorite subject and "muse" that will continue as long as I live.

I continued to create scenes of Chautauqua and a few subjects in St. Louis and New York and started selling a few here and there to friends and relatives. In 2002 I wandered into Componere Gallery in University City to frame a few prints. A close friend and co-worker named John Goessmann had recommended Gallery Framing and Mark Florida located in the basement of the gallery. The Curator of the gallery, Eleanor Ruetter(sp), saw several prints, and asked if I would be

renderings of Chinatown and SOHO, as well as the flat-iron building and Central Park.

In 2005 I submitted slides to enter several art fairs. I got into the Webster Art Fair and Shaw Art Fair. I definitely had to scramble to build my inventory, purchase a tent, but what a great experience. I was accepted to Webster and Shaw again in 2006. I hope to continue to be associated with Componere Gallery and grow as an artist. My plans in the next few years are to hopefully kayak down the

Mississippi on a one week trip, camping along the way and building a series of scenes for a future show. The river has had a very significant influence on my life and I hope to be able to capture the beauty of the river landscape. For my future shows and fairs, I have decided to donate 10% of all proceeds to different charities that the buyer can choose. I feel so blessed to have so much and feel strongly that it is important to give back and I am glad that I have the ability to do that.

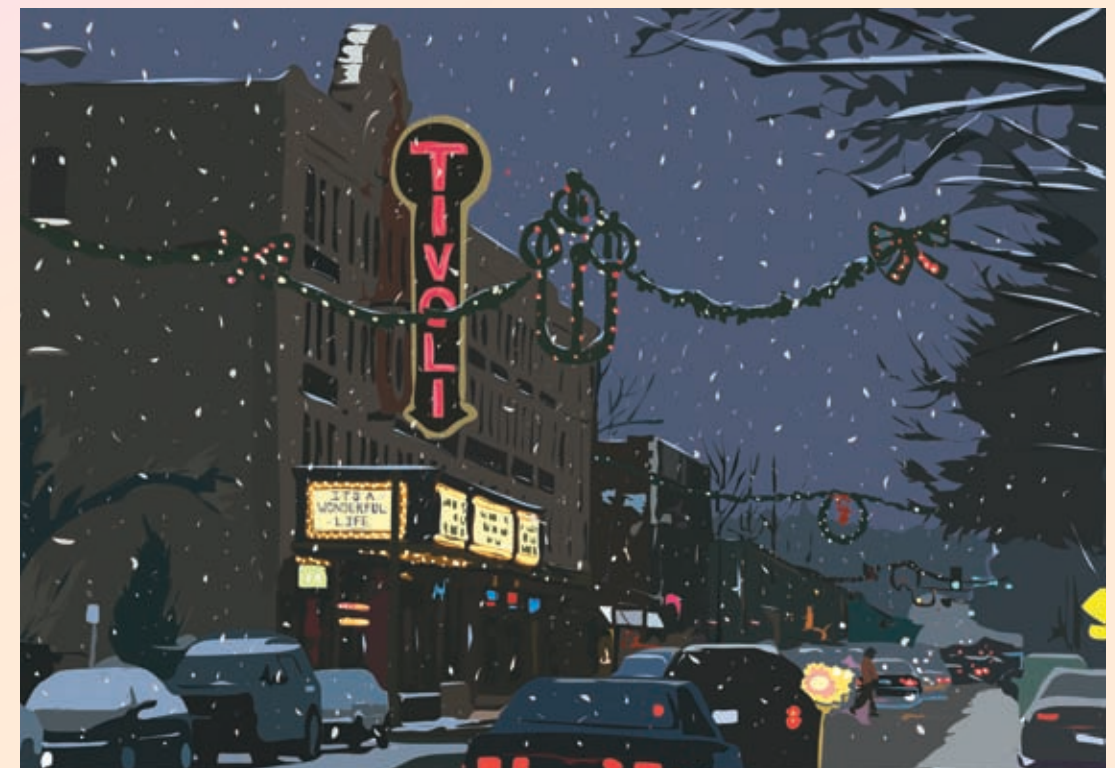


Top: Ted Drewes

interested in having a show of all St. Louis subject matter. Of course, I jumped at the chance. With some heavy promotion I had over 200 people attend the opening. I have been represented by Componere Gallery ever since and have had a show there once a year. The loop area is such a dynamic vital part of the St. Louis area and has become a favorite subject because of that energy.

New York has that same energy and, probably half of my work is of that wonderful city, its architecture and its energy. That can be seen in my

Bottom: "Tivoli, Wonderful Life"



INDIVIDUALIZED HOME SELECTION

By Susan Brooker, GRI



Individualized Home Selection – How do you like the new term I just coined? Individualized Home Selection – has a nice ring to it, doesn't it? But what does this mean? It simply means that each person has a different set of criteria when selecting a home. Aunt Minnie may want a canning room for her peaches, while Macho-man Joe may need a workout room with wall to wall mirrors.

After price range, location, number of bedrooms, number of bathrooms, lot size, and style of architecture are established, a new home buyer needs to figure out exactly what he needs to make him happy. Items on the want list should be deemed either:

POSITIVELY NEEDED or MAYBE HOPED FOR.

A few of the rooms that are requested by buyers are:

A first floor laundry room – tired of hauling the dirty smelly wet sweat socks up and down the stairs and then hauling them back down and up again. I am exhausted just thinking about it.

A 3+ car garage – not many of us are like Jay Leno and need this much space really. However, the automobile *affectionados* out there would consider this a must! Who wants to pay \$400,000 for a car and then leave it parked on the street?! Not me.

A first floor office – for the work-aholic who needs to be near his computer and ticker tape at all times of the day and night and who needs to be able to dash out the door and into his \$400,000 vehicle when there is a good sale of AT&T stock.

A music room – my cousin has a baby grand, an organ and a piano all in one small bedroom of her home. (I wish I had continued with the music lessons as a child and maybe I could play chopsticks today)

An extra kitchen – I am sure that Emeril has more than one kitchen. Do you think his comes with a lackey to clean up?

An art studio – have you ever tried to raise 4 kids and run an artwork business all in one room. One of my dearest relatives has balanced this act for several years. At any given time there will be paint on someone's clothes or body. I come from a very colorful family.

A walk-in pantry – during the recent power outages I lost some \$300 worth of frozen foods in my two refrigerators. If I had had a walk-in pantry, maybe I could have salvaged some non-frozen goodies.

An exercise room – this can be for the budding dancer or the future Arnold Schwarzenegger. Lots of torture equipment and lots of mirrors would go into this room.

A potting shed – the green thumb enthusiasts (and you know who you are) would salivate for a space to simply repot and grow plants. A conservatory like in the game *CLUE* would be nice.



A wine cellar – my goodness a lot of money could be spent filling up this room. If you are an aspiring atelier, this is just the place to hang out.

A pool room or possibly a ping pong room – my personal belief is that a ping pong room is much too dangerous to have in my home. A pool table on the other hand may be useful in creating some illicit gambling income.

A spa or sauna – ahhhhhhhh – need I say more?

A workshop – picture all of the Santa's elf wannabes busily sawing and planing and sanding rows and rows of wooden cars and trucks.

A TV surround sound room – this room would be equipped with those fancy reclining chairs that have cup holders and remote control holders built right in. Now if someone could just invent a chair that makes popcorn, one would never need to leave his seat.

A screened in porch – this is my personal dream room. Sit outside, listen to the crickets and birdies, admire my garden and not get eaten alive by killer mosquitoes – this is a dream for me.

The list can go on and on and can be as varied as each personality. So, stop and think what you Positively Need before you hit the trail to house hunt. Good luck!



For your real estate needs, call
Susan Brooker
Coldwell Banker Gundaker
314-583-1473 or 314-965-3030

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