

Ferguson Times

Established 1894 Oct. 1999

CITY OF FERGUSON, MO.

June, 2014

Serving Ferguson and Surrounding Communities



Ferguson Farmers' Market

CELEBRATING OUR 12TH YEAR!

June 7, 2014

The Taste in Ferguson stops by the market. There will be several cooking demonstrations throughout the day. Sample some of the dishes you will be feasting on the following day. If you haven't purchased your tickets, stop by the market, shop, eat and grab your tickets before they sell out. Last year's event sold out several weeks before the event, so don't wait! <http://thetastein Ferguson.com/>
Music: The "Rewind Band" will be performing 9-11AM.



June 14, 2014

Its Father's Day weekend, so stop by the market and make your favorite guy a cookie, Cose Dolci will be on hand to help decorate cookies. 9-11AM. Northern Arts Council will, also, be on hand for kids activities.



"Author-Fest," is a Q&A event features local artist 8-12. Music: "Plain Label Band" will be performing 9-11AM

June 21, 2014

It's Summer Solstice has arrived and we are hosting the STL Grillin' Fools and they are BBQ'ing for the market. They are "Dedicated to teach others how to grill"; stop by and talk with them while they grill some delicious food. 10-12PM. Yoga in the Market 9AM
Music: "Not Wired Right" will be performing. 9-11AM

June 28, 2014

Everyone's favorite bird stops by the market...Fred Bird will make a special trip to our Ferguson Market. Come by and meet one of the most famous birds in STL. 9-11AM
Music: Springfield, Illinois's Tom Irwin will perform 9-11:30AM.



Come Visit Us Saturdays, Now thru October 8am - Noon
20 S. Florissant, at the Victorian Plaza (just south of the train trestle)
Check our our website, FergusonFarmersMarket.com
"LIKE" us on facebook
FergusonFarmersMarket.com

Come Out and Play!

Sunday Parkways is Sunday, June 8th - 1 to 4 pm in the Old Ferguson West Neighborhood

Each of these FREE events will offer information, and a variety of fun activities for all ages, including:

Rock Climbing, Tennis, Dance Classes, Rocket Building, Jumping Rope, Basketball, Hula Hoops, Bicycle Safety, Health Screenings, Art, Bicycle-Blended Smoothies, Free Bike Helmets, Lifesize Checkers, Fitness Contests, Scavenger Hunt, Prizes and much more!



See more information on Page 3

Ann Chisholm Is the 2014 Citizen of the Year



Many people have ideas and suggestions on how to improve our government or community, but Ann doesn't just talk . . . she takes action. Ann is a firm believer that the voices of a few passionate advocates can make a difference in our communities. Read on Page 3 how her involvement has had an impact on Ferguson and North County.

Ms Chisholm also believes that education is the key to turning around the vicious cycle of poverty. As a tutor at the Jennings School District she found how one dedicated person can change a child's life.

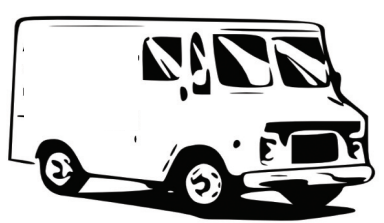
See Page 3.



Sunday, June 8th at the Savoy
See Page x for more details.

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Back by Popular Demand!
Food Truck Monday on the Walk



MONDAY, JUNE 16
11am to 2 pm
Plaza @ 501
501 South Florissant Road
An extra truck added this month!
Check our website.
www.fergusoncitywalk.com

CITYWALK CONCERT SERIES

PLAZA @ 501

Upcoming Shows...

Hurricane Creek
Oldies, Rock & Country
Friday, June 13
7:00 p.m. - 9:00 p.m.

Copper Creek & Penny Moon
Variety Band
Friday, June 27
7:00 p.m. - 9:00 p.m.

Free Concerts April through November.
Concerts take place on the 2nd and 4th Friday of the month unless otherwise noted.
Bring a blanket or lawn chair. Coolers are permitted. No glass.
Concessions available for purchase on-site.

501 South Florissant Road
For more information call 314-524-5197 or email citywalk@fergusoncity.com

If You Have Items of Interest, Contact The Ferguson Times - 314-524-1958



Greetings from CityWalk

Did you know that this column is on the new CityWalk website? As a matter of fact, there is a link to the *Ferguson Times* on the website. Have you seen it? If you haven't, the website address is; www.fergusoncitywalk.com.

When you want to know what's happening on CityWalk, this is the place to find out.

Did you see "In your Neighborhood" on Fox 2 News on May 2, 2014? If you missed it, you can see all of the segments on the website.

I've been doing a lot of walking and talking about CityWalk in this column. But do you even know what CityWalk is? Well, if you weren't quite sure, fasten your seatbelts because you are in for some groundbreaking information and it is what I like to call, "What is CityWalk! And why are we always walking?"

CityWalk consists of ten blocks along Florissant Road, Church Street, and Airport Road. It is home to a wide array of restaurants, bakeries, Gallery style specialty shops, entertainment and music venues, quality service companies and much, much more. You could just about find everything you would need to live a fulfilling life on CityWalk.

The Ferguson Special Business District (FSBD) is a board of nine business members that are located in the district. Their purpose is to promote the district and encourage the general membership –which is any business located in the boundaries of the downtown district -to get involved with other businesses to promote the common good of the area in which your business is located. If your business is located in the CityWalk district, you should know who you are because you pay a special tax with your business license.

Yes, the FSBD is a self-taxing organization and with the help of the City, those monies are used to help promote CityWalk. All of the concerts at the Plaza at 501, the Farmers Market, Food Truck Mondays, the Carriage Rides, these are just a few of the activities that are sponsored by the FSBD. These events were created for you, our friends and neighbors from the City of Ferguson and your friends and family. There's always something happening on CityWalk and you need to be here to see for yourself.

Did you know that CityWalk boasts the Ferguson Historical Museum? Everything you wanted to know about how our city became the community that we enjoy is in the museum. The old Train Depot houses the museum and while you're soaking up all of the history the museum has to offer, you can enjoy a cone or sandwich, or one of the special treats that are offered at the Whistle Stop. You never know, a train may come rumbling down the tracks while you're enjoying a frozen custard.

(This section has been reserved for the General Membership Businesses of the FSBD, you know who you are.)

Every third Thursday of the month is the FSBD board meeting. We meet at 5:30pm in the offices of Pearce Neikirk and Partners Realtors located at 427 S. Florissant Rd. Our next meeting is June 19th and all businesses located in CityWalk are invited. We will also be sponsoring business workshops in June that are designed to help you grow your business. You will receive an invitation in the mail, so don't just think of it as a solicitation, think of it as an "invitation for growth." We are all in this together, and together we can all promote CityWalk and watch the area that we chose to do business, grow.

Until next month, you will see me walking; that's right, I knew you were wondering when we were going to get to the walking part, see you on "The Walk," CityWalk.

4th of July Parade

FERGUSON . . . 120 YEARS THEN AND NOW

That's the theme for the 2014 Fourth of July Parade and Festival. You have time for your company, organization, neighbors or just individuals to plan and begin building your parade float.



The parade steps off Paul Avenue at 10:00 am on Friday, July 4th, and marches north on Florissant Road to January Wabash Memorial Park where the day-long Festival and fireworks begin.

Get into the spirit of celebrating Ferguson's 1894 founding. To enter the parade is free, just call the Parks & Recreation Department at 521-4661 for an application.

The Ferguson Times may be reached . . .
by phone: 314-524-1958
or by mail: Dorothy Seiter, 16 Sandringham, Ferguson, MO, 63135
or by email: cider@att.net

Copy or ads for the paper must be received by the 15th of the month for insertion in the following month's paper.

The Plumber's Crack

By Oh Baby bigohbaby@sbcglobal.net

Weather starting to get hot, Farmers Market getting into full swing, pools are open, kids running the streets during the week, air conditioners starting to purr along with the lawn mowers . . . it must be June and the first summer edition of the Plumbers Crack.



scour the pipe and one side of that pipe will rot faster because of it. Which brings me to number 2, no pun intended.

The old cast pipe systems were put in to handle 5-gallon flush toilets and back in the day most people had one bathroom so that old stack got a lot of use. So now we replace our toilets

to 1.6 gallons models. Kids move out and the inside of the stack starts gathering a sludge which works the same as paint on the outside, and bad cancer spots start forming. How do we stop this you ask? Well Oh Baby's gonna tell ya'. The fastest way to do it is to hire a Drain Tech with a scour jet or a small jetter and have him clean out that pipe. The other thing to do is find a good bacteria like Bio Clean. It's expensive, about \$50 a can, but that usually last about a year which is cheaper than using a drain tech. That works especially good on kitchen sink drains. I bring this up because I had to change a stack for a home owner who got transferred out of town. The stack had one bad fitting but the home inspector declared it all rotten, money that should not have been spent. That leads to the last thing that finishes off a stack.

If you move and you are going to leave the house vacant get over and run some water a couple of times a week. When stacks dry out they will eventually crack and leak. Well now that Oh Baby has bored you to tears, here is the word of the month. Grab your seat it's Test Tee. Most people call it the clean out on the stack but was used to water pressure test the stack. Well my friends it's time to end another edition of the Crack. Hope to see you all at the Market or at food truck Mondays or at the free concerts at 501 . . . well I could go on forever so I'll say hug and watch over them baby's, check on your neighbors and shop and dine Ferguson God Bless you all. Oh Baby

What? Oh Baby, a plumber, is going to tell us how to save our stack. Yes, I'll never get rich but I'll sleep good once I get a new mattress. A lot of the time in older houses with cast iron stacks you have plaster walls and when mechanics like Bob on the Job get a little of that plaster to drip on that stack it sits there for years and it rusts; not the pipe but the plaster. It then looks like a cancer spot on the pipe, but it's not. Take a scraper or wire brush and knock it off. Spray some WD40 on it and voila it's like new again.

Another thing that starts a stack rotting is paint. Don't paint your stack; it's like your body. Cover your body with paint and you suffocate. So does cast iron. I know cast iron only has a life expectancy of 40 years or so but I see 80 and 90 year old pipe all the time.

P8563, D8563

Premier Plumbing Solutions

Say "I Love Ferguson"
When presented your bill and receive **\$10 OFF**

Dave Walters (Oh Baby)
Master Plumber / Drain Layer / Licensed / Bonded

- No Service Charge • Free Estimates
- 10% Senior Discount (Maximum of \$50)
- Compare our Price on Water Heaters

524-0222

IF YOU LIVE IN AN OLDER HOME AND YOU WANT TO HELP "MAINTAIN YESTERDAY FOR TOMORROW"

CALL BOB 524-1264

Painted

EFFECTS CONTRACTING LLC

See Bob on Job column on Page 17

Aeneas Williams Chosen as Parade Marshall

If you are a football fan, then I have no need to introduce you to Aeneas Williams, a 14 season veteran of the National Football League, the last 4 years as a St. Louis Ram.

As a football fan you are also aware of the drive and dedication that Aeneas gave to the football field. What you may not know is that Aeneas has brought that same drive and dedication to his personal life. He devotes his off-field life (even during his college and football



years) to sharing the wisdom and understanding of the Word of God. During his remarkable NFL career, that included a Super Bowl victory, eight Pro Bowls and four All-Pro selections, Aeneas had chances to help some of his teammates through some of life's rougher patches.

In 2007, Aeneas and his wife of 21 years, Tracy, founded the Spirit Church of St. Louis, where he serves as a senior pastor. He is a beloved St. Louis community leader and role model whose tireless service, outreach and personal counsel has changed lives. Pastor Aeneas has a love for people and a passion for helping each of us fulfill our full potential.

Aeneas Williams will be inducted into the NFL Hall of Fame in Canton, Ohio in August of this year.

The 4th of July 2014 Festival Committee is very proud that Aeneas has accepted our invitation to be our Parade Marshall.

Ann Chisholm 2014 Ferguson Citizen of the Year

Ann Chisholm has been selected by the Ferguson 4th of July Committee to be the 2014 Citizen of the Year. Ann is an extremely dedicated Ferguson citizen and the list of her support and involvement efforts is too long to mention here. But here are a few:

- * Founded the Jeske Park Neighborhood Association in 2004.
- * Instrumental in keeping CVS from opening across the street from Walgreens since it meant some homes would need to be demolished impacting a desirable neighborhood, and keeping a glut of pharmaceutical stores from being built in close proximity.
- * Instrumental in having Home Depot relocate their planned store from the corner of Elizabeth and Pershall Rd to the present location at New Halls Ferry and West Florissant (which incidentally, eliminated the vacant Central Hardware at that site).
- * Spearheaded a plan that enabled Ferguson residents, who lost trees during the Good Friday Tornado in April 2011, to purchase new trees and have them planted by Waldbart & Sons Nursery at a discount. Waldbart also donated a tree in Jeske Park in honor of the survivors.
- * Established a program to welcome new residents with a "Welcome" bag with coupons, giveaways and neighborhood information delivered by members of the Neighborhood Association.
- * Attends City Council meetings frequently, just to keep informed of present and future plans.

Ms Chisholm has had many opportunities to work in community building efforts and has been a member of PROUD, helping in planning their fundraising endeavors including their dinners; helped organize the Sunday Parkways; supporting the establishment of a dog park; helped plan and work at the Home Improvement Fairs; and is a member of the Neighborhood League of Ferguson. As a member of BTC Church, she has supported the school and church and helped maintain the prominent location at Elizabeth and Airport Roads.

Ann returned to college in 2002, first attending Florissant Valley Community College and receiving her Associates Degree in 2004, then earning her Bachelors Degree in 2006 and Masters of Social Work at UMSL in 2006 and 2008. Her interest in working in the community flourished during those years. She volunteered to tutor at the Jennings School District and was amazed at the impact that one person can have on a student just by listening and encouraging the child to learn and do better.

She continues to attend seminars on topics that empower the community.

If you asked Ann what her greatest campaign was—she will likely answer—"Getting approval for the Ferguson Community Center." Many attempts were made to gain enough support to achieve that goal. Ann states that it never would have happened had it not been for all those who worked so hard to inform the voters in Ferguson what a value it would bring to the community for every age. She is very grateful to live in a community that makes such efforts to bring progress to the area.

girl scouts of eastern missouri



Every day, kids experience bullying – that's why the Girl Scouts of Eastern Missouri joined with local schools to educate kids on how to help. Transform UR Future (TUF), equips students with tools so they can be more than just a bystander.

At Walnut Grove Elementary School, in the Ferguson-Florissant School District, 23 Transformers from McCluer High School took time out to teach 350 students about conflict resolution.

TUF expands upon Girl Scouts' Project Anti-Violence Education (PAVE) Program with a focus on bullying prevention and intervention. PAVE is a program designed to educate, empower and assist young people, K-12, in understanding and dealing with aggression and violence; to teach healthy relationship skills and help young people develop into strong and confident leaders. Program funding comes from the generosity of our community partners. It is important for Girl Scouts to raise money so programs like PAVE can be offered to schools and organizations at no cost.

To join, volunteer or donate to Girl Scouts of Eastern Missouri, call 800.727.GIRL (800.727.4475) or visit www.girlscoutsem.org

Sunday Parkways Begin on June 8th



Since 2009, Ferguson has been opening its streets to people on Sunday afternoons throughout the year. During these Sunday Parkways events, streets are closed to cars while people are invited to come out and run, walk, bike, dance and play.

The first Sunday Parkways event of the year will take place on June 8 from 1-4pm in an area of Ferguson West Neighborhood bound

by Carson Road, South Clark, Wesley and Georgia.

People who visit Ferguson Sunday Parkways are encouraged to travel along the entire route to visit all of the activities. The activities for all ages at the event include dance classes, fitness competitions, rock climbing, rocket building, tennis, basketball, health screenings, helmet giveaways, bicycle-blended smoothies, lifesize checkers, historical scavenger hunt, prizes and more!

The goals of Ferguson Sunday Parkways are to encourage physical activity and fitness, create social networks among neighbors who might not otherwise meet, and build a sense of community by giving people an up-close view of their neighborhood and streets. For more information about Ferguson Sunday Parkways, visit www.LiveWellFerguson.com or call 521-4661.



Ferguson Landmarks Commission invites you to attend

CENTURY SUNDAY
June 22
1:00 pm

... to recognize
15 North Clay • 111 Wesley • 429 Wesley
Ferguson's Newest Century Homes

We will gather at 12:45 pm on the rear parking lot of City Hall, 110 Chuch Street. Ferguson's Jolly Trolley will be available to transport those who prefer not to drive to each home. Refreshments will be available after the ceremonies. Call 524-5257 for questions or assistance.

Ferguson Community News Page

Ferguson's past was as a regional leader, so is its future

– By Mayor James W. Knowles III

"Where issues used to be, say, parochial or local in Ireland or England and so forth, all politics is global now because all business is global."

– Gabriel Byrne, Irish Actor



St. Louisans are notorious for being parochial. By that, I don't mean we all attended a private Catholic school, though our attachment to our schools both public and private is a well-known testament to our parochialism. After all, the infamous "St. Louis Question" is, "Where did you go to high school?" This single question is meant to provide answers to several other questions, such as: What part of St. Louis are you from? Did you come from a well off area or well off family? Did you grow up in a diverse community? The list goes on. There are many assumptions people make based on that answer because we historically have a small or limited view as to what is St. Louis. That limited view is what makes us parochial. We compete with each other and make assumptions based on this narrow view of St. Louis and the areas where we live, instead of being a part of the greater region that is, St. Louis. The effect of this mentality equates to more than a premature judgment of people based on where they went to high school; it has affected our region's growth and even our place in the global economy.

St. Louis was a powerhouse city and region in the United States 150 years ago, and it remained as such for many years until we became stagnated in our growth, passed by other regions, and then slowly slipped into decline. As business became global, the parochial St. Louis mentality found itself unable to compete.

Today, there are regional leaders that have seen the error in our previous ways and have prepared the way for a new economy in St. Louis. One based on skilled workers, technology, and a global marketplace. These leaders are working to connect St. Louis with the rest of our nation and with the rest of the world. By establishing St. Louis as an international transportation hub, a key player in the financial services industry, and a leader in the global life sciences industry, St. Louis has been clawing its way back towards its former glory. By broadening our scope and expanding our view of the world, we are seeing great progress in the St. Louis region. This is a lesson that can also be learned by the leaders in our local communities.

Ferguson as a microcosm of St. Louis has also shared a similar fate. Not just because it is part of the St. Louis region, but because Ferguson for many years did not think nor act with regard to what was happening beyond our borders. Ferguson once thrived as the crossroads of North County, before there was this parochial idea of "North County." In the early days of Ferguson, less than 20 years old, the cities of St. Louis County banded together to create a league of municipalities that would work together in the interests of the region. Ferguson Mayor H. John Kinealy was the first President of that group, now called the St. Louis Municipal League. Mayor Kinealy went on to serve as President longer than any other single president in the league's nearly 100 year history. During those days Ferguson grew and thrived, not just thinking parochially about what happens within our city limits, but engaging in a world outside our local boundaries, for the good of the community and our region. As this regional involvement gave way to an increasing parochial mentality, Ferguson's influence in the region and the city as a whole declined.

Today we are again making great strides to not only engage our neighbors through cooperative efforts such as the current W. Florissant corridor Great Streets Study, but we have successfully worked to reestablish our prominence in the greater St. Louis region through our involvement in regional organizations. Through the efforts of our citizens, businesses, and community leaders, people across the region are taking notice what is happening here. Even though Ferguson's recent successes may have started by a local effort, they are being sustained by our regional reach. Our restaurants, our grocery stores, our retailers, and even our recreational and community events are greatly supported by residents and workers coming from surrounding communities. Our businesses are regional, and because of that our politics must also be increasingly regional.

Because we must be regionally involved, our City Manager, John Shaw, and I actively participate in numerous Boards and committees in many regional organizations, which has attracted a great deal of attention to what we are doing in our community. This year I will be serving on the Board of Directors the St. Louis Municipal League, and our City Manager will serve President of the Saint Louis City Management Association, both honors that Ferguson has not seen in many years, and both important in representing this community in the broader St. Louis region.

As we continue to push for growth within our borders, we must continue to recognize the importance of what happens beyond our city limits, and recognize that expanding our reach to those areas serves our own community's best interests. We also must also be open to the idea, that sometimes the best way to expand our reach, is to expand our borders.

The Ferguson City Council will meet twice in June. All meetings will be held in the City Council Chambers at 110 Church Street. The meeting dates are: Tuesday, June 10 at 7:00 p.m.
Tuesday, June 24 at 7:00 p.m.

Ferguson Neighborhood Organizations

Dates & times subject to change. Check www.fergusoncity.com

Group	Next Mtg.	Location	Contact
Forestwood Park Neighborhood Group	June 3 7 pm	Emmaus Bible Chapel 900 Highmont	Donald Stevens 314-561-0379
Jeske Park Neighborhood Assc.	June 6, 7:30 pm Movie Nite	Jeske Park	Kate Mazzacavallo katemazza@yahoo.com
Nesbit-Newton	June 7, 9 am Neighborhood Walk	Nesbit-Newton Park	Paul Beins 314-869-5080
North Hills Neighborhood Assc.	TBA	Check website for updates www.fergusoncity.com	Keith Kallstrom 314-524-1720
Northwest Ferguson Hills, Ferguson Fields & Pauline Park	June 12, 7 pm June 27, 8:45 pm Movie Nite	First Baptist Church 333 N Florissant Jan/Wab Park	Shelley Davis leeshel57@sbcglobal.net
Old Ferguson East Neighborhood Assn.	TBA	Corner Coffee House 100 N Florissant	Glenda Rickard 314-364-4306 glenda.rickard@mercy.net
Old Ferguson West Neighbors	June 12 7 pm	Corner Coffee House 100 N Florissant	Vicki Salsman 314-522-3883
Robert-Superior Neighborhood Group	As needed	Robert-Superior Park	Craig Kidd 314-522-3151
Southwest Ferguson Neighborhood Group	TBA	Our Lady of Guadalupe 17 Hawkesbury	Ken Barnadyn 314-524-5254
Wabash Neighborhood Assn.	June 9 7 pm	First Baptist 333 N Florissant	Shonnette Morgan sdenisemor@hotmail.com

Help Wanted – City of Ferguson Assistant Chief of Police

The City of Ferguson, Missouri (21,203) is located in the heart of the St. Louis metropolitan area. With close proximity to downtown St. Louis, Clayton, and Lambert St. Louis International Airport, the City serves as world headquarters to a Fortune 500 company, Emerson Electric, and is part of the rapidly progressing NorthPark development, featuring Express Scripts' world headquarters, Vatterott College, Staples, and will ultimately house 10,000-15,000 jobs. The City provides a full range of municipal services with a budget of \$20+ million and 140 full-time employees. The Police Department consists of an entire staff of approximately 65 employees (commissioned and civilian).

The ideal candidate will be responsible for planning, organizing, and directing the efficient and effective daily operation of the Police department; assuring that laws and ordinances are enforced; identifying and apprehending criminal offenders; protecting lives and property; and adding to the overall welfare of the community. Under general direction of the Police Chief, the Assistant Chief of Police plans and coordinates law enforcement services of the Ferguson Police Department. Responsibilities include overseeing the Patrol Division and the Administrative Services Division including the Municipal Court. Work also involves determining overall plans and policies to be followed in conducting all Police and emergency operations.

Bachelor's degree in criminal justice, business or public administration, or a related field; achievement of a Master's degree preferred; comprehensive practical experience in police and administration, including a minimum of three years command level supervisory experience; and Certification of attendance from one of the nationally recognized police administration academies such as: F.B.I. National Academy, Northwestern University Staff and Command School, the Southern Police Institute or similar organizations. SALARY: \$76,278 - \$88,364 – DOQ

Please send cover letter and resume with references to: City of Ferguson – Human Resources, 110 Church Street, Ferguson, MO 63135 or email hr@fergusoncity.com.

DEADLINE: FRIDAY, JUNE 6, 2014

Ferguson Community News Page is published monthly and paid for by the City of Ferguson.

City of Ferguson City Council: James W. Knowles, III, Mayor; Mark Byrne, Ward 1; Kim Tihen, Ward 1; Dwayne James, Ward 2; Tim Larson, Ward 2; Keith Kallstrom, Ward 3; David G. Conway, Ward 3. City Manager: John Shaw. Public Relations Intern, 314-524-5229.

City Hall: 110 Church Street, 63135, 314-521-7721. Website: www.fergusoncity.com. **Contact Us by Email:** Information@fergusoncity.com

Ferguson Community News Page

Summer is right around the corner and the Ferguson Recreation Department has programs that fit the mood. Be sure to get up to the Recreation Office to register or call us at (314) 521-4661.

Yoga

Yoga is one of the best ways to relieve stress and tension! Yoga is a great way to better health by challenging yourself with a series of non-stop integrated movements. Yoga sessions run on Tuesdays and/or Thursdays. The cost for a 6 session punch card is \$30 for residents and \$35 for non-residents. Participants are asked to bring a towel to class. Classes are filling up fast so sign up today!

Tai Chi

The slow, dance-like speed of Tai Chi facilitates balance, flexibility, and calmness, with an emphasis on deep breathing. Tai Chi benefits your mind and body by relieving stress, improving balance, and promoting an active lifestyle. New 6 session Tai Chi punch cards cost \$39 for residents and \$44 for non-residents. Sign up today!

High Impact Aerobics

Want to improve your cardiovascular health and burn off those pounds? Our high-impact class involves exercises that get your feet off the ground and your heart pumping. Classes are offered three days a week. It's easy to get a routine started. If you're ready to burn off those pounds, give high-impact aerobics a try. The cost for an 8 session punch card is \$24 for residents and \$29 for non-residents.

Zumba

Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a dynamic fitness workout that will blow you away. We want you to want to work out, to love working out, and to get hooked. Zumba participants experience an absolute blast in one exhilarating hour of calorie-burning, body-energizing, awe-inspiring movements. Six session punch cards cost \$39 for residents and \$44 for non-residents. Sign up today!

Poolside Yahtzee

Join us for a great time at our next poolside Yahtzee event. We will eat lunch, play Yahtzee, and then take a dip in the pool. This event takes place on Tuesday, June 17 from 11:30 a.m. to 2:30 p.m. at SPLASH at Wabash. The cost is \$8 for residents and \$12 for non-residents.

Mystery Meals

If you love good food and enjoy fun-loving people, then this program is for you! Every trip is an adventure, so register to enjoy the day with good times and good friends. Due to the popularity of this program, residents have registration priority. This event takes place on Tuesday, June 24 with a 10:00 a.m. pick up time. The cost is \$34 for residents and \$39 for non-residents.

Tropicana Casino-Evansville, Indiana

Bring along your good luck and join the gang on this day of fun to Evansville, Indiana at Tropicana Casino. A \$9.95 voucher towards any restaurant, plus \$10 in tokens, transportation, gratuities and a fun day is all included in the price. Remember that you MUST have a picture ID with you. Don't forget your money, bring a good appetite, and we'll see you there. Cost includes: motorcoach transportation, lunch, and all gratuities. This event takes place on Thursday, June 5 from 8:30 a.m. to 8:30 p.m. and is \$33 for residents and \$38 for non-residents.

Right Here in River City

Join us for an enchanting narrated tour of 177 year old Historic Alton, Illinois. Highlights will include the life-size statue of Robert Wadlow, the world's tallest person; the beautifully restored landmark homes of picturesque Middletown; lunch at the Grafton winery; and a scenic boat ride. This event takes place on Wednesday, June 25 from 8:30 a.m. to 4:30 p.m. and is \$78 for residents and \$83 for non-residents.

Meskwaki Casino and Bingo Hall, Tama, Iowa

Travel with Ferguson Recreation to Tama, Iowa and Meskwaki Bingo and Casino Hall. Our first stop will be Riverside Casino where you'll receive \$10 slot play as well as \$5 off your lunch. Then enjoy a 3 day adventure in one of the hottest gaming areas of the Midwest. The casino features reel and video slots in a variety of denominations from pennies to \$100. A variety of games and table games such as Blackjack, Spanish 21, Caribbean Stud Poker and much more are also offered. This excursion includes an optional side trip to the Amana Colonies as well as a stop at the Tanger Outlet Center. DON'T FORGET YOUR PHOTO I.D. Cost of the trip includes: motorcoach transportation, all admissions, 3 - \$5 coupons good at any food outlet as well as the gift shop or spa, plus \$60 in promo dollars on players card at Meskwaki, lodging, and gratuities. This event takes place on Tuesday, July 15 - Thursday, July 17 from 7:00 a.m. to 8:30 p.m. and is \$136 for residents and \$151 for non-residents (double occupancy).

Wrigley Field Adventure

Cards-Cubs...there's nothing like it!

We will enjoy a behind the scenes tour of Wrigley Field and excellent seats for Sunday's match-up of the Cardinals vs Cubs. We will enjoy 2 nights lodging at the Palmer House along with an afternoon of racing at Arlington Racetrack. This event takes place on Saturday, July 26 - Monday, July 28 from 7:00 a.m. to 10:00 p.m. and is \$590 for residents and \$615 for non-residents (double occupancy).

Wayside Park Unleashed

This park is for the dogs, accompanied by responsible owners, to play without leashes. The facility offers a great opportunity for individuals to spend quality time with their dogs and friends while enjoying the park. The park features both small dog and large dog areas.

The park is open from 7:00 a.m. to 9:00 p.m. daily. Registration is required and can be completed at the Recreation Office. Owners will need to bring up-to-date shot records: rabies, DHPP and Bordetella.

Yearly Fee:

\$30 Residents

\$60 Non-Residents

\$5 per additional dog (three dogs per family)

Neighborhood Flicks

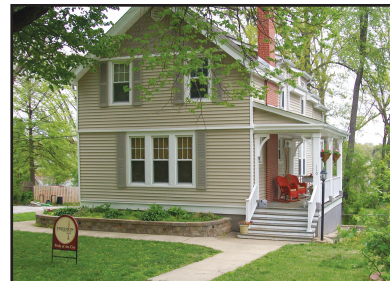
The Ferguson summer movie series will again take place at several locations throughout the city. In cooperation with the neighborhood organizations, Ferguson Recreation is offering family fun on selected evenings and various sites throughout town. Bring your lawn chairs and/or blankets and take this opportunity to meet your neighbors and get to know our beautiful city. Movies start at 8:45 p.m. and are always FREE!

Neighborhood	Location	Date	Movie
Jeske Park	Jeske Park	Fri, June 6	Despicable Me 2
Nesbit-Newton	Nesbit-N Park	Fri, June 13	Cloudy with a Chance of Meatballs 2
Old Ferguson West	Central Sch	Fri, June 20	The Nut Job
Northwest Ferguson	J/W Park	Fri, June 27	Frozen
Southwest Ferguson	Guadalupe	Sat, July 12	Monsters Inc.
Wabash	Abston/Dade	Fri, July 18	The Wizard of Oz

Pride of the City Winners

May 2014

Ward 1
Agnes Davis
9724 Venice Dr.



Ward 2
Stanley & Pamela Duncan
110 Spring Ave.



Ward 3
Fran Stevens
318 S. Clark Ave.

June 2014

Ward 1
Lee & Angela Hall
727 Forest Ave.



Ward 2
Ken & Regina Schlueter
400 Royal Ave.



Ward 3
Allen & Gamaliel Boone
5311 Grove



Splash at Wabash

Ferguson's summer place!

The Splash at Wabash Aquatic Complex in January-Wabash Memorial Park has become Ferguson's summer place to cool off. The Splash is in its eleventh year of operation which will be the best year yet. Summer 2014 season highlights include:

Open Swim

Something for every member of the family: 100-ft spiral slide, 75-ft speed slide, zero entry pool with water works play area, 250-ft lazy river, 14-ft whirlpool, splash pad playground, diving board, 25-yd 6 lane lap area, huge deck area (lounges, 20-ft umbrellas and tables), and Cannonball Café (full service concession).

Schedule: Daily – May 24 - August 10 (plus weekends only Aug. 16, 17, Aug. 23 - 24, and Aug. 30 - Sept. 1)

Hours: Open daily at 1:15 p.m. and closes at 6:00 p.m. on Mondays, Thursdays, and Sundays; 7:00 p.m. Tuesdays and Saturdays; 8:00 p.m. Wednesdays and Fridays; and 5:00 p.m. on Tuesdays when there is a swim meet

Fee: \$3.50 Residents (\$2 Tuesday and \$2.50 daily after 4:00 p.m.)
\$6.50 Non-Residents (\$5 Tuesday and after 4:00 p.m.)

(Ferguson students with valid school ID may swim at resident rate May 28 – June 7 except Sat. and Sun.)

Wabash Club Membership

Benefits include: free priority entry to open swim, extra large Café soft drinks for only \$1, Splash Mug discounts, free exclusive monthly Club parties (June 13, July 18 and August 31), discounts for private/birthday parties, grandkids included, and discount on season deck locker fee.

Fee: Individual- Residents \$65; Non-Residents \$125
Family - Residents \$135; Non-Residents \$210
(Memberships discounted 50% beginning July 5)

Adult Swim / Mom & Tot / Walk the River

Fitness minded adults (18 and over) may swim laps or walk the river while others may prefer to relax, catch some rays or socialize with friends. The Cannonball Café has concessions for you to enjoy after your swim. Also parents may bring their children that are 12 years and under to enjoy the Splash Pad.

Schedule: Daily 12:00 p.m. – 1:00 p.m.

Fee: \$2.50 Residents; \$4.50 Non-Residents

Swim Lessons

A complete series of American Red Cross certified lessons for ages 2 through 99 taught by the certified Splash lifeguards. Classes include Moms, Dads, and Babies, Pre-School, Adult, and Group lessons. Swimming is a lifetime skill that everyone needs to learn.

Schedule: 11:00 a.m. Monday – Friday, 11:00 a.m. Saturdays, or 6 p.m. Mondays and Thursdays.

Dates Sessions begin early June

Fee: M, D, & Babies / Pre-School- \$29 Res., \$34 Non-Res./
Adult - \$39 Res., \$44 Non-Res./Group- \$34 Res., \$39 Non-Res.

Birthday Parties

The Splash is the place for kids to have their birthday parties this summer. Parties for residents include a snack (hot dog, popcorn, and soda), use of

the party room, and admission to the Splash.

Schedule: During open swim

Fee: \$8 per person (minimum of 8; maximum of 18) plus \$25 for party room

Private Parties

The Splash is available for groups to rent for private parties. The Splash is the perfect place to have a summer party for your church group, civic organization, sports league, neighborhood or other groups. The fees vary depending on the size of the group and how much of the Splash is rented.

Schedule: Primarily Fridays (8:00 p.m. – 10:00 p.m.), Saturdays (7:00 p.m. – 10:00 p.m.), and Sundays (6:00 p.m. – 10:00 p.m.)

Fee: \$85 - \$215 / hour with 2 hour min. based on group size and how much reserved

Aqua Fitness

Water aerobics exercise program in the shallow end of lap pool for adults of all fitness levels. Class concentrates on continuous movement in the development of total fitness. No swim experience needed.

Schedule: 7:00 p.m. – 8:00 p.m. Monday and Thursday or 10:00 a.m. - 11:00 a.m. Tuesday and Thursday

Dates: Week of June 2 – July 3; Week of July 7 – August 8

Fee: \$39 Residents; \$44 Non-Residents

Cannonball Café

The Splash has a full service concession stand with a menu including burgers, hot dogs, fries, chicken strips, along with a variety of other concession favorites including some healthy food options. Plus Blast from the Past Days with significant discounted Café prices and fun contests.

Deck Lockers

Splash users may rent a deck locker to store their personal items while using the facility. The lockers with key locks may be rented on a daily basis or for the entire season.

Splash Mugs

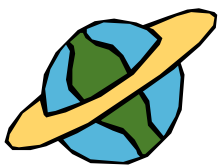
Splash Mugs are now on sale at the Recreation Office, \$10 gets you a Splash Mug and \$1 refills all summer long at all Ferguson Concession stands. Help the City of Ferguson Go Green, buy a Splash Mug today! (Discounted price for Club Members)

Photo Identification Card

All individuals 4 and older wishing to purchase a Club membership, or use the Splash this summer at the Ferguson resident rate, must have a new photo identification card. The cards are available at the Recreation Office for \$5 per card. Residents must have two forms of current identification with their name and Ferguson address to purchase the ID card. Please contact the Recreation Office for acceptable identification.

More information

Call the Ferguson Recreation Office (9:00 a.m. – 5:00 p.m. Monday – Friday plus special summer hours Saturday 11:00 a.m.- 3:00 p.m. May 17 – June 21) at 521-4661 or the Splash at 521-1313. Also call for more information about these special events: Dive In and Duck Race – June 21 and Dog Splash - September 3 (rain date September 4).



And Now a Word from Our Planet

If you won't be around, turn it down. Let the air conditioning rest a bit. And you won't really need your pool and waterbed heaters, fans, lights, and small appliances while you are gone! While you are at it, you will be saving some dollars, too, as well as helping save the earth.

(This message is provided as a courtesy of the Ferguson Eco Team.)

Gutters, Facia, Soffit, Siding

Reattach winter damaged gutters. Replace or repair.

We can save you money!

LM Contracting Services

314.327.3981

Father's Day is Sunday, June 15th

FREE FOOD PANTRY

Open the 2nd and 4th Saturdays of the month from 10:00 am to 12:00 noon (June 14th and 28th)

Ferguson Christian Church
303 North Elizabeth Avenue
(Corner of Elizabeth and Chambers)

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EVENINGS & WEEKENDS

Zion Child Development Center at
Zion Lutheran Church in Ferguson is selling
DISCOUNT CARDS!



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the Church office 314-522-0100

**Regular \$20 cards on sale
for only \$10**
Available in the CDC and
Church office.
They are good through all of
2014
Discounts and special offers
available from places such as
Papa Johns, Old town
Donuts, Curves, Quiznos,
Valvoline and much more.
Good multiple times!

Jennings Neighborhood Watch

Bar-B-Que

Friday, June 6th, 11:00 am to 7:00 pm
Hord Avenue at Jennings Station Road

Hamburgers, Chicken, Bratwurst, Pork Steak, Ribs,
Soda and Sides . . . plus dessert.

Everybody Welcome!

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Agency D3
DISCOVER DECIDE DEFEND | PETER 3:15

Vacation Bible School

Music, Games, Snacks and a Swim Party
Monday through Friday, June 16-20 – 9 am to 12 noon
For all boys and girls PreK through 6th grade (completed)

First Baptist Ferguson, 133 No. Florissant Road
For information call 521-1515

Mark Your Calendars!

Ferguson Partnership of Churches VACATION BIBLE SCHOOL

July 7th thru 11th – 9:30 am to noon

“Workshop of Wonders,” Imagine and Build with God!
Immanuel UCC, 221 Church Street
For ages 3 years (by July 1, 2014) to 6th Grade (completed)

Pick up registration forms
at any of the Ferguson Partnership Churches listed below:
Blessed Teresa of Calcutta, First Presbyterian, Immanuel UCC, St.
Stephens Episcopal, St. Peters UCC, Zion Lutheran



St. Peter's United
Church of Christ
Presents
Harpist
Amy Camie



Shining Our Light
A Soul Light Concert
Celebrating the Summer Solstice

With
Vocalist Patricia Scanlon

Friday June 20, 2014 at 7:00 pm

The Concert is Free

Recommended For Ages 10 and Up

St. Peter's UCC is located at
1425 Stein Rd. and West Florissant
Ferguson, MO 63135

For More Information Call 314-521-5694

Ferguson Christian Church VACATION BIBLE SCHOOL

June 29 thru July 3 6:30 pm to 8:15 pm
K thru 6th grade

Ferguson Christian Church
303 Noth Elizabeth Avenue 314-521-4850



Marygrove Monthly Rummage Sale

Fridays, July 18,
Sept. 19, Nov. 21 9:00
am to 1:30 pm

All proceeds go directly to help enrich the lives of over 1,000 children
and young adults each year.

Marygrove Cafeteria, 2705 Mullanphy Lane, Florissant, MO
314-830-6209

Don't miss the 21st Annual Jeff Clinton Memorial Golf Classic and Din-
ner Auction on Monday, June 23rd

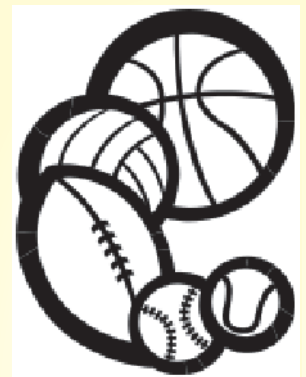
Zion Lutheran Church Fish Fry

123 Carson Road
is the gathering place for
Cod, Shrimp, Catfish &
Chicken.
Slaw, Spaghetti, Mac'n
Cheese & Fries.

Fabulous desserts!!!
\$1 discounts on adult plate
when you order another plate
at full price (Eat in only)!!!

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Starting March 7th
Through August 22nd!
4:00pm – 7:00pm
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grade boys and girls for

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or Coach Brown
(314) 324-0429
tazdevils13@gmail.com

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Free class for children who have
completed grades 1-6

Parker Road Baptist Church
2675 Parker Road
Florissant
Please call 314-831-6671 to enroll



Monday July 28 thru
Friday, August 1
6:30 to 8:30 pm

The Ferguson Cyclist by Gerry Noll

You know you're a bicyclist if you look for reasons to ride. Recently I was thinking, "It would be nice if a gentle rain started falling. I'd hop on my bike and take a quick spin." As long as it's not cold out, who cares if you get a little wet while riding? Every time you jump in the shower you get all wet. And your clothes pay regular visits to the washing machine to get all wet. But somehow when we have clothes on we don't want to get wet. So here's a summertime challenge for you: sometime this summer, on a warm day when it's gently raining, go for a ride and get wet. My guess is you'll be smiling the whole time.

* * *

Electric bikes seem to be gaining in popularity. One side of me thinks that they defeat one of the purposes of bicycle riding, and that is to get exercise. But another side of me realizes that having an electric bicycle doesn't necessarily mean that the rider won't get any exercise. And that's because some types of electric bicycles require the rider to pedal at least a little bit. I'll explain...

Electric bikes that require the rider to pedal are called "pedalecs". The electric motor automatically assists the rider by giving a boost but the rider must pedal to get that assist. These types of bikes make pedaling much easier. Sometimes the feeling is described as having a constant tail wind. Whenever the rider stops pedaling, or applies the brake, the electric assist turns off. With these types of electric bikes there is no throttle. However, there is usually a choice of how much "assist" a rider wants. One version I've seen gives options of 25%, 50%, or 100% assist. My interpretation of those numbers is that if you are pedaling at an 8 mile per hour rate, with a 25% assist you will actually go 10 mph; at a 50% assist you will go 12 mph; and at a 100% assist you will go 16mph. So you can see how it would feel like there is a wind at your back.

Another type of electric bike doesn't require any pedaling. It uses a throttle to give power on demand. This allows the rider to cruise along without any effort at all. This is the type of electric bike that makes me think that a rider won't experience the health benefit of bicycle riding. However, these types of electric bikes can still be pedaled even while the throttle is being used. So the rider does have the option of getting some exercise, or getting no exercise. Most bicycles can be converted to either a "pedal assist" or a "power on demand" type of electric bicycle by installing a kit. The kit consists of a wheel with an electric motor in the hub, a battery, and a controller. The wheel with the hub motor replaces one of the existing wheels on the bike.

And then, of course, there are many bicycles being manufactured now that are built specifically as electric bicycles.

At the shop a few years ago we helped a local guy install a "power on demand" kit on an existing bike. Remember, this is the type of electric bike that doesn't require any pedaling, it just requires a twist of the throttle. After putting the wheel, battery, and controller in place, our mechanic decided to test whether it was working or not by twisting the throttle. Zoom! The wheel immediately started spinning at a high speed! It was a good thing he was firmly holding onto the bike or it would have shot across the shop. We still have the rubber burn mark on the floor from that episode!

* * *

Whether electric or not, don't forget to get out and take advantage of some of these opportunities to ride!

Weekly 10-10-10 bicycle rides. Leaving from the Ferguson Bicycle Shop every Saturday, these rides will go 10 miles at 10mph. Meet behind the shop at 10:00am, and be ready to leave promptly at 10:10 am. Come ride with us and enjoy some adventures!

Two Wheeled Tour Series. This series of family-friendly rides, sponsored by St. Louis Bicycle Works, will give you the opportunity to visit historic areas of St. Louis. Each ride starts at 9:30 AM.

- May 31st • Historic Carondelet. Meet at Belle Rive Park, 5570 South Broadway
- June 21st • Calvary Cemetery. Meet just inside the cemetery gates, 5239 West Florissant (near the intersection of Union and West Florissant)
- July 12th • Central West End / West End Literary Tour. Meet in the parking lot of Five Guys Burgers and Fries, 4183 Lindell Blvd.

Sunday Parkways. The first one of the year will be on Sunday, June 8, from 1-4pm. It will be held on the blocks surrounding Central Elementary School. Special activities will highlight the historic significance of the school and the neighborhood surrounding it. Other activities will include: free bicycle helmets, a bicycle-mounted blender for making smoothies, Earn-a-Bike info, a rock climbing wall, slide dancing, etc. More info at <http://livewellferguson.com/main/livewell-events/sunday-parkways/>. Come out and play!

* * *

If you want to talk about cycling, comment on this column, or learn more about the Ferguson Cycling Club (www.fergusoncyclingclub.com) you can reach me at: emd0072-cycling@yahoo.com.

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The remodeling is complete and there is so much to enjoy living in this 3 bedroom ranch. Newer windows, updated kitchen and bath, refinished hardwood floors and newer carpeting. The neighborhood is quiet and very close to the Lee Hamilton elementary school and Jeske Park, the newest sculpture park in the St Louis Area. Bike to the Ferguson Farmers Market or to any of the other attractions on CITYWALK. Call us today!

545 Monceau Dr.

Add this to your list of homes to view. Folks familiar with the Parc Monceau neighborhood appreciate the beautiful lots and landscaping and the quiet cul-de-sac lifestyle. Close to highways I-270 and I-170 commuting is convenient and fast. Our listing features almost 2600 square feet of quality living space with 4 bedrooms and multiple baths. Looking at the huge family room and living room, you know that entertaining is a breeze, and we haven't even peeked into the 3 season room. Call us today and have that peek.



207 Tiffin Ave \$114,500

Located just a short, one block stroll to CITYWALK, puts you in the right spot for plenty of shopping and entertainment options! This home has a lot to offer besides a great location. At almost 2000 square feet, YOUR new home features 5 bedrooms, 2 full baths and beautiful refinished hardwood flooring. Everything is fresh bright and in MInt, Move-In condition. Call us today

900 Dyerdown \$92,500

The new community center on Smith Ave is coming along nicely and this home is close to the action! Dyerdown is also close to the community college and plenty of jogging and biking activities. The home features about 1300 square feet of living space with nice updates to the master bath, refinished hardwood and a huge window-walled 3-season room that actually was used year around. Call us today.



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Curves Celebrates New Equipment With Grand Opening



Curves of Ferguson Introduces their New State-of-the-Art Circuit Equipment. Sleek, Redesigned Equipment and New Cutting Edge Workouts Underscore the "New" Curves. The ribbon was cut by owner, Eileen Dyall, and was attended by Curves members, City officials, and other interested parties. "We are proud to be the first in St. Louis and one of the first in the country to install the new Curves equipment," voiced Eileen. "Come, pay us a visit, and try it yourself."

ROBYN L. STRANQUIST

Attorney at Law

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314-521-1401

The Ferguson Computer Corner



by Doug Neely, PS--GO TELL YOUR DAD HOW MUCH YOU LOVE HIM! AND WHILE YOU'RE AT IT, TAKE HIM OUT TO EAT AT HIS FAV EATERY! AND A VERY HAPPY DADDY DAY TO ALL THE DADS OUT THERE!

THE PROOFREADER has requested that it be explained: 1. how to tell if your puter is infected, & 2. how to do a backup. so, you can just blame him for this month's topic! :)

there is not usually ONE thing that tells you for sure if you have an infection; so, if you see any of these, especially more than one of these in evidence, your puter is more than likely infected. not in any particular order:

1. your puter suddenly slows down big-time
2. your internet connection suddenly slows down big-time
3. your internet connection is non-existent
4. windows will not boot
5. you get blue screens regularly & often
6. certain programs, especially anti-virus programs will not run or simply disappear
7. your homepage and/or search engine has been changed
8. you are getting all kinds of windows pop up to tell you that your

- puter needs this, that, or the other thing
9. programs have been installed / uninstalled without your knowledge or consent
 10. ever since you installed a program or added new hardware, things have been totally _____! (YOU fill in the blank!)
 - ...and last but not least...
 11. you are seeing/hearing things that greatly assault your sensibilities & morals.

IF YOU experience any of the above, OR any-thing that i did not include, but you believe to indicate that your puter is "walking on the wild side," TURN IT OFF BY UNPLUGGING IT FROM THE AC WALL OUTLET AND LEAVE IT OFF UNTIL SOMEONE WHO KNOWS WHAT THEY ARE DOING CAN INSPECT IT!!! i don't mean to be mean, but YOU have to pay some attention to your puter so that you KNOW when sumpthin' just ain't right.

remember: an infection is created

to do bad things to your puter to cause you a boatload of grief. the more aggrieved you are, the more likely it's infected. and here's the biggest thing to look for, tho by itself, it may not mean an infection has taken place: you think something is pretty much boogared up, and YOU CANNOT FIX IT!!! i know-it all is dependent upon your level of skill with these things, right? soooo, when you can't fix it, that is a big hint that you need to take it to a professional. let me put it this way: never attempt stuff beyond your pay grade (skill level) because you'll just add to that boatload of grief, and that makes the "black hat" that did this to you even happier, and we wouldn't want that, now would we?

ME GO NOW!
next time, i will try to condense the

part where i tell you how to do a backup, now that your puter is clean. not as clean as God can make us, tho. He can make us so clean that we will go to heaven! and, like my free advice, that is also free; but His cleaning is far more valuable than anything i or anyone else can do for you! if i can be of any assistance in these areas, call me.

...it is now safe to turn on your puter!
email:
fergusoncomputercorner@aol.com
PUT "i need puter advice" in the subject line and include your name & phone number!
phone him in the PM at:
*314*521*1789*
most any day; he will be glad to hear from you! HAPPY FATHER'S DAY! GOD IS LOVE!

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1: Based on internal wet braking test results versus Goodyear Assurance®. 2: Based on internal wet braking test results versus Goodyear Assurance®. 3: Based on commissioned third-party wear test results versus Continental ProContact™ with EcoPlus Technology tire size 215/60R16.

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Financial Focus

By Joan Cleaveland (consultjoan@att.net)
Business Manager for St. Joseph's Parish in Cottleville
Lindenwood University BA – Business Administration.

When I started writing this column nearly five years ago, it was with the intention of helping people figure out the best way to manage their money to be able to live the life they want to. Overtime I've pointed out some discouraging facts about how things happening in the economy and other parts of the world can wreak havoc on an individual's situation. So how do you manage things when so much happening is out of your control?

If you've been listening to the news you may be hearing comments by many who believe that the deck is stacked in the favor of big business and the rich. The middle class and poor are being squeezed out. With the upcoming elections, we are bound to hear much more. Opponents to that theory suggest that the policies and decisions made during the last half of the twentieth century are responsible for this predicament. They believe we have made people more dependent on the government's help and that we are heading toward becoming a socialist state. So who is right and how do we fix the problem so that the middle class can thrive the way it did in the fifties. What kind of advice can we give the young people who are graduating into this environment?

The most practical advice hasn't really changed much over the past fifty years. Basic economics 101 tells us to live within our means and make good choices on spending and saving to improve our standard of living. Some of the ways to do this include taking advantage of education available, developing good spending habits and always setting something aside for the future. What discourages many young people is that they've seen their parents follow this type of advice and still find themselves in trouble when our economy nearly collapsed a few years ago.

Even so, I believe that our recent graduates can still benefit from some this same advice. So for those just starting out, you may feel educated right now and think there is nothing more to learn. Don't believe it! Taking advantage of education available can make the difference between you and those who don't. One of my former mentors used a quote constantly "always be learning." That has been one of the best pieces of advice I have ever been given. No matter what you are doing there is always something new to learn. Let's say you hope to begin the career you trained for and the jobs just aren't available. You may need to take a less prestigious position than you hoped just to get a foot in the door to your field of interest. Take this time to get to know the more experienced colleagues and learn from them the things that school may not have prepared you for. Ask questions and show an interest in their work. They may seem like old timers to you, but the lessons they can share are invaluable. Your eagerness to learn will show and help you get to a better place.

Sure that's great, but what if the only job you can find is working at a fast food restaurant. This is probably hard to believe, but there are many things you can learn there too. Maintaining inventory, managing time and scheduling are just a few of the things you may be exposed to. Offering to assist your manager with some of her responsibilities can also teach you skills that can come in handy if you decide to run your own business. Working in a restaurant situation is also an opportunity to meet many people. It may also be your chance to test your ability to network to seek out new opportunities.

The next thing that hasn't changed is developing good spending habits. For young people this may be most difficult. We are constantly barraged with advertising making it easy to convince ourselves that a certain product is a need not just a want. Out of control spending is often a problem for young people who always depended on parents to supply their needs. And we know that teenager's needs are more often really wants. Once you are on your own you begin to distinguish those things that are not always necessary for sustaining life. Depending on your family's financial situation you may have been taught some good lessons on handling your money and if so, you should thank your parents. If you come from a family who put your needs and desires above all else, suddenly being responsible for yourself may be a rude awakening. This is a trap that many young people find themselves in and if they don't start limiting themselves over spending can lead to huge debts that can prevent you from doing the more important things in life.

Learning from your experiences will show in many ways and make you more valuable as an employee anywhere. It will also help if you become an entrepreneur doing what you love. And keeping spending in check will give you more freedom to do what makes you happy rather than working to pay accumulated debts from poor spending choices. Making wise decisions on the necessary purchases will enable you to sock a little something away for the future. And that is the final recommendation. "Always pay your self first" has been one of the best pieces of advice for many years. Even if it is just a small amount, making a habit of setting aside something for your future needs can make a difference. As your standard of living improves you should continue to increase your savings accordingly.

Many people don't feel the need to save and in our world today we are constantly reminded that instant gratification is available and "priceless." This makes developing the habit of saving more difficult for those who have grown up believing that it doesn't make sense to wait. Here is where you need to always be learning again. Taking the time to understand the choices for investments and taking advantage of the tax benefits of savings for retirement can provide many benefits over time. And if you start early, you can build a good nest egg that will be the envy of others who waited and spent like there was no tomorrow.

While those three suggestions may be practical and helpful, the economy is still

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Ferguson Locksmith Can Help Make Your Home Safer



Lately, I have noticed that my front doorknob was loose and sometimes the door did not close properly. A new *Ferguson Times* advertiser, Jim Alexander, came to the house, fixed the doorknob and refastened the striker plate. Now the door opens and closes as if new.

Jim, a Ferguson resident for 18 years specializes in "Change the Key, Not the Lock." To replace a lock costs an average of \$25 to \$30. Jim can

change the pins in your present lock cylinder to fit a new key. He can do this quickly for \$10 per cylinder, with a minimum of 2 cylinders. This service also includes 2 new keys.

Don't need to change your locks? Jim can do a "Spring Lock Tune-up" that:

- Inspects the present lock for damage or wear
- Lubricates
- Adjusts latches and striker plates as necessary

See Jim Alexander's ad on page 9. Or call 314.550.0517

recovering and somewhat fragile. There is no way to go back to the way things were sixty years ago and expect the same types of jobs that used to enable a family to thrive without a college degree or specialized training. Most young people realize they won't be working for the same company for twenty years or more. So always being open to learning new skills and being able to accept the changes will enable a person to thrive in our new economy. And the last suggestion I can leave you with is to stay involved in what is happening and be an active participant in helping to make our system of government more accountable to those it is supposed to serve. Don't forget about your responsibility as a citizen – that is what makes this country great. If you have comments or suggestions please e-mail consultjoan@att.net

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Ferguson by Foot

By: Margaret Wolfinbarger

Summer has arrived and with it the deadline to achieve your beach body. Some of you have sacrificed blood sweat and tears to fit into your swimming suits of yesteryear, but the rest of us are sagging in our sweats. To make matters worse, the major department store chains have placed skinny young girls in bikinis on the front pages of their advertisements. It's a wonder anyone has enough self-esteem to make it out of the front door. It would be easy to chuck it all in and grab a Big Gulp. A giant dose of sugar is sure to lift your spirits (for about an hour).

I say don't do it! If you aren't aware, the acid in soda erodes tooth enamel and the sugar induces cavities. While we're on the topic of sugar, I'd like to point out that when we consume large quantities of sugar our insulin reaction drives us to keep eating even when we are not truly hungry. If you think diet soda will save you, think again. Soft drink manufacturers would like you to believe diet soda is "healthy" but the aspartame and other chemicals are highly addictive and actually prevent weight loss.

I recently had a conversation with my brother about the ills of soda and he laughed at me and said, "You're crazy! I can't live without soda." I remember when I felt the same way. I never would have known differently if I hadn't purposely deprived myself of it for a period of time. Now, I don't even miss it. If you are interested in dropping weight fast, I highly suggest you cut all processed sugar (including corn syrup) from your diet. I lost 20 pounds the first month and I've never looked back.

Now that you've got a hot tip on how to shed a few pounds I want to address those swimming suit ads. I sometimes wonder if they are trying to sell clothing or make me feel bad because I'm not a size 2. Maybe I'm excessively insecure but I struggle with society's definition of beauty. Sofia Vergara and George Clooney sell magazines but they are not the true definition of pretty. Pretty is the smile on Cassandra's face every time I visit Shop 'n Save. She finds joy in serving customers which is why I will often wait in line just to talk to her. Even lovelier is my neighbor, Michelle, who offered to give me extra plants from her yard as she was thinning them out. I had been longing for some iris to add color to my drab flower beds when she approached me and answered my unspoken wish. True beauty is Angelique who shines light into my life every time I visit the Ferguson Library. She radiates kindness like sunshine and I always leave with a lighter heart than when I arrived.

I personally believe our identity should not be tied to our body shape or size but rather to the hearts that beat in our chest. I am guilty of worrying what other people think about my waistline when I should really be more focused on the kindness I show to friends and strangers. When we are able to look past the not-so-perfect exterior of our neighbors we discover in them true treasure. And I'm not just talking about physical appearance. If we take the time to get past a frown or negative attitude and seek to understand their perspective and affect change, we have the capacity to strengthen the infrastructure of our great city.

Ferguson is making great strides toward improving our landscape and buildings but we still have a lot of work to do in our public schools and neighborhoods. Paving the streets doesn't fill the stomach of the woman who lived in the bus stop all winter nor does opening a restaurant soothe the broken heart of the widow. I am proud to live in such a beautiful city, but as I walk the streets and encounter my neighbors I am dutifully aware of the many needs people in our community face. I am not marginally wealthy but my smile doesn't cost anything. I give it freely wherever I go, and when I lose it I seek it out in the faces of others I encounter. Imagine what our community would look like if everyone did the same.

No one ever achieved a beach body in a day. Change takes time. I am excited that Ferguson is on the move but we still have a lot of work to do. We may never be featured on the cover of a magazine with our size 2 bathing suits, but wouldn't it be nice to know we live in a community where we can have a block party and know everyone's name? I challenge you to not only get in shape physically but to think about how you can personally improve your community. After all, our waistlines are not nearly as important as our quality of life.

A Mysterious Lamp



A man found a mysterious lamp and rubbed it. A Genie popped out and said, "I will grant you one wish."

"Wow, one wish," the man mused. "I'm afraid of flying, so I wish for a bridge from Los Angeles to Hawaii."

"Do you know how much of my power it would take to build a bridge halfway across the Pacific Ocean?" the Genie asked. "Do you have another wish?"

"Well, I suppose I would like to understand women," replied the man after some consideration.

The Genie answered, "About the bridge; two lanes or four?"

Our Thanks to Paul Goodwin

Reverend Reflections

.....Living wisely in these wild and wonderful times
Rev. Carleton Stock (carletonstock@aol.com)

SCIENCE AND RELIGION NEED EACH OTHER

We must find the difficult course between the precipice of godlessness and the marsh of superstition. -----Plutarch (First Century Greek Biographer)

A new survey by the Associated Press found that religious identity—particularly evangelical protestant—was one of the sharpest indicators of skepticism toward science. In other words, many believers don't buy the Big Bang Theory, God-less evolution, or human responsibility for global warming, despite convincing scientific evidence. The battle between science and religion rages on. For many, it's either one or the other. But does it have to be that way?

My wife and I have been participating in a Christian study called "Painting the Stars: Science, Religion and an Evolving Faith", one session of which discussed the rift between science and religion. Sometimes different cultural worldviews emerge together, and, unfortunately, cultural clashes occur in which one worldview denigrates the value of the other and refuses to honor its inherent dignities. We see this battle waged by some atheist scientists against any and all forms of religion, and on the other hand by fundamentalist Christians against the findings of science. It is time to end this battle and heal the cultural rift that has developed.

The study says that we now have two great narratives to inform and enliven our human journey. One is the evolutionary story of the universe, from the Big Bang 13.8 billion years ago to today. It is science's gift to humanity, a sacred story, revealing the nature of God. The other story is the sacred narrative of scripture, that library of books that was compiled and edited over many centuries. It too reveals the nature of God, as interpreted by spiritual seekers, mystics, and faithful sojourners over the centuries.

The study ended with an imperative for our time: "We live in an exciting age, when it is possible to bring these two stories into conversation with each other. Both may hold the interpretive keys to unlock deep layers of meaning in the other. Where scripture and science differ on facts, science is privileged. Yet, we affirm that within the traditional narratives and metaphors of scripture a timeless wisdom can help us to interpret and make meaning of an evolutionary universe. Reality as we know it, inside and out, physical and spiritual, is evolving."

The need for interface between these two worldviews is clear. They can each benefit from the other. Science can help religion to look squarely at the factual truthfulness of its claims. Religion can help science see beyond merely facts and the physical nature of the universe to the reality of the spiritual dimension of the universe. Each can only be more effective and authentic as they dialogue with the other. They indeed need each other.

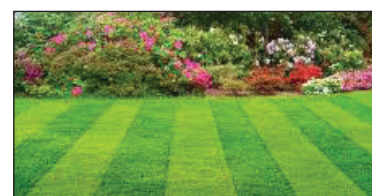
Jennings Neighborhood Watch Annual Barbecue

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Classes are led by a licensed Physical Therapist with the use of weights & resistance bands that are provided! Mondays and Wednesdays 1:00 p.m. RSVP by calling 314-838-3877

Blood Pressure Clinic

Thursday June 5 and 19 10:00 a.m. Refreshments served RSVP by calling 314-838-3877

Tai Chi for Seniors - FREE classes

Fridays June 6, 13, 20, 27 10:30 a.m. Reduce stress, strengthen joints, develop balance and coordination. RSVP by calling 314-838-3877

1950s Trivia

Thursday, June 5 at 9:30 a.m. Complimentary Breakfast at 9:00 RSVP by calling 314-838-3877

Line Dancing with Minnie-FREE

Every Monday at 6:00 pm Beginners welcome Class will not be held June 23 RSVP by calling 314-838-3877

Summertime Singalong with Carolyn

Tuesday June 10 11:00 a.m.

Happy Hour 11:30 a.m.

Followed by Complimentary Lunch RSVP by calling 314-838-3877

Veteran Benefits and Other Financial Tips

Presented by Elder Care Advisors Thursday, June 12 9:30 a.m. Complimentary Breakfast 9:00 p.m. RSVP by calling 314-838-3877

Wings for Seniors


Presented by Wild Bird Sanctual Thursday, June 19 9:45 a.m. Complimentary Breakfast at 9:00 a.m. RSVP by calling 314-838-3877

Drawing to the Oldies

1950s with caricaturist Jim Heil Tuesday June 24 10:30 a.m. Happy Hour 11:30 a.m. Followed by Complimentary Lunch RSVP by calling 314-838-3877

Project Hands

Volunteers needed to knit, crochet, and quilt for various children's org. the last Friday of every month Friday June 27 2:00 p.m. RSVP by calling 314-838-3877



Under The Hood With Robinwood
By Bob McGartland

The Age of Technology, The Good & The Bad

Today I read that "Microsoft Joins The Connected Car Battle, Introduce Windows In The Car" and followed that up by reading "Tesla Electric Cars Vulnerable to Remote Unlocking Hack, Researchers Say."

I've already mentioned that many are concerned about privacy invasions with connected vehicles. We are all vulnerable with our smart phones, laptops and other devices so it stands to reason when you make a vehicle connected, it too will be subject to hackers.

Nitesh Dhanjani, reported at cyber security conference recently that Tesla electric cars are vulnerable to simple, traditional hacking techniques. All a hacker has to do is crack one password and they can remotely unlock and then lock the vehicle. A key fob, using a wireless signal via the Internet is used to unlock the vehicle whenever the owner is ready. If the six-digit password is hacked using traditional methods the hacker can break into the car! The good news is they can't drive off in the car without further hacking. If I owned a \$100,000 vehicle I would certainly expect better!

Over 60% of vehicles will be "connected" all over the world by

2017. Cars can and will produce hundreds of megabytes of data each and every second. Technology is moving at amazing speed and sadly governments and legislation can't keep up!

At this moment there are a scant amount of legalities in place to determine what information a vehicle collects and who has access to the data. Privacy experts say the average consumer doesn't stop to review the fine print when they purchase a car and even fewer would understand privacy concerns due to connectivity.

In many ways having a connected car is great! They can do so much good and make our lives easier. GPS systems help locate a stolen vehicle; emergency responders quickly pinpoint the location of the vehicle when an accident has happen. When you lock your keys in the car, the doors can be unlock by your smart phone saving you time and the cost of a service call. With the age of new technology there are a lot of things that are great; however, it also has the possibility of being used for bad...by hackers just waiting for the opportunity.

The 2nd annual The Taste in Ferguson food sampling, beer and wine tasting family fun fundraiser event is Sunday June 29th from 3-6pm at the Savoy Banquet Center 119 So Florissant Rd. Tickets are \$20.00 children 10 and under are free. See the ad in this month's *Ferguson Times* or visit the website at www.thetasteinferguson.com. Hope to see you there!



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Left, Right, Left, Right, Left, Right, Come One and All
Angels of Mercy Apostolic Out Reach Ministry

GOSPEL PARADE
Saturday, June 14th at 10:00 am

Marching from Central Elementary School (201 Wesley Ave.) back parking lot onto Carson Road and then Florissant Road to January Wabash Memorial Park for picnic fun, food, games and prizes.



For more info, please contact:

Minister Cheryl L. Whitaker
314.521.1952
or Sherri Moore
314.584.0739
or Tonya & Kenneth Stewart
314.723.4955

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June food for thought:
Romans 13:11 – *And that knowing the time, that now it is high time to awake out of sleep, for now is our salvation nearer than when we believed.*
Minister Cheryl L. Whitaker

The Ferguson Times
may now be viewed online at:
www.fergusoncitywalk.com

2nd Annual THE TASTE IN FERGUSON

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Food Sampling • Beer and Wine Tasting • Live Art • Cooking Demonstrations
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Sunday, June 29, 2014 • 3-6 p.m.
Savoy Banquet Center

(Tickets \$20.00 • Children 10 & under FREE)

Buy your tickets at
Corner Coffee House, Robinwood Automotive
and online at www.TheTasteInFerguson.com

Our returning culinary vendors:

■ Cork Wine Bar	■ Ferguson Brew House
■ Corner Coffee House	■ Goody Goody Diner
■ Cosi Dolce Bakery	■ Marley's Bar & Grill
■ de-lish Cheesecake Bakery & Café	■ Papa Murphy's Pizza
■ El Palenque Mexican Restaurant & Cantine	■ Paul's Market
■ Faraci's Pizza	■ Piecraft
	■ Vincenzo's Italian Ristorante
	■ Whistle Stop

New to the Taste this year:

- Breakaway Cafe
- Christie's Jamaican Food
- Cornerstone Bakery
- Drake's Place
- Mayuri India Restaurant
- Mimi's Subway Bar and Grill
- Schnucks Markets
- Wilsing Design and Desserts
- **More vendors to come!**



Ferguson Wellness & Chiropractic

Dr. Robyn Lawrence
314-524-2580

111 Church Street, Ferguson
dr.robyn@getwellferguson.com
www.getwellferguson.com



Summer Workshop Series continues ...

Thursday June 12th and Wednesday June 18th @6:30.
Details can be found on the website
www.getwellferguson.com and on FB: Ferguson Wellness and Chiropractic.

Father's Day Special

Give the gift of health to the Dad in your life! Is there a dad you know who has a health challenge that just won't get better? Schedule a check-up for him and receive 50% off the first visit (a \$37.50 value). Medicare not eligible.

Dr. Robyn's Office Hours:
Monday, Wednesday, Thursday 10:00 am to 6:00 pm
& Friday, 10:00 am to 1:00 pm

Dr. Robyn is available to speak to your group. Give her a call.

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FLAVORS OF THE MONTH

New hours: Tuesday - Saturday 11-9

Tues., June 3.....	cinnamon
Wed., June 4.....	chocolate heath
Thurs., June 5.....	smore
Fri., June 6.....	cookies and cream
Sat., June 7.....	M&M
Tues., June 10.....	key lime pie
Wed., June 11.....	Butterfinger
Thurs., June 12.....	cherry bon bon
Fri., June 13.....	mud pie
Sat., June 14.....	raspberry tootsie pop
Tues., June 17.....	snicker
Wed., June 18.....	very berry
Thurs., June 19.....	mint chocolate chip
Fri., June 20.....	black walnut
Sat., June 21.....	strawberry
Tues., June 24.....	peanut butter cup
Wed., June 25.....	cashew and caramel
Thurs., June 26.....	rocky road
Friday, June 27.....	cookie dough
Sat., June 28.....	death by chocolate

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5:30 PM

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Limited parking available. Please carpool & park on the street, walk or ride a bike!

~ Open Mic Music • Farm Tours • Family Friendly • Meet the Farmers • Fun for All Ages ~

<p>June 3 - Managing Microbes: Introduction to Compost Hands-on lesson in harnessing the powers of our microscopic allies through various methods. See our worm farm in action!</p> <p>June 10 - Farming as a Business Discuss marketing options, branding, professionalism, and the process of starting an agricultural business.</p> <p>June 17 - Starting from Scratch: Methods of Propagation Learn the many ways that plants can be grown. Learn about seeding, making cuttings, transplanting, dividing, and other common methods.</p> <p>June 24 - Field trip - International Institute's Global Farm The Global Farm offers refugees the opportunity to farm. The diversity of gardeners makes for a mix of unusual vegetables.</p>	<p>2014 COURSE LISTING All courses are part of the Farm & Garden Apprenticeship, and are also open to the public for \$20 per session.</p> <p>Tuesdays: 6pm - 7:30pm Locations listed onsite</p> <p>Pay at the door or register in advance at: www.earthdancefarm.org/classes</p>	  
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Want to bring your group to tour the farm? for more information email tours@earthdancefarms.org

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FERGUSON PUBLIC LIBRARY

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Let the experiments begin! Young people will have the chance to experience an explosion of ideas as the Ferguson Public library presents Fizz, Boom, Read. This summer reading program is open to kids Pre-K through 7th grade. The program will provide plenty of prizes and incentives for reading and completing your goals; more than enough to get the brain pumping.

To learn more, please call Ferguson Library at 314-521-4820 or come in and talk with the mad scientists.... I mean librarians, at the desk.

NOTICE OF PUBLIC HEARING

The Board of Trustees of the Ferguson Municipal Public Library District will hold a hearing to discuss the budget and adoption of same for the fiscal year 2014-2015.

The hearing will be held at 35 N. Florissant Rd., Ferguson, Missouri, in the Library Auditorium on June 23, 2014, at 7:00 p.m.

All interested persons may appear and be heard at the meeting.

School Tax on August 5th Ballot

Proposition S to support "Strong Schools, Strong Community"

Voters will be asked to approve Proposition S, an overall tax rate ceiling increase of \$0.50 per \$100 of property's assessed value.

The District is seeking the increase in order to maintain and protect current instructional programs and staffing which would otherwise be negatively impacted by a projected \$7 million deficit caused by declining property values and reductions in state funding.

After the defeat of a measure requesting a 75-cent increase last year, the District conducted community surveys seeking the input of students, families and residents. Feedback received indicated that the referendum was widely considered to be too costly and unclear to taxpayers.

This time around, if passed, the cost of a 50-cent increase on the average home in the District valued at \$74,000 would be \$5.86 per month, or \$70.30 per year. Prior to last year, the District has not placed an operating tax levy before voters in 22 years.

Board president Robert Chabot says he understood the community's rejection of the higher levy amount, but hopes voters will see the critical importance of investing in the local schools.

The District's 2014-2015 budget has already been reduced by \$5 million. Chabot acknowledges that many of the cuts have been painful. "There have been no "sacred cows" in this process. Everything has been examined closely, and in the process we have had to make some very difficult decisions to preserve the financial health of the District. We have eliminated pre-school transportation, restructured staffing and departments, and slashed funding for after-school activities, athletics and fine arts, just to name a few things," he said.

ELEVEN HIGH SCHOOL STUDENTS IN THE FERGUSON-FLORISSANT SCHOOL DISTRICT COMPETE IN ENTREPRENEURSHIP EXPO

Eleven students from the three high schools in the Ferguson-Florissant School District have been selected to compete in the second phase of the annual Network for Teaching Entrepreneurship (NFTE) National Youth Entrepreneurship Challenge on Friday, May 23. The NFTE St. Louis Youth Entrepreneurship Pitch Expo will be held at the James S. McDonnell Planetarium, 5050 Oakland Avenue.

Names of the 11 students, and the names of their businesses, from the Ferguson-Florissant School District are:

Micheala IntVeld Sutherland, 'Gradient Graphics,' McCluer High School
 Sharne McGill, 'PowerPoint Perfection,' McCluer High School
 Symone Jones, 'SK Purses,' McCluer High School
 Courtney Lucas, 'Inspiration,' McCluer North High School
 Tim Sutton, 'Stickers to Go,' McCluer North High School
 Maurice Wallace, 'Maurice's Coffee & Poetry,' McCluer North High School
 Nick Taylor, 'Culoure,' McCluer North High School
 Andre Crump, 'In the Cut,' McCluer South Berkeley High School
 Donovan Ayers, 'Elbow Grease,' McCluer South Berkeley High School
 Michael Miller, 'Mike's Lawn and Landscaping,' McCluer South Berkeley High School
 Warren Tiller, 'Abstract Art,' McCluer South Berkeley High School.

Ferguson-Florissant School District Hosts Free Meals This Summer

Eight sites in the Ferguson-Florissant School District will offer free breakfast and lunch to children and teens this summer.

The free summer meals are sponsored by the USDA's Summer Food Service Program (SFSP) which provides free, nutritious meals to help children get the nutrition they need throughout the summer months when they are out of school. Children 18 and younger may receive free meals through SFSP. Meals are also available to persons with disabilities, over age 18, who participate in school programs for people who are mentally or physically disabled.

Administration Center
 1005 Waterford Drive, Florissant,
 June 2, 2014-June 30, 2014
 Breakfast: 8:10-8:30
 Lunch: 10:45-11:15

Airport Elementary School
 8249 Airport Road, Berkeley
 May 29, 2014-June 27, 2014
 Breakfast: 8:10-8:30
 Lunch: 12:00-12:15

McCluer South-Berkeley High School, Ferguson
 201 Brotherton Lane
 May 29, 2014-June 26, 2014
 Breakfast: 8:10-8:30
 Lunch: 11:30-11:45

Commons Lane Elementary School
 2700 Derhake Road, Florissant,
 June 9, 2014-July 18, 2014
 Lunch: 11:30-12:15
 Snacks: 3:30-3:45

McCluer High School
 1896 S. New Florissant Road,
 Florissant
 June 2, 2014-July 1, 2014
 Breakfast: 7:10-7:30
 Lunch: 10:50-12:00

Griffith Elementary School
 200 Day Drive, Ferguson
 May 29, 2014-June 26, 2014
 Breakfast: 8:10-8:30
 Lunch: 11:00-11:15

Ferguson Middle School
 701 January Avenue, Ferguson
 June 2, 2014-July 1, 2014
 Breakfast: 7:10-7:30
 Lunch: 10:50-12:00

Johnson-Wabash Elementary 685
 January Ave, Ferguson
 June 2, 2014-July 1, 2014
 Breakfast: 8:10-8:30
 Lunch: 10:50-12:00

ELEVEN SCHOOLS RECEIVE STATE RECOGNITION FOR POSITIVE STUDENT BEHAVIOR AND SCHOOL CLIMATE

Highest number of schools in District's history receive awards for implementation of Positive Behavior Support

Eleven schools in the Ferguson-Florissant School District have been recognized for excellence in implementation of Schoolwide Positive Behavior Support (SW-PBS).

Schoolwide Positive Behavior Support (SW-PBS) is a prevention-oriented approach for encouraging positive student behavior and school climate used by educators nationwide. The program assists schools and districts in establishing and maintaining school environments in which the social culture and behavioral support needed to be an effective learning environment is in place for all students.

The following Ferguson-Florissant schools received awards:

Combs Elementary School, Gold Award
 Halls Ferry Elementary School, Gold Award
 Holman Elementary School, Silver Award
 McCluer High School, Silver Award
 Wedgwood Elementary School, Silver Award
 Central Elementary School, Bronze Award
 Commons Lane Elementary School, Bronze Award
 Cross Keys Middle School, Bronze Award
 Ferguson Middle School, Bronze Award
 Johnson-Wabash Elementary School, Bronze Award
 Vogt Elementary School, Bronze Award

AWARDS AND RECOGNITIONS

Combs Elementary fifth-grade teacher, **Mrs. Christine Ries**, was selected from nearly 200 nominees from across the St. Louis area to receive the Academy of Science-St. Louis and SunEdison Teacher of the Year Award.

Eight students are selected to attend Missouri Fine Arts Academy in June. They are: **Jayron Curry** (theatre) and **Destiney Speech** (theatre) from McCluer High School; **Monet Britts** (vocal music), **Melvin Bozeman** (vocal music), **Brendan Henley** (theatre), **Michael Hodge** (theatre) and **Taryn Farley** (band) from McCluer North High School; and **Steven Hale** (band) from McCluer South-Berkeley High School.

An era spanning more than half a century came to a close on May 28 when **Kurt Jacob** retired as athletic director of McCluer High School in the Ferguson-Florissant School District. He followed in the footsteps of his father, **Larry Jacob**, who was a coach, teacher and athletic director at McCluer High School from 1962 until his retirement in 1992.

Letter to the Editor

I think in year five of the Ferguson Twilight Run we should acknowledge and thank the originator of the race, Dwayne James. He gave birth to this better-than-terrific idea five years ago and my how it has grown!

There were 2,300 participants this year when entries were cut off (some just showed up the day of the race); the goal was 1,900! There were over 100 volunteers who worked before, during and after the race, and city staff, public works, police and fire departments all contributed to showcasing our community on race day. This event could not be held each May without the support of each and every volunteer and the City. Go Ferg!

The fact that the race has grown each year is a testament to the energy and dedication Dwayne brings to the race. We volunteers appreciate all he does for the community all year long as a councilman, the founder of the Ferguson Youth Initiative and being the brains behind the 5K / 10 K Run. I, and all of his dedicated workers try to follow his lead and work as hard as he does to make Ferguson a great place to live, work and play.

Also, thanks to all the walkers and runners who made the 5th annual race so much fun, so successful, and by supporting four local agencies with a percentage of their fee from the race.

A Volunteer

Some Things I Wish I Had Said

1. Since light travels faster than sound, some people appear bright until you hear them speak.
2. If I agreed with you, we'd both be wrong.
3. Where there's a will, I want to be in it.



The Ferguson Twilight Run Committee thanks this year's 2,087 runners and walkers registered to #RunFerMO.

Congratulations to all of the one-mile finishers, the 1,225 5K finishers, and the 407 10K finishers.

Thank you to the City of Ferguson, the residents, businesses, and the countless number of volunteers. And thank you to all of our sponsors.

This year's One-Mile Fun Run was presented by Ferguson City-Walk. The 5K was presented by the Christian Hospital Foundation, and the 10K was presented by Big River Running. The Peak Performance and Good Living Sponsors included the City of Ferguson, Emerson Electric, Negwer Materials, Sam's Cub #8125, Wellspring Church, Live Well Ferguson, Fifth Third Bank, Great River Greenway, Mobile Eye Care Solutions, North County Inc., Alive Magazine, Blue's Arthouse Graphics and Web Design, the James Family and Pearce Neikirk Realtors.



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Membership Meeting



Thursday, June 12th

Registration 11:15 am, Lunch at noon

Hollywood Casino

Attendance Fee \$20 / person

Walk-ins \$25 / person

Chamber Golf Classic

Monday, June 2nd, Innsbrook Golf Course

Entry fee \$150 / golfer, \$600 / team

Entry fee includes Box Lunch, Poker Run, Prime Rib Dinner, Cash Prizes, Foursome Scramble, Putting Contest, Hole-In-One Contest, Closest-to-Pin Contests, Beer and Concessions on course.

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Historical Preservation

– by Bob McCarty

If you have been following our window restoration over the past two months, we will start getting the sash ready for the next 100 years. Let's get into our protective work clothing and jump right in.

As you remember from last month, your window sash has been numbered and wrapped in plastic. The window openings have been boarded up and you've hauled the sash to your garage, or whatever area you will use as a workshop. This month we are going to prepare the sash.

Clear a table or bench top that is large enough to hold at least one of the sash, you have four from the two windows. If you are in an area that is anywhere close to a living area, protect that area by building plastic walls to keep dust to a minimum. Unwrap the sash you will be working on and lay it on the bench where the outside of the sash is obtainable.

If you remember, the majority of the glazing was already loose and falling out. Scrape the glaze and remove any remainder of glaze stuck in the glazing rabbet. If any of the glazing is really stuck in the rabbet, you may try being a bit more assertive with your scraping. If after the scraping you still have glazing in the rabbet, you may try paint stripper to loosen up any stubborn areas of glaze. Just remember, wear safety gloves and eye protection to protect yourself from those nasty chemicals.

After the glaze has been removed, you need to carefully remove the glazing points that are holding the glass in the glazing rabbet. Being careful not to put too much pressure on the glass, these points can be pushed out of the wood surrounding the glass. After the glazing points have been removed, from the underside, apply some pressure to the glass around its perimeter to loosen the glass, I hope you are wearing gloves because during this process, the glass is at its most vulnerable. Set the glass aside making sure it is in an area where you will not disturb it and it is sitting on its edge. Congratulations, you have just completed the most intricate part of the restoration.

The sash is now ready to be restored. Remove any loose and flaking paint with your scraper of choice. I find that a pull scraper works best for this but if you only have a putty knife type of scraper, this will work too. (Most people do not like this part of the job because it seems to be such a menial job. This is probably one of the most important parts of the project because the better a surface is prepared; the less will be available to fail in the near future. When you have a paint failure, it is usually because of bad adhesion with previous coats or the surface was not prepped properly.) When you get all of the loose paint removed –unless you plan on stripping all of the paint from the wood, it's time to sand everything down. Using a coarser grit of sandpaper (80 grit) sand all six sides of the sash, (inside, outside, top bottom and both sides) until you feel you have the surface smooth. Advance to a higher grit (100 or 120 grit) and continue sanding until you feel that the sash is ready for primer.

Continue with the other sash until all sash surfaces are prepared and ready to be primed.

Did you find any rotted areas of wood on any of your sash? If you found some, scrape out all of the loose wood fibers and/or any punkie wood until you get to solid wood. On our windows, we found one fairly deep area and some superficial areas. For the deeper areas, we use a product called Abatron. There are two parts of the process using this product. Liquid Wood consolidates any loose wood fibers, even though all of the loose wood fibers have been scraped, you probably didn't get them all. WoodEpoxy is your putty. These are two part epoxy products that need to be mixed together so that they will perform to their specifications. The superficial areas will be taken care of after priming. Allow the putty to dry all the way through, overnight, and scrape and sand it down until it is smooth.

At this point, you are ready to prime the sash and I am running out of precious space. Use a good oil base exterior wood primer to prime your sash and allow to dry overnight or use shellac to seal the wood. You will want some sort of sealer to seal the wood, especially the glazing rabbet, so that when you glaze, the oils in the glaze won't be sucked into the wood causing premature failure and to prepare the wood for patching and painting. Set the sash aside and out of the way and allow them to dry. (Do not prime the sides of the sash.)

Next month we will install the glass back into place as we prepare to work on the frame. If this is a project that interests you but you don't have the time or the patience to do such a tedious project, you can give us a call at 314-524-1264 and we can have a conversation about your windows. Until next month, Bob is On the Job.

Jesus

Jesus had no servants, yet they called Him Master.
 Had no degree, yet they called Him Teacher.
 Had no medicines, yet they called Him Healer.
 Had no army, yet kings feared Him.
 He won no military battles, yet He conquered the world.
 He committed no crime, yet they crucified Him.
 He was buried in a tomb, yet He lives today.

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Community Service Program

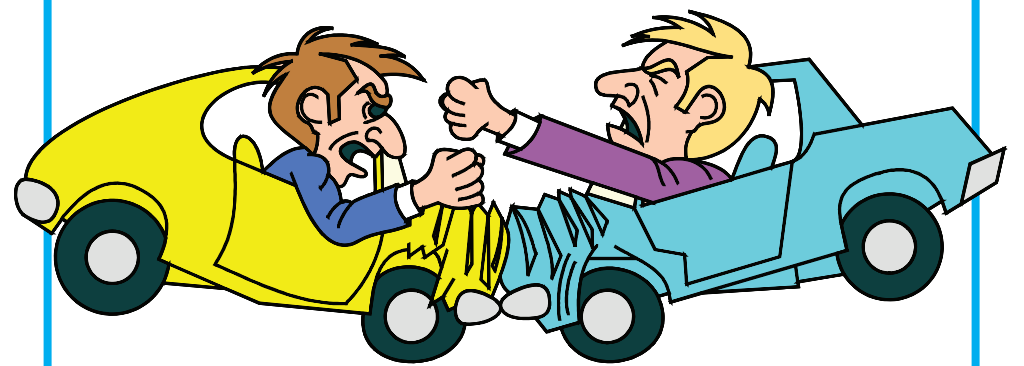
FYI's Ferguson Community Service Program is striving to make a difference in our community. We are reaching out to seniors in our city to provide free yard work in June. The first 25 seniors who call 314-749-5379 this month will receive up to 5 hours of leaf raking, yard cleanup, planting, creating flower or vegetable beds, etc. You provide the materials, we will provide up to 5 adult-supervised youth and the tools to do the work. These youth are working off minor municipal fines they received by providing services to Ferguson under the supervision of trained adult mentors. Everyone involved benefits from this program. We are also looking for adults, 21 and older, who would like to get paid to supervise youth on these projects. You can supervise once a week or once every month or two; whatever fits into your schedule. You will earn some extra money while providing guidance to youth and helping to beautify our city. Thanks to the mentors that have participated so far. You've already made a difference!



Ferguson
Youth Initiative

If you know of a teen, aged 16 to 19, who has received a bench warrant for failure to appear in Ferguson Municipal Court or for failure to pay their fine, contact us at 314-749-5379. The Ferguson Community Service Program might be able to help them out of this situation.

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Djeli Tales

By Mama Lisa Gage

Love June? ... Me, too.

It's a time to clean the wax albums and cds, crank the turntable up loud, and jam in honor of Black Music Month.

Why not begin by brushing up on your trivia knowledge of the artists and producers of the industry? Read a book about the fascinating talents of Thomas Wright Waller, better known as 'Fats.' Composer, songwriter and master of both piano and organ, Waller influenced music in a major way. Get reacquainted with movie classic, Stormy Weather, in which he is featured. Of course, head to Vintage Vinyl record shop in U-City to purchase a little something for your collection. Did you know that Fats' final moments were spent in Missouri? <http://www.biography.com/people/fats-waller-9522591#awesm=~oEnGJKH1bQvxN4>

Also this month, be sure to pick up a copy of Ebony Magazine. There will be great features by Kevin Powell in tribute to modern music icons Rihanna, Jay-Z, Beyoncé, and Kanye West. Balancing the discussion will be a salute to Blue Note Records' 75th anniversary with recognition of its famous jazz artists including our beloved metro favorite Miles Davis. Ebony Magazine founder John Johnson has chronicled endearingly the lifestyles and careers of America's music makers since 1945. Dare I ask if your home has a copy of one of the retro, oversized early editions? Add one to your home library to anchor the next coffee table chat. <http://www.ebony.com/>



Finally, fanfare this year's Father's Day with a live music concert. Recently, Gitana Productions sponsored the Amherst Park Peace Festival at Hodiament and Plymouth. One of the hottest performing groups of the day was Baba Mike and Rhythms of the Caribbean. 'Baba' is a moniker meaning father in kiswahili. Baba Mike craftily led the audience on a journey of Afro-Caribbean musical and visual delights. The groove was funky and full of bells, shells, and drums of all types. <http://www.youtube.com/watch?v=ec85xGy7B4A> June is National Caribbean American Heritage Month as well. Any father would enjoy a cold glass of lemonade in the shade of tall tree at one of St. Louis's music festivals around town. (Add to his fun by offering to drive, too.) Catch these guys at the Chesterfield International Festival on June 21 and again on July 5 at Fair St. Louis.

Baba Mike and I share fond memories as members of Cambooley with Oswald Moses. Moses was an accomplished performing artist from Trinidad. He had a passion for his country's world-renown art forms of calypso and steel pan music. Through Cambooley, he taught many novices in this town how to do 'da ting' and love it. Moses transitioned to ancestry last month. I will forever be grateful to him for taking the time to inspire my art with his wonderful repertoire of songs, stories, and dances. This tale is dedicated to his rest in peace. Da hole in Liza's bucket remains unfixed. <http://www.thompsonproductions.com/cambooley.html>

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West Florissant Great Streets Project Update

In June, citizens of Dellwood and Ferguson will have a final opportunity to review redevelopment plans for West Florissant Avenue between the Buzz Westfall Plaza Shopping Center and Interstate 270.

Planners from the West Florissant Avenue Great Streets Project will share their recommendations for making the area more prosperous, attractive, pleasing and safe.

At a community meeting on June 4, 2014, community members and stakeholders will get to view and comment on new street and sidewalk designs, retail and housing proposals, landscaping and green space options, transit improvements, healthy living amenities and much more. Time and location specifics will be posted on the City of Ferguson's website in the coming weeks. Also, to help shape the team's final recommendations, visit www.westflorissantave.com and take the 5 minute online survey. Your input will help to determine the corridor's future!

Our Scars from Hurts, Wounds, Failures & Indescribable Joy

During the Easter Season the Gospel of John is used on many occasions and Jesus makes his appearance with his wounds from the crucifixion showing all the while He appears in a glorious state. What a contradiction! Most of us would work doubly hard to use makeup to cover over any sign of a disfigurement or scar on our bodies. There is a deep message here that we can easily miss.

Some years ago in the early 1980's, when I was still an associate pastor, I was asked to go to Wichita, Kansas to talk to the priests of that diocese about a program called Parish Renewal. About seventy-five priests, mostly pastors, came to listen to my presentation that afternoon as I spoke of my experience and the gift this program was to our parishioners. I am sure I spoke about it from a very positive perspective. After I finished I was all set to take questions about how to get this program started in their parishes. But, the first person who raised his hand and said: "Have you suffered as a priest yet? Have you been rejected and disappointed?" I was taken aback by the question, but I composed myself and told the group of priests about several deep hurts that occurred in my life as an associate pastor. I believe they really wanted to know if I had the marks and the scars of the cross on my spiritual body. Because I had the scars of the cross, I became credible. Then, they seem to grasp that the source of my joy wasn't from make-believe or a fairytale.

As I reflect on the scene of the Risen Lord with the marks of the cross on His body, I am lifted up, because (like you) I carry many scars of the struggles in my life. I have been deeply hurt in carrying out my ministry as a priest, but this scene in John's Gospel (20:19-31) reminds me that the Glory of Jesus' victory over sin and death, release's a power and a glory that overshadows and rises above all the pain and wounds we have experienced. These wounds and scars do not have the last word. We can still remember them; we can still recall the pain and anguish we experienced; but, they give way to the light of the Risen Lord's Glory. So like St. Peter in the first letter to his people (1:9) we "rejoice with an indescribable and glorious joy" that not only penetrates the scars, but trumps their power. Amen.

Fr. Rosy

Calverton Park Public Notice

The VILLAGE OF CALVERTON PARK will hold a public hearing to discuss the allocation of \$20,000.00 in Community Development Block Grant funds which will become available after January 1, 2015. The public hearing will be held at **6:45 p.m. on June 23, 2014** at Calverton Park Village Hall, 52 Young Drive, Calverton Park, Mo. To further its commitment to fair and equitable treatment of all citizens, the VILLAGE OF CALVERTON PARK has enacted and/or enforces the following:

- A Fair Housing Ordinance prohibiting unlawful Discrimination against any person because of race, sex, color, religion, disability, financial status or or national origin;
- A Policy of Nondiscrimination on the Basis of Disability in the admission or access to, or employment in its federally assisted programs or activities;
- A Policy of Equal Opportunity to Participate in Municipal Programs and Services regardless of race, color, religion, sex, age disability, familial status, national origin, or political affiliation;
- A requirement for bidding on CDBG activities that promotes employment opportunities created by HUD funding and that these opportunities be afforded low-income community residents and business.

If you would like information regarding the above policies or if you believe you have been unlawfully discriminated against, contact the following municipal official or employee who has been designated to coordinate compliance with equal employment opportunity requirements referenced above. Calverton Park Village Clerk, 52 Young Drive, Calverton Park, Mo. 63135 314-524-1212. If you are a person with a disability or have special needs in order to participate in this public hearing please contact: Jeanne Blanton Village Clerk no later than June 23,2014.

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Ask Grandma

One of my grandchildren asked me the other day . . . “What’s it like to be old, Grandma?”

“It has its ups and downs,” I replied.

Let’s start with the downs. It’s hard getting through the night without being woken with pain in my hip or knees. That first step out of bed hurts until the stiffness subsides. Getting up from a low chair (or for that matter any chair) is somewhat of a challenge. Although I love to walk and have always been active, I can’t walk any distance anymore. Gardening on my knees is a thing of the past. The impaired hearing that I have had since birth has gotten progressively worse.

“Okay,” says the grandchild, “Getting old sounds pretty bad.”

“No,no,” I reply, “It’s not bad at all.”

As the child listens in astonishment, I list the up side of being old.

Waking up at night in pain is remedied by changing positions. Losing sleep was always a problem, even without pain, so, I wake up and read for a while until I feel sleepy and am able to fall asleep. I always have a book or magazine on my nightstand. I also always bring a book with me to the doctor’s office. I enjoy reading and it helps to make the inevitable wait enjoyable.

Getting out of bed stiffness is just for a moment or two. Same with rising out of a chair. Once up, I’m fine. I still walk, but instead of long walks, several short walks seem to work fine. The gardening is solved by buying a hoe. The hearing impairment is helped somewhat by new technology in hearing aids, and it is a blessing during the night without the hearing aids, because I don’t hear the dogs barking, the airplanes overhead, the telephone, or the strange house noises that might otherwise frighten me.

And here is the best part:

I am no longer suppose to be the family problem solver. If someone asks for advice I now know that they really don’t want my wisdom; they just want to talk to someone about their grievances. Usually just saying them out loud helps them solve their own problems. At least it makes them feel better.

I am no longer the source of income when a family member is short of cash. I’m sure the family members are thinking that soon I may be living with them, so I better save my money.

If I have guests and I’m tired at 9:00 pm, I go quietly into my bedroom, close the door, and retire for the night. I don’t want to break up the party, so I don’t say goodnight; I just disappear.

It’s okay if I don’t remember someone’s name. That is not something new. I always relied on my husband, Bud, to remember names, because he had a phenomenal memory. But now when Bud is not with me and I can’t come up with a name, it’s blamed on my age. I smile; I’m okay with that.

And . . . , best of all . . . I do what I want to do instead of what is expected of me. I say what I think, rather than worry about what anyone else thinks about it.

* * *

I would be interested in hearing from other older individuals about how they feel about growing old. Or, how about children’s and grandchildren’s opinions of their elderly family, friends and neighbors? If you have an opinion, please write or email “Grandma” at the addresses on the bottom of page 2.

Ferguson-Florissant School Superintendent

Selecting the right Superintendent for the Ferguson-Florissant School District is critical to our success. The Board believes it is important to obtain input from the FFSD community as a part of that process.

Therefore, we have engaged our strategic planning firm, Experience-on-Demand, to administer a short survey to help identify and prioritize the qualifications and criteria for our new Superintendent. The individual survey results will be kept confidential and will be summarized in an executive report.

The survey is now available online at:
<https://www.surveymonkey.com/s/FFSDNewSuperintendentRecruiting>.
 This link is also posted on the District website (www.fergflor.org) under “Top Stories” on the home page.

Please complete this survey by Friday, June 20, 2014. Those who do not have access to the online survey may call the District Communications Office at (314) 506-9037 to request a paper copy that you can complete and return to the Administration Center at 1005 Waterford Dr., Florissant, MO 63033. Please tell your friends and neighbors about this survey so that we also can receive their input.

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Calendar of Events In and Around Ferguson

Complete Details of These Events Throughout the Paper

- Northwest Chamber of Commerce Golf Classic Mon., June 2
- West Florissant Redevelopment Update Wed., June 4
- FREE Health Test – Walgreens at Florissant & Hereford. Thurs., June 5
- Tropicana Casino Trip Thurs., June 5
- Movie Night Jeske Park Fri., June 6
- Jennings Neighborhood Watch BBQ. Fri., June 6
- Sunday Parkways – Old Ferguson West Sun., June 8
- City Council Meeting Tues., June 10
- Northwest Chamber of Commerce Membership Mtg. Thurs., June 12
- Movie Night Nesbit-Newton Park Fri., June 13
- Hurricane Creek Concert – Plaza @ 501 Fri., June 13
- Food Pantry Open – Ferguson Christian Church. Sat., June 14
- Angels of Mercy Gospel Parade – Marching to J/W Park Sat., June 14
- FATHER’S DAY. Sun., June 15
- Food Truck Monday – Plaza @ 501. Mon., June 16
- Daily Vacation Bible School – 1st Baptist Church. Mon.-Fri., June 16-20
- Poolside Yahtzee – Splash Tues., June 17
- Meskwaki Casino Trip Thurs., June 17
- Movie Night Central School. Fri., June 20
- Amy Camie Concert – St. Peters UCC Fri., June 20
- Dive In and Duck Race – Splash. Sat., June 21
- Pot Luck Dinner – EarthDance Farm Sat., June 21
- Century Sunday (Plaquing of Century Homes) Sun. June 22
- Mystery Meal Excursion Tues., June 24
- City Council Meeting Tues., June 24
- Historical Alton-Grafton Trip Wed., June 25
- Cardinal-Cub Game – Chicago Sat.-Mon., June 26-28
- Movie Night January-Wabash Park. Fri., June 27
- Copper Creek and Penny Moore Concert – Plaza @ 501 Fri., June 27
- Food Pantry Open – Ferguson Christian Church. Sat., June 28
- Taste in Ferguson – Savoy Sun., June 29
- Daily Vacation Bible School – First Christian Sun.-Thurs., June 29-July 3
- Daily Vacation Bible School – Partnership of Churches. Mon.-Fri., July 7-11
- Rummage Sale – Marygrove. Fri, July 18

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- U.S. Birth Certificate (certified with embossed, stamped or raised seal – not hospital certificates)
- Social Security Number
- Proof of Missouri residence

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